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NEW RESIDENT churchguide



First Southern Baptist Church

See inside back cover!

Faith, patience helped complete Cooper family

by Josh Cooper

My name is Josh Cooper. My wife, Jaclyn, and I live in Topeka with our four "minis" (as we like to call them), and this is our adoption story. Jaclyn comes from a large family - that is, large compared to mine. I grew up in a household of four. Jaclyn, on the other hand, not only has two biological siblings, but two adopted sisters from the Philippines. Jaclyn's biological sister also adopted a girl from Guatemala nine years ago, so adoption was a familiar and accepted part of Jaclyn's life.



Adoption/Foster Guide
- Page 8

The idea of adopting was something we were both open to from the earliest days of our relationship. But it wasn't

■ Please see COOPER page 2



Arrowhead is first NFL stadium with on-site worship services

Alan Goforth | Metro Voice News

On Sunday afternoons in the fall, Arrowhead Stadium is home to the largest prayer meeting in Kansas City. More than 75,000 Chiefs fans pray for a first down, a

goal-line stand or long field-goal attempt.

And since the beginning of the 2014 season, the fans have also had the opportunity to gather for pregame worship at the Pavilion at Arrowhead, which is adjacent to the stadium.

The FCA Faith and Family Chapel, the first of its kind in the NFL, grew out of a conversation between Chiefs chaplain Phillip Kelley and Marcellus Casey, the FCA Metro Kansas City director.

■ Please see ARROWHEAD page 20

PARTNERS TO SHARE THE WARMTH



Scotch Cleaners and The Salvation Army have once again partnered to provide coats for those in need through the "Share the Warmth" program. From now through November 21, gently-used coats and blankets will be collected for cleaning at Scotch Cleaners locations at 134 SE Quincy St., 2801 SE California Ave., and 2007 NW Topeka Blvd.

Over 237,000 coats have been collected in Topeka and Lawrence in the last 3 decades. This year there is a special need for children's coats, as well as coats for larger adults.

In early December, the coats will be distributed at The Salvation Army, 1320 SE 6th Street. Those in need of a warm winter coat are asked to sign-up upon arrival and list the number of coats needed for those currently living in your household.

To volunteer, call 233-9648.

THE SEASON OF CARING AND SHARING

In the current issue of Topeka Rescue Mission's newsletter there is a story about the families that are being helped in Topeka's Hi-Crest neighborhood through the NET Reach, the outreach division of Topeka Rescue Mission.

This is the time of year when we are most mindful of helping our neighbors, and that the upcoming Christmas holiday is one of those special holidays that most of us long to keep centered on that most special of gifts—the Christ Child.

Yet so many of us get overly caught up in the gift-giving and shopping side of Christmas that we crowd out that baby born to bring salvation and eternal life to the world.

Metro Voice has annually used our November edition to connect area believers

with ministries that serve the homeless and at-risk families in our communities. Through our Ministry Needs Guide, we publish the Christmas "wish list" of these organizations and how you can help them meet the growing needs facing many Topeka area citizens. In addition, we focus on several of the larger organizations and what they are doing to meet the needs of the holiday season, starting with Thanksgiving and running to Christmas.

We hope through these efforts, our readers and the broader community will find a place to "plug in" and serve our less fortunate neighbors.

See page 4 for our Ministry Needs Guide feature and a list of organizations and their Christmas "wish lists." Take a moment and pray about how you can help.

How can you help? See pages 4 & 5



One of the families being helped through Topeka Rescue Mission's NET Reach Project.

Reliant Apparel Announces Photo Contest

Got an eye for photography and want to get your work published? Between November 1 and 25, submit your photos for a chance to win a spot in one of Reliant Apparel's upcoming product catalogs. Additional prizes will be awarded to one grand prize winner, four category winners, and many others.

Entries should be submitted by 4:30, Nov. 25, 2015, to Reliant Apparel, located inside Boho Mojo, 631 S Kansas Avenue during regular business hours.

Photos may be submitted as 8" x 10" or 8" x 12" prints, with Full Name, Phone Number, and Email on the back of the

photo. Entrants may submit no more than 3 photographs in each of 4 categories, for a maximum of 12 photos per photographer.

Submissions can be in four categories:
1) Downtown Topeka—Iconic Exteriors, Iconic Interiors (such as Jayhawk Theatre or the Capitol Building), and Urban Improvement (downtown construction)

2) High School Sports—Stadiums and Courts, Action Shots, Crowd Shots

3) Working Topeka—Job Sites, Working Spaces (construction across Topeka), and Industrial Buildings

4) Topeka Lifestyle—Favorites (places and events), Parks and Nature, Golf Courses, Campus Life, and Getting Fit (yoga, physical training, etc.)

One Grand Prize Winner will receive two gift certificates for Wolfe's Photography classes. Each certificate admits two people to the same class. Four Category Winners will each receive a \$25 Wolfe's gift card for any Photo Expressions service. Many more winners will be selected from every category and will receive one (1) free custom-printed shirt from Reliant Apparel.

Winners will be announced on Reliant Apparel's Facebook page by 4:30 pm on Dec. 2. Winners must provide photos in electronic format upon request.

Life Lessons From a Little One

"APPROACHING GOD'S THRONE"

by Jessica S. Hosman

I love the moments when I can just be with my little boy. I love to be in his presence and know he loves being with his mommy too. His heart is pure and, like most children, his eyes are full of wonder as he often sees the world through lenses I hope and pray to one day acquire.

It was a Sunday afternoon and the weather outside was breathtaking. We decided it would be fun to play outside together and enjoy the sunshine. We gathered some items from inside his bedroom closet with

excitement and started down the stairs. When I reached the bottom, I realized Zechariah was no longer behind me. I called up the stairs to ask if he was ready. Silence. I called up again and after a few more seconds of silence I heard my four-year old hastily call down that he was praying. I apologized for interrupting and curiously tiptoed back up the steps.

When I approached the top and surveyed the room, my heart melted. There in the corner of his bedroom was Zechariah kneeling on the ground, head to the floor and eyes closed tight. I listened intently as he prayed aloud for members of his family by name. As soon as he said "Amen," I watched as he sat up and hollered over his shoulder (not realizing I was watching) that he was done praying and ready to play now. I quickly tiptoed back down the stairs fighting back tears of awe at what I had just seen.

Here was a child who loves nothing more than being lavished with one-on-one attention while engaging in play. He was excited for our time outside but, as we were about to begin, thoughts of loved ones came to mind. Rather than

waiting until bedtime prayers, he chose to stop everything he had looked forward to and lift them up to the Lord right then. He even postured himself physically so he could turn his entire focus on the Lord. What a lesson.

Many of us are guilty of committing to pray for someone or some situation

and then absent-mindedly forgetting or not following through. We allow other activities to take precedence over our intercession and settle for "scheduled" times of prayer either when we first wake up in the morning or lie

down to sleep at night. These times are great, but what if we took the time to also earnestly pray for the needs and people God placed on our hearts as soon as they came to mind? What if our lifestyle became one of prayer so that, in everything we do, prayer is naturally woven in? And what if we postured ourselves in the same way we would if we found ourselves at the feet of His throne? My son is four-years old, yet he sometimes "gets it" more than his mommy.

God is ever-present and His ears are ever-open. He longs to fellowship with us even more than we long to fellowship with those here on earth whom we love. We don't have to kneel at His feet in order to be heard, but what an amazing realization of His Presence takes place when we do. I don't want to wait for just a planned time to pray. I want to be so close that I will stop everything to focus and speak to Him, regardless of what my schedule dictates. It's Him that comes first and I want to walk out that reality with my actions each and every day. Thanks, son, for once again teaching me by just being you.



Jessica Hosman



COOPER

continued from page 1

until after our youngest, Abigail, was born in 2009 that we felt it was in our best interest not to have more biological children due to increasing difficulties related to pregnancy. This was a tremendously hard decision for us to make, because we both knew in some way that our family was not complete.

Through a combination of things happening in our lives – sermons we heard, books we read, meeting other adoptive families – we felt as though God was both "pushing" and "pulling" us to adopt. The push was to take greater risks to advance God's kingdom on earth while the pull was a tug on our heartstrings as we learned more from friends caring for orphans in Lesotho, Africa. In July 2011 we went for it! We decided to move forward with adopting a boy from Lesotho, Africa.

To make a long story short, after 18-months of waiting for a referral, something unexpected happened which forced us to choose between what we thought

were two bad options. Lesotho was temporarily closing adoptions to America in order to reform its international adoption process. We could choose another country or we could wait, but possibly never receive a referral. We were trusting God with the right child to be matched with us at just the right time and after many conversations and prayer, we walked away from our investment in a potential match in Lesotho. But God never walked away from us or from our future son.

We started over from scratch with a new adoption agency and a new country - Ethiopia. We were the 47th family on the official wait list with an estimated 9 to 12-

month wait to receive a referral. Slowly over the next 18 months we would climb up the wait list before we received "the call" from our agency.

But then, much to our surprise, the call came. Our agency gave us great news. They had a referral for us for an 11-month old baby boy! Our case worker wasted no time telling us as much as she could about the boy who would become part of our forever family and us a part of his. Within minutes we had pictures of our new "mini," Dawit.

Dawit is Amharic for "beloved." And that he is! Beloved.

But, our journey didn't get any easier after that day. It wasn't long before we were facing the impossible. There was a chance Dawit would not meet the criteria set forth classifying him as an orphan, thereby making him ineligible for adoption even though all the policies and procedures were followed. For the next nine months we would work tirelessly with our agency to provide further evidence verifying our son's orphan status.

This was going to be an enormous obstacle to overcome. So we rallied the proverbial troops. We hired an Ethiopian investigator to assist us in confirming the details of Dawit's story and attempt to locate his birth mother. We contacted our state representatives and senators hoping our legislators would be able to make some inquiries on our behalf, and we began conversations with a top-notch immigration lawyer to assist us in bringing Dawit home.

But then, God happened. The very next day Jaclyn called our case officer in Lee's Summit hoping against hope for some good news. "Oh yeah," the officer said, "I think I just approved your case. Let me check." (Pause.) "Yes, I sent your case to my supervisor this morning for approval."

Only God. Less than a month after that phone conversation, Jaclyn and I packed up and boarded a plane for Ethiopia to meet our sweet boy for the first time. We spent 19 wonderful days in Ethiopia sightseeing, enjoying Ethiopian hospitality and culture, and cherishing every moment with our sweet boy.

Life at home has been good. Dawit is adjusting surprisingly well to his new home and family. I often joke that he's adjusting much better than we're adjusting to being parents of four minis! Dawit is fun and energetic toddler. He has an inquisitive spirit about him. He's in to everything and he's extremely bright. He loves hugs and kisses (and cars), and he brings so much joy to our lives. We are extremely blessed to be part of his story.

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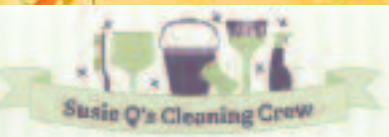
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C5 luncheon will go back in time

The Capital City Christian Chamber of Commerce (C5) will delve into Topeka history a little bit at a luncheon at The Ritchie House. The luncheon will take place between 11:30am and 1:00 pm on November 12.

The featured speaker will be Topeka historian Lisa Sandmeyer. The public is invited to attend.



C5 holds its "POWER" Luncheons on the second Thursday of each month. The December 10 luncheon will be held at Cair Paravel Latin School, and will feature music by The Madrigals, plus Christmas fun and games. 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

Heavenly Father,
From time to time we have a tendency to forget what kind of God You are. Forgive us for treating You as if You were. . . .

Some sort of supernatural sounding board;
A spiritual 911 who never responds to our call;
A cultural antique handed down from generation to generation;
A naturalistic symbol to keep the masses preoccupied;
A scapegoat to blame for failures, aches and pains, untimely deaths, and our own bad judgments;
An indulgent grandfather who toler-

ates anything and everything;
A lucky charm we rub when we encounter icy streets, tornadoes, lottery tickets, and flashing lights on patrol cars;
A spiritual curse word like "O my god!" or "Good lord!" or "Jesus Christ!"

Remind us, O God, that You can raise up nations and You can bring them down. That without You no government can survive forever.
Remind us that You are the Creator and we are the creatures, because we are prone to get it backwards.

I Pray in the Name of Jesus Christ
AMEN

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

newsbriefs

Children found in FBI sex trafficking sting

A nationwide FBI sex trafficking sting recently included the recovery of two Missouri juveniles in the Kansas City area. Kansas City area FBI Spokesperson Bridget Patton said eight pimps were also arrested in the Kansas City and Wichita areas.



Patton said sex trafficking happens everywhere. "Sex trafficking of juveniles is not something that just takes place in large cities. This is a heinous crime that takes place across the entire nation, from Puerto Rico to Maine. It does not necessarily just have to be at large sporting events or in large cities. It can be in rural areas. It can be in the heart of America," said Patton.

Patton said the victims are receiving care.

"Federal, state and local law enforcement also work with service providers to assist these children who have been victimized," said Patton.

Nationwide, 150 pimps and other suspects were arrested and 149 sexually exploited children were recovered during "Operation Cross Country 9." More than 500 law enforcement officers participated in stings at hotels, casinos, truck stops and other locations known to be frequented by pimps and prostitutes.

The sting, which is in its ninth year, was spearheaded by the FBI, the National Center for Missing and Exploited Children and state and local law enforcement partners nationwide. "Operation Cross Country" is part of the Innocence Lost program. More than 2,000 pimps and other suspects convicted and 4,800 sexually-exploited children recovered since the program's existence.

Why I'm thankful

By Rick Qualls - Chanute, Kansas

The dramatic doesn't happen often at our house.

Ordinary events provide a feast of thanksgiving thoughts.

I am thankful for our two-year-old grandson's sticky fingerprints on the glass door. I enjoy his slamming the screen door as he races in and out and in again.

I enjoy the most beautiful sunsets in the world, right here in Kansas.

My taste buds enjoy the local Mexican cuisine. But best is breaking tortillas with long time friends. Simple foods become a feast when gratefully shared with best friends.

As I walk through my childhood home, empty now, the smells that linger



take me back through the years. The walls of the empty house laugh with memories and stories. I recall the surprise puppy jumping out of dad's lunchbox.

And I loved mom's pecan pie.

I appreciate owning our first house and forays into the joys of home ownership.

Yes, there are leaves in the gutter, sump pumps burn up, and weeds seed the garden. But we are richly blessed.

People who listen are rare. I am lucky to have many who share both my burdens and joys. Joys are doubled, burdens halved.

Being my second childhood, I love the growl of my muscle car. Though it rebels about being driven slow, I hold my steed to the speed limit.

My evenings are rich playing "tackle down" and "huddle up" with grandkids. For them football is a chase 'em down sport. Not caring about the goal, they run in circles to see if they can "tackle down" Pop.

Then there are the books. Books that are solid to the grasp, books using the ancient art of print and ink. Or I may read by the light of a flickering screen, holding a library wherever I go.

Or, best of all, there may be a night watching TV re-runs and snuggling with my wife.

But more than all of the blessings, I love the Blessing-Giver. The God who made me, redeemed me and sustains me.

I am grateful for a scrap of paper and a pen to count blessings so that none of His gifts fall unseen to the ground.

National Association Names Local Woman to Top Ten Business Women of the Year

The American Business Women's Association (ABWA) recently named Tiffany Beyer, Manager of Medical Education Services at Stormont-Vail HealthCare in Topeka, one of the Top Ten Business Women of the Year. The Top Ten Business Women of ABWA is a



national program that honors 10 outstanding members for achieving excellence in career, education and community involvement.

Beyer has worked in medical education at Stormont-Vail HealthCare since 2006, coordinating medical education for physicians in northeast Kansas. She is

■ Please see BEYER page 6

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MINISTRY NEEDS GUIDE



Each year Metro Voice provides a listing of organizations that serve the most vulnerable in our communities. Whether it is the single mom and her children, our elderly, orphans, the sick, the homeless or incarcerated, our readers respond with prayers, time, items and finances to keep these ministries going throughout the year. "But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him?" 1 John 3:17. Let us all work together to show the love of Christ this Christmas and the coming year. Together, we can make a difference.

ALPHA CHRISTIAN CHILDREN'S HOME AND SCHOOL. Perry, Ks; 785-597-5235; www.alphachristianchildrenshome.com; Michelle Kincaid. A ministry for children in need due to abuse, neglect, being orphaned, troubled, or other forms of dysfunction. Alpha provides the children with a loving family and opportunities for healing and growth. A school learning center promotes excellence and success academically, sometimes for the first time, for each child. Alpha is 100% privately funded, and there is no tuition charge for those served. We are always in need of financial support, as well as food, clothing, and toys for the kids. We also have a list of special needs.

BREAKTHROUGH HOUSE INC. Contact Person for Wish List donations: Danette Tipton: 785-232-6807 ext 308 (Topeka number); 525 SW Topeka Blvd, Topeka, KS 66603 (for drop off). Website: www.breakthroughhouse.org; Facebook: Search for Breakthrough House, Topeka KS – and look for the FB page with our logo. We are in need of non-perishable food for our food pantry, and personal hygiene items for men and women such as shampoo, soap, shaving cream,



deodorant, toilet paper. All items will go to Breakthrough House clients (persons with severe and persistent mental illness). Our food pantry has been utilized more than it ever has in our 34 years of existence. Breakthrough House serves about 700 persons per year, and some of our clients have been the most hard-hit by the economic downturn.

CARING PREGNANCY OPTIONS. 2041 SW McAlister, Topeka, Ks 66604; 272-3316; www.cpotopeka.org. Mon. – Thur. 10-5. Kathy Hart, Executive Director. Provides free pregnancy tests, pro-life counseling, information and education to pregnant women, maternity clothes, baby clothes and items, and referrals for professional counseling. Volunteers and financial support are needed, also formula and blankets. A non-political, non-profit ministry.

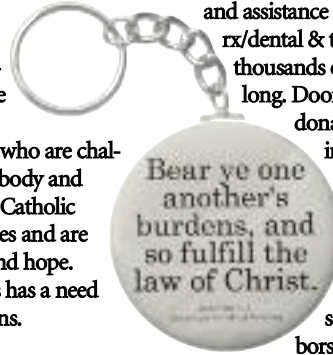
CATHOLIC CHARITIES OF NORTH-EAST KANSAS. 234 S Kansas Avenue, Topeka, KS 66603. www.catholiccharitiesks.org. Dylan Woods, dwoods@catholiccharitiesks.org. Founded in 1956, Catholic Charities of Northeast Kansas is a nonprofit health and human services agency that assists annually more than 85,000 people of all faiths. Our work strengthens both families and communities in the 21 counties we serve. Our vision is that our neighbors who are challenged by poverty of mind, body and spirit find the open door of Catholic Charities in our communities and are met with help, hospitality and hope. The Topeka location always has a need for food drives and donations.

CHRISTIAN STREET WITNESS and CHRISTIAN NEIGHBOR CENTER. 107 SW 14th St., Topeka, Ks, 66612; 354-8763. James Kincade, House Manager. Purpose is to share the Good News, feed and clothe the hungry, work with ex-convicts, the down and out, alcoholics, drug addicts, widows and orphans, abused women and children, and others going through difficult times; help them find jobs, counsel them and offer them a safe place. Donations/volunteers needed. Current needs include canned goods and help with the chapel window project, as well as new signage for our location.

CHRISTIANS FOR LIFE. PO Box 3856, Topeka, Ks, 66604. 267-5777; bakerbarb54130@gmail.com; Barbara Saldivar. Christians for Life, Inc. is the pro-life ministry that facilitates the Heart of America Memorial Wall for the Unborn, located at 1216 SE Republican Avenue. We offer those who lost a baby through miscarriage, still birth, or abortion a place to put their child's name on the wall of remembrance. No godly and appropriate name will be turned down. The cost to CFL for engraving is around \$150 per line. Donations toward this cost are always welcome and needed. In addition to the memorial park, post abortion bible studies and pro-life education is offered. Meetings are held the 2nd Monday of each month, 7:00 PM at Community Church in the Stone Chapel. The public is welcome. Donations and volunteers to assist with fundraisers and upkeep of the grounds are needed.

DOORSTEP, INC., Doorstep, Inc., 1119

SW 10th Avenue, Topeka, Ks, 66604; 357-5341; www.doorsteptopeka.org. Doorstep is an emergency aid agency providing assistance for families and individuals in need for nearly 50 years. The agency is supported by 56 area member congregations. Doorstep provides food, clothing, household goods, and assistance for rent, utilities, rx/dental & transportation for thousands of households all year long. Doorstep is in need of donations of food, clothing and household items (blankets, sheets, pots & pans, dishes, etc.) and monetary funds to provide emergency services to our neighbors in need. Regular office hours are Mon.–Fri. 8am–3pm. Volunteer opportunities also available.



THE DOVETAIL SHOPPE. 12th and Washburn, Topeka, Ks; 234-3004. The Shoppe has clothing, household items, trinkets, furniture, children's items and once even had the kitchen sink! There are no prices at the Dovetail Shoppe we ask that customers give a 'reasonable' donation for the items they choose. Dovetail is open on Thur, Fri & Sat, 10am–4pm. Donations are accepted at the Shoppe during open hours or at Doorstep. They will pick up large items. Call Dovetail 234-3004 to make arrangements for a pickup. The Dovetail Shoppe is Doorstep's version of a thrift store and is open to anyone who is looking for clothing or household items or shopping for a bargain.

FLINT HILLS BREADBASKET. 905 Yuma St., Manhattan, Ks, 66502; 785-537-0730; www.breadbasket.manhattanks.org. The Flint Hills Breadbasket is a Community Food Network founded to minimize hunger and poverty through the distribution of available food and to nurture projects that will help alleviate hunger and poverty. The Breadbasket's ultimate goal is enabling our clients to gain the skills necessary for self-sufficiency, and we offer programs to aid this process, including a USDA Commodity Program, Community Resource Referral and more. We depend on community support to carry out our mission in various ways: tax deductible cash contribution, food donations, in-kind donations, and volunteerism. We receive no funding from Federal, State, County or City tax dollars.

KANSAS CHILDREN'S SERVICE LEAGUE. 3545 SW 5th St, Topeka, Ks, 66606; 274-3100 or Toll Free 877-530-5275; www.kcsl.org; Email: gcozadd@kcsl.org. A statewide, not-for-profit agency with a mission to protect and promote the well-being of children. Founded in 1893, KCSSL's programs work to help keep kids safe, families strong, and communities involved. Our services touch the lives of some 40,000 children and their families each year. Among KCSSL's programs in Northeast

Kansas are adoption referral services for children in foster care through www.adoptkskids.org, foster home sponsorship, infant adoption, parent education, Healthy Families, and a range of child abuse and neglect prevention services including the Community Resource Library and Parent Helpline. Needed items include clothing and toiletries.

KANSANS FOR LIFE. 929A S. Kansas Avenue, Topeka, KS 66612. Phone: 785-234-2998, E-mail: topeka@kfl.org Website: www.kfl.org. Jeanne Gawdun, Senior Lobbyist and Events Coordinator. Kansans for Life is a statewide non-profit educational organization also engaged in social action. It is dedicated to protecting and fostering the most basic human right...life itself. KFL is a state affiliate of the National Right to Life Committee.

KVC BEHAVIORAL HEALTHCARE. 2942 SW Wanamaker Dr, Suite 1B, Topeka, Ks; 66614; 267-4530. A private not-for-profit child welfare organization that provides services for children in need. Children separated from friends and family at Christmas time have special needs. You can help with our Holiday for Every Child program by making a cash donation, adopting a child's stocking wish list, or donating to our Toy Drive. The holidays are a special time but foster parents are always needed. To become a foster/adoptive parent call 1 (888) 497-1219. Call today because Children Can't Wait!!!

LET'S HELP, INC. 200 S. Kansas Ave., Topeka, Ks, 66603; www.letshelpinc.org; 234-6208. We are a non-profit organization serving Shawnee County and surrounding areas. We provide programs and services through Comprehensive Emergency Services by offering aid with rent, utilities, and medication; Food &



Clothing Banks, to include professional attire; Adult Basic Education & GED; Pre-Employment Training & Job Placement Coordination; and a Community Lunch. Let's Help collaborates with many other service agencies in the community and provides appropriate referrals. Let's Help is known as an agency that is committed to building a better community by inspiring hope, promoting self-sufficiency and breaking the cycle of poverty one person at a time.

LIFE CHOICE MINISTRIES. 1445 Anderson Ave., Manhattan, Ks, 66502; 785-776-9406. A ministry to women and families in crisis pregnancy. We offer free pregnancy testing, abortion information, post-abortion help, educational services, abstinence programs, friendship room (baby and maternity items), and prenatal classes. We facilitate private adoptions and support birth parents in the process. Diapers all sizes, volunteers and financial support are needed.

LIFELINE CHILDREN'S SERVICES. Angela Beemer - 785-783-4577. angela.beemer@lifelinechild.org. Our wish list is simple: VOLUNTEERS and FAMILIES. We would love help with connecting to prayer partners, adoptive families, host families and those who would love to work with families in need in our own community and those who feel blessed enough to share the resources and talents God has given them. To learn more about Lifeline Children's Services

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and all the ministries God has given us to serve in, please visit this link: www.life-linechild.org.

PREGNANCY CARE CENTER. Leo Center, One Riverfront Plaza, 6th & New Hampshire, Suite 100, Lawrence, Ks, 66044; 842-6499; pcc_lawrence@yahoo.com. Hours: 10am-5pm Mon. - .Thu., 10am – 12 pm Fri. PCC is a non-profit, non-denominational, non-political outreach supported by concerned evangelical Christians throughout the Lawrence area. We are here to reach out with Jesus' love to women in our community facing unexpected or unplanned pregnancies. All Services Provided at No Charge: Pregnancy Tests, Post-Abortion Counseling, Baby and Maternity Items, Adoption Counseling, Women Caring for Women, Compassionate Listeners. We are still raising financial support, and also accept donations.

RANDEL MINISTRIES, INC. FOOD PANTRY & FAMILY OF GOD CHURCH CLOTHING BANK located at 1231 NW Eugene, Topeka, KS 66608, 234-1111, Open Tues & Thurs 10:30-2pm. www.FOGchurch.com or www.RandelMinistries.com, contact Lelah Randel, FOGsecretary@gmail.com.

SALVATION ARMY, 1320 SE 6th Ave., Topeka KS 66614; 785-233-9648. Majors Brian & Lee Ann Burkett, Corps Officers. Website: www.topeka.salvationarmy.us. Facebook: The Salvation Army Topeka Kansas. Emails: brian_burkett@usc.salvationarmy.org or leeann_burkett@usc.salvationarmy.org. The Salvation Army mission is to meet basic human needs in the name of Jesus Christ. Volunteers are needed for bellringing - signup online at www.ringbells.org. Sponsor a virtual kettle at www.onlineredkettle.org or donate at www.DonateTopeka.com. Wish list includes non-perishable food items, toys, and sports equipment.

TFI FAMILY SERVICES. Topeka-217 SE 4th Street, Topeka, Ks. 66603; 785-271-6657. Lawrence-910 W 24th Suite A, Lawrence, Ks. 66047; 785-749-2664. www.tfamilyservices.org. Contact-Mary McClellan 785-271-6657 ext. 1336 or mmccllellan@tfifamily.org. TFI Family Services is dedicated to enhancing the

quality of life for youth and families through Behavioral Health and Child Welfare Services. TFI offers services that include: Foster Care, Adoption, Family Permanency, Reintegration, Behavioral Health, Drug and Alcohol Counseling and Transitional Living Programs for young adults. TFI continues to strive to place children close to their biological home. We are "in need" of caring people willing to become Foster Parents for children in their community. The Holiday Season is a difficult time for the Foster Care Children, to be able to provide a sense of normalcy. TFI is in need of businesses and individuals to adopt the Children for Christmas. Kids range from 0-18 years of age.

TOPEKA NORTH OUTREACH, INC. 210 NW Menninger Rd. Topeka, KS 66617. 785-286-1370. topekanorthoutreach@gmail.com, www.topekanorthoutreach.org.



thoutreach.org. "Christian Churches United in Service." **EMERGENCY ASSISTANCE:** Limited financial help to families to assist in paying utilities, rent and prescriptions. Food baskets, Hygiene baskets, Bibles. **VIP LUNCHEONS:** Free lunch served to Senior Citizens every Friday at 12 noon at North Topeka Baptist Church. **YOUTH PROGRAM:** Operation Backpack program provides "Weekend Snack Sacks" to area students in need. Each Snack Sack contains nutritional kid-friendly and easy to prepare snacks. Scholarship assistance for school, medical or emergency expenses. **CHRISTMAS PROJECT:** Families

adopted by our member churches through the Topeka Christmas Bureau. Also providing Holiday Food Baskets with Bibles, Blankets, Towels and Hygiene Baskets, Hats and Gloves. Toy Room with donations from Toys for Tots and American Sawdusters Club. Donations of funds, food, time and prayers are needed.

TOPEKA RESCUE MISSION. 600 N. Kansas Ave., Topeka, Ks, 66608; 354-1744; trm@trmonline.org; www.trmonline.org; On Facebook at Topeka-Rescue-Mission. Barry Feaker, Executive Director. The Mission provides shelter, food, clothing and other necessary services to individuals and families who are homeless or in need. This Christmas we are in most need of: new clothing (all sizes), bath/cologne gift sets, pots/pans, coffee makers, crock pots, small appliances, cooking utensils, towels/wash cloths, tool sets, men's & women's gifts & accessories, educational gifts and **VOLUNTEERS!**

TOPEKA YOUTH FOR CHRIST, INC. Bob Hanson, Executive Director; 2714 N. Topeka Blvd., # 103; Topeka, KS 66617; 785-232-8296; <http://topeka.yfc.net>; TYFC is looking for additional volunteers, prayer warriors, and donors who want to share the love of Christ with local youth. Click on the website or call the office to explore our ministry opportunities.

TOYS FOR TOTS. Topeka area: email Keith R. Viau at keith.viau@usmc.mil; Manhattan area: email: Lee A. Jones at lajones_66531@yahoo.com; Lawrence area: go to www.toysfortotsdgcoks.org or email: Mary Jones at maryjones@askmcgrew.com. Marine Toys for Tots Foundation, an IRS recognized 501(c)(3) not-for-profit public charity. We collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.



THE URBAN MINISTRY INSTITUTE OF Topeka. 8th and Clay. Mary Flin, Site Coordinator; 785-431-6000; maryflin@hotmail.com. Our wish list for the holiday season is for **STUDENTS!** TUMI-Topeka is here to come alongside the Church to equip leaders who have a passion for advancing the Kingdom of Christ, especially in the heart of the city. Second to our wish for an army of new leaders, we also welcome money for scholarships for these leaders, and are happy to provide homes for quality reference books for our library.

Moving Toward Charity For All

by **John Potter | Military Chaplain**



Americans gave more than \$358 billion to charities in 2014, an impressive number when you consider our economy. As a nation with stagnant salaries and rising cost of living expenses, \$358 billion is quite a hefty sum, a figure that represents an incredible feat of generosity, one that deserves a deeper look.

When you dig into the total by category, you find that religious organizations received the most donations. Religious groups garnered 32 percent of the total.

Generous giving of that magnitude creates a lot of attention in the news. The talking heads on television continue to discuss the story. They don't know how to interpret the information. They point to foundations, museums, scientific studies, and research hospitals as worthy causes for such giving, but for many reason religious groups seem like an odd place for people to send that level of financial support. They scratch their heads as they try to figure out why people give and sacrifice in this manner. To me, the answer is quite clear.

Churches, charities, missions, and religious organizations are performing the work of Christ.

Religious organizations feed the hungry, clothe the homeless, care for the sick, give comfort to the wounded, and minister to our souls. Significant acts like these will always mean more to people than receiving a tax deduction. It causes us to open our wallets. It enables us to volunteer and assist others in their time of need. It allows us to reflect Christ in a dark world.

As we approach Thanksgiving and Christmas, remember religious organizations, charities, and churches when you give. Armed forces personnel can give through the Combined Federal Campaign with payroll deductions. Odds are there is a charity that could use your assistance. Your financial support, no matter how great or small, allows people to share the redemptive story of Jesus and perform the loving work of our gracious God.



Christian Neighbor Center

(also known as Christian Street Witness, Inc.)

107 SW 14th St., Topeka, KS 66612

785-354-8763

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." Matthew 25:35-36 (NIV)

Our Mission: to witness the Good News of Jesus Christ, to feed and clothe the hungry, to teach the Bible and Christian conduct, to help mankind by establishing rehabilitation projects, and by engaging in business to support the above-mentioned goals.

The Christian Neighbor Center offers a safe place for Christians to become acquainted with "street people" and the difficulties they face. This in turn provides the opportunity for Christians to be a living witness to people in crisis.

Who we help: the down and out, abused women & children, drug addicts, alcoholics, widows & orphans, ex-convicts, etc.

How we help: Christian counseling, rehabilitation & support services to establish such individuals in a stable and productive lifestyle; help to find and maintain employment, Bible studies, telephone crisis counseling, and more.

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Paying the "Stupid Tax"

Dear Dave,

My husband broke a few ribs and his collarbone a couple of years ago when he flipped our ATV. He's fine now, but we still have about \$20,000 in medical bills because we were both between jobs and didn't have medical coverage when the accident occurred. We also have two credit cards, one with a \$1,000 balance and the other a \$7,000 balance. We only have \$200 a month we can put toward debt, so where should we start?

Sandy

Dear Sandy,

Not having health insurance at any time of your life is not smart, regardless of being between jobs or not. Ouch, what a mess! You didn't tell me what you guys make, but I can tell you a few things.

Number one, you're probably going to have to get your income up. You may have to take on a couple of part-time

jobs or work some overtime. My grandmother used to say, "There's a great place to go when you're broke — to work!" If you only have \$200 a month to put toward your debt, you've got to create some margin, and that may be on the income side of things.

The other thing I've found is this: Most people seem to be able to magically find money when they feel it's a life or death situation. "Magically" means that you do a budget. You make a written game plan where every dollar has a name before the month begins. When you write down every dollar, and you and your husband sit down and agree on where every dollar is going to go, you're going to have an ah-ha moment that feels like you got a raise. If you're normal, you waste a bunch of money because you don't budget and have a written plan. And normal pretty much sucks!

So, here's the drill. Start living on a



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

davesays

written budget, extra work, start working the debt snowball and pay off those debts from smallest to largest and don't even think about a vacation or anything else that's not necessary based until you clean up this mess. When you start living with a scorched earth idea — beans and rice, rice and beans — I'll bet you're going to find a lot more than \$200 in your budget to put toward killing off this debt!

—Dave

Help and wisdom

Dear Dave,

Recently, I met a young man who was put out on the street when he turned 18. He lives on food stamps and \$10 a week. My wife and I are on Baby Step 7 of your plan and have a great income, and our whole family feels called to help this kid — maybe even taking him into our

BEYER

continued from page 3

active in the Topeka community having previously served as a volunteer Parent/Adolescent Mediator for Kansas Children's Service League, a Mentor for Housing & Credit Counseling, Inc., and a Court Appointed Special Advocate for CASA of Shawnee County. She was awarded the 2013 CASA Rookie of the year. Beyer is a graduate of Baker University with a BBA and MA degrees.

The local ABWA Kansas Executive Express Network (KEEN) nominated Beyer for the Top 10 honor as she completes her 4th term on the Executive Board. She has served in several officer positions since 2011 and encouraged several other women to join the ABWA organization. She was selected as the KEEN Woman of the Year in 2014.

"Top Ten candidates are a paradigm for ABWA members who strive for excellence in their careers, their communities, and in the Association," says René Street, ABWA Executive Director. "It is a privilege to recognize these outstanding women this year at the National Women's Leadership Conference and to gain inspiration from their accomplishments."

When asked about the Top 10 selection, Beyer stated, "I am overwhelmed and humbled to represent my KEEN network as a Top 10 Candidate. This is a very big honor! ABWA has helped me grow both personally and professionally, and I am excited about being a national representative for the organization. I am grateful to all my ABWA friends and supporters for this wonderful honor!"

home. Do you have any advice?

Mitch

Dear Mitch,

You guys obviously have loving hearts and are doing great financially. But let's take a look at few important factors in a decision like this.

If you're thinking about actually taking him in under your roof, you need to remember that your first responsibility is to your family. You have to make sure they're safe, and that would include finding out everything there is to know about this guy. Talk to his past teachers, coaches or even family members if you can find them. Spend some time just talking to him, too, and find out more about his background, attitude, habits and goals. Then, if you still feel led to open your home to him, make sure everyone involved signs an agreement with really clear rules and guidelines about what is expected, what will not be tolerated and the rewards and consequences of each.

Helping him with food and clothing alone would be a generous act, but what you're considering is absolutely amazing. Just make sure, if you go this route, to do it not just with love, but with lots of forethought and wisdom.

—Dave

Don't need those cards

Dear Dave,

I have two credit cards. One charges me an annual fee of \$79 and the other a fee of \$39. Should I cancel these and not worry about my credit score? I'd like to buy a house in the next three years.

Ken

Dear Ken,

In my mind, there's no such thing as a good credit card. My advice is to go ahead and cancel them.

When you stop borrowing money and don't have any open accounts, your credit score will slowly disappear. The big thing is that you don't want to be caught in no-man's land in terms of a credit score. You want either a fabulous one, which means you're in debt all of the time, or you want no score because you don't have any open accounts.

By the way, did you know that you can still qualify for a mortgage, even with no credit score? There are still mortgage companies out there that will do manual underwriting. It takes a little extra effort, but in my mind that's a small price to pay. Cancel the cards, I've never met a millionaire who prospered thanks to credit cards and their gimmicks!

—Dave





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opinion

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A greatness that descends



DR. DAN
ERICKSON
Chief Servant
Leader of the
People Matter
Ministries

viewpoint

We were in the middle of a Sunday evening service when a drunk stumbled into the church. My dad was leading worship. The man staggered all the way down the aisle until he literally fell on his knees at the altar.

My dad immediately turned the service over to my mom, walked across to the desperate man, and knelt down beside him. As dad put his arm around the man and prayed for him, the man began to weep. As my dad entered into his pain, despair, and suffering, he was able to lead the man to Jesus Christ.

From where I sat observing, I saw only a smelly, nasty drunk. But my dad saw a man without a shepherd, felt compassion for him, and entered into his pain. (Mk 6:34)

Your Love + Your Humility + Your Service = True Servanthood

Looking back, I now know what I saw at that altar years ago: greatness descending. You will never be as great as when you are descending, becoming a servant. If we are going to become truly great we have to have a greatness that is

willing to descend with an attitude of true humility.

Paul wrote to the Philippians about the attitude of true servanthood. Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made Himself nothing, taking the very nature of a servant, being made in human likeness. (Philippians 2:5-7)

The kind of servanthood that Christ—and my dad—demonstrated was countercultural. Descending is normally reserved for losers, cowards, failures, and the weak. Our society tells us to avoid this at all costs. Ascending is reserved for winners, heroes, the successful, the strong, and the proud. Choosing to serve others is weak!

There is a contradiction between the culture's view and God's view. The culture says, rise to the highest level of your company, rake in a lot of money, succeed at what does not matter and you will be called great. The only direction is up!

God's view is the true way to eternal success: True greatness is not a measure of self-will or self-achievement but rather self-abandonment. The more you are willing to give up, the more you truly gain. Succeeding at what really matter is choosing to become a servant.

Just before the Last Supper, in John 13 Jesus demonstrated true love, humility, and servanthood to His disciples by washing their feet. He closed with this



statement:

"You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. I tell you the truth, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them." (John 13:13-17)

This demonstration by Jesus was not just about washing feet. It was about love, humility, and service. The role of the servant is not only the best way to live, but the only way to live. When you begin to practice servanthood, you live the way of the cross. You become a liv-

ing sacrifice, holy and acceptable in God's sight.

Servanthood is about position that is worked out after love and humility are worked in. It is how we seek to live out our potential and our destiny. When we demonstrate unconditional love, unapologetic humility, and uncompromising servanthood, we will live a life that will descend into true greatness.

Are you willing to lose it all in order to gain it all? Are you willing to descend in order to ascend? Moving down is the only way to become great in God's eyes, and nothing else matters. It is not the best path to greatness; it is the only path to true and eternal greatness. It is only then you can imagine His possibilities!

DRINKING CHRISTIANS



CLINT
DECKER
President and
Evangelist with
Great
Awakenings, Inc.

hopefortoday

Does God's Word teach that it is okay to drink? Churches and fellow Christians have divided over this question. Saying it is a hot topic is putting it mildly. I would not be surprised if well over 50% of Christians believed it would be okay to have an occasional drink.

Where do many believers get the idea that God has no problem with drinking? 1 - Jesus' example. "If Jesus drank then it is okay for me too." 2 - The use of the word "wine" in the Bible. It is shown in a positive light in various passages. 3 - The absence of a statement condemning drinking (aside from drunkenness).

I personally oppose the teaching

that God permits us to drink. Here are my reasons. 1 - The use of the word "wine" in the Bible. It does not always refer to alcohol. The meaning can refer to both, fermented or unfermented. This is according to the secular and biblical usages of the word in Greek and Hebrew, Latin and old English definitions. Biblical context often determines if wine is defined as simple grape juice or alcohol. 2 - Ancient biblical culture's making of wine. It was a common practice to mix water into the wine to dilute its alcohol potency. At the least people drank grape juice, and at the most, a non-alcoholic beverage. 3 - Common sense. When we say the only rule is not getting drunk, it leads to some odd conclusions. This means bottoms up for all alcoholic beverages beyond wine such as beer, vodka and whiskey. This means no limits on how often, just how much. This means, as long as we do not cross that line, God has no problem with the long-term health effects of alcohol.

In the midst of my opposition let me also state that I do not believe God views drinking as a sin. The Bible



clearly lays out drunkenness as a sin, not the same with drinking. There is no "Thou shalt not drink." Like many subjects in the arena of Christian living it often comes down to biblical wisdom and our personal motives.

Let me ask you an honest question — When you pick up that glass of wine, beer or shot of whiskey what is your motive? Are you drinking because of the flavor, you are plain thirsty or you want the effect of alcohol? Experts say that after 1 to 3 drinks (or shots) the alcohol begins to have some effect with feelings of relaxation.

Sometimes that is our intent, just to relax. That is a dangerous place to be with alcohol at our side. Jesus said, "The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly" (John 10:10). That thief can be alcohol and it starts with one casual drink. Turn to Jesus and instead of seeking relaxation, seek His abundant life. May Jesus be your hope for today.

Clint Decker is President & Evangelist with Great Awakenings, Inc.
cdecker@greatawakenings.org



How Much is Enough?



Over the last several years God has been teaching me that my children are in desperate need of grace. Many of them have not been fully raised by me, and have been exposed to behaviors and trauma that no one would wish on their worst enemy. My husband, Jonathan, and I get little glimpses into the world they came from, and quite honestly it's heart breaking.

Many times when I am sharing my testimony with others, whether it be in a training or just a curious stranger, many times the response is I couldn't do what you do, I don't want those behaviors/trauma in my home. Sadly, the truth is you bring in a trauma child/children everybody in the home becomes a victim of trauma. My heart has been broken more times that I can count, but ultimately it's not because of my children's behaviors, but because I know there is a reason behind their behaviors and that these behaviors are just a product of their abuse, neglect and trauma.

As Christians we are perfectly content to load up the school bus on youth group

night or Sunday mornings, but past this just send them home, let them be someone else's problem throughout the week and we will just say a quick prayer for them during prayer meeting or our morning coffee. "This should be enough," we think.

But is it really enough? The number of children in KS in out of home care is drastically growing. Three years ago it was just over 5000 and now it sits at over 6500. With only 2500 foster homes, these children aren't getting the attention, love and compassion they need and I would challenge you that it is not what God means when He says in James 1:27, "that we are to care for widows and orphans in their distress."

I don't know about you, but I'm a desperately wicked person who desperately needed a perfect savior, and He didn't just pick me up once or twice a week, but He daily walks with me, He is my rock and my fortress, and carries me through my deepest darkest times, where there seems like there is no hope. He shows me right from wrong, He pulls me out of the depths of

my despair and LOVES me! Yes, He loves sinful, imperfect me! He doesn't say, "But Allison, you are a murderer, an adulterer, and a liar at heart, I cannot help you." He gently says my precious child, follow me, trust in me and you shall have an eternal life in Heaven with me.

We as the church are foolish to believe that these children are someone else's problem. 75% or more of our prison population are young men who have aged out of foster care and young women who age out are 600% more likely to end up on welfare and losing their children back to the system. They become our million dollar babies, and honestly are never not our problem. Christ never said you can be my problem, but I'll love you from a distance, I'll pay for you while you are in bondage, I'll have the government pay for your food while I hide in the distance. No, in His 33 years on earth He called the lost, the lonely, the people that no one else wanted anything to do with. The woman at the well, the tax collectors, the thief on the cross next to Jesus as they died. He loved them, and it wasn't from a distance. He personally fed the hungry and He died to set us free.

Our adoption journey hasn't been easy, in fact the last year as we have brought home 2 more blessings (siblings to our current children) we feel as we have been under constant spiritual attack, and rightly so. We are bringing in 2 more eternal souls and raising them in the fear and admonition of the Lord. Pardon me for putting it this way, but Satan is pissed and he will do anything to rob God of the glory that is due to Him, including trying to tear apart what God has brought together already in our family.

We are fighting through and know that God works all things together for good for those who belong to Him. The one thing that I know for sure is that the life we have chosen is a compassion builder, not just to those on the outside looking in, but in my children. I have children who constantly ask why we cannot adopt more or tell me when they grow up they are going to adopt a group of siblings as well. We are creating hearts that are strong, even though they have seen great pain. We are compassionate and we are walking with our children through their deepest darkest moments, one day at a time. It hurts and some days I wonder why I've allowed my heart to be stretched and broken in so many ways, and then I realized it is because I'm to be like Jesus.

Our family, we are world changers and I challenge you to be the same. Don't be content to be complacent. We are all called to James 1:27, even if we aren't called to adopt. "A father of the fatherless and a judge for the widows, Is God in His holy habitation. God makes a home for the lonely; He leads out the prisoners into prosperity, Only the rebellious dwell in a parched land." Psalm 86:5-6. Shame on us if we as Christians allow any of the lonely to be handed over to Satan.

It's dirty, it's messy, it's painful, there are days that it's even bloody. My children may not have perfect parents, but they have per-

Megan is looking for her new family

Cheerful, patient, and curious, Marco, 11, wants to be a biologist when he grows up. He enjoys watching the Discovery Channel, studying science, and hunting for fossils. Recently, his younger biological sister joined an adoptive family. She and Marco don't get to see each other often, but they are often able to exchange letters and gifts through Saint Francis Community Services during the Christmas season. Marco loves his sister. And he's happy that she has found a "forever family" to adopt her and love her unconditionally. He's still waiting for his own family, though.

Marco is just one of the hundreds of children awaiting adoption in Kansas. He's also one of the children featured in Saint Francis Community Services' Fostering in Faith program. As a ministry, Saint Francis believes that one of the most powerful acts we can perform on behalf of children is to hold them in our prayers. In our own families, we pray for our children all the time - but sadly, many children have no family and no one to pray for them.

Fostering in Faith arose from that real-



ization. We know that most congregations and religious organizations have within their fellowship groups of people to whom God has given a spirit of intercessory prayer. Fostering in Faith ensures that children desperate for "forever families" are remembered and held in prayer by our faith commu-

nities.

Each month, Saint Francis sends participating congregations a photo and brief biography of a child who needs faithful, caring people to pray for him or her. The biography includes a prayer composed specifically for that child to help guide you in prayer. Congregations typically include the material in their Sunday bulletin or distribute it to their members so they can pray for the child at home if they wish.

Your prayers can transform the lives of these beloved children of God and bless the lives of the families who adopt them. To learn more, visit www.st-francis.org/fosteringinfaith.

To meet Saint Francis children in need of a permanent, loving family, visit www.st-francis.org/adoption.

manence and they have compassion modeled for them on a daily basis. Is it any different from the life that Jesus lead? No, and neither should the life of any believer be. Life wouldn't be so hard, if we didn't expect it to be so easy! So dear friend, find the mess that God has called you to, get dirty and jump in with both feet.

Jonathan and Allison Schumm of Topeka are vocal advocates for adoption, who strongly believe in the value of family and keeping families together. Their family has grown and changed so quickly over their 11 years of marriage that it is hard to believe. They have 17 beautiful blessings, including 2 sibling groups of 5, one of which has grown into 7, 4 biological children and 1 to be joining the family this month. The family hopes to finalize the adoption later this year of sibling number 7. The Schumm family is also active in Project Belong, a faith-based adoption advocacy organization that works in partnership with churches, families, and communities to "recruit, train, and support" adoptive families for Kansas children in

need. They also keep busy with Jonathan's jobs with Modern Woodmen of America and City Council and Allison's Norwex business, and training other families.

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A NEW APPROACH IN DEALING WITH RELATIONSHIP-BASED TRAUMA

by **Kathryn Peoples**

According to NationalAdoptionDay.org, there are approximately 100,000 children in the United States living in the uncertainty of foster care while waiting for an adoptive family. With an average wait of 4 years, more than 23,000 children are aging out of the system with no family or permanent home. Right here in Kansas, as of 8/31/2015 there were 6,464 children in foster care in an out of home placement and another 1,025 waiting for a forever family (www.dcf.ks.gov). That is a large number of children living in our towns that have relationship-based disturbances stemming from histories of abuse, neglect and/or trauma. And those hurts do not disappear overnight when adopted into caring loving families.

In spite of the fact that these children are adopted into families that have participated in 30 hours of state-mandated training, attachment problems, behavior problems, and social problems manifest in these children frequently. Often causing additional problems and trauma within the members of the adoptive family. Many times, these children are often labeled with numerous mental health diagnoses such as oppositional defiant disorder (ODD), reactive attachment disorder (RAD), Attention Deficit Hyperactivity Disorder (ADHD), as well as many others and then they are known as an alphabet soup rather than the precious child(ren) they truly are. And in all reality, we must remember the cause is the adverse childhood trauma.

Being aware and identifying the fact that our children have experienced trauma is by no means permission for the behavior. Quite the opposite is true. In fact, since we know that these children have been hurt relationally, we must help them heal in a relational manner as well. This is where Dr. Karyn Purvis and Dr. David Cross at Texas Christian University's Institute of Child Development have made such advances with the development of Trust-Based Relational Intervention® (TBRI®). TBRI® is a parenting approach for all children but we are focused on children from hard places. It combines structure and nurture in a way that teaches respect and compli-



ance while also being loving and playful.

TBRI® provides parents, as well as other caregivers, teachers, and professionals ways to connect with, empower and correct the children. What makes this approach so effective is the fact that it addresses the past relational trauma that adopted kids have experienced while giving parents the skills needed to help their children heal. The skills developed during training utilize the most current brain and behavioral research.

Many times, when adoptive families reach out for help they are deep in crisis or sliding there quickly and want to manage behaviors quickly and swiftly. With TBRI® the main focus is really on three main principles: empowering, connecting, and correcting. Empowering principles focus on the physiological (internal/physical) and the ecological (eternal/environmental) needs of the child. Next, the connecting principles address the attachment and relational needs. Lastly, the correcting principles will bring about and teach self-regulation, boundaries, and healthy behaviors.

The first focus is empowering. A child must learn that they have a voice, and a voice that matters. When we are born into a safe, stable, loving family we learn this during the first year of life when we hear tens of thousands of "yeses" to our most basic needs being met. However, for the child from the hard place, we must recreate those developmental needs in current time through felt safety in safe, structured environments that provide sensory rich activities; proper nutrition with frequent snacks to maintain stable blood sugar levels; and adequate sleep and regular physical activity.

Connecting principles enable both child and parent (or caregiver) to experience personal and interpersonal activities and behaviors that build trust and secure attachments. Our same infant born into that safe, stable, loving family learned through the external

regulation of a mother that was attuned to the needs of the child from food, to diaper changes, to comfort. Now our caregiver must learn to be mindful of non-verbal cues so that adverse behaviors and basic survival instincts of fight, flight, freeze can be avoided long before a response happens. Playful engagement produces trust and warmth between children and their caregivers. Additionally, it takes about 400 repetitions to learn something new but only about 12 if you learn it while engaged in play. Who wouldn't want that short-cut!

Finally, are the correcting principles of TBRI®. As previously mentioned, many parents want to jump to these first, however, if we meet the basic needs of the child and are connecting, this often easily fall into place. These strategies are very proactive and really designed as preventative teaching done through practicing of life scripts such as: "use your words," "with respect," and "Oops, try again." During this time, caregivers should be mindful of using the IDEAL response; the acronym is a simple reminder for care givers to:

I—Respond immediately to the because research proves that learning is greatest when the response is in swift temporal proximity to the behavior.

D—Respond directly to the child through eye contact, giving them undivided attention, and bringing them nearer to you physically for teaching and guidance because research documents significant shifts in brain chemistry and activity during eye contact and proximity.

E—Respond in an efficient and measured manner. This is reflected in Levels of Response, in which caregivers use the least amount of firmness, corrective effort, and verbal directive that is required to correct

the behavior. This strategy also helps children gain trust, knowing adults will not overreact to their behaviors

A—The response is action-based. Redirect the child to practice an appropriate behavior alternative. Physically lead them through a real-life "re-do" when possible. Once the "re-do" is successful (because they used the appropriate alternative behavior), praise the child.

L—Level the response at the behavior, not at the child. Never reject the child as a person, only respond to the behavior.

It is vitally important to keep in mind that children with histories of complex developmental trauma have unique struggles and challenges for caregivers as they work to meet those needs. TBRI® is a relationship-based model that can be carried out by nurturing and insightful caregivers and implemented in nearly every environ-

ment. It is very holistic in nature, cost effective, and has huge potential for creating positive impact for children from hard places. The most difficult hurdle to overcome, is that of the caregivers need to learn the skills of mindfulness and self-reflection of our own emotional triggers and responses we have developed from our own childhood experiences, parenting and attachment styles. However, once that is done, you will hopefully be pleasantly surprised by the "ah-ha" moments and optimism that TBRI® brings.

Kathryn currently serves as a Ministry Liaison in NE Kansas for Project Belong. For more information about Trust-Based Relational Intervention® training or speaking engagements feel free to contact 127Consulting@att.net or Kat@projectBelong.org.

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Celebrate the Holidays in Downtown Topeka!

As we enter the Holiday season, downtown have been cleared of barricades and parking stalls are open! People are getting in the Holiday Mood!

Christmas shopping in Downtown Topeka can be fun, with all the unique shops and a bit of nostalgia in the air. It might remind you of a time when shopping was more exciting, more personal, and less of a chore. Following are some tidbits from some of your friendly downtown merchants. Why not take a trip downtown and visit them?

You might even run into Norman the Nutcracker! He will be showing up downtown from time to time

between now and Dec. 24. You can also track his adventures on Facebook.

"Chocolate truffles...need I say more?"

You'll find this and more at Hazel Hill is located at 724 S. Kansas Avenue. Owners Nick & Terry Xidis invest their hearts and hands in fine chocolate and confectionery.



Hazel Hill, Terry's grand-

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

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

Personalized Fashion Advice

Choosing your next outfit should be a positive experience. Maricel Wilson, owner of Maricel's Closet at 924 S. Kansas Avenue, stocks her store to flatter your body and taste. You'll leave the store confident and you will look your best without the sticker shock.

"You feel most confident in your favorite outfit." Maricel Wilson says. "I want you to feel that confidence

every time you set foot out the door. Get another opinion with personalized fashion advice, and find a stylish solution for your next outing."

You can also save \$5.00 with the coupon on this page!



More info can be found at MaricelsCloset.com.

"Oh my gosh, I had no idea this cool place was here!"

Kymm Hughes, owner of Prairie Glass Studio at 110 SE 8th Ave., hears this all the time and is happily surprised when new customers walk through the doors of her retail and



working studio and express their delight. Kymm would like to invite anyone who has not visited the studio to drop by and experience this sea-



son's holiday magic with hundreds of ornaments and individually handmade gifts out of glass. It is also a location for classes if artists are interested in glass work.

Personalized screen printing

You can get those personalized t-shirts you've been wanting at Reliant Apparel, located inside Boho Mojo at 631 S Kansas Avenue. And you can get a discount by mentioning the ad on this page!

A Full-Service Florist & Gift Shop Downtown

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

Save \$5.00 by using the coupon on this page!

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

Diamonds are Forever

With the holidays approaching, you'll find many specials and gift ideas at David's Jewelers, 623 S. Kansas - a family business that has

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Holiday Memories, Events, & Gift Ideas!

Check out the Downtown Renovation Progress and all the Holiday Events

served Topeka for four generations. Diamond rings, pendants and earrings usually top the list but they also offer vivid colored gemstones in unique settings, watches, clocks, statues and fine crystal.



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

Antiques and Collectibles

For new and used antiques and collectibles, check out the Downtown Antiques and Collectibles Mall over at 500 SW Harrison. They have lots of treasures to peruse, and you are sure to find something you've been looking for.

Personalized Ornaments and Gifts

If you don't find what you want after shopping all the downtown retail stores, You can let your fingers do the walking for the rest of your shopping. Contact Elk Creek Engraving by phone or online to get those personalized gifts you need, such as ornaments, awards and other personalized gifts of all kinds.



Don't stop with this incomplete list! There's plenty more to discover in Downtown Topeka!

And keep an eye out for Norman!



While you're making your way around the downtown area, check out the progress on both sides of the street -- there are lots of new features! Many of the renovations are well under way or completed. And watch for these downtown events coming up:

SILENTS IN THE CATHEDRAL — Oct. 30, 7pm, Grace Episcopal Church, 701 SW 8th. Movie featuring Dr. Jekyll and Mr. Hyde, plus two shorts accompanied by organ and percussion

FIRST FRIDAY DOWNTOWN OPEN HOUSE WALK - Nov. 6, 5-8pm. Over a dozen downtown businesses will be having an open house, featuring gift ideas, festive decor, appearances by Norman the Nutcracker and the creations of our talented local artists. Participants include The Merchant, HHB BBQ, Moburts, The Celtic Fox, Prairie Glass Studio, Lupita's, Hazel Hill, Wolfe's, Boho Mojo/Reliant Apparel, Absolute Design by Brenda, David's Jewelers, Creative Corners, Nexlynx, Trails Market and Kelly Gerhardt Insurance

NOTO MARKET ON FIRST FRIDAYS — Nov. 6, NOTO arts district. Enjoy arts, antiques, fine crafts, and flea market items.

TOWER & TOUGH TOWER RUN — Nov. 7, 534 S Kansas — start in the lobby, finish at Top of Tower Club — run 16 flights of stairs to the top, or add some additional pain with basement sprint, or parking garage run before you finish with 16 flight climb. For info: 234-9336

DOWNTOWN TOPEKA'S FARMERS MARKET — Nov. 7, 7:30am to 12:00pm @ 12th and Harrison. Fresh produce, flowers, baked goods, crafts, arts, textiles and more!

NUSOUND HEARING PRESENTS THE 3RD ANNUAL TOPEKA VETERANS PARADE — Nov. 7, 11am at the State Capital. Welcome our heroes at the 3rd Annual Topeka Veterans Parade! Registration & sponsorship is now open.

EXTRA LIFE 2015 - Nov. 7 & 8, 8am, Jayhawk Tower, 700 SW Jackson St, Ste A. Tabletop gaming marathon to raise money

for Children's Miracle Network. Join the team or make a donation at extra-life.org/team/topeka

GINGERBREAD HOMES FOR THE HOLIDAYS - Nov 13 - 9am-7pm; Nov 14 - 10am-4pm; Nov 15 - 12pm-4pm. 785-234-2787 x104 myaussi@tpactix.org

RUN 4 A REASON — Nov. 14, 9am, 225 S W 12th St. A flat certified 5K and half marathon course starting and ending at the YWCA of Northeast Kansas. Proceeds benefit Girls on the Run, a YWCA program that gives girls in 3rd through 8th grade an after-school program with a curriculum that inspires them to define their lives on their own terms. Physical activity is woven into the program to give girls an appreciation of fitness and help them build healthy habits. <http://www.ywcatopeka.org/r4ar/register.chronotrack.com/r/13710>

DOWNTOWN TOPEKA'S FARMERS MARKET — Nov. 14, 7:30am to 12:00pm @ 12th and Harrison. Fresh produce, flowers, baked goods, crafts, arts, textiles and more!

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.

DOWNTOWN TOPEKA'S FARMERS MARKET — Nov. 21, 7:30am to 12:00pm @ 12th and Harrison. Fresh produce, flowers, baked goods, crafts, arts, textiles and more! **LAST WEEKEND!**

A CLASSIC ROCK CHRISTMAS - Nov. 21, 7:30-9:30pm, TPAC. A Classic Rock Christmas (performed by the December People), is where "White Wedding" meets "White Christmas" for the holidays. Classic carols in the style of your favorite classic rock bands performed by some of the top classic rock musicians of all time. Fun for the entire family. Food donations go to Harvesters Food Bank. 785-234-2787

TENTH ANNUAL RESCUE RUN - Nov. 28, Downtown Topeka. Proceeds benefiting the Topeka Rescue Mission Ministries. Register online at: www.topekarescuerun.com. Volunteers needed: email volunteer@trmon-line.org or call 354-1744x393



Contemporary, Stepping and Ballet featuring Ballet Folklorico De Topeka and the KC Steppers from Kansas City. 785-383-9373

LIVE YOUR BEST LIFE - Nov. 30, 6pm, Ramada Downtown. One Night Only Dinner with Les Brown, Dr. Stacie NC Grant, Ruben West, Roland Manny. You will be challenged to aim high, achieve and actively make an impact on the world.

You will be forever strengthened and changed. DinnerWithLes.com

MIRACLE ON KANSAS AVENUE PARADE — Nov. 28, 5:30-9pm. Free. Lighting of the tree at 5:30. downtowntopekainc.com

THE CHOCOLATE NUTCRACKER, Nov. 28-29, TPAC. Presented by It Takes A Village, Sat. 7pm/Sun. 3pm takes the original Nutcracker and gives it an urban, multicultural twist including a variety of dance styles — Hiphop, Jazz, African, Praise,

OAK RIDGE BOYS CHRISTMAS - Nov 30, 7:30-9:30pm, TPAC. Including "Elvira" and "Bobbie Sue" along with your other favorites! Then, after a short intermission, the stage is transformed and it's Christmas! The trees are decorated, the snow is falling and the Oak Ridge Boys treat you to Christmas favorites. 234-2787

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Celebrate the Holidays in North Topeka!

Lots going on in North Topeka during Holidays

The North Topeka area has a lot going on this time of year! Of course, NOTO 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.

Trunk'r Treat at Rolling Hills Christian Church is on Oct. 31;

Toys For Tots Jam Sessions are going on Nov. 1, 2pm-7pm, at B&B Backyard (behind Bill's Diner), 2134 N Kansas Ave., and Flamingo Bar and Grill, 2335 N W Clay St. Chicken, Potato Salad, Chili, Hot Dogs and More! Admission to either event is a new unwrapped toy or \$5.

And Tails on the Trail 5K + Walk is on November 7 at Shawnee North Community Center.

Creations Of Hope Community Meeting on Nov. 11, 5:30pm, at Creations of Hope gallery — Upstairs at the Yeldarb, 909 N. Kansas Ave. Learn about the Creations of Hope Gallery, a collective gallery by artists experiencing mental illness focused on art and advocacy. Interested artists are invited to learn about exhibiting artwork in the gallery and collaborating in developing exhibitions and events.


Veterans Day Celebration on Nov. 11, 2-3:00 pm, at Great Overland Station. Honor the service of the men and women of America's Armed Forces. The ceremonies will take place outside on the All Veterans Memorial and Corridor of Flags.

"We're Thankful" Sale - Nov. 14, 10-6, Vintage Vibe, 833 N Kansas Ave.

Treats & drinks will be served

Candlelight Christmas Nov. 20, 5-9pm. in NOTO Art District. Grab your Christmas shopping list, family and holiday spirit and join us for an old fashioned Christmas! Pictures with Santa, Free photo booth in front of the Christmas Tree, carolers, shopping by luminaries, carriage rides and so much more! Free. 785-861-7165; notoartdistrict.com

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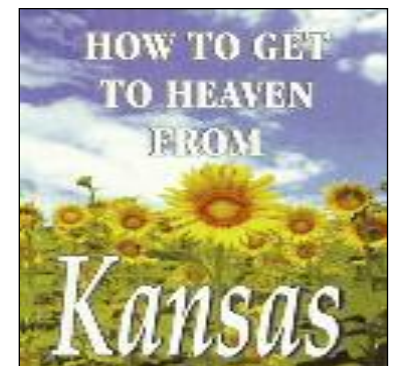
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Ed Popkess



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.

entertainment

MOVIES, BOOKS, MUSIC & MORE!

“Woodlawn” reminds us there is still light in the world

movie review

by Phil Boatwright

FILM SYNOPSIS: Based on a true story, it concerns a gifted high school football player who must learn to embrace his talent and his faith as he battles racial tensions on and off the field. Set in 1972, at the height of the “Jesus Revolution,” nearly the entire Birmingham, Alabama Woodlawn High School football team made a decision to follow Christ.



film411

STARS: Caleb Castille, Sean Astin, Jon Voight, Nic Bishop, C Thomas Howell, Sherri Shepherd, Kelly Greyson
RATING: PG
DIRECTORS: Jon Erwin, Andrew

Trivia: Sean Astin's character, "Hank" is actually a composite of three people: Wales Goebel, a former house builder who began reaching out to area high schools; Hank Erwin, father to co-creators Andrew Erwin and Jon Erwin, who was the team's chaplain for two years; and Mike Huckabee, whose experience at Explo 72 informed some of the dialogue.

REVIEW: Though it's another in a long line of based-on-a-true-story, sports-background-set, faith-based dramas about racism, it is a step above most films that reside in this subgenre. I'm not into football, a sacrilege in the state where I reside, and I've already seen countless films about how the white man showed prejudice toward other races until the climactic scene where we all learn the evils of bigotry. So, to be honest, I really wasn't

looking forward to another movie lesson set on a high school football field. Surprise, Woodlawn turns out to be powerful, honest, and fearless.

Aided by a solid performance by the lead, Caleb Castille as future NFL great Tony Nathan, as well as an engaging supporting cast led by established Hollywood actors who evidently wanted to express their belief in Jesus Christ, Woodlawn is a positive example of how spiritual matters can effectively be brought to the motion picture screen.

The makers of the film are dedicated to revealing how a relationship with Christ



does bring solutions to the injustices of the world. They do so without forgetting the cardinal rule of the cinema – thou shalt place story first. The producers glue us to the screen via story and characters, which helps make the message go down.

The script is well structured, full of pathos and sharp dialogue, the technical aspects are a step above most faith-based productions that struggle with budget problems, and, surprise, surprise, it has a dynamic score (usually the weakest element to Christian-themed movies). True, most of the music is taken from hits of the

day (set in 1972-1974), but even the original background music is potent.

Presenting Christ in movies is difficult. Indeed, the need for Christ may be the most difficult subject to bring to the screen. But, if the intent and delivery are organically infused into the storyline, it can be done, as Woodlawn dramatically evidences.

As the light seems to be dimming throughout the world, there is still the light. And this film reminds us that the light will not go out.

Out in the COUNTRY

by Scott Perkins



There are some elements that make a real country song great. A story teller and smooth vocals. Marty Raybon has both. The lead singer of Shenandoah has been called the best country vocal of all time. And his ability to tell a story through the song is tops.

During the heyday years of Shenandoah, Raybon got caught up with the alcohol and more. When he hit rock bottom, there was only one way to get out of it. He accepted Jesus as his Savior and Lord. But the story doesn't end there. Shenandoah retired and Raybon went back to playing bluegrass, the music he grew up on. But he also started preaching too!

Today, Shenandoah has gotten back together after 17 years. They have just completed a new Christmas album that you can download on iTunes. It is the same great Shenandoah sound that you remember from the 80s. For more information, go to MartyRaybon.com. You will also hear Raybon on the show as he continues to send great Christian Country Music to us!

On December 5th, Marty Raybon

will be our special guest at The Crystal Spur in Topeka. For information on The Crystal Spur go to HeritageCountry.org. 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

Crystal Spur
 December 5th
 7 p.m.
 Topeka First Assembly
 500 SW 27th

featuring
Marty Raybon
 (lead singer of Shenandoah)

Tickets
 \$25 through October 31
 Prices go up to \$35 on November 1
 \$45 at the door - Seating is limited!

Get your tickets at WBW Radio or Topeka First Assembly

For more details: heritagecountry.org

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The Christmas party of the year!

University chapel gets make-over - and upsets Christians

by Hazel Torres | ChristianToday.com

Wichita State University (WSU) students and alumni are upset that the school's chapel has been expunged of any

ance with the wishes of the chapel's benefactor, Mrs. Harvey D. Grace, who in her last will wrote that "this chapel will be open to all creeds and to all races of people."

University officials have required all Christian symbols to be removed from the chapel at Wichita State University.



Christian symbols. The school's Muslim students have succeeded in taking over what used to be the Christian chapel of their university, to the dismay of the school's majority Christian population.

The students were aided in gaining control of the Christian prayer area with the help of the administrators of WSU who, last May, decided to make the university's chapel "faith neutral" to accommodate Muslim students.

University officials ordered workers to remove all the pews, crosses, the altar and anything related to the Christian faith inside the Harvey D. Grace Memorial Chapel. Muslim prayer rugs and some portable chairs were then brought inside.

In a statement, WSU President John Bardo said the changes were in compli-

Though Grace has never questioned the cross or other symbolism used in the chapel, Bardo said they took it upon themselves to convert the chapel into a facility "welcoming to all religious groups on campus."

But the changes ultimately resulted in a "Christian cleansing," according to news reports. "Anything remotely related to the décor of a Christian church was given the heave-ho."

Student alumni and university donors protested the removal of the pews and altar. "Why did they have to take out all the pews?" alum Jean Ann Cusick wrote on Facebook.

The university's Muslim organization, now in control of the facility, is dismissing

■ Please see CHAPEL page 17

ARTISTS HONORED AT ANNUAL DOVE AWARDS

The 46th Annual GMA Dove Awards ceremony aired last month, and here's a list of some of the winners this year:

Phillips, Craig, and Dean won this year's award for Inspirational Album of the Year, for "Above It All."

Pop/Contemporary Album of the Year went to For King and Country, for their release "RUN WILD. LIVE



FREE. LOVE STRONG."

Alabama won the award for Bluegrass/Country Album of the Year, "Angels Among Us," while Hillsong Worship was awarded Worship Album of the Year for



"No Other Name."

American Idol alum, Colton Dixon, won the award for Rock/Contemporary Album of the Year, for "Anchor," while modern hard rock heroes RED won Rock Album of the Year with their "Of Beauty and Rage" release.

In other music news, Kutless is

expected to release their newest offering, "Surrender," at the end of this month. This will be their ninth studio release.

Sara Groves will also be releasing a new album this month. Titled "Floodplain," this album is said to be a very personal and deep collection



of songs for Groves.

"One main idea that appears a few times on the record is reality and escape,"

Groves said, recently. "Joy and sorrow are both mixed in our cup. We can see our reality as a burden and try to escape it, or we can drink our cup."

A commentary track shared with her husband, Troy, where they discuss each song is now available with a pre-order of the album.



Thanksgiving DVDs

Can't move from all the turkey and pumpkin pie? Sit back and enjoy one of our favorite Thanksgiving-themed movies

Available on streaming services like Netflix or Amazon Prime, broadcast on cable or checked out through your local library, there are some great movies available to enjoy with your family over Thanksgiving weekend.

Plymouth Adventure (1952) (no rating) – Spencer Tracy is the captain of the Mayflower as it makes its way across the

Atlantic Ocean to a new home in America. Still a classic film. Gene Tierney also stars.

Mayflower: The Pilgrim's Adventure (1979) (no rating) – This made-for-television film stars Jenny Agutter and Richard Crenna in another version of the Pilgrim's crossing the Atlantic Ocean to build a new life.



Miracle on 34th Street (1947) (no rating) – A classic film with Margaret O'Brien and Edmund Gwenn at the beginning of the Macy's Thanksgiving Day Parade.



Avalon (1990) (PG) – Director Barry Levinson gives a heart-warming story of immigrants who try to



achieve a new life in America, including a new holiday, Thanksgiving. Stars Aidan Quinn.

Planes, Trains and Automobiles (1987) (PG 13) – A John Hughes film, this more-on-the-adult-side film tells the story of two men, Steve Martin and the late John Candy, caught in the holiday traffic rush, who must join forces to reach home for Thanksgiving.



Thanksgiving on Walton's Mountain (1982) (no rating) – From the popular television series, this story is of Walton family members trying to reach home for Thanksgiving.



Squanto: A Warrior's Tale (1994) (PG) – Adam Beach is Squanto, an Indian warrior who is stolen away to Europe, returns to America and meets



the Pilgrims.

Rugrats Thanksgiving (1997) (no rating) – An animated film of the popular comic strip characters who learn the meaning of Thanksgiving;



A Charlie Brown Thanksgiving (1973) (no rating) – another classic children's animated film with the popular comic strip characters of Charlie Brown, Snoopy, Linus and the rest trying to prepare a Thanksgiving meal.



Mouse on the Mayflower (1969) (no rating) – This is an animated story of a stowaway mouse on the Mayflower who encounters a new life in America.



– Compiled by Marie Asner

bookshelf

Book says volunteerism among the church is strong

by Sarah Brown

Evangelical leaders say their constituents are spending the same or more time as volunteers in their churches and communities than they did a decade ago, according to the August Evangelical Leaders Survey. Answering from their experience of leadership in the community, 55 percent said evangelicals have maintained or increased their voluntary service, while 45 percent said evangelical engagement in volunteer activities has decreased.

More than one quarter of all Americans volunteer each year for an average of 50 hours spread out over a 12-month period, according to the U.S. Bureau of Labor Statistics. The organization for which volunteers worked the most hours during the year was most frequently religious.

"What surprised me about the Evangelical Leaders Survey was not the findings, but that nearly two thirds shared their thoughts about volunteerism among evangelicals — many using several paragraphs," said Leith Anderson, president of the National Association of Evangelicals (NAE). "Clearly this is a significant topic of interest among church and ministry

leaders."

Anderson's new book "The Volunteer Church" helps pastors and ministry leaders know how to manage and empower those in volunteer ministry positions.

Ron Hamilton, conference minister of the Conservative Congregational Christian Conference, said, "Churches with a highly engaged membership who regularly volunteer are growing, and churches with a limited involvement are in decline."

Anderson said, "At their core, churches are volunteer organizations. Even if they can, most churches should not replace their volunteers with hired employees. The act of volunteering is an expression of worship, it serves people, and it builds relationships."

Leaders noted the popularity of short-term missions, awareness from social media campaigns and an increasing desire among young people to make tangible difference as having an impact on the increase of volunteer engagements. Winnie Bartel, representative of Mennonite Brethren Church, said, "The volunteer 'market' is smarter now and has created avenues for even full-time employed people to volunteer somehow and somewhere."

Evangelical leaders shared potential barriers to volunteering, including time

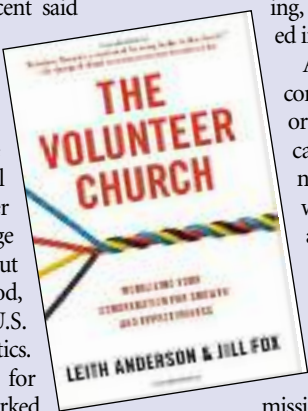
demands, busy family schedules, less commitment to the local church, and a growing hesitancy to commit to long-term positions (e.g., teach Sunday School for one year).

To address the concerns of busy church members, Kevin McBride, pastor of Raymond Baptist Church in Raymond, New Hampshire, recommends offering well defined volunteer opportunities. "People are much more receptive to targeted volunteer requests with specific job descriptions, time requirements and duration of service needed. For example, 'We need one teacher for eight weeks. It will require one hour of preparation and one hour of teaching each week.'"

Scott Ridout, president of Converge Worldwide, said, "I see greater effectiveness in churches that have included serving as part of their definition of maturity, defined it as a value and have developed a clear, accessible pathway to involvement. The service capacities of any church are greatly influenced by their leadership."

The Evangelical Leaders Survey is a monthly poll of the Board of Directors of the National Association of Evangelicals. They include the CEOs of denominations and representatives of a broad array of evangelical organizations including missions, universities, publishers and churches.

This survey summary can be found at NAE.net.



CHAPEL

continued from page 16

the Christian concern, calling it "Islamophobia," or prejudice against Muslims.

Of the university's 15,000 predominantly Christian students, only about 1,000 are Muslims.

Christian students have continued to appeal to university administrators not to deprive its majority Christian student population of their religious rights and use of the chapel.

Apparently feeling the pressure,

President Bardo recently ordered a committee to be formed to study possible changes in the facility to address the concerns of the school's Christian students.

"I don't think that change was undertaken with enough consideration of the feelings of all elements of the campus and broader community," he said.

Meanwhile, Muslim students are also seeking more accommodation, beyond the chapel, across the entire university. They recently presented a petition calling for the university to install Islamic-friendly plumbing—specifically, handheld bidets in restrooms around the campus.

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9 Tips for Aging Well



(Family Features) Although you can't stop time, the right type and amount of physical activity can help stave off many age-related health problems.

More than half (59 percent) of Americans expect to still be living at home independently at the age of 80, according to a recent survey by the American Physical Therapy Association. However, the same study showed that at least half of the same population recognizes they will see a decline in strength and flexibility as they age.

Movement experts such as physical therapists can help aging individuals overcome pain, gain and maintain movement, and preserve independence – often helping to avoid the need for surgery or long-term use of prescription drugs.

These nine tips, provided by the experts at the American Physical Therapy Association, are keys to

helping you age well:

1. Chronic pain doesn't have to be the boss of you. Each year 116 million Americans experience chronic pain from arthritis or other conditions. Proper exercise, mobility, and pain management techniques can ease pain, improving your overall quality of life.

2. You can get better and stronger at any age. Research shows that an appropriate exercise program can improve your muscle strength and flexibility as you age. Progressive resistance training, where muscles are exercised against resistance that gets more difficult as strength improves, has been shown to help prevent frailty.

3. You may not need surgery or drugs for your low back pain. Low back pain is often over-treated with surgery and drugs despite a wealth of scientific evidence demonstrating that physical ther-

apy can be an effective alternative with less risk.

4. You can lower your risk of diabetes with exercise. One in four Americans over the age of 60 has diabetes. Obesity and physical inactivity can put you at risk for this disease, but a regular, appropriate physical activity routine is one of the best ways to prevent and manage type 1 and type 2 diabetes.

5. Exercise can help you avoid falls and keep your independence. More than half of adults over 65 report problems with movement, including walking 1/4 mile, stooping, and standing. Exercise can improve movement and balance and reduce your risk of falls.

6. Your bones want you to exercise. Osteoporosis, or weak bones, affects more than half of Americans over the age of 54. Exercises that keep you on your feet, like walking, jogging or dancing, and exercises using resistance such as weight lifting, can improve bone strength or reduce bone loss.

7. Your heart wants you to exercise. Heart disease is the No. 1 cause of death in the United States. One of the top ways of preventing it and other cardiovascular diseases is exercise. Research shows that if you already have heart disease, appropriate exercise can improve your health.

8. Your brain wants you to exercise. People who are physically active, even later in life, are less likely to develop memory problems or Alzheimer's disease, a condition which affects more than 40 percent of people over the age of 85.

9. You don't have to live with bladder leakage. More than 13 million women and men in the United States have bladder leakage. A physical therapist can help you avoid spending years relying on pads or rushing to the bathroom.

To learn more about the role of physical activity as you age, or to find a physical therapist near you, visit MoveForwardPT.com.

Photo courtesy of Getty Images

#AgeWell AT ANY AGE

In the United States, we are increasingly preoccupied with what it means to get older – or what we perceive it means. Perspectives vary among generations and between genders, but one thing is certain: everyone is thinking about aging. A recent national survey by the American Physical Therapy Association offers new insights on what Americans are feeling, thinking and doing about it.

HOPES FOR AGING	FEARS OF AGING
Staying Healthy <ul style="list-style-type: none"> 42% of respondents Almost half of women – significantly higher than men 	Not Able to Do the Things I Love <ul style="list-style-type: none"> Significantly more Millennials than other generations
Enjoying Life <ul style="list-style-type: none"> 30% of respondents 1/3 of men – significantly higher than women Significantly more Millennials than Boomers 	Not Living Independently <ul style="list-style-type: none"> 60% of Silent Generation 40% of Boomers
Maintaining Independence <ul style="list-style-type: none"> 18% of respondents Significantly more Boomers and Silent Generation than other generations 	Debilitating Diseases & Chronic Conditions <ul style="list-style-type: none"> 42% of respondents Alzheimer's disease – 3x more than either heart disease or chronic pain

Millennials: Born between early 1980s & early 2000s. Gen X: Born between early 1960s & early 1980s. Baby Boomers: Born between 1946 & 1964. The Silent Generation: Born between mid 1920s & early 1940s.

EXPECTATIONS

68% Will still be able to engage in the same type of physical activities at 85 and older <small>40% of respondents before medication are excited for that to be true</small>	51% Strength 49% Flexibility <small>Millennials & Gen Xers are significantly more optimistic than Boomers</small>	59% Will be living independently at home at age 85 <small>Boomers are significantly more confident in independence</small>
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START THE CLOCK

When do you start to experience the signs of aging?

40s / 50s Significantly more respondents under the age of 55 expect to experience aging signs in their 40s or 50s	60s The majority of respondents expect to experience aging signs in their 60s or older
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AGING STARTS EARLIER THAN YOU MAY THINK:

- Take action early
- Protect health through the aging process

PROMOTE HEALTHY AGING

With guidance from a physical therapist, the right type and amount of physical activity can: <ul style="list-style-type: none"> Improve mobility Alleviate pain Boost mental health 	Healthy Routines <ul style="list-style-type: none"> 58% Stay mentally active with crossword puzzles and brain games 53% Eat a balanced diet 53% Exercise regularly 51% Maintain a healthy weight 48% Build physical activity into their day 39% Participate in preventative screenings 34% Build muscle strength 	93% Already practice healthy behaviors
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TIPS TO #AGEWELL

Prevent/Manage Diabetes Affects 1 in 4 Americans over 65	Build Heart Health No. 1 cause of death in U.S. is heart disease	Strengthen Bones Affects more than half of Americans over 50
Treat Back Pain Often over-treated with surgery and drugs	Stimulate Brain Alzheimer's disease affects more than 40% of people over 85	Avoid Falls About 1 in 3 Americans over 65 fall each year
		Manage Chronic Pain 116 million Americans suffer from chronic pain

As experts in movement, physical therapists will work with you to help you prepare for aging, treat the effects of aging and learn how to #AgeWell. Find a physical therapist in your area at MoveForwardPT.com.

Source: National attitude survey conducted by DRE International on behalf of the American Physical Therapy Association.

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SOCIAL SECURITY QUESTIONS AND ANSWERS

DISABILITY

Question:

How do I apply for disability benefits? And, how long does it take to get a decision after I apply for disability benefits?

Answer:

You can apply for disability benefits online at www.ssa.gov/disabilityssi/apply.html. To get a decision on your disability application usually takes three-to-five months to. The time frame can vary depending on

- The nature of your disability;
- How quickly we can get your medical evidence from your doctor or other medical source;
- Whether it's necessary to send you for a medical examination; and
- Whether we review your application for quality purposes.

Learn your claim status at www.socialsecurity.gov/claimstatus.

SUPPLEMENTAL SECURITY INCOME

Question:

Can a noncitizen get Supplemental Security Income (SSI)?

Answer:

The laws and regulations concerning noncitizens differ for the Social Security and SSI programs. The Social Security administers both, even though they have different eligibility requirements. Some noncitizens do qualify for SSI. See Supplemental Security Income (SSI) For Noncitizens at www.socialsecurity.gov/pubs for more information.

Question:

Are Supplemental Security Income (SSI) benefits taxable?

Answer:

No, SSI payments aren't subject to federal taxes. We will not send you an annual form SSA-1099 to report your benefits to the Internal Revenue Service. However, Social Security beneficiaries may have to pay income tax on a portion of their benefits. If so, you may ask Social Security to withhold your federal taxes from your Social

Security benefit payments. For more information, visit our website at www.socialsecurity.gov.

MEDICARE

Question:

How do I terminate my Medicare Part B (medical insurance)?

Answer:

You can voluntarily terminate your Medicare Part B (medical insurance). Because this is a serious decision that could have negative ramifications for you in the future, you'll need to have a personal interview with a Social Security representative first. The representative will help you complete Form CMS 1763. This form isn't available online. To schedule your interview, call us at 1-800-772-1213 (TTY: 1-800-325-0778) Monday through Friday from 7:00 a.m. to 7:00 p.m., or contact your nearest Social Security office. For more information, go to www.medicare.gov.

GENERAL

Question:

I applied for my child's Social Security card in the hospital but have not received it. How long does it take?

Answer:

In most states it takes an average of three weeks to get the card, but in some states it can take longer. If you have not received your child's card in a timely manner, please visit your local Social Security office. Be sure to take proof of your child's citizenship, age, and identity as well as proof of your own identity. And remember, we cannot divulge your child's Social Security number over the phone. Learn more at www.socialsecurity.gov.

Question:

Is it illegal to laminate your Social Security card?

Answer:

No, it is not illegal, but we discourage it. It's best not to laminate your card. Laminated cards make it difficult — sometimes even impossible — to detect important security features and an employer may refuse to accept them. The Social Security Act requires the Commissioner of Social Security to issue cards that cannot be counterfeited. We incorporate many features that protect the card's integrity. They include highly specialized paper and printing techniques, some of which are visible to the naked eye. Keep your Social Security card in a safe place with your other important papers. Do not carry it with you. Learn more at www.socialsecurity.gov.

RETIREMENT

Question:

I have two minor children at home and I plan to retire this fall. Will my children be eligible for monthly Social Security benefits after I retire?

Answer:

Monthly Social Security payments

may be made to your children if:

- They are unmarried and under 18;
- Age 18 or 19 and still in high school; or
- Age 18 or older, became disabled before age 22, and continue to be disabled.

Children who may qualify include a biological child, adopted child, or dependent stepchild. (In some cases, your grandchild also could be eligible for benefits on your record if you are supporting them.) For more information, see our online publication, Benefits For Children, at www.socialsecurity.gov/pubs.

Question:

Can I delay my retirement benefits and receive benefits as a spouse only? How does that affect me?

Answer:

It depends on your age. If you are full retirement age and your spouse is receiving Social Security benefits, you can choose to file and receive benefits on just your spouse's Social Security record and delay filing for benefits on your own record up until age 70. By filing for just benefits as a spouse, you may receive a higher retirement benefit on your own record later based on the effect of delayed retirement credits. You can earn delayed retirement credits up to age 70 as long as you do not collect your own benefits — and those credits can increase your benefit by as

much as 8 percent for each year you delay. You can use our online Retirement Estimator to test out different scenarios. Go to www.socialsecurity.gov/estimator.

SUPPLEMENTAL SECURITY INCOME

Question:

I saw a poster that advised people 65 or over with limited income and resources to apply for Supplemental Security Income (SSI). Next month I'll turn 65, and I thought I'd be eligible for SSI. I planned to apply until my neighbor told me I probably would be turned down because I have children who could help support me. Is this true?

Answer:

Whether your children are capable of helping to support you does not affect your eligibility. SSI eligibility depends solely on your income and resources (the things you own). If you have low income and few resources, you may be able to get SSI. However, if you are receiving support from your children or from anyone living inside or outside of your home, it may affect your eligibility or the amount you can receive. Support includes any food or shelter that is given to you, or is received by you because someone else pays for it. Learn more about SSI at www.socialsecurity.gov/ssi.



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 - Nov. 3 at 6:30pm; Nov. 7 at 6:00pm & Nov. 11 & 19 at 1pm 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

ARROWHEAD WORSHIP SERVICES

continued from page 1

We talked about providing a worship opportunity for fans who typically would go to church on Sundays," Kelley said.



KELLEY

"We got the permission and blessing of the Chiefs, and the response has been phenomenal.

"We have a worship band and just teach from the Bible, share our testimonies and offer people an opportunity to pray for them. We are nondenominational and encourage people to come as they are."

Kelley previously was spiritual development pastor at Grace Church in Overland Park. He built a relationship with several Chiefs players who attended

the church, including Dustin Colquitt, Matt Cassel and Brady Quinn. The team's chaplain left during the 2013 pre-season, and the team asked Kelley to speak.

"After the first chapel, they asked me to be their speaker for the season," he said. "I said if you just want me to speak, I probably am not your person. I'm a pastor. I told them if you want me to shepherd these men and tell them what they need to hear instead of just what they want to hear, then I'll do it. They joked that NFL stands for 'Not For Long', but it has been a great relationship."

Kelley left his position at Grace and raises his own support through Athletes in Action. The organization provides chaplains for 15 NFL teams, as well as for the Super Bowl, owner meetings and other events. In addition to pregame





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FROM THE CHEAP SEATS

by Rob Mooney

By the time you read this article, the Kansas City Royals will have already played several games in the 2016 World Series against the New York Mets. It's amazing that the Royals have advanced to the World Series for a second consecutive year. Obviously the run to the World Series was quite different this year than last when they exploded on the scene to win the Wild Card game then sweep both the ALDS and the ALCS. It's been fun to watch the last couple of years. Actually, if you check out their records, they have improved their win-loss record each year for six years in a row. The Royals are no fluke!



The Royals have really set themselves up for a small run of success with the way they've handled the players' contracts. There are only eight players hitting the free agent market this year. Johnny Cueto,

Ben Zobrist, Alex Rios, Johnny Gomes, Franklin Morales, Ryan Madson, Chris Young, and Joba Chamberlain. I can see them trying to re-sign Zobrist, Morales, Madson and Young. However, don't be surprised if they re-sign Cueto. I know a lot of people are down on him right now, but I think the price could be right for him. They'll have to sign someone to fill his spot if he leaves, so they might as well sign him.

I had heard that Alex Gordon was a free agent after this year, but the info I saw shows him becoming a free agent in 2017. Joining Gordon next year will be Luke Hochever, Jeremy Guthrie, Greg Holland, Kendrys Morales, Edison Volquez, Kris Medlen and Drew Butera. Re-signing Gordon will be the top priority for the Royals. They will probably make a run at Morales and Volquez, but I can see the others being allowed to walk.

The following year is when the Royals will get hit hard in the checkbook. Free agents in 2018 are Eric Hosmer, Wade

Davis, Alcides Escobar, Lorenzo Cain, Mike Moustakas, Danny Duffy, and Jarrod Dyson. The Royals will have to re-sign some of these guys but I don't think they'll be able to afford all of them. My guess is they'll go hard after the core everyday players — Hosmer, Cain, Escobar, and Moustakas, but they may be way out of their price range.

Salvador Perez becomes a free agent in 2020, so he'll be around for quite a while. Don't worry about his contract because he's receiving some nice increases over the next few years. This year he made 1.7 million. Next year it jumps to 2 million. In 2017 it goes to 3.75 million, then 5 million in 2018 and finishes at 6 million in 2019. I could see the Royals restructuring him this year to reward him for being the best catcher in the American League, but they don't have to. If they do, it will go a long ways towards showing their players they want to keep them together.

As we all know, things can change quickly in the major leagues. I don't expect all of these players to hit the free agent market. I believe that the Royals will re-sign some of them before they become free agents by restructuring their contracts. But whatever happens, we need to trust General Manager Dayton Moore to do his job. He has proven he is quite capable of assembling a championship caliber team.

chapters, Kelley leads a Bible study for Chiefs coaches on Friday mornings.

Although he doesn't travel with the team, he arranges speakers for chapel services on the road. He found a Christian rugby player from Wales to speak at the Nov. 1 game against the Detroit Lions in London.

Launching the service for fans was simply a matter of seeing a need and filling it

"We planned to hold services at Kauffman Stadium until the Royals made the World Series during the week of our first service," Kelley said. "Who would



have guessed? The Arrowhead Pavilion happened to be open, so we took it."

A "street team" starts walking the parking lot at 7:30 a.m. on game days, passing out flyers and offering free coffee and doughnuts. Services begin at 9:30 a.m. and last 45 minutes, leaving fans plenty of time to tailgate and be in their seats by kickoff. Kelley and Casey optimistically set up 350 chairs, and all are filled.

"We didn't know what to expect when we started," he said. "It was like making spaghetti — we threw things against the wall to see what would stick. One person said his family has been season ticket holders for 42 years, and this was the best thing the Chiefs have done."

A diverse group of fans attends servic-

es, including members of the Hunt family, which owns the Chiefs.

"We have Protestants, Catholics, atheists and everyone in between," Kelley said. "One atheist said, 'I don't believe what you believe, but I believe in what you are doing.'"

Congregations from across the city are invited to participate. Remaining chapels for this season include:

- Nov. 29: Gregory Ealey, pastor of Paseo Baptist Church, and the Paseo Baptist Church worship band.
- Dec. 13: Tim Howey, executive pastor of Grace Church, and the Grace Church worship band.
- Dec. 27: Christian Newsome, pastor of Journey Church International, and the Journey Church International worship band.

Kelley believes God has placed him in his current position to influence the

influencers, which can have a multiplier effect on society.

"I have an opportunity to speak into the lives of athletes, their wives and families, and the organization," he said. They have such a network and platform to share the gospel. I help train them to articulate their testimonies and possibly reach millions."

more information

Although Kelley has a hectic schedule during football season, he is available to speak to churches and businesses in the offseason. For more information or to book a speaking engagement, please visit www.phillipkelley.net.



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Renovation with original charm in mind

(Family Features) Not every home renovation is a complete do-over. In fact, some projects are more about preserving the character and charm of the original structure than making everything shiny and new.

A self-taught home rehabber, licensed real estate agent and designer, Nicole Curtis, star of HGTV's "Rehab Addict," has made an art of introducing the com-

forts and conveniences of modern living while restoring homes to their former glory.

Whether you're giving new life to a historic treasure or simply sprucing up a more modern home, there are many ways to retain features that keep the integrity of the original design intact while keeping your renovation budget under control.



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Flooring

Updating tired, worn flooring is an important way to make a room feel fresh and inviting. Remember that much like



fashion trends come and go, so do popular styles for home decor. The dingy carpet you can't wait to tear out may actually be covering a hidden gem – original hardwood floors.

Many homeowners rush to rip out old flooring at the first sign of damage, Curtis said. Her advice: approach your renovation with a "what can I save" rather than a "what can I lose" mentality. Damaged sections of wood flooring can be patched using reclaimed wood from other parts of the house or even the attic. A good sanding and a fresh coat of stain can leave you with a beautifully imperfect surface filled with character that simply can't be bought.

Heating and Cooling Systems

Adding a temperature control system to a home or considering how to integrate an addition into an existing system can be a daunting proposition. In those cases, not only is a ductless system one of the easiest options for improved home comfort, it also preserves the existing structure and architectural integrity of a home.

"No ductwork makes my life so much easier," Curtis said. "There's less time and money spent on finding ductwork space and installing the systems, so we no longer have to sacrifice design."

Installing a ductless system, such as those offered by Mitsubishi Electric Cooling & Heating, is a simple solution for eliminating window units and baseboard heaters that detract from the beauty and architectural essence of your home. There's no need to tear through or lower ceilings to make space for ducts and no messy demolition is required.

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tional central systems or window units. Learn more at mitsubishicomfort.com.

Kitchen and Bath

Two rooms that see the greatest attention in home makeovers are the kitchen and bath, and they're also commonly the most expensive. In some cases, updates are truly necessary to keep pace with matters like modern plumbing. But before you make plans to gut a room, consider how you might repurpose the existing contents to fit your needs.

In the kitchen, you may be surprised by how sanding and staining or painting the existing cabinetry transforms the space. Remember that lightly colored cabinets and countertops will make a small kitchen space feel larger, and you can bring pops of color into the room with the backsplash and decor.

Especially if you're rehabbing an older home, you may find a bath without a shower. In most cases, it's actually fairly simple to convert a claw-foot tub with

some plumbing improvements and the addition of a shower curtain. Tired tile and grout may simply need a thorough



cleaning or you may be able to add paint for a fresh look.

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Annette's tip
If tiny chickweed or henbit weeds are appearing on the surface of your lawn, it's time to use *ferti lome Weedout* or *Weed-Free Zone* (as recommended by K-State) to kill these weeds now while they are young. It will also kill clover and dandelions if they are still present. It's time to plant spring-blooming bulbs and time to fertilize trees and shrubs. Plant perennials, trees and shrubs now for better growth next year. Finally, it's time to NOT plant a yard. Wait until after Thanksgiving to overseed using the dormant seed method.

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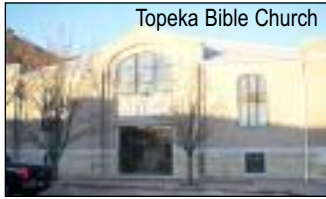
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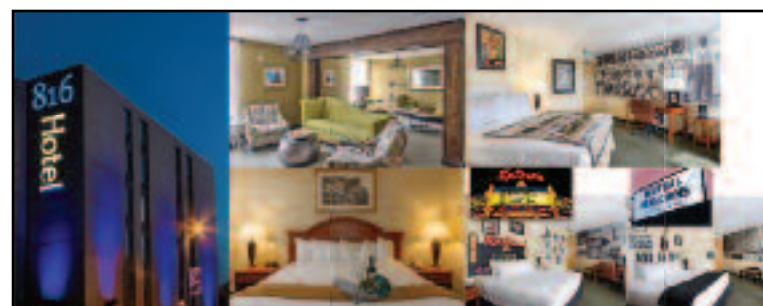
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