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DAVID CROWDER | FBC | Page 13

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STARTS ON PAGE 8



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NEW RESIDENT churchguide



Topeka Baptist Church

See inside back cover!

We remember 9-11

INSIDE: WHY THE NATIONAL 9-11 MEMORIAL MATTERS • METRO VOICE SUPPORTERS SHARE THEIR MEMORIES

The 'Emotional' experience of Moses' tabernacle comes to KC Sept. 16-25

A 'must-see' event, The Tabernacle Experience has been seen by over 200,000 people across the U.S.

Dwight Widaman | Metro Voice



Jerry Tharp, pastor of Lone Jack Baptist Church in Lone Jack, Mo. hasn't been fortunate enough to see The Tabernacle Experience himself. But after several church members experienced it in 2014 when it set up outside Platte City, Mo. they asked him about hosting the traveling life-size replica of Moses' shrine.

"They were so moved," says Tharp. "I could tell it had a real impact on their faith. They would do anything to bring it back."

And with that passion and devotion to see it done, the little church of 150 people is in the middle of a huge undertaking – bringing one of the most popular traveling exhibits in the country to the Kansas City area from Sept. 16 through 25.

Developed by Jeanne Whittaker, a California woman who got the idea while praying on a trip to Israel some twenty

■ Please see MOSES' TABERNACLE page 4



Readers remember the day: Page 24

FBC celebrates 20 years, and a new worship center

David Crowder will be there in concert

For 20 years, the desire and vision of Fellowship Bible Church has been to reach the city of Topeka and to reach the world, to help people find and follow Jesus. Because of this desire, the church has maintained a value of keeping an open seat for anyone who wants to know more about who Jesus is and what He has done.

This led Fellowship to expand their facilities and build a new worship center to make room for more people to hear about Jesus and to have the opportunity to respond to Him. The new worship center can now hold over 1400 people.

To commemorate their 20th anniversary, the church is having a special celebration that is open to the community the evening of Sunday,

■ Please see FBC page 2



Area Ministers Sponsor Prayer Gathering

Topekans are invited to join in a city-wide prayer gathering called Let's Pray, Topeka! The event will be held Friday, September 9 from 6:00 to 7:30 pm on the south steps of the State Capitol. Topics of prayer will include family, leaders, law enforcement, rising above racism, repentance, revival, education, homeless, addicted and community unity.

In July, about a dozen Topeka-area ministers got together over lunch to begin a dialogue about racism in our society and unity in the local Church. There was a strong consensus on a need to be proactive, not just reactive, in addressing this and other issues locally. A couple of the pastors happened to be planning a multi-church prayer gathering and invited the others to join in. The group decided to work toward co-



Clarence Newton, pastor of Great Commission Baptist Church, has been praying every morning at 6:30 am at the south steps of the State Capitol for a citywide prayer gathering called Let's Pray, Topeka! The event is planned for Friday evening, September 9, from 6:00 to 7:30 pm. The prayer rally is sponsored by a coalition of numerous Topeka pastors.

sponsoring this gathering and Let's Pray Topeka is the result.

For more information call 785-221-2788 or 816-844-2656.

Life Lessons From a Little One

LETTING GO

by **Jessica S. Hosman**

I vowed to myself when my son was born that I would always do everything in my power to shield him from the darkness of this world. Now, I look back at the first five years of his life and I see a cocoon. I've nurtured him, held him tight and even smothered him at times. Yet, throughout the process, God had been molding him into a one-of-a-kind creation whose true beauty was yet to be seen. I want to see the finished product, but I also like the cocoon. It's safe inside and I'm able to control to a degree what enters in and out. While I'd love to keep him inside indefinitely, I know doing so would have the opposite effect. Not only would his wings never develop, eventually he would die.

I chose the latter. I want my boy to become everything God has created him to be, but that will never occur as long as my overpowering embrace prevents him from ever flying on his own. That's not just true for a parent and child, it's true for all of our relationships. Most of us have loved ones we've placed in cocoons for some time. We want the very best for them so, out of love, we try everything in our power to help them, shield them from harm and provide for their every need; all-the-while oblivious to the harmful effects that follow when we indefinitely do so. If a caterpillar were to remain in a cocoon for more than God-ordained season, it wouldn't survive and would never know the joys of flight. The same is true for people. We can love, shield and protect but if we do so without discerning when their wings are ready, we can stifle their growth and where God really desires to take them in life.

I don't just want Zechariah to be a beautiful creation that never leaves the ground. I want him to soar to the highest of heights. That's something only God can fully empower him to do, not me. While he'll always be my little boy, I'm learning to let go and trust God to carry him during the times I cannot. That's not an easy feat, but one I know is necessary. If there is one that stands before you today who you're holding too tight, I encourage you to open wide your hands with me and entrust them God. Together we can embrace the tears, but also the beauty that will soar as we release our treasures unto the One who can take them farther than we could ever dream.



Jessica Hosman



TRM Community Playground Build Postponed

One of the most exciting events and opportunities to bless our community's homeless children and bring our community together has now become a temporary disappointment.

On Aug. 31 it was learned that a major out-of-state supplier of essential materials is now not able to fulfill their commitments to provide the playground material in time for the build.

Although local contractors and suppliers have been phenomenal throughout this effort, the Topeka Rescue Mission team has exhausted all known resources to secure substitute materials from around the country, but have not found an acceptable substitute solution to hold the community playground build that was scheduled for September 6-10.

A mission representative stated, "While canceling this event is a great disappointment to the us and the many volunteers that were looking forward to participating, we are still committed to building the playgrounds at the Children's Palace at a future date. As soon as we know when we can resume this project we will announce the new plans to construct the playgrounds."

FBC

continued from page 1

September 25th at 6:30 pm. Then, on September 27th, they're hosting a concert with Crowder, as part of the American Prodigal Tour. David Crowder fans can expect more of what

they've always loved about David Crowder through the years - the songs, the worship, musical innovation and more. David Crowder is also part of the Passion Movement, participating in university student gatherings in the US and around the world.

For more information, contact the church at 785-478-0002.

Sep. 10 is National Day of Remembrance for Aborted Children

Americans throughout the country will be gathering at the gravesites and memorials of aborted children to honor those precious lives on September 1, 2016. Heart of America Memorial Wall for the Unborn, 1216 SE Republican Ave, in Topeka, will hold one such memorial at 1:00 PM that day.

It is suggested to bring lawn chairs, as there is no seating provided.

For more information go to www.heartofamericawall.org, or call 785-267-5777, or email nancywar@cox.net

Italian Festival Returns

Christ the King Catholic Church will host its second annual family-friendly Italian festival, "Rome Sweet Home," on Saturday, October 15, from 4-7:30p.m. p.m. on the parish grounds at 25th and Wanamaker. It begins with an outdoor Mass at 4 p.m.; followed by food and entertainment at 5:30, including a sit-down Italian dinner in Parish Center (advance purchase required at CTKtopeka.org). Food trucks and snack/ice cream vendors will be available throughout the evening, along with wine and beer gardens, children's activities and inflatables. Mikey Needleman Band will perform from 5:30-7:30, followed by a professional fireworks display shortly after dusk.

For more information, visit ctktopeka.org; or call the Church at 785-273-0710, School at 785-272-2220 or EEC at 785-272-2999.



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Choosing a New Church or House of Worship

Americans look for good sermons, warm welcome

About half of U.S. adults have looked for a new religious congregation at some point in their lives, most commonly because they have moved. And when they search for a new house of worship, a new Pew Research Center study shows, Americans look first and foremost for a place where they like the preaching and the tone set by the congregation's leaders.

Fully 83% of Americans who have looked for a new place of worship say the quality of preaching played an important role in their choice of congregation. Nearly as many say it was important to feel welcomed by clergy and lay leaders, and about three-quarters say the style of worship services influenced their decision about which congregation to join. Location also factored prominently in many people's choice of congregation, with seven-in-ten saying it was an important factor. Smaller numbers cite the quality of children's programs, having friends or family in the congregation or the availability of volunteering opportunities as key to their decision.

Perhaps as a result of the value they place on good sermons, church leadership and the style of worship services, many people – even in this age of technology – find there is no substitute for face-to-face interaction when seeking information about a new religious home. Fully 85% of those who have looked for a new house of worship say they attended worship services at a



church they were considering, and seven-in-ten say they spoke with members of the congregation or to friends or colleagues about their decision. Looking for information online may be growing more common, especially among young people and those who have looked for a congregation recently. But online information still appears to be far less important to potential congregants than experiencing the atmosphere of the congregation firsthand.

Other key findings from the new survey include:

Half of American adults (51%) say they attend religious services regularly – at least once or twice a month. Within this group, nearly half (23% of all U.S. adults) say they have always attended religious services at least as regularly as they do now, but slightly more (27% of all U.S. adults) say they now attend religious services more often than they did at some other time in their adult lives.

Meanwhile, 49% of American adults now attend religious services just a few times a year, rarely or never. A majority of them (27% of all U.S. adults) say they have never attended religious services more often than they do now. But a substantial proportion (22% of all U.S. adults) say they now go to religious services less often than they did at another point during adulthood.

Roughly eight-in-ten religiously unaffiliated Americans – a group that is sometimes called the religious “nones” and which includes self-identified atheists, agnostics, and people who describe their religion as “nothing in particular” – say they were raised with a religious affiliation. Most “nones” who were raised in a religion and now identify as atheists say a lack of belief spurred them to become religiously unaffiliated, but fewer than half of switchers who now describe their religion as “nothing in particular” cite lack of belief as the reason they no longer identify with a religion.

Quality of sermons, welcoming leaders and the style of worship services tend to be the key factors in why Americans overall choose the congregations they do, but for Catholics, nothing is more important than location. Fully three-quarters of Catholics who have looked for a new church (76%) say location was an important factor in their choice of parish, reflecting the geographically based system by which Catholics typically associate with a local church.

Americans who have looked for a new congregation are evenly divided between those who say they considered switching religions or denominations when they searched for a new house of worship (48%) and those who considered congregations only in the denomination with which they already identified (49%).

These are some of the key findings from the fourth in a series of reports based on Pew Research Center's U.S. Religious Landscape Study. The report draws on a national telephone survey of more than 35,000 adults that was also analyzed in previous releases, but it relies primarily on questions asked in a follow-up (“recontact”) survey of 5,000 respondents who originally participated in the national telephone poll. It explores the fluidity and dynamism in U.S. religion in more detail by documenting when, how and why Americans search for new congregations.

College Ministries to be focus of Sep. C5Alive “POWER” luncheon

Pastor's Appreciation Luncheon to be Oct. 13

This month's C5Alive "POWER" luncheon will be held at Old Prairie Town/Meade Park.

Speaking at the luncheon will be Craig Freerksen with Christian Challenge, and Rob Zima & Ryan Schlesener, who represent Called to Greatness at KU, KSU and Washburn. They will give an update on the state of college ministry in area universities.

The cost 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 and inquiries can be sent to info@C5Alive.org.

The Capital City Christian

Chamber of Commerce (C5) sponsors luncheons on the second Thursday of every month, which are held at different locations around the city. Next month it will be held Sep. 8 at Great Overland Station and is the annual Pastor's Appreciation Luncheon.

C5 members may sponsor luncheons and other events as a way to promote their organizations. For more information go to www.C5Alive.org. C5 can also be found on Facebook: www.facebook.com/C5Alive.



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Only 3 Percent of Teens Read the Bible Daily

by John Potter | Military Chaplain

The Barna Group conducted a nationwide survey of over 1,000 participants between the ages of 13 and 17. The findings and factors may surprise you. While a majority of teenagers still have reverence for the Bible, their views have been heavily influenced by today's secular society. Much of what teenagers believe today comes from public schools, the media, and the entertainment industry instead of their own family or the church.

Seven out of ten teens personally own a Bible, but only 3 percent report reading the Bible on a daily basis. One in ten teens read the Bible once a month and an additional 10 percent report reading the Bible three or four times a year. The survey also showed that 37 percent of teens say that they never read the Bible.

If those figures scare you, know that you are not alone. While we are able to put Bibles in the hands of teenagers, much more needs to be done on demonstrating the power and promise of God's Holy Word.

Christian education in America has remained tepid for the last fifty years. Churches and faith-based organizations must come back to the task of making disciples in a Biblical manner. Ignoring the Great Commission will ultimately send the church into collapse.

When you look at Matthew 28:18-20, there are two parts to the Great Commission. The first is found in verse

19 to "go and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit." The second part is often overlooked, but it's vital to form new Christians. Verse 20 shares the necessity of "teaching them to obey everything I have commanded you." The second part of discipleship is teaching people how to live like Jesus.

If someone gave you a gift, but never showed you how to use it, you would likely lay it on the shelf. So it is with the Bible and faith. It is inherent for mature Christians to teach the next generation.

Perhaps we should also evaluate how we teach. If Sunday school teachers are producing teens with perfect attendance pins and little knowledge of God's Word, then we have completely missed the point of Bible classes. Somewhere and somehow there is a failure that must be fixed.

I believe the Bible is the cornerstone of Christian discipleship. Through Scripture we find faith in Jesus Christ and receive instruction on how to live like Jesus. It is God's truth. It shows us what to believe. It delivers genuine guidance from God. It is the standard that guides our life.

As the cornerstone for discipleship, let us commit ourselves to teaching the next generation of Christians what the Bible is and how to use it in life. The teens of today deserve teachers and mentors who will help them worship, witness, and work for the glory of God.



Big turnout expected for Tabernacle Experience

MOSES' TABERNACLE

continued from page 1

years ago, her vision quickly grew into reality with the help of her own church. The Tabernacle Experience is now a detailed and historically accurate replica of Moses' shrine carried by the Israelites across the Sinai Desert after they were freed from Egypt as told in the book of Exodus. The must-see, hands-on exhibit has been visited by over 200,000 people across the United States and Canada.

But why does a tent, fabric walls and an altar set up in parking lots, fields and church yards across the nation capture the imagination and spiritual aspirations of so many people? Pastor Tharp says it brings the Bible's words to life and connects the dots to Jesus Christ. "It's a walk-thru visual of the Old Testament Hebrew worship experience which points to the person of Christ. Our perspective is to look backwards and see how Christ fulfilled the different pieces in the Tabernacle."

The exhibit features historically accurate artistically crafted biblical replicas of the Brazen Altar, the Table of Showbread and finally the Ark of the Covenant. State-of-the-art interactive displays take what a visitor sees to a new level that's understandable to young and old alike whether they be seasoned Christians or just curious individuals who haven't attended church in a while but are drawn to the ancient worship practices.

It is an event that fascinates not only the Christian community, but communities as a whole. When The Tabernacle Experience visited Saddleback Church in California, over 10,000 people saw it with lines stretching for hours. Teenagers, college students, families with young children, grandparents, pastors, school children and their teachers stood in the rain for their turn to enter. Some described it as a once-in-a-lifetime experience they were not willing to miss.

Many said it was an unexpected emotional experience they will never forget.

"It's a whole experience to see the replica," Tina Miller, 40, told a local media outlet. "It's a shadow of what's in heaven. It's like seeing a bit of heaven on earth."

Asked how his small church could take on such a project, pastor Tharp chuckled, "Help!" he said. The church has approached and been approached by other churches and organizations who have either attended the event in the past or heard about it and eagerly volunteered their services.

"We're thankful that others have come along side us to make this a reality," Tharp says, "but we need more help—especially volunteers to man various positions within the exhibit."

While the exhibit is mostly self-guided, those volunteers do help in directing worshippers through the various aspects of the tabernacle tent. With the help of audio, they journey through the sanctuary with a 55-minute narration in which they interact at each of nine stations. Jesus Christ is revealed in each aspect of the tabernacle.

"That's what it is all about," emphasizes Tharp. "We want people to see the different pieces of the Tabernacle and



how they relate to Christ and his fulfillment of them and catapult us into worship of God as well as communicate the message of Christ to those who might be religious but not know him personally."

The 2016 Tabernacle Experience will take place on a grassy knoll in a field just west of the church located at the corner of the Lone Jack exit on 50 Highway just east of Lee's Summit.

The Tabernacle Experience will take place Sept. 16 thru 25, rain or shine. Times are: Mon.-Fri. 11am-8pm, Saturday 9am-8pm and Sunday 1pm-8pm. Lone Jack Baptist Church is located at the intersection of Bynum Rd. and

50 Hwy, 202 S Bynum Rd., Lone Jack, Mo.

While the event is free, participants are asked to prayerfully consider a donation of \$5 per person or \$20 per family. Walk-ins are welcome but you may have to wait for those with reservations. You are highly encouraged to go on-line and reserve your special time to attend though donations/payments can only be taken at the door

For information visit the church website the church's website: www.lonejackbaptist.org or to offer a few hours of your time as a volunteer call 816-697-2464.

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When to buy a better car?

Dear Dave,

My wife and I are following your plan, and we're in the middle of the Baby Steps. Do we have to wait until Baby Step 7 to buy a new car?

Alan

Dear Alan,

No, you don't have to drive a beater until you pay off your house. My advice is to drive the minimum car you can until you get past the first three steps. Remember, Baby Step 1 is a beginner emergency fund of \$1,000. Baby Step 2 is paying off all debt except for your house, then Baby Step 3 is fully funding your emergency fund with three to six months of expenses.

Once you've done all that, then you can move up to a nice car. I didn't say move up to a new car. I want you to save up cash a get a really nice, barely used car. I never advise buying a brand new car unless you have a net worth of at least \$1 million. At that point, you've got enough assets in place to where you won't even feel the massive hit in depreciation that comes with buying a new vehicle.

But until then, drive good used cars. That's what the typical millionaire did, and I want you to model your financial behavior after people who are in the position you want to be in some day!

—Dave

Condos are fine, but do your research

Dear Dave,

I know when it comes to investing you like mutual funds and paid-for real estate. What do you think about using condominiums as investment properties instead of single-family homes?

Jason

Dear Jason,

I don't really have a problem with condos as paid-for investments. I own a couple of them myself. When it comes to making this kind of investment for

the first time, however, I would advise that you keep a few things in mind.

Based on equal price and equal neighborhood, the average single-family home will probably increase more in value over the years. Now, a nice, well-placed condo will obviously go up in value faster than a traditional house in a lesser neighborhood. So speaking in an overall sense, they're not bad investments if you do your homework.

You have to think about what you're getting into and also take into consideration a number of variables. What are the HOA dues or condo fees going to be? Is the condo association being managed well? That and the neighborhood are the two biggest concerns I have when buying a condo. A lot of condo associations are very poorly managed. And if they don't provide proper maintenance or keep a certain percentage of the complex owner-occupied versus rental, the condo association or complex can lose the ability to get normal permanent financing. If they can't get FHA, VA or conventional financing, the values are going to drop like a rock — because you've only got cash buyers and investment buyers at that point.

Research on these kinds of things doesn't take an awful lot of work. Just call the management company, and the realtor who's involved if it's listed, and ask for the documentation. Most of the time this sort of stuff is public information, so it's not hard to access. Some other questions you might ask are: What are the reserves for the roof? What are the reserves for paint and the parking lot? Are they collecting enough to pay their bills, and are they actually paying their bills?

Then you start looking at things from a buyer's perspective. Would I want to live in here and have my wife and children here? Would a normal, reasonable person want to live here? If the answers are yes, then you've probably got a good, solid condo complex.



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

davesays

—Dave

The church's emergency fund

Dear Dave,

I pastor a small church that is debt-free. I'd like for us to save an emergency fund for the church, but I'm not sure what would be considered an expense. Can you help?

David

Dear David,

In terms of mathematics, I would advise looking at it the same way you would a small business. The goal, first and foremost, is to keep the doors open in case something bad happens. The secondary goal could be to pay bills on time for the sake of the church's reputation, and the third goal would be to do all this without putting a strain on the organization. In business, we would call this fund "retained earnings." Technically, a church doesn't have earnings, but they do have income. You'll want to retain some of that on a regular monthly basis.

For a church, basic things like payroll, utilities, insurance and taxes would need to be covered under an emergency fund. Coffee and donuts, new hymnals, and mission trips aren't necessities. You should already be running a monthly and annual budget on the church, so separate the necessities per month and multiply that by a three to six month figure.

There's a huge level of wisdom involved in a church being debt-free, David. Congratulations!

—Dave

Competency and integrity

Dear Dave,

I've always heard that you shouldn't ask a family member to be the executor of your will. What are your feelings about this?

Joyce

Dear Joyce,

I don't necessarily agree with this line of thinking. In my mind, a family member who is competent and has integrity can definitely be the executor. "Executor" just means they execute, thus the name. They're going to execute the wishes of the will. If the family member has the business acumen and trustworthiness to execute the wishes and directives in a will, then that's perfectly fine.

Just remember to use some common sense, too, when choosing an executor. If you have an extremely complicated estate, say 80 pieces of real estate with investments and everything, you probably don't want your 22-year-old niece, nephew or grandchild who

just graduated college in charge of things. I would advise choosing someone with a little more life experience, and maybe some success in the real world.

The people who say family shouldn't do this are the same ones who say you shouldn't have family in your business. You can have family in both. You just have to have good boundaries, clear roles, and honest, mature people. Make sure you give clear instructions and explanations for your decisions, too. Sit down with your family, explain who the executor's going to be, and why, along with what the will says. It's also not a bad idea to have an initial reading of the will while you're still alive. This communicates your wishes personally and takes some of the pressure off of the executor.

—Dave

Mixing the money

Dear Dave,

I'm getting married this summer, and I'm on Baby Step 4 of your plan while starting to invest for the first time. My fiancé is getting onboard with your advice, and he's currently in the process of paying down his student

loan. Should I put my emergency fund money, minus \$1,000, toward his student loan debt?

Elizabeth

Dear Elizabeth,

Congratulations on your upcoming wedding! I'm really proud of you guys, too, for your mature behavior where money is concerned.

First, don't pay anything of his until after the wedding and you two are home from your honeymoon. At that point, "mine" and "his" becomes "ours," and you can realign your money situation to reflect your total money makeover as a couple. Make sure that "we" have an emergency fund of at least \$1,000 in the bank at that point. Then, if you like, you can throw the rest of what you previously had in your emergency fund at the debt.

You can both also pile up cash between now and the big day, so that after you two are official you'll have even more cash on hand. Who knows, you might be able to knock out that student loan completely and begin your life together debt-free. That would be awesome!

—Dave



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



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opinion

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DWIGHT
WIDAMAN
Editor and
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from the editor

FIGHT TERROR, NOT MODESTY

A French court in late August overturned what was known as the 'burkini ban.' The local law prohibited Muslim women from wearing traditional garments on the beach in Nice, France. The policy came to a head when beach-goers snapped cell phone photos of half a dozen French police enforcing the ban by descending on a middle-aged Muslim woman and forcing her remove her tunic on the beach then ticketing her for being "over-dressed." Yes, you read that right.

If she was a modest middle-aged Christian woman we'd be outraged, right? And that's the problem. We should be outraged anyway. If Christians stand by and let other faiths lose their rights as citizens, then we are all doomed. If Muslim women want to cover up on the beach with a tunic, or what my wife calls and wears to and from the beach herself on vacation— a "moo moo", or Muslim, Hindu or Christian women want to wear any other modest beach attire, more power to 'em.

For a law that forces women to expose MORE of their bodies to be passed, let alone even considered, is more than frightening. If France wants to actually win the war on terror, perhaps they should be focusing on those sporting vest bombs, not middle-aged Muslim women out for an afternoon at the beach in their moo moos.



Ever diligent? Police descend on woman to force her to undress under Burkini ban

WHAT'S IN A MOTTO?

What's our national motto? Seems like an easy question to answer. In Hillary Clinton's acceptance speech she stated: "Our country's motto is e pluribus unum: out of many, we are one. Will we stay true to that motto?"

I can see some candidates making the mistake but what about President Obama? Surely such a learned man as himself knows the truth. Right? This is the man who the media tells us is a "constitutional scholar," perhaps the greatest of our time, they say.

In 2010, President Obama similarly said, "In the United States, our motto is E pluribus unum — out of many, one."

One little problem. E pluribus unum is NOT our national motto. In 1956, "In God We Trust" was made the official motto of the United States of America by an Act of Congress. It's law.

After observers pointed this out online,

liberals and angry atheists quickly came to Clinton's defense, saying she was right about the motto and to ignore any one who would dare question her knowledge.

But the atheists, liberals and media elites who want to strip a bit of fact from history books by just saying "it isn't so" will have to get over a pesky little line in U.S. Code: 36 U.S.C. § 302 says in its entirety: "In God we trust' is the national motto."



CHER NOT IDEAL SPOKESWOMAN FOR RACIAL EQUALITY

Cher, recently speaking at a LGBT fundraiser for Hillary Clinton, went into a 15-minute, hate-filled rant calling Donald Trump a racist. "He doesn't mean we want to make America great again. He means we want to make America straight and white," she said in a speech long on profane words I cannot print here. She also compared Trump to "despots, you know Stalin and



Hitler."

The 70-year-old actress, who still prefers see-through lace leggings on public outings, has some race problems that dwarf Trump calling for a security wall to be built on our southern border. The singer who took the song "Half-Breed" to number one on U.S. song charts in 1973, is being sued by her black choreographer for, wait for it... racism and discriminatory hiring practices.

The lawsuit contends that during casting auditions for the show's dancers Cher told her choreographer Kevin Wilson to seek out white, blonde dancers, saying, "We have too much color onstage." He claims in the suit that she also requested not to cast "any more dark skinned dancers on the tour." Wilson is now suing her for racial discrimination and retaliation.

No word if Cher wishes she could "turn back time."

I CAN'T MAKE THIS UP

Regardless of whom you support in the presidential election, one thing is clear. National and local news media has it in for one particular candidate (can you guess?) and is somehow squeezing in jabs at every opportunity. Including of all things—fashion columns.

After the Hillary Clinton's nomination speech at the Democrat convention in July, a fashion writer for the Philadelphia Inquirer critiqued Clinton's all-white pantsuit ensemble as "presidential."

That's fair.

A sharp-eyed reader, though, remem-

■ CONTINUED on next page

Having optimism in a chaotic world



CLINT
DECKER
President and
Evangelist with
Great
Awakenings, Inc.

hopefortoday

One day as I was checking out from a store and visiting with the clerk about random things, he said to me "We are in trouble!" referring to world and national events. He is not alone in his line of thinking. Many people I visit with are very concerned about the state of our world no matter if they are religious or not.

Honestly, they have a reason to be. The natural disasters America is experiencing with monumental flooding and raging fires is displacing tens of thousands and causing hundreds of millions in dam-



ages. The death tolls our major cities are facing due to violence are higher than what our soldiers have faced on the battlefields of Iraq and Afghanistan. The effect of political ideology and battles are reaching with devastating effects, to the smallest corners of our society. Even so, in the face of this I have tremendous optimism.

First, I understand where all this craziness is coming from so it comes without alarm. We live in a place where there is a God who is good, and a Devil who is evil. These opposing forces naturally lead to

ongoing spiritual battles that are revealed in our daily news headlines. Jesus spoke of this when He said, "The thief comes to steal, kill and destroy. I came that they might have life and have it abundantly" (John 10:10). The work of the thief produces chaos leading to pessimism, while the work of Jesus produces hope leading to optimism.

The reason I believe these are great days is because of Jesus' resurrection centuries ago. There is a common phrase in Christian circles that goes, "Because He lives, I live." This speaks of the victory

Jesus won through His cross. Leading up to His epic victory, evil and its allies threw every form of attack at Him. When He was arrested, tried and sentenced to death - they rejoiced. When He was tortured - they cheered. When He was nailed to the cross and died - they rose in a spirit of achievement. When He was buried - they celebrated.

Then three days later the tables were turned. Suddenly, Jesus was revived! He rose from the dead! He walked victoriously out of His own tomb! Evil cried out in anguish at His triumph. He won! Evil was defeated! Evil no longer was the world's Dictator. People can now have optimism and hope in the face of violence and destruction.

Because He lives, so can we! Because He overcame, so can we overcome! Because He was victorious, so can we be victorious! Because of Jesus' resurrection, no matter the circumstances, there is ALWAYS a future and hope! If we turn from our sin and place our trust fully in Jesus, His victory and hope will be ours.

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

■ **CONTINUED from previous page**
 bered that reporter Elizagbeth Wellington had also written about Melania Trump the week before as wearing an all-white dress for her convention speech. Was it classy? Elegant? How about flattering? Nope. The reader captured screen shots of the stories and posted them side by side to compare.
 “Scary” is how the reporter described Melania’s dress.
 No word yet on how the food critics will soon weigh in on Trump’s choice of a salad for Cinco de Mayo. Oops. They already

did. It WAS apparently a racist choice to eat a taco salad on a Mexican holiday.
 Guess I won’t be eating Spaghetti on Columbus Day.



Voting a family affair

Voter registration deadlines loom for November elections

Anita Widaman | Metro Voice

Voting is a rite of passage in our home. We have taken our girls to vote with us since they were born. This summer our youngest daughter registered to vote for the first time! It took five minutes or less to register. It was exciting to receive her voter ID in the mail. It’s part of growing up.

With the upcoming important presidential election, be sure that you are registered and familiar with where and what is needed to vote.

Samuel Adams stated, “Let each citizen remember at the moment he is offering his vote that he is executing one of the most solemn trusts in human society for which he is accountable to God and his country.”

Kansas has great resources online



listing the deadlines for registering for the November general election and other election information such as absentee voting, military-overseas voting, ID requirements, etc.

A great resource on how to register friends, family and fellow church attendees is a step-by-step process found at www.cultureimpact.org/resources. This resource urges churches to hold voter registration on Sundays. The online tool kit has everything you need from bulletin inserts to pastor sermon notes. If government and cultural issues are your passion, step up to your civil obligation and serve!

Voting is important. Remember the “hanging chads?” In 1868, one vote saved President Andrew Johnson from being removed from office. It is important to vote and vote our Christian values. Our vote will decide Supreme Court Justices,

new community facilities, trade agreements, education goals, and more. When we vote we are casting our values. **When we do not vote, we are allowing someone else’s values to govern us.** The Metro Voice will have more information in the October issue to establish if candidates share your values, but it is each voter’s responsibility to read about candidates’ values, past voting record and biography, and pertinent election issues.

In America our votes are equal. Whether we are a college student or 90 years old; rich or poor: individuals get one vote. However, for our vote to count, you need to cast it!

KANSAS VOTING

www.kssos.org/elections

October 18. Deadline to register to vote

October 19. First day advance ballots are mailed. In person advance voting may begin. Contact your county election office to find out when and where.

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Dr. Frank Turek

Dr. Turek is a dynamic speaker and award-winning author or coauthor of a number of books, including *Stealing from God: Why Atheists Need God to make their Case* and *I Don't Have Enough Faith to be an Atheist*. He is the President of CrossExamined.org, and a frequent presenter at churches, high schools and universities. He has also debated several prominent atheists including Christopher Hitchens.

Jeffrey Jay Lowder

Jeff Lowder is a co-founder and past President of Internet Infidels, Inc. which owns the Secular Web, one of the principle websites for atheists, agnostics and skeptics on the internet. He co-authored *The Empty Tomb: Jesus Beyond the Grave*, which scrutinizes the historical claims of the resurrection. He is currently writing two books addressing the existence of God.

For more information visit challengewashburn.com/debate or email challengewashburn@cox.net

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RETREAT GUIDE

RETREAT PLANNING: How to create a retreat plan

Jess Schloed | Retreat Central

Planning a retreat? Here is your chance to be a hero! The more you plan in advance, the more organized you will be, and the overall outcome will be higher quality.

Most companies and organizations will not simply hand over money for you to host a retreat – even if they asked you to plan it. Your company will want to know rough budget estimates and details about your event. Even if you are in charge of your own budget, it is still helpful to take the step of preparing a basic plan to organize and save your thoughts. So let's get started!

How to Prepare a Basic Plan

Your plan should include at least four things: a summary, a goal, the audience, and the budget.

1. Summarize the Event: Your summary is a basic snapshot of your retreat in three sentences or fewer. With no additional information, anyone that reads your plan should be able to understand what the event is from a high-level perspective. It is appropriate to include a basic goal in this summary. For example:

- This leadership retreat will bring together the leaders of (fill in the blank) company/church/school for program and budget planning for the next year.

2. Determine a Timeline: When is this retreat? Are you planning it in the winter or in the spring? Include the target time frame of the event, the promotion period,



and any other important milestones. Make sure you understand the timing of your participants. How much lead time do they need? Tip: start from the end (the retreat date) and work backwards. For example:

- Retreat planning: Jan.-May
- Website page created: March 1
- Promotion: March-June
- Retreat Date: mid-June

3. Decide the Retreat Goal: All retreats should have at least one simple goal. Are you planning a retreat on behalf of a business, university, or other organization? If so, consider the mission of the organization and create a goal that aligns with this mission. Goals can be high-level, or they can be very specific. Set enough goals that someone reading your plan can start to picture your retreat. For example:

- 3 days
- 20+ participants
- Overnight accommodations at a camp retreat center
- Team-building activities
- Completed program plans and

budget for next year

- Enhance leadership skills
- Promote togetherness and a sense of community

4. Define Your Audience: First, ask yourself these questions: Who are you inviting to your retreat? Are they males and females? Adults only, or are children invited? Next, dig a little deeper into your audience. What do your attendees care about? What are they interested in? This does not dictate who is allowed to come. Rather, it outlines the group for which the retreat is intended. Doing this small brainstorm and jotting down a few notes will help you later as you plan activities and promote the event. For example:

- Males and females
- Age range
- Church staff, leaders, lay people, doctors, CEOs, administrative professionals, team leaders, other
- Many have children
- Volunteers
- Live in _____ city/state/neighborhood

5. Propose a Budget: Money is a big factor for most retreats. Research and compile estimates for the larger cost categories. The costs should be realistic – not too high, and not too low. If they are too high, you might not get approved. Too low? You might be stuck with a penny-saver budget. Your venue will be one of your larger expenses. A four-star retreat center will require a much higher budget than a camp retreat center. Be sure to include an estimate for overnight accommodations and meeting space. Other large budget items to consider include: travel and transportation; food and beverage; and marketing and promotion.

Also, be sure to subtract the estimated cost per person in your budget to show how costs will be offset. If the goal of the retreat is to raise money, include estimated earnings from fundraising activities, which could be a silent auction, offering, etc. Your retreat plan should be able to fit on 1-2 pages.

Now that you have finished creating your retreat plan, you have a nice guide to use moving forward. The items that you have already identified should help you get budget approval, provide direction on event promotion, help you choose a retreat theme, and overall, organize your thoughts. Having your plan ready also helps the retreat center - the staff can better support the goals of the retreat. Often they have ideas about ways to use the facility that you never would have known.



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Lake Doniphan Conference & Retreat Center is situated on 300 wooded, rolling acres surrounding two scenic lakes, just outside of Excelsior Springs, Mo. We're only a short, traffic-free drive from downtown Kansas City or the Kansas City International Airport. Whether it's a camp, reunion, retreat, group, family, individual, men, women, adult or youth event...Lake Doniphan is a beautiful place to be year-round! We also welcome non-profit and corporate entities looking for more affordable off-site business conferences or retreats.

Our 300 acres offers lots of opportunities to relax, walk, explore, boat (kayaks, canoes, paddleboats and rowboats) or fish at our two lakes. We also have outdoor basketball and volleyball courts, a GaGa Ball Pit, a nine hole disc-golf course on site and we are located next to an 18-hole public golf course. We have several campfire sites around the property along with fireplaces inside the lodges for winter season use.

We offer a total bed count of 250, with a variety of meeting room options available, with the largest supporting up to 300 guests. Our facility can accommodate up to 15 breakout rooms in seating configurations ranging from 25 to 200 guest capacities. Our Main and Mini Lodges, where our primary sleeping and meeting rooms are, all have access to free Wi-Fi.

Guests appreciate Lake Doniphan's peaceful setting for its calming effect and the chance to stop and breathe deeply, letting go of the normal stress factors in their lives. There is something healing and restoring about the woods and the

lakes that infiltrates even the busiest of people, if given a chance. Too many of us forget this, unless we deliberately schedule time apart such as for a personal or group retreat.

Groups may reserve the entire conference center if they wish, but because of the layout of the Lake Doniphan grounds, groups do not need to interact, other than to smile if they walk past each other. There are three lodges so groups can be housed in separate buildings. One guest recently commented, "It is wonderful to see the respect with which groups treat each other, regardless of their distinctly different beliefs or purpose to be here. Everyone here has always been respectful and honored other's times for worship, meditative walks around the lake, or even an enthusiastic pickup game of basketball?" We believe it is because so many of our guests are repeat users with Lake Doniphan holding a special place in their hearts.

Founded in 1944 as a Christian youth camp, groups now visiting Lake Doniphan include people of many faiths, non-profits and business alike just looking to get away from the normal routine. Event coordinators will appreciate our all-inclusive rates which include lodging, meals, meeting space, use of the grounds and many activities. If you're interested in booking a December or January event be sure to ask about our winter retreat discount.

To reach Jim Wheaton, executive director, and see if you or your group might benefit from a retreat at Lake Doniphan call (816) 630-1523 or visit their website at www.lakedoniphan.com. We invite you to visit us soon!

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Hollis is a place to pause, take a breath, reflect and renew your spirit, before rejoining the rigors and trials of daily life. Finding time to get away is hard, choosing where to go shouldn't be.

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TIMBER LAKES

Randall Lipson, resident manager at Timber Lakes Camp & Retreat Center just NE of Williamsburg, KS; says that even when times are tough, people still need to get away from everyday life and its stresses. Timber Lakes vision is that "everybody needs beauty as well as bread. Places to play in and pray in, where God may heal body, mind, and soul."

Timber Lakes sits on 265-acres conveniently located just North of I-35 about 1 hour SW of KC, 30 min. S of Lawrence, and 1 hour SE of Topeka. It offers fishing ponds, streams and rock cliffs. Deer, turkey and other wildlife are most certainly to be seen as one strolls along miles of hiking trails, winding through tall trees and deep ravines.

"We have 300 beds in a variety of configurations," Lipson said. "From motel style rooms with linens provided, to dorm style rooms...we are proud of our high quality facility where children, youth, adults, singles and families can enjoy the wonders of nature while re-establishing their relationships with God and one another."

"It is not the practical activities that are the strength of Timber Lakes

– its entire strength lies in the fact that here you can seek the truths of God, to soak in them before Him."



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■ Please see RETREATS next page

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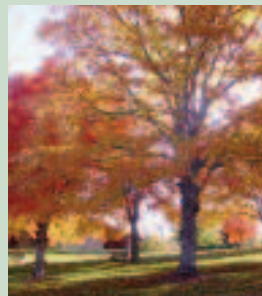
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WHEN SHOULD YOU PLAN AN OFF-SITE RETREAT?

by **Mary Abbajay**

The offsite retreat. Some people love them. Some people hate them. And it's easy to see why.

If done well, retreats can be a powerful way to help organizations bring about positive change. If done poorly, retreats can be a waste of time and can actually make things worse. Holding an effective retreat is hard work, but organizations can get a leg up if they follow some basic rules.

MORE THAN JUST A MEETING

A retreat is an offsite gathering of a group of similarly engaged people – co-workers, team members, managers, board members – with the purpose of digging deeply into issues. The gathering is often held offsite so that the group can focus and not be distracted by the goings on in an office or by their day-to-day life. Retreats are an opportunity to bring people together to have conversations that they don't normally have.

WHEN RETREATS CAN HELP

There are lots of reasons organizations hold retreats. Sometimes they are held to solve a problem, sometimes to explore a new strategy, sometimes to evaluate,

sometimes to train; it depends on the objective and the company's need. Leaders should seriously consider using a retreat when they want the support, input and creativity of their organizational members or partners. A well-designed and well-facilitated retreat can be very effective in:

- Helping change a strategic direction
- Dealing with sources of conflict and confusion.
- Generating creative solutions for entrenched problems.
- Getting people on the same page and pulling in the same direction.
- Improving working relationships and increase trust.
- Creating a common framework and point of reference.
- Fostering a collective vision
- Generating honest and enlightening conversations.
- Helping people feel heard in issues that are important to them.

That said, here are seven excellent reasons for holding an offsite retreat:

1. Explore serious organizational concerns or obstacles. Retreats can be a great avenue to explore causes and potential solutions for thorny organizational issues.
2. Retreats are a great opportunity to

tap into the collective wisdom and creativity of a group.

3. Tackle tough decisions. No matter how strong the leader, tough decisions will require the support of members. Involving members in the decision-making can result in large-scale support.

4. Create a collective vision of success for the organization, department, team or group. Day-to-day organizational life doesn't hold much time for big-picture thinking between members and groups. Often, tensions arise as players have different goals and priorities. Retreats are a great way to align design different parts of an organization with a common vision.

5. Explore and foster change. Whether you need a change in culture or a change in processes, retreats are an effective way to explore and promote new ways of doing things. This can be especially important for leaders who are considering change. Getting input and involvement early in the process will greatly increase the odds of success.

6. To improve organizational relationships and align members' behaviors, attitudes and perceptions. Organizations are complex social structures. Sometimes relationships, behaviors and attitudes go awry. A well-designed retreat can go a long way to explore and improve relationships, behaviors, attitudes and perceptions.

7. Evaluate or correct your course. Sometimes the most effective thing an organization can do is to simply take a

breath and a 1000-foot view of how things are working. We call this the temperature check. What's working well? What could be improved? Providing people with an opportunity to play a role in deciding what needs to change (or not) is an excellent way to build support and commitment for organizational goals and priorities.

WHEN RETREATS WON'T HELP

There are, of course, lots of bad reasons for holding a retreat. Even though well intentioned, your reason may not be sound. Here are seven bad reasons for holding a retreat:

1. Tradition. Many people think that annual retreats are a good idea just because they've always done one. They think just the act of bringing people together is a good idea. But having a retreat without a serious purpose is a bad idea. A retreat is not a party or a picnic. People don't generally appreciate having their time wasted. Pointless retreats will breed cynicism faster than you can imagine.

2. Making an individual problem a group problem. Oftentimes leaders have a few non-team players and they decide a retreat is the best way to deal with these issues. Resist that urge. While an offsite can be a great way to surface and negotiate differences, the issues raised in a retreat should be germane and actionable to everyone in the room, not just a select few.

3. Talking at participants instead of with them. Retreats are not a one-way conversation. Retreats are not the appro-

priate venue for lengthy presentations or agenda pushing. While it is important to keep people well informed, day-long presentations do not constitute a retreat. People associate retreats with participation and change.

4. Retreat as reward. Many organizational leaders want to use a retreats as a way to reward hard work. This is a mistake. People rarely see retreats as rewards. Because they are likely to have even more work as the result of a day (or two) out of the office. If you want to reward employees give them a bonus or a day off.

5. Improving morale. A retreat in and of itself is not going to improve morale. While using a retreat to explore morale issues, do not confuse the diagnosis with the treatment. In fact, holding a retreat can actually worsen morale if action isn't taken from ideas or concerns raised in the retreat.

6. The covert agenda. This means not putting real choice on the table. People view retreats as an opportunity to provide real input on real change. Leaders will sometimes use a retreat as a way to "get buy-in" on an issue in which they have already decided. But it is dangerous to involve participants in a retreat on an issue that is already decided. Do not use a retreat to push a covert agenda or give people a false sense of participation.

7. No intention (or ability) to follow through or act on participants' suggestions. When you ask people for their input, you raise expectations that it will be implemented. Do not disappoint them.

SUCCESSFUL RETREAT PLANNING

Now that you know why (and why not) to hold a retreat and what you can expect to get out of it, you have to take the time to design and execute one. A good retreat can improve communication, energize and motivate, improve engagement and or improve skill sets. A bad retreat can make matters worse. Good retreats require weeks, if not months, of solid planning in order to be effective.

Following the suggestions in this Retreat Planning Guide can help you find success, whatever your organization and whatever the size.

—Mary Abbajay is a partner in the Careerstone Group, a consulting company that specializes in leveraging generational diversity to support organizational success. Reach her at mary@careerstonegroup.com

RETREATS

continued from page 9

buildings), in campers (serving over 5,000 campers and guests annually), and most importantly impact. No matter how they come to camp (whether as a church, scout group, summer camper, or public or private schools), every camper and guest benefits from Camp Wood YMCA's mission to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. Through our mission and an adherence to our motto of "I'm Third" (putting God first, others second, and yourself third) Camp Wood has served and impacted thousands of lives. Having just celebrated our 100th summer, and having over 500 alumni here for a celebration there were thousands of stories shared of how Camp Wood positively changed countless lives. As we move into the next century of service to others we at camp look forward to continuing to enrich the lives of campers and guests in our communities.



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Michael Phelps Reveals He Once Considered Suicide – and How a Famous Friend’s Gift Got Him Through It

by **Kayla Brandon**

Michael Phelps is a household name for Team USA, one many Americans associate with hard work and success.

Phelps has an insatiable appetite to be the best, which was clearly demonstrated early on in his career. According to NBC News, he became the youngest man to join the U.S. Olympic Swim Team since 1932, at the ripened age of 15.

Despite his extensive workout regime, locking in five-hour workouts six days a week all while eating close to 12,000 calories a day to fuel his training, Phelps admits to NBC’s Bob Costa that he really never gave it “100 percent.”

“Six months before the Olympic trials in 2008 I broke my wrist. Two days later I had surgery. I was always doing stupid things that held me back.”

Some of those “stupid things” Phelps alluded to were doing drugs and drinking too much alcohol. As Fox News reports, Phelps was arrested and charged with a DUI in 2014 after leaving a casino in his hometown of Baltimore.

His struggle with alcohol was made public just ten years prior, when he was charged with his first DUI at the age of 19:

“Very few people knew who I really was and I took some wrong turns and found myself in the darkest place you



could ever imagine that I hope nobody ever goes. I still remember the days locked up in my room, not wanting to talk to anybody, not wanting to see anybody, really not wanting to live.

I was in a downward spiral on the express elevator to the bottom floor, wherever that might be.”

Phelps calls 2014 his “absolute rock

“There is a power greater than myself and there is a purpose for me on this planet”

bottom,” revealing he even had suicidal thoughts.

“I was in a really dark place,” Phelps

says. “Not wanting to be alive anymore.”

“There were thoughts about, like how would I do it, but I knew I never would, because I knew I would hurt so many people, me included.”

Phelps entered a rehabilitation facility in late 2014 and remains firm that he hasn’t had any alcohol since October 4 of that year.

Phelps says that during his time in rehab, it was like all the weight he carried for years and years was just lifted off his shoulders:

“It’s like you walking down the street with a backpack full of weights — one by one, you just remove the weight, and that’s how I felt. I literally felt like I was walking on clouds.”

Part of the reason for Phelps’ newfound “lightness” is his Christian faith.

According to ESPN, the world-class athlete apparently became known as “Preacher Mike” and would regularly read excerpts of “The Purpose Driven Life” to his fellow patients.

Phelps’ long-time friend and fellow Christian, NFL All Pro linebacker Ray Lewis, gave him the book, written by Pastor Rick Warren, before he entered rehab. Seeing the hopelessness and despair in his young friend, Lewis, an outspoken Christian, told him, “This is when we fight ... This is when real character shows up. Don’t shut down. If you shut down we all lose.”

The book changed Phelps’ life. Within a few days, Phelps called Lewis and told him “Man this book is crazy ... The thing that’s going on ... oh my gosh ... my brain, I can’t thank you ... enough, man. You saved my life.”

In an interview with ESPN’s E60, the Olympian credits Warren’s book for the reason he turned a new leaf:

“It’s turned me into believing there is a power greater than myself and there is a purpose for me on this planet...it helped me when I was in a place where I needed the most help.”

The 31-year-old athlete told USA Today he’s a totally different person than he was before:

“I feel like I’m a different person now. Maybe I’m nicer. I like to be able to interact with people, and before I don’t think I would have welcomed that. I’m just in a happier place with where I am in my life. For so long, I thought of myself as this kind of robot. Now that I see myself as a human being, it changed my life.”

The book, which tells readers that “relationships are always worth restoring,” also convinced Phelps to reconcile with his father from whom he had been estranged for more than two decades. Upon seeing each other, they embraced.

“I didn’t want to have that what if. I didn’t want to go through life without having the chance to share emotions I wanted to share with him. That’s what I missed as a kid.”

Much like his real-life journey, this summer Phelps is leaving everything he has in the water, calling Rio his last Olympic games.

Olympic Praise and Glory



“Your talent is God’s gift to you. What you do with your talent is your gift back to God.”

– Simone Biles



“My Catholic faith is very important to me. It helps me put things in perspective.”

– Katie Ledecky



“All Glory to God. I’m so blessed.”

– Simone Manuel



“What does it look like to be a Christian athlete? I think the first piece for me is, how do you love your teammates?”

– Christa Dietzen



“I want to thank God for everything He has done for me cause without Him none of this would be possible.”

– Usain Bolt


“I have competed well; I have finished the race; I have kept the faith. From now on, the crown of righteousness awaits me, which the Lord, the just Judge, will award to me on that day, and not only to me, but to all who have longed for His appearance.”

– 2 Timothy 4:7-8

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Looking for Work May Impact Your Taxes

By Peggy Beasterfield
 Owner, Peggy's Tax and Accounting Service

If you are looking for a job in the same line of work, you may be able to deduct some of your job search costs. Here are some key tax facts you should know when searching for a new job:

- **Same Occupation.** Your expenses must be for a job search in your current line of work. You can't deduct expenses for a job search in a new occupation.
- **Resume Costs.** You can deduct the cost of preparing and mailing your resume.
- **Travel Expenses.** If you travel to look for a new job, you may be able to deduct the cost of the trip. To deduct the cost of the travel to and from the area, the trip must be mainly to look for a new job in order to deduct all costs.
- **Placement Agency.** You can deduct

some job placement agency fees you pay to look for a job.

- **First Job.** You can't deduct job search expenses if you're looking for a job for the first time.

• **Time Between Jobs.** You can't deduct job search expenses if there was a long break between the end of your last job and the time you began looking for a new one.

• **Reimbursed Costs.** Reimbursed expenses are not deductible.

• **Schedule A.** You normally deduct your job search expenses on Schedule A, Itemized Deductions. Claim them as a miscellaneous deduction. You can deduct the total miscellaneous deduc-



tions that are more than two percent of your adjusted gross income.

• **Premium Tax Credit.** If you receive advance payments of the premium tax credit, it is important that you report changes in circumstances - such as changes in your income, a change in eligibility for other coverage, or a change of address - to your Health Insurance Marketplace. Advance payments are paid directly to your insurance company and lower the out-of-pocket cost for your health insurance premiums. Reporting changes will help you get the proper type and amount of financial assistance so you can avoid getting too much or too little in advance.

For more on job hunting refer to Publication 529, Miscellaneous Deductions, available at IRS.gov/forms at any time.



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CAGE Gymnastics offers programs designed to promote age-appropriate skill development in a fun and safe environment. Your child will be able to build an athletic foundation for all sports through the strength, flexibility, and coordination that only the challenge of gymnastics can offer. As your child progresses, CAGE seeks to develop such principles as goal setting, time management, sportsmanship, dedication and

discipline - all of which are important life-skills taught in each and every one of their programs. All of these aspects of learning contribute to a positive self-image and personal success.

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

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



tion and exploration while learning gymnastics on specially-designed equipment just their size.

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

If you are looking for a way to get your child to engage with others in a fun, physically active environment, then CAGE Gymnastics is the answer for you.



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The Area's Most Complete guide to the Events and Concerts You Want to See!

the events calendar

FREE LISTINGS! E-mail your events to: Voice@cox.net; mail to Metro Voice, P.O. 5724, Topeka, KS 66605; or fax to 785-235-3340

CONCERTS

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

NOONTIME BROWN BAG CONCERT - Sep. 7, 11-1, Westar Pocket Park, 818 S Kansas. Justin Fowler;

SECOND SATURDAY SUMMER CONCERT - Sep. 10, 6:30pm, 100 block of W. 8th St. KNoBe (Justin Fowler and Elvin Graves) and Smith & Liston (Ellie Smith and Dave Liston) - Bring a lawn chair and enjoy the unique sound of our local favorites!

ELIZABETH ANNE MALL IN CONCERT - Sep. 10, 4:30-5:30pm, Morganville school in Morganville, KS. Performing songs from her new LP, with the Community Chamber Orchestra. The concert is on the grass, so bring a lawn chair or blanket. Free will donation. For info: www.kansasmusic.net or www.facebook.com/CommunityChamberOrchestra.

NEHEMIAH FEST X - Sep. 16-18, Smith's Fork Park @ Smithville Lake, 1601 DD Hwy, Smithville, MO. Free

Adm., music, food, disk golf tournament, vendors, petting zoo, camping. Christian Music & Camping Festival 50 bands 4 stages. nehemiahfest.com.

LOOKING FOR AMERICA TOUR SWITCHFOOT, RELIENT K - Sep. 20, 7pm. Uptown Theater, 3700 Broadway St., KCMO. 816-753-8665.

LIVERPOOL LEGENDS - Sep. 24, 7:30pm, TPAC. Grammy Nominated Liverpool Legends - "The Complete Beatles Experience!" Price: \$25, \$30, \$40. (785) 234-2787

CROWDER AMERICAN PRODIGAL TOUR - Sep. 27, 7pm. Fellowship Bible Church, 10th & Urish Rd. David Crowder, The New Respects, Tedashii. For info: 877-987-6487

HARMONIUM: VOICES OF AMERICAN WOMEN - Oct. 9, 3pm, WU's Georgia Neese Gray Theatre, 1700 College Ave. Washburn's music fraternity, Sigma Alpha Iota, celebrates the musical works of famous American women composers. This concert features the famous duo Notable Exceptions & guest performances by Washburn students. Recommended donation \$15.

GORDON LIGHTFOOT - Oct. 11, 7:30pm, TPAC. ticketmaster.com or 785-234-2787.

HARVEST HOMECOMING - Oct. 15, 5:30pm, Family Life Church of the Nazarene, 1211 NW 46th St. Featuring The Wrights, Dusty Workman and 4 His Love. \$5 suggested donation. Food & concessions available.

JEREMY CAMP - Oct. 20, 7pm, Light of the World Christian Center, 3301 Gage Blvd., Topeka, KS. Jeremy Camp with Love and the Outcome. General admission \$25 Gold circle \$35. To purchase tickets visit lotwcc.org/events or shofarconcerts.com. Phone (785) 271-1010 or (417) 553-3471

BIG DADDY WEAVER - Oct. 29. First Baptist Raytown, 10500 E. 350 Hwy., Raytown, MO. 816-353-1994

SPECIAL CHURCH EVENTS

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

FIRST SATURDAY BREAKFAST BUFFET - First Saturday of every month, 7:30-10am. Shawnee Heights United Methodist Church. Free will offering.

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

BINGO AT FAIRLAWN HEIGHTS ASSISTED LIVING - 3pm, 1st Sat. of ea. month. Facilitator: Pastor Carole

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

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

SENIOR FIT & FUN PROGRAM - every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or office@rhctoepka.org

MY HOPE STRATEGY SESSION - Sep. 1, 6:30-8pm, Fellowship Bible Church. This training will last 1 hour and 30 minutes. We will explain how your church/ministry can use this Billy Graham Gospel Outreach resource. Contact: Gary Roten 785-608-6898; myhopewithbillygraham.org

SHOE COLLECTION DRIVE - Sep. 3, 9-noon, Faith Temple Church, 1162 SW Lincoln St. Contact Marshella at 785-640-4165 for info or a free pickup.

HAKIM HAZIM - Sep. 4., 10am, Lifepoint Church, 200 SW 30th. Mr. Hazim provides expertise in the following areas: sociological intelligence, realism, mentoring, gangs, radicalization processes, urban and social decay, and law enforcement approaches to the mentally ill and cognitively challenged. For info: 785-267-0533

FISH FRY - Sep. 9, 10:30am-4pm, Lane Chapel Christian Methodist Episcopal Church, 1200 S.W. Lane. A donation of \$9.50 per dinner is requested. The menu will include one large catfish filet, choice of two sides and bread. Delivery available for 2 or more orders by calling (785) 232-0015.

"WOODLAWN - THE TRUE STORY" - FREE MOVIE NIGHT - Sep. 10, 5:30-8pm, Highland Heights Christian Church, 2930 SE Tecumseh Rd. Doors will open at 5:30 p.m. Snacks and childcare provided. Info: 379-5642.

WOMEN'S WELLNESS EXPO - Sep. 10, 1-5pm, El Shaddai Ministries Community Church, 920 SE Sherman. A variety of educational booths & interactive speakers providing comprehensive information about women's health & wellness. Blood pressure screenings, free samples, demonstrations, health related giveaways, & a panel discussion on challenges & life lessons, featuring distinguished women from ESMCC's Mother Board. For info call Sandra at 785-608-9193.

CATFISH DINNER FUNDRAISER - Sep. 10, 11am-4pm, St John AME Church, 701 S W Topeka Blvd. Dine-in, carry-out & delivery available. Cost: \$10; extra piece of fish \$2/piece. Deliveries will be available from 11am to 3:30pm. For tickets, contact Stephanie Lane 785-554-4963 or Rosalyn Carr 785-232-6847.

CELEBRATION & DEDICATION OF THE ANNEX MURALS - Sep. 11, 4pm, Kansas Ave UMC, 1029 N Kansas Ave. Land, sky, & the river flow around the mural connecting all four walls: The Tree of Life, A Vision of Peace, The Creation - Kansas style, and the Quilt. Artist & former Pastor January Kiefer will speak. A pot-luck dinner in Fellowship Hall follows. Bring lawn chairs and a covered dish. Table service & drink provided. Community invited.

SENIOR CITIZENS LUNCH - Sep. 12, noon, Perry Community Building. Bring a covered dish to share. This month they are collecting non-perishable items to donate to Alpha Christian Children's Home. Bring your table service and \$1 as well.

TASTE OF CHOCOLATE - Sept. 17, 1-4pm, Pleasant Hill

UMC, 4525 N.W. Button Road

TOPEKA LUTHERAN CARNIVAL - Sep. 17, 4pm - 7pm, Topeka Lutheran School, 701 S W Roosevelt St. Inflatables, games, food, a wacky hair booth, dunk tank, and new this year, the Hydroblaster

TRUE LIGHT CHURCH MINISTRIES - Sep. 17, 11:30am, 2046 SE California. Fish Dinner, 2 sides & dessert. \$10.

TECUMSEH HERITAGE DAY - Sep. 24, 10am-3pm, Tecumseh UMC. Live entertainment, homemade pie and ice cream, wagon rides, petting zoo, craft booths, more

ROME SWEET HOME ITALIAN FESTIVAL - Oct 15, 4:30-7:30pm, Christ the King Church/School grounds, 25th & Wanamaker. An outdoor Mass will be at 4:30pm. The family-oriented festival runs 5:30-7:30pm, featuring Italian food, children's games, inflatables, food trucks, wine & beer garden, and a professional fireworks display at dusk. The Mikey Needleman Band performs from 5:30-7:30. Festival is free. Ticket sales/reservations for the sit-down lasagna and spaghetti dinners (\$10 for adults; \$6 for children) available at ctktopeka.org (pre-sales only)

PANCAKE FEED & SILENT AUCTION - Oct. 22, 7am, Highland Park UMC, 29th & Michigan. Fund raiser for Sunflower Lions' vision screening. (785) 272 6102; sunflowerlions2016@gmail.com

SEMINARS & CONFERENCES

REVIVAL WITH KENT YORK - Sep. 11-14, 6pm, East Side Baptist Church, 4425 SE 29th St. Evangelist Kent York uses a mixture of humor & poignant truth; the word of God comes alive every service in his messages to ignite and challenge the Church family! (785) 379-9933; esbcks.org; secretary@esbcks.org

MEDICARE EDUCATIONAL SEMINARS - Sep 13 & 27, 6:30pm. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminars will be held

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 The Comedy Cafe is underwritten by individual table sponsors so seating is limited



SEP. 9-11 HUFF 'N PUFF BALLOON RALLY AT LAKE SHAWNEE

KINGDOM YOUTH CONFERENCE - Sep. 23, 6:30; Sep. 24, 9am, Capitol Plaza Hotel. Various speakers & breakout sessions. Music by Shonlock and Bread of Stone. (615)239-5322. KingdomYouthConference.com

2016 MISSIONS CONFERENCE - Oct. 7-9, Bethel Baptist Church, 4011 N. Kansas Ave. Inspirational speaking and presentations, uplifting music, food and fellowship. Contact Bob Payne, 785-817-9727 or b.payne7@earthlink.net for more information.

TOPEKA LITERACY COUNCIL VOLUNTEER TUTOR TRAINING WORKSHOP - Oct. 8 & 15, 9am-4:45pm, Doorstep Building, 1119 SW 10th Ave. Tutors work with individuals who want to improve their reading and writing skills. Cost: \$25 (workshop materials). Info and registration by September 30: 785-234-2806 or topekaliteracy@juno.com

HARVEST FIRE CITYWIDE CAMPMEETING - Oct. 16-21, Three locations: Family of God Church, 1231 NW Eugene St.; Harvest Family Foursquare Church, 622 SW Polk St.; In God's House Church, 1616 NE Seward St. Evangelist Chad MacDonald. See ad in this issue for details.

FAMILY-FRIENDLY EVENTS

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

SILVER LAKE FARMERS MARKET - Tuesdays 6:00 p.m. - 8:00 p.m., Jun. 7 - Sep. 6, Silver Lake Public Library, 203 Railroad Street, Silver Lake

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

WOW - WORKIN' OUT ON WEDNESDAYS - 5:30 pm every Wed., south steps of the Capitol building. Free, fun and family-friendly. A combination of aerobic & strength training exercises, coupled with a fun line dance to end each experience. www.makinmoves.com

CAPITOL MIDWEEK FARMERS MARKET - Every Wed., thru Oct. 12, 7:30am - 12pm, Corner of 10th & Jackson on the South side of the Capitol Lawn

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

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

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

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

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

SWAP MEET AT PREMIERE FARM & HOME - last Sat. of every month thru Oct., 900 SW University Blvd, 7 am to noon. Laying hens, pullets, baby chicks, guineas, ducks, geese, and more.

SAVING DEATH ROW DOGS ADOPTION BOOTH - Every Sat., 11am - 2pm, Petco, 1930 SW Wanamaker

SHAWNEE SWINGERS SQUARE DANCE LESSONS - Wednesday's, beginning Sep. 14, 7pm, Croco Hall, 6115 SE Highway 40, Tecumseh. Call Don at 785-966-2765

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

ANNUAL LAKE SHAWNEE TRADITIONAL POW WOW - Sep. 2-4, 3-10pm Fri., 10-10 Sat., 9am church service Sun. Lake Shawnee Reynolds Lodge, 3315 Timman Cir. Food & vendor booths, arts & crafts, demonstrations and more. Advance tickets \$6. At gate \$8. Kids 11 and under are free. For info: 817-7048

DOWNTOWN TOPEKA TOUCH-A-TRUCK - Sep. 3, 9:30-1:30, Kansas Ave. 8th-10th. Welcome BIG TRUCKS to downtown to celebrate and learn about the people that build, protect, and serve our cities. Kids are invited to come touch, climb on, and learn about these big pieces of equipment and the people that operate them. Admission: a canned good for Harvesters.

AGED TO PERFECTION 1 MILE/5K RUN/WALK - Sep. 3, 9am, Washburn University Campus. Includes T-shirt, "Finisher's Medal." Walk/run with or in honor of an aged parent, grandparent, or great-grandparent. Fundraiser for the Jayhawk Area Agency on Aging's Guardian Angel Fund with co-sponsorship from Genesis Health Clubs. Virtual option available. All gen-

erations welcome! Register at www.jhawkaaa.org.

KANSAS CITY RENAISSANCE FESTIVAL - Sep. 3 - Oct. 16, 10am-7pm; Weekends only plus Columbus Day and Labor Day. 628 N 126th St., Bonner Springs, KS. www.KCReNFest.com. 800-373-0357.

LABOR YOUR LEGS 2016 - Sep. 5, 8am, Crestview Shelter House. A celebration of healthy and active lifestyles. Meet area runners, walkers, bikers, triathletes, and general health enthusiasts! Bring your family! RSVP via Sunflower Striders Facebook Event page. Enjoy a FREE fun run/walk/bike/skip followed by a tasty breakfast! This is NOT a timed event. Raffle Prizes, Discount Coupons, Race Brochures, and more!

PRO-LIFE EVENT - Sep 6, 6:30-8pm, Forum Rm, Topeka Tower, 3rd Floor, 534 S. Kansas Ave. Former Rep. Joe Patton will discuss the importance of the upcoming retention election, and a representative from the Better Judges for Kansas campaign will talk about how you can help in Topeka. For more info: betterjudgesforkansas.org

COMMUNITY GARAGE SALE - Sep 9, 8am-5pm, The Cottages of Topeka, 620 NW Lyman Rd.

LADIES NIGHT OUT - Sep. 9, 6:30pm, Big Shelter House Gage Park. Lots of vendors on hand with a variety of products, samples, and more! (785) 554-2020, www.facebook.com/events/287899884902709/, erika.litherland@gmail.com

JUSTIN CORBET MEMORIAL SHOOT - Sep 9, 1:30-6pm, & Sep. 10, 8-11am, Ravenwood Lodge, 10147 SW 61st. Biscuits & Gravy, Lunch, Trophies, Drawing for prizes. 785-438-2065 or 785-256-6444

LET'S PRAY, TOPEKA! - Sep. 9, 6 - 7:30 pm. Citywide prayer rally on the south steps of the State Capitol is sponsored by a coalition of numerous Topeka pastors.

PERRY FALL FESTIVAL - Sep. 9-10, Downtown Perry. Wide variety of vendors, free activities for kids & adults. Vendor info: wendyg@firststateks.com

HUFF 'N PUFF HOT AIR BALLOON FESTIVAL - Sep. 9-11, Timman Circle. Watch more than 30 colorful hot air balloons launch over Lake Shawnee. Friday: 4pm vendor fair & activities, Balloon Flight at 6 pm. Balloon Illumination & Tether at 7:30pm. Saturday, 7:30am Balloon Flight; 10am - 4pm vendor fair & activities, Balloon Flight at 6 p.m. Balloon Illumination & Tether at 7:30pm. Sunday Balloon Flight 7am. 554-4936

CRUSHERFEST - Sep. 10, Lessman Farms, 4124 NE

Brier Rd. The Capital City Crushers Women's Roller derby team from Topeka is putting on their 3rd annual mud volleyball/music festival. Family event with camping all weekend; Mud volleyball; Merch. & food vendor booths. KIDS: 13 and younger FREE! All kids under 18 must have a parent onsite. Mud volleyball and camping: \$25 per person (Includes camping all weekend & entry into the mud volleyball tourney). Weekend spectators: \$10 will get you a weekend pass that includes camping. Day spectators:

KANSAS BOOK FESTIVAL - Sept. 10, 9-4. Kansas State Capitol, 900 SW Jackson. Books for sale, children's activities, inside & outside.

EMERGENCY SERVICES SHOWCASE - Sep. 10, 1-4, Kansas ExpoCentre. First responders from all around Shawnee County, hospitals, community service groups and search and rescue groups will demonstrate and educate the community about the roles they can play in an emergency situation. Fire trucks, helicopters & more. For info: 845-2216

NATIONAL DAY OF REMEMBRANCE FOR ABORTED CHILDREN - Sep. 10, 1-3pm, Heart of America Memorial Wall for the Unborn, 1216 SE Republican Ave. A local service to remember stillborn and aborted children. For info: www.heartofamericawall.org, 785-267-5777. nancywar@cox.net

HAND UP STAND UP RIDE - Sep. 10, 10am, Harley Davidson. Registration 8-10am. Ends at VA Hospital. \$35 per rider, includes T-shirt & lunch. Auction, raffle & silent auction. Benefits PTSD patients & local vets.

4TH ANNUAL 5K RUN/WALK - Sep. 10, 8:30am, Crestview Shelterhouse, 4901 SW Shunga Dr. Registration: 7:30-8:30am. Hosted by Shawnee County Suicide Prevention Coalition to raise money and awareness of Suicide and its prevention. Contact info@scscpc.org or 785-383-7084 for more info

2ND ANNUAL PATRIOT DAY CAR SHOW - Sep. 10, 9am-3pm. Kansas ExpoCentre. In appreciation for the service & sacrifice of our military, law enforcement, fire & rescue, & EMS personnel. Awards will be given to the Top 20, as well as Best Engine, Best Paint, & Best Interior at 3pm. Vendor spaces open. Call Kacey 785-845-0823 or Katie 785-554-9253. Register at brownpaperickets.com/event/2524542

BOWL A STRIKE AGAINST ALZHEIMER'S - Sep. 11, 2-4pm. West Ridge Lanes. Bowl for prizes & fun! Four person teams. \$25/person, \$20 of which goes to the Alzheimer's Association. Award for the team with the most team spirit. RSVP to Val Ireland 785-633-7935

FRIENDS OF LIBRARY BOOK SALE - Sep. 16-19, 17th & Polk, Ag Hall. Preview Night Friday 6-9pm \$5 Adm. (Friends members free). Free admission to the public on Sat (9am-5pm) & Sunday (10am-5pm). Sunday: fill a grocery sack for \$5; Monday, 7 am-Noon, everything left is FREE. Bring your own boxes or bags. 580-4555

KANSAS MARIACHI FESTIVAL - Sept. 16-17, 11:30am-9pm. Featuring local and national mariachi bands, Mexican food and an art display. Free.

HILLSBORO ARTS & CRAFTS FAIR - Sep. 17, 9-4, 120 N. Main in Hillsboro, KS. Over 300 vendors from across the nation. 620-947-3506

HOOD INVASION AND PRAISE IN THE PARK FELLOWSHIP - Sep. 17, 5-7pm, Chesney Park, 19th & Clay. Kingdom Life Ministries & BTW Life Ministries present Hood Invasion & Praise in the Park Fellowship. FREE, public event. Come receive inspiration, love, food, prizes. 785-608-6048

PAXICO BLUES FESTIVAL - Sep. 17, 11am-8pm. Paxico. Blues Fest delivers Big City Blues in a small-town setting. Dancing, Local Food, Antique Dealers, & Live Music from morning to night. The Santiago Brothers, Kalo; Hector Anchondo; Josh Hoyer & Soul Colossal; Hamilton Loomis. Free Admission.

BURNT OFFERING BBQ - Sep. 17, 3:30-7:30pm. Heritage Christian School, 2000 NW Clayl. BBQ competition - cash prize - Entries can be a church, Sunday school class, or an individual. Carnival activities, and praise & worship leaders providing concert music

STROLLER STRIDERS - Sep. 17, 9-10am, Kansas Children's Discovery Center, 4400 SW 10th. Location: Turf area. Have fun & get fit in this progressive fitness program for moms with children ages birth to three! Free with admission and free to members. (785) 783-

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 provided.

MARRIAGE RETREAT - Sep. 16-17, The Barn Bed and Breakfast Inn in Valley Falls. Pastor Tim of Lighthouse Bible Church will be teaching on "Five Commitments to Fail-Proof Your Marriage" by Craig Groeschel. \$150 per couple includes one night stay, dinner, & breakfast. For info: Pastor Tim at 785-246-0138.

THE BLOOD OF JESUS - Sep 17, 9:30am - 12:30pm, Courtyard by Marriott, 310 Hammons Dr, Junction City. Jesus' blood was shed for you. Now is the time to understand the role that the blood of Jesus plays in a believer's life. Dive into the Word to discover the relevance of the blood to believers today. Join Rev. Griggs at this free workshop. Seating is limited, register early. Email your name & how many are attending to ExodusMinistries@aol.com, or sign up on the contact page at www.Exodusministriestopeka.org or call 785-845-3783. Refreshments provided. Free will offering. Exodus Ministries, Inc. P.O. Box 2852, Topeka, KS

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FALL FESTIVAL

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Breakfast 7:30-10am • Lunch 11am-2pm

Silent Auction Baskets

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8300. Instructor: Chris "The Healthy Hippie" Omni
VINTAGE BASEBALL AT THE KANSAS MUSEUM OF HISTORY - Sep 17 & 18, 12-2pm, 6425 SW Sixth Ave. The Westerns, Shawnees, Wichita, Emporia, and St. Louis Perfectos meet in a vintage baseball tournament pre-

ented by Westerns Base Ball Club of Topeka, following the 1860s rules. (785) 272-8681

BRIDAL ELITE SHOW - Sep. 20, 6-9pm, Capitol Plaza Hotel, Sunflower Ballroom. Free Adm. Fashion show starts at 7:30pm, Cake Dive at 8pm. First 50 brides receive free gift. Hosted by Topeka Wedding Guild.

NATURALISM OR THEISM DEBATE - Sep 21, 7pm, White Concert Hall. Free event pits Dr. Frank Turek against Jeffrey Lowder. Please bring a can of fruit for WU food pantry.

GARY'S PUMPKIN PATCH & FALL FESTIVAL - Sept. 23-Oct 30, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and more. Admission \$10.95; Season Pass - \$27.95 at garysberries.com

WINGED FOOT FAST 5K/10K RUN & 4K WALK - Sep. 24, 8am, Combat Air Museum, 7016 SE Forbes Ave. (785) 862-3303

AARON DOUGLAS ART FAIR - Sep. 24, 10-5. 12th and Lane. Explore diverse and emerging artists from NE Kansas. 30-50 artists booths, a main-stage of music, performing arts, food vendors and a kids

EVANGELIST CHAD MACDONALD
TOPEKA Burning
 HARVEST FIRE CITYWIDE CAMPMEETING
 HELD IN 3 LOCATIONS
OCTOBER 16-21, 2016
 FAMILY OF GOD CHURCH
 SUNDAY OCT 16 10:30 AND 6PM
 WGN OCT 17 7PM
 1231 NW EUGENE ST | TOPEKA, KS
 HARVEST FAMILY FOURSQUARE CHURCH
 TUESDAY OCT 18 7PM
 WEDNESDAY OCT 19 7PM
 822 SW POLA ST, TOPEKA KS
 IN GOD'S HOUSE CHURCH
 THURSDAY OCT 20 7PM
 FRIDAY OCT 21 7PM
 1818 NE SEWARD ST | TOPEKA KS

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zone with a variety of art activities

4TH ANNUAL DUELING PIANOS - Sep. 24, 8pm (doors open 7pm), Arab Shrine Temple, 1305 S Kansas Ave. Benefits LifeHouse and child victims in our community! A high energy, unique piano concert. Comedy, audience interaction & lots of fun! Hors d'oeuvres, cash bar, silent auctions, raffle prizes, door prizes & more! Tickets \$30. Contact LifeHouse or purchase tickets online at lifehouse.brownpapertickets.com.

HEARTLAND PARK TOPEKA SWAP MEET - Sep. 24-25, 7530 SW Topeka Blvd. All types of cars & parts & vendors. 844-200-NHRA

CIDER DAYS - Sep 24-25, 10-6 & 10-5, Kansas Expocentre. Arts & crafts, live bluegrass, carnival, historical re-enactors, animal rides, petting zoo, unique food. \$7 at the gate, \$6 in advance at Dillons. Children under 10 free. www.topekaciderdays.com

KANSAS CHOCOLATE FESTIVAL - Sep. 24, 10-5, Downtown Topeka. Chocolate cooking demonstrations, food trucks and many other chocolate-themed activities. Food trucks will serve their normal fare while featuring at least one item that includes a Mars chocolate product. A competition for the best chocolate products including cupcakes, brownies and nonalcoholic drinks with special guest judges. Free event. Rosa@VisitTopeka.com or 785-234-1030

INDIA FEST - Sep. 24, 10-2, Big Gage Shelter House. Indian cuisine, jewelry, art, music & entertainment. For info: indiansoftopeka@gmail.com

STONE'S FOLLY ART FAIR & OCTOBERFEST - Sep. 30, 5-11pm & Oct. 1, 10am-11pm, 1800 SW Stone Ave. Location: Grounds of the former Stone's Folly Mansion. A two day Juried Art Fair to show the excellence of many different media's of the art world. Patron Party Friday evening. In conjunction with largest outdoor Oktoberfest in the area. (785) 969-6506

TOPEKA NORTH OUTREACH FALL FESTIVAL - Oct. 1, Seaman Community Church, 2036 N.W. Taylor. Breakfast 7:30-10am, Lunch 11am-2pm. Silent Auction Baskets & more.

12TH ANNUAL KAW VALLEY FARM TOUR - Oct. 1, 9am-5pm, 2110 Harper, Lawrence, KS. Location: various farms in the Kaw River Valley. Price: \$10 per Carload, good for both days. The Kaw Valley Farm tour is an opportunity for children & adults to visit local farms & learn about farm practices directly from the farmer. 32 farms across 6 counties along the Kaw River Valley. Alpacas-Zucchini's & everything in between

LIFE CHAIN - Oct. 2, 2-3:30pm, Three locations: Washburn between 17th and 21st; 21st & Wanamaker; 29th & California.

LIFE CHAIN LAWRENCE - Oct. 2, Iowa St at 23rd, 12:30-2pm

37TH ANNUAL APPLE FESTIVAL - Oct. 2, 10am-5pm. Old Prairie Town at Ward-Meade Park, 124 NW Fillmore. \$5 advance or \$6 at the gate. Children 12 and under free. Concessions, entertainment, folk arts & crafts and vintage stores. Call 785-251-2993

GRANTVILLE FLEA MARKET - Oct. 7-9, 9am-7pm, 3597 27th St., Grantville (1 mile north of Hwy 24). For vendor info: Lindsay.785-249-5108. Follow page on Facebook

COMEDY CAFE - Nov. 18, 6:30-8:45pm. Fellowship Bible Church, 10th & Urish. Featuring the comedy of David Dean. Make reservations or sponsor a table at www.topekayfc.org/comedycafe/ or call 32-8296.

MEETINGS & CLASSES

C5Alive "POWER" LUNCHEON - Sep. 8, 11:30-1 at Old Prairie Town/Meade Park This month's Christian Chamber of Commerce luncheon will feature reports concerning college ministries such as Christian Challenge.

- Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door
- \$15 for non-members & repeat guests.
- Please RSVP to info@C5Alive.org, so we know how much food is needed!

Open to the public - Put POWER in your life with great food, great speakers and great company! Invite a friend to join you! (Next month: Pastor's Appreciation Luncheon Oct. 13 at Great Overland Station.)

TOPEKA WOMEN'S CONNECTION "Fall in Love with Fall" LUNCHEON - Sep. 8 11:30am, T&SC Public Library, 1515 SW 10th Ave. Lunch is \$14, no charge for program only. RSVPs by Sep. 8 to Ann at 554-3617. **SPEAKER:** Debi Stack will present an entertaining story of how she learned to relax on the run. Debi a survivor of three crash-and-burns from overworking, shares honestly and humorously how to lower your stress level. **MUSIC:** Stephanie Teagarden is a songwriter two times National Anthem singer at KC Royals games and sings with Duo Du Jour Band.. **FEATURE:** Furniture Mall of Kansas will share exciting new fall ideas.

SATURDAY WOMEN'S CONNECTION "SHOP YOUR CLOSET" LUNCHEON - Sep. 10, 11am, T&SC Public Library, 1515 SW 10th Ave. \$14 for lunch, no charge for program. Open to all women. RSVPs by Sep. 5 to Arlene, 233-0701 or Leidacloud@cox.net. **Business Feature:** Diana Swafford, Pres. of ColorWorks Paint will discuss the importance of a relationship within colors chosen for the look you want to create in a project. **Music:** Pam Layden, young mother & a gifted vocalist. **Speaker:** Debi Stack, K.C., MO, a survivor of three crash & burns from overworking, shares honestly & humorously how to lower your stress level.

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

CONCERNED WOMEN FOR AMERICA MEETING - Join other concerned individuals to pray and unite in action for Shawnee County and our Nation. For info about monthly meetings: 785-260-5659 or ks.cwfa.org.

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

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

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

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

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

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

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

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

FAMILY EXPERIENCE (FX) - Every Sun., 6:01pm, Fairlawn Church of Nazarene, 730 Fairlawn Rd. A time of high intensity, action packed, skit mania, worship music all centered around the word of God for 45 min-

utes. A free family worship event. For info: Emily Moore, 272-6322 or fxthelawn@gmail.com.

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

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

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

KC TRAUMA AND PTSD SUPPORT GROUP - Every Tue. 10am and Thu. 6:30pm. Call Denise at 816-885-9530

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

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

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

MENNINGER BIBLE CLASSES - Tuesdays starting Mar. 15, Noon -1pm. Amerus Road, YWCA, 225 West 12th. A new study group for Year One of Flo Menninger's course on Four Years through the Bible. Read and discuss Genesis through First Kings. Nominal charge for materials. For info call the YWCA at 233-1750 or Clara Gamache at 785-408-5433.

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

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

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

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

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

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

Grantville Flea Market
 1 mile north of 24 Highway
 3597 27th St., Grantville, Ks
October 7-9; 9am-7pm
 Contact Lindsay for vendor info at (785) 249-5108
 Follow our page on Facebook!

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 Topeka area business people, united by their faith in Jesus Christ, making a positive impact in our community, through networking and Christian leadership
 Membership open to all Christian businesses, non-profits, churches & individuals! Luncheons & Tradeshows & some other events open to the general public!
 • C5Alive POWER Luncheons - (2nd Thur. ea. mo.)
 • Sep. 8, 11:30-1, Old Prairie Town / Meade Park
 College Ministry Report: Craig Freerksen with Christian Challenge, & Ryan Schlesener, with Called to Greatness
 • Oct. 13, 11:30-1, Great Overland Station
 "Pastors Appreciation Luncheon" - all Pastors invited at no charge. Special Speakers & Program.
 • Nov. 10, 11:30-1, Details to be announced
 • Dec. 8, 11:30-1, Christmas Music & Fun!
 Find us on Facebook at facebook.com/C5Alive
 For info: www.C5Alive.org or info@C5Alive.org

entertainment

Faith-based movies on the big screen

entertainment

by **Michael Faust**

For fans of faith-based films, this fall could be a banner time to visit the theater.

With Hillsong: Let Hope Rise leading the way Sept. 16, eight films marketed toward Christian audiences will hit the box office by the end of the year. While some of them cannot be considered kid-friendly, all of them contain strong faith or moral elements that set them apart from more mainstream films.

Hillsong – distributed by PureFlix -- follows the incredible rise in popularity of the Australian band Hillsong United,



whose songs are sung in churches throughout the United States and the world.

Some of the band's more popular songs include "Oceans (Where Feet May Fail)"

and "Touch The Sky." Hillsong United has sold more than 17 million albums.

"Hillsong: Let Hope Rise is so much more than a film about a Christian band or even a church. It is truly a theatrical worship experience," said Michael Scott of PureFlix. "It is a dream come true for us, as a studio committed to influencing the global culture, to partner with a church like Hillsong."

Jonathan Bock, the movie's producer, said "anyone who regularly attends a church knows Hillsong's music by heart."

More than 50 million people sing Hillsong's music each Sunday, according to studio data.

"That's how influential they've become," Bock said. "And yet despite the fame and adulation, they're still just a humble worship band trying to do what tens of thousands of other worship bands try to do every week -- glorify God through their music. How they balance that is a fascinating and surprising story."

Other movies marketed to Christian audiences this fall include:

To Joey, With Love (Sept. 20)

This documentary follows the emotion-laden true story of Joey+Rory, a hus-



To Joey, With Love

band-and-wife singing duo that chose to

simplify their life and set aside their music careers in preparation for the birth of their first child. They documented their journey on video -- and in the midst of it, Joey (the wife and mom) -- was diagnosed with cancer. She died March 4 of this year. The documentary will be in theaters for only one night.

Vanished: Left Behind – Next Generation (Sept. 28)

Labeled as a "fresh" and "new" approach to the popular End Times series, Vanished is geared toward teens and young adults and is produced by Randy



LaHaye, the grandson of the late Left Behind co-author Tim LaHaye. The movie has been called reminiscent of Twilight, The Walking Dead and The Hunger Games. It is rated PG-13 for thematic elements and some violence/peril. It will be showed in theaters for one night only.

Voiceless (Oct. 7)

Inspired by true events, this pro-life movie follows a war veteran as he takes a position at a Philadelphia church and then discovers there is an abortion clinic across the street. He wants to make a difference in the lives of the women at the clinic, but

MOVIES, BOOKS, MUSIC & MORE!



the congregation -- his employer -- is divided on the issue. It is rated PG-13 for thematic material and some violence.

Priceless (Oct. 14)

When a man named James becomes desperate for a job and some cash, he agrees to drive a truck across the country -- no questions asked. But when he learns what he is carrying -- people being trafficked -- he is faced with life-changing decisions. Joel and Luke Smallbone, the brothers in the band For King and Country, are behind the film. It is rated PG-13 for mature thematic material



involving human trafficking, and some violence.

I'm Not Ashamed (Oct. 21)

Seventeen years after the mass shooting at Columbine High School in Colorado, this new film tells the story of Rachel Scott, who was killed that day and who refused to deny God in her final seconds. Most of the movie follows Scott as she impacts others for Christ during her high school years leading up to that tragic day.



It is rated PG-13 for thematic material, teen drinking and smoking, disturbing violent content and some suggestive situations.

Hacksaw Ridge (Nov. 4)

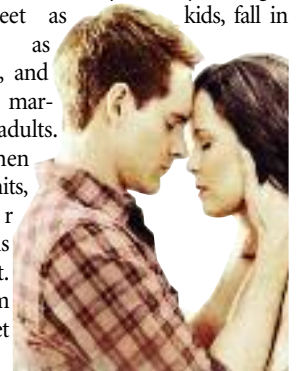
Directed by Mel Gibson, this biographical war film follows a U.S. Army medic during World War II who was a Seventh-day Adventist conscientious objector and



refused to carry firearms into battle. It is not yet rated.

New Life (Oct. 28)

Starring Fireproof star Erin Bethea, this romance tells the story of a boy and a girl who meet as kids, fall in love as teenagers, and then are married as adults. But when tragedy hits, their future is in doubt. This film is not yet rated.



EVENT CALENDAR CONTINUED

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SUPPORT GROUPS

MIDLAND CARE GRIEF SUPPORT GROUPS: Building A, 200 SW Frazier Circle. Every Mon., 4-5pm: 12 Week Adult Group for Recent Loss 1st and 3rd Thu., 10:30am & 5:30pm—Ongoing Adult Group 1st and 3rd Thu., 5:30pm: Ongoing Young Adult Group (4-18 years of age) For All Groups: Call for start dates and info packet. Group and individual grief support available upon request. For info: 785-232-2044 ext.341

ABORTION RECOVERY SUPPORT GROUPS – A 12-step Restoring Joy recovery journey for women. Providing

services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn, 272-6212.

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

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

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

"HEALING HEARTS" support group/Bible study – For women whose husbands struggle with pornography addictions or have had affairs. Videos & workbook will give you hope for your marriage & emotional healing. For info: Jane Goble, 249-0983.

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

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

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

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

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

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

OVEREATERS / UNDEREATERS ANONYMOUS:

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

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

SAT. – 9am – St. Francis Hospital meeting room 8, 2nd floor; 862-2326. 357-8774; sunflowerintergroup.org.

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

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

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

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

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

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

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

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

MOMS-IN-TOUCH PRAYER GROUP – Every Wed., 2:30-

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

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

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

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

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

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

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

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

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

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

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

NEW RELEASES HITTING SHELVES SOON

Tenth Avenue North has a new album coming in October, and fans can preorder it right now. Fans can also get the Followers Deluxe CD preorder, which includes North's newest album "Followers," digital instant download tracks 'What You Want,' 'Afraid,' and 'Overflow,' 12 oz. of Coffee from Just Love Coffee, and a Followers Coffee Mug. Tenth Avenue North has partnered with Just Love Coffee for this package, having hand-selected the coffee, and a percentage of the profits from each coffee sale will go back to the community of adoptive families, mission-minded people, and non-profits.

For more information on the new album, package deals, and Just Love Coffee, please visit tenthavenuenorth.com and justlovecoffee.com.

Finally! Selah has opted to release yet another Greatest Hymns (Vol. 2) album! Eleven years after their first offering, the Dove Award-winning trio has returned to their roots, which included new recordings of "Holy, Holy, Holy," "Wayfaring Stranger," "Wonderful, Merciful Savior" and "Amazing Grace," as well as 14 more tracks.



musicscene

Greatest Hymns, Vol. 2, a Curb Records release, will be distributed by Word Distribution.

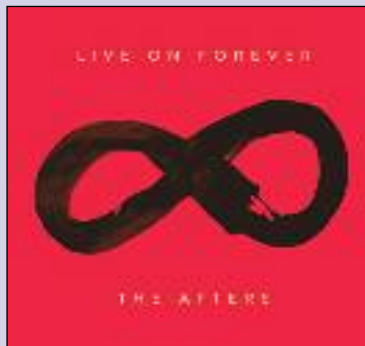
Other Albums releasing in the coming months include:

- All Sons & Daughters - Poets & Saints
- Remedy Drive - Hope's Not Giving Up
- Geoff Moore - The Next Thing
- The Isaacs - Nature's Symphony in

432: A Journey From Pain To Praise
- Seacoast Worship - LIVE (Deluxe Edition)

- The Afters - Live On Forever
- Casting Crowns - The Very Next Thing

- Laura Story - Open Hands



Topeka author pens new book on Bus Ministry

By Rob Mooney

It's Sunday morning and the members of your church are climbing out of bed and loading into their cars to head to church to hear the sermon that has been prepared by the pastor. Many are already thinking ahead to lunch and maybe what they're going to do after church. However, there is a small group of people that arrived at church two to three hours earlier than anyone else. This group of people boarded buses and vans and went out into the cities and towns where they live in order to pick up people to take to

church. This special group of people are known as bus workers, and Topeka author George Feliu has released a new book titled, "Thoughts of a Bus Worker."

Feliu, author of the four-part Guardians of Havenshire series, has switched gears and dedicated his latest work to one of his passions, the Bus Ministry. Using scripture found in the King James Bible, Feliu explains the need for a bus ministry and sheds light on what makes a good bus worker.

Drawing on personal experiences during his time as a bus worker in

Chicago, Feliu entertains with short stories and anecdotes that reinforces the idea that serving God can be fun and rewarding. If only everyone were open to the calling of God, how much more could be accomplished?

"Learn to hate empty seats," Feliu says. That principal can be applied to the bus ministry or to your Sunday School class. This book teaches how to fill those seats. However, in order to do that, we have to do what many Christians do not want to do. That is, go out into the highways and hedges and compel them to come in.

'Providence Road' by The Wrights Satisfies & Delights

By Carolyn Cogswell

On this beautiful album, the Wrights combine great harmonies, uplifting lyrics and fine musicianship to create a collection of songs that glorify the Lord and refresh the soul. You'll want to hear it over and over again.

The title cut, "Providence Road," speaks of a crossroads of repentance from being led by "reasons and circumstances" to committing to God's will. "Today will be different," the heart vows. Honest admission of fear separates this song from many that you hear.

The song speaks of turning from one's own ways to the ways of the Lord even in the face of fear, understanding the will of the Lord is to make us better, because it's "God's plan to perfect my soul and make me a better man," and adds a prayer for God to help him be patient and keep his life from growing cold.

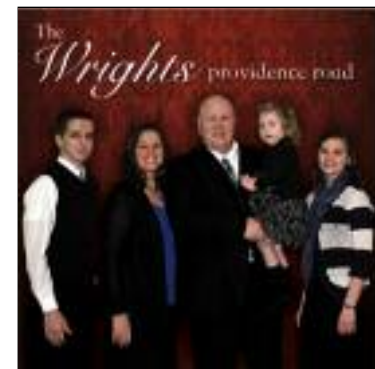
"There is Hope" seems to address three people groups: tired and weary (believing) souls, backsliders ("lost and wandering from the fold"), and the lost. "There is hope, joy, love and forgiveness," say the words while piano fills dance in and out on this cut.

Harmonica introduces "Show Him the Love," and is an invitation to praise and worship and a call to never take God's gifts for granted. "After all He's done, show Him the love."

Several of these cuts have a real stirring old-time tent revival feel to them that will inspire and encourage you. B3 organ combine with harmonica on "This Ship Was Built." ("For the storms of life!")

Songs about heaven, "At Home" and "Sailing Away" remind us where we're headed when we're tempted to let the present time pull us down – "sailing for that homeland of the soul...friends and loved ones are waiting to welcome me

This book will teach you how to start, run and maintain a thriving bus ministry. It's full of simple ideas and suggestions that can be implemented easily and quickly. It teaches how to properly respect the authority at your church and how to reproduce yourself. Feliu leaves no stone unturned in



yonder, I'm sailing to my heavenly home."

"That's Why He Died," "Written in Red," "God Came Down" and "When I See His Face" intensely focus our attention on Christ's words, the gospel of the Kingdom and our final destination as believers. They're all great but these four songs really preach. "God came down and dwelt among the lowly; to show how much he loved me He left His high and holy place, just to bring the sinner grace; Sing a song of praise to Jesus who was God and God came down..."

"For every lost, imprisoned soul that longs to be free, there had to be One Perfect Sacrifice. To make a way for every child that roams, there had to be a way back home; There had to be One Perfect Sacrifice; That's why He died."

"When I See His Face" is the crowning glory that concludes this collection of great gospel songs. With orchestration and powerful dynamics, this song tells of the triumphant moment when we will see Jesus face to face.

"Just to know I'll be living in that heavenly place, there to sit down with Jesus and saints of every race; What joy will be mine when I see His face." And all I can say about that is, "Amen" and "Yes!" So get this CD right now and be blessed!

his quest to bring the bus ministry to the forefront. This book can be applied to several ministries and would be a good book to have on your shelf.

For information on ordering copies, contact Mercy and Truth publishing at 785-887-2203.

BOOK REVIEW: A Lawyer's Case for His Faith is easy – and important – read

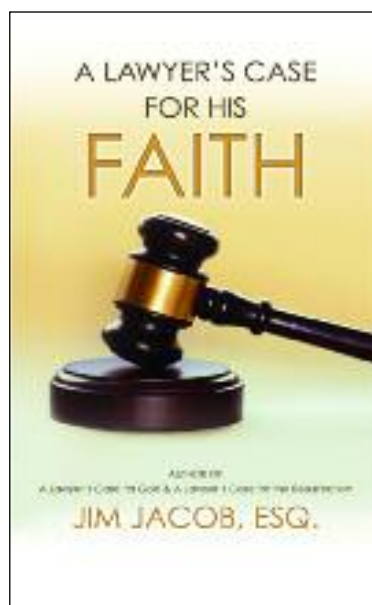
An ardent atheist became a defender of the Christian faith. Kansas City-area attorney and author, Jim Jacob, has written about it in his new book, A Lawyer's Case for His Faith. Self-published this year through Yaakov Press, the book is available at Jacob's website www.jimjacobbooks.com for \$7.95 or two for \$9.95. It also is available on Amazon. A companion booklet, A Lawyer's Case for the Resurrection—also published in 2016—is available for \$5.95 or two for \$7.95. Both have bulk pricing available.

This book is easy to understand for readers wishing to strengthen their ability to share and defend their faith. Students will find this book an excellent resource for help-

ing them in academic settings antagonistic toward Christianity. Christians wishing to share and defend their faith in the workplace or public discourses also will find it to be a valuable equipping tool. The book is also a great resource for reading and discussion in Bible study groups and family devotional settings.

Written in the genre of Christian apologetics, A Lawyer's Case for His Faith is a fresh, new offering following in the footsteps of Christian classics like Lee Strobel's The Case for Christ (1998) and Josh McDowell's More Than a Carpenter (1977).

A Lawyer's Case for His Faith was written by Jacob as an attorney laying out the case for Christianity



as if making the argument in a courtroom before a jury. While easy-to-read and well-laid-out in 211 pages, the book is also chock-full of 504 footnotes documented in endnotes after three appendices.

The author—a Messianic Christian with Jewish roots and nearly 40-years of law experience—brilliantly blends faith with evidentiary support from science, archeology and history from the Bible. Questions the book poses and answers include, Does God Exist? Can the Bible and Science be Reconciled? Can All Religions Be Correct? Can a Good God Co-Exist in a World Filled with Suffering? Can the Old Testament Be Used As Historical Evidence? Did Yeshua (Hebrew for Jesus) Truly Live and

Die in Israel 2000 Years Ago? What Do Historians Say About the Resurrection of Yeshua? Is Yeshua the Jewish Messiah? Are We Absolutely Sure That There Are No Absolutes?

Jacob understands skeptics and the mindset of atheism, as he was a hardcore atheist for 39-years. As he would do in a courtroom, Jacob anticipates and systematically rebuts and refutes many of the arguments against Christianity.

As if he were speaking to a jury, Jacob lays out the evidence and case for Christianity in an easy-to-follow, yet persuasive and thoroughly documented way. A Lawyer's Case for His Faith is a must read for 2016 and is sure to be a classic of Christian apologetics for years to come.

—By Metro Voice



Fitness After 50: Tips for Healthy Aging

We don't stop moving because we grow old, we grow old because we stop moving.

Many people assume that they're too out-of-shape, or sick, or tired, or just plain old to exercise, so they avoid it completely. Others believe they should lower the intensity of their exercise due to compromised balance, coordination and strength that come with age.

They're wrong. The real danger to your health is not exercising at all.

At any age, you can increase muscle strength, preserve bone density, improve balance and improve your overall health. However, only a combination of regular exercise and sensible eating can help you achieve this, so don't let your age scare you away from the gym.

Before you join a health club, know what to look for and ask about. Here are some helpful tips for starting and/or maintaining your path to healthy aging:

Add strength-training to your workout routine

Most folks hit the gym and head straight for the treadmill. And while cardio exercise is vital to long-lasting health, it's the strength-training that helps you maintain and regain strength and improve metabolism so that you burn calories for much longer after workouts. (Adults over 50 can lose around a half a pound of muscle mass every year). Before joining a gym, ask how the staff will help you get into a routine. Give preference to clubs that help create a workout program based on your goals.

Don't overlook stretching and balance

As we get into our 50s and beyond, it's even more important to include stretching and balance exercises in our routine. As age increases, bodies don't start up or wind down as quickly. Prior to a full workout, adults over 50 need to warm-up for at least five minutes in order to increase blood flow to muscles and loosen tendons. Your club should show you how to include stretching and balance exercises as part of your workout program.

Get help learning to eat healthy

It's easy to say eat more spinach and less cookies, but the fact is most people don't know where to start when it comes to devising a healthy diet - or how to sustain healthy eating habits beyond a couple of weeks. That's why you should give serious thought to working with a registered dietitian who can not only put you on a nutrition and meal plan that speaks to your needs and goals, but can provide ongoing counseling to keep you motivated, accountable and on the path to success. Some clubs offer this service, though most charge extra. Ask before you join.

Recruit a workout buddy

You're more likely to stick with an exercise program if you work out regularly with a friend. This helps keep each of you accountable and motivated - you're likely to look forward to hitting the gym on a regular basis. That's why it's important to ask a health club about its guest policies. You'll want to introduce potential partners to your gym -- but some of



them will charge you a guest fee and many won't put your guests through sample workouts; they'll be on their own. The easier a club makes it for guests to "sample" your club, the more likely the two of you will start and stick to a routine together.

Keep learning and connecting

How do you learn to exercise more effectively, eat right, get more and better sleep, keep your brain sharp and so on? Some health clubs put on a regu-

lar series of wellness seminars and workshops to address topics like these and provide information that can help you live healthier. Social events too may be offered, helping you connect with others and get more enjoyment from your membership. When evaluating health clubs, ask if these types of workshops and social events are part of your membership.

Suzy Boerboom - blogger for huffingtonpost.com

Exercise and Fitness as You Age: Tips to Get Fit and Stay Fit

As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for your body, it's also good for your mind, mood, and memory. Whether you are generally healthy or

are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness.

Starting or maintaining a regular exercise routine can be a challenge as you get older. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. Or, if you've never exercised

before, you may not know where to begin. Or perhaps you think you're too old or frail, or that exercise is boring or simply not for you.

While these may seem like good reasons to slow down and take it easy as you age, they're actually even better reasons to get moving. Exercise can energize your mood, relieve stress, help you manage symptoms of illness

and pain, and improve your overall sense of well-being. In fact, exercise is the key to staying strong, energetic, and healthy as you get older. And it can even be fun, too, especially if you find like-minded people to exercise with.

No matter your age or your current physical condition, you can benefit from exercise. Reaping the rewards of

exercise doesn't have to involve strenuous workouts or trips to the gym. It's about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness—even if you're housebound—there are many easy ways to get your body moving and improve your health and outlook.

5 Myths about Exercise and Aging

Myth 1: There's no point to exercising. I'm going to get old anyway.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity.

Myth 2: Older people shouldn't exercise. They should save their strength and rest.

Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Myth 3: Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina,

prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth 4: It's too late. I'm already too old to start exercising.

Fact: You're never too old to start exercising and improve your health! In fact, adults who take up exercise later in life often show greater physical and mental improvements than their younger counterparts.

Myth 5: I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics, chair yoga, and chair Tai Chi to increase range of motion, improve muscle tone and flexibility, and promote cardiovascular health. Many swimming pools offer access to wheelchair users and there are adaptive exercise programs for wheelchair sports such as basketball.

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SOCIAL SECURITY QUESTIONS AND ANSWERS

RETIREMENT

Question:

What is the benefit amount a spouse may be entitled to receive?

Answer:

If you're eligible for both your own retirement benefit and for benefits as a spouse, we will always pay you benefits based on your record first. If your benefit as a spouse is higher than your retirement benefit, you will receive a combination of benefits equaling the higher spouse's benefits. A spouse generally receives 50 percent of the retired worker's full benefit, unless the spouse begins collecting



benefits before full retirement age. If the spouse begins collecting benefits before full retirement age, the amount of the spouse's benefit is reduced by a percentage based on the number of months before he or she reaches full retirement age. For example, based on

a full retirement age of 66, if a spouse begins collecting benefits:

- At age 65, the benefit amount would be about 46 percent of the retired worker's full benefit;
- At age 64, about 42 percent;
- At age 63, 37.5 percent; and
- At age 62, 35 percent.

However, if a spouse is taking care of a child who is either under age 16 or disabled and receives Social Security benefits on the same record, a spouse will get full benefits, regardless of age. Learn more by reading our Retirement publication at www.socialsecurity.gov/pubs/10035.html.

Question:

I work in retirement. How much can I earn and still collect full Social Security retirement benefits?

Answer:

Social Security uses the formulas below, depending on your age, to determine how much you can earn before we must reduce your benefit:

- If you are younger than full retire-

ment age: \$1 in benefits will be deducted for each \$2 you earn above the annual limit. For 2016, that limit is \$15,720.

• In the year you reach your full retirement age: \$1 in benefits will be deducted for each \$3 you earn above a different limit, but we count only earnings before the month you reach full retirement age. For 2016, this limit is \$41,880.

• Starting with the month you reach full retirement age: you will get your benefits with no limit on your earnings.

Find out your full retirement age at www.socialsecurity.gov/pubs/ageincrease.htm.

DISABILITY

Question:

I was wounded while on military service overseas. What are the benefits for wounded warriors, and how can I apply?

Answer:

Social Security expedites processing of disability claims of current military service members or veterans disabled while on active duty on or after Oct. 1, 2001. Also, service members & veter-

ans who have a Veterans Administration compensation rating of 100% Permanent and Total (P&T) may receive expedited processing of applications for Social Security disability benefits. This expedited process applies to only the application process. To be eligible for benefits, you must meet Social Security's definition of "disability," which means:

- You must be unable to do substantial work because of your medical condition(s); and
- Your medical condition(s) must have lasted, or be expected to last, at least one year or to result in death.

You can apply online at www.socialsecurity.gov/applyfordisability or call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778).

You can find more information for veterans at www.socialsecurity.gov/people/veterans.

For more information, Contact your local Social Security office (www.socialsecurity.gov/locator). In Topeka, it is at 600 SW Commerce Pl., Topeka, KS 66615. The local office phone number is 1-888-327-1271.

senior news/events briefs

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.

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

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

PERRY SENIOR CITIZEN'S LUNCHEON - Sep. 12, noon, Perry Community Building. Blood pressure checks start at 11:15. Bring a covered side dish. Fried chicken provided by Perry Pride. Everyone welcome!

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

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

MEDICARE EDUCATIONAL SEMINARS - Sep 13 & 27, 6:30pm. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminars will be held at Century Health Solutions, a division of Stormont-Vail Healthcare, 2951 SW Woodside Dr. Information: 233-1816 or info@century-health.com. Light snacks and beverages provided.

More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life, and few there be that find it." (Matt. 7:14). Jesus said, "I am the way, the truth, and the life: no man cometh unto the Father, but by me." (Jn. 14:6). Jesus is the only way to Heaven and He gave these directions on getting there.

1. Realize you are a sinner. Everyone starts the same place spiritually. "For all have sinned and come short of the glory of god." (Rom. 3:23). Sin's penalty keeps you out of Heaven and condemns you to Hell, separating you from God. Romans 6:23 says, "The wages of sin is death." Sin brings both physical & spiritual death. "And death and hell were cast into the lake of fire. This is the second death." (Rev. 20:14).

2. Realize Jesus paid the penalty. Jesus Christ's death, burial, and resurrection provided a way for you to go to heaven and restore your relationship with God. "But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us." (Rom. 5:8). Since Jesus, God's Son, was the only One who could pay for our sin, He is the only Way to Heaven.

3. Repent of your sin and receive Jesus as your Savior. In order to go to Heaven from KANSAS, or anywhere else, you must accept Christ by calling on Him in prayer. He tells us in Romans 10:13, "For whosoever shall call upon the name of the Lord shall be saved." Use the following prayer, or one similar to it, to receive Him now:

Dear Lord Jesus, I know I am a sinner. I believe that you died and rose again for me. Please forgive me of my sin, become Lord of my life, and take me to heaven when I die. I am trusting you completely, and in nothing I can do. Thank you Jesus! Amen.

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sports



DOZIER HAS HIS PRIORITIES



“A Christian playing baseball for the Minnesota Twins on the side.”

That’s what the Twitter bio of 2015 MLB All-Star second baseman Brian Dozier reads.

Although he may be more widely known for his work at second base for the Twins, Dozier has recognized that his main goal in life is to live for Christ — to honor His name and to make disciples for Him. Dozier, along with teammates Kurt Suzuki and Kyle Gibson, are a few of a fairly large handful of MLB players who are vocal about their Christian faith.

In an interview with the Christian Broadcasting Network Dozier discuss how his faith grounded him through the ups and downs of his MLB career. From when the Twins initially drafted him, to his shaky MLB debut, to his return to the minors and eventually to his resurgence in the Big Leagues, Dozier has relied on his faith in Christ to keep him rooted in the truth.

“At the end of the day, 0 for 5, a couple errors, whatever it is, that’s not the reason I was put on this earth that day,” Dozier said in the interview. “The cameras are on you and stuff, you want to throw everything, you want to say something. But my job is to let others see Christ living in me.”

For more stories of faith within the world of sports, check out Sports Spectrum magazine. You can subscribe at

www.sportsspectrum.com/subscribe/.

FROM THE CHEAP SEATS

by Rob Mooney

As everyone has seen and heard by now, San Francisco quarterback Colin Kaepernick sat on the bench during the National Anthem before their preseason game against the Green Bay Packers. It caused social media to blow up and folks from all over the country chimed in on it, some in support of him but most were against his actions.

“I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color,” he stated when asked about his reasoning for sitting.

Maybe I’m old-fashioned. Maybe I’m just too set in my ways, but when an American doesn’t show respect for the American flag in this manner, it kind of irritates me.

Maybe it’s because my grandpa was in the Navy during World War II. Maybe it’s

because my father-in-law was also in the Navy during World War II. Maybe it’s because two of my uncles served in the military. Or maybe because my brother was in the Marines, or maybe I have several friends that have served or are serving. Maybe it’s because my oldest son is currently serving overseas with the United States Air Force.

Maybe it’s because thousands upon thousands of Americans have died serving their country.

No matter what I think about Kaepernick, he enjoys the same freedoms that you and I do. Freedoms that were/are secured and defended by those military personnel. Freedoms that have been paid for by the blood of countless Americans.

Don’t get me wrong, I understand why Kaepernick thinks he needs to take a stand. He’s right when he says that there are many

things that are going on in the country that are unjust. But I see it as just another wedge being driven in between black folks and white folks, adding fuel to the fire, if you will. Look, as much as it pains me to say this, racism will be with us for a long time. It’s been here since the beginning of time. It’s just not an American thing. It’s a world-wide disease. Sure, there needs to be open communication about it and maybe that was his goal all along. I just think there is a better way to do it than disrespecting the country you live in.

The majority of what he is talking about deals with the Black Lives Matter movement that’s sweeping across the nation. Talk about a wedge causing racial tensions. This thing seems to be running out of control.

But you know, he has the freedom to not stand during the anthem. Both the NFL and the 49ers have said that they do not require players to stand for it. Like it or not, he has the right to take a stand like this. He has just as much of a right to do that as we have to talk about it. For that, he can thank a veteran or current military personnel. He may want to wait awhile though, I don’t think he would be received with open arms.

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6 Steps to Up Your Home's Curb Appeal

(Family Features) For good or bad, first impressions count. Whether you're keeping up with the Joneses or capturing attention from would-be buyers, give your home's curb appeal a boost with these easy steps.

1. Even if you're not planning to sell, give your home a once-over with the critical eye of a buyer. Make a list of any imperfections that require replacing or repair, and be sure to look from all angles. Also, consider a follow-up exam at a different time of day, when different lighting may reveal new flaws, and

even invite a friend or family member to lend their own critique for issues you may have become desensitized to over time.

2. Prioritize your to-do list, taking into account your budget, which changes will make the biggest impact to your home's appearance and weather considerations (save painting for a dry day with moderate temperatures). If you're in doubt about which items should receive the most attention, a qualified real estate agent or appraiser can give you some guidance, not only on the improvements that will bring the greatest



return on investment, but also insight on the features buyers in today's market value most.

3. Don't overlook the impact of cleanliness. As the calendar pages turn, your home's exterior accumulates a layer of dust and dirt that can dull its overall appearance. An adjustable pressure washer with Briggs & Stratton POWERflow+ Technology will let you wash siding, garage doors and shutters without stripping paint, as well as delicate items such as glass top patio tables. With the high-flow mode, which delivers up to five gallons per minute, you'll have extended reach to clean second story windows, eaves and gutters or to blast away hard-to-reach cobwebs.

4. Even when your goal is upping the aesthetics, keep function top of mind. Avoid putting off improvements that will stop current damage or prevent future problems. For example, chipping paint isn't only unsightly, it can lead to rotted wood. Similarly, unkempt landscaping not only looks uninviting, it can harbor creepy crawlies and other critters you'd just as soon not make welcome.

5. Beware of decks, sidewalks and driveways with faded slats and discolored stains, as these can be telltale signs of a home's age. Fortunately, it's actually quite easy and affordable to give these areas a facelift. Skip the messy buckets and brush, and instead reach for an outdoor cleaning tool such as one of Briggs & Stratton's rotating surface cleaners. These cleaners have integrated detergent tanks to apply and then quickly help deep clean large outdoor areas, while controlling overspray to protect walls and flower beds.

6. Simple finishing touches can go a long way. Little details like new house numbers, freshly potted or

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Annette's Tip:
Overseeding your lawn should be job #1 this fall during September or early October. Weeds can be dealt with later. Do not use K-31 fescue unless you want even more weeds in your lawn next year and unless you are growing pasture, never purchase at a Box Store or Farm Store. Use fert-lome New Lawn Starter (not 12-12-12) because it is the only starter fertilizer that includes micronutrients. It's a great time to plant lettuce, radish and spinach seed and there's still time for cabbage, cauliflower and broccoli plants.

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- 2. CHRISTIAN CAVALRY MINISTRIES INT.**
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Sun. Service 10:45 am
Wed. Prayer & Bible Study 7pm
- 3. TOPEKA BIBLE CHURCH**
1101 SW Mulvane St., Topeka
785-234-5545
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9:30 & 11am
www.discovertbc.com
- 4. NORTHLAND CHRISTIAN CHURCH**
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www.northlandctopeka.org
- 5. FAIRLAWN CHURCH OF THE NAZARENE**
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- 6. FIRST SOUTHERN BAPTIST**
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- 9. GRACE COMMUNITY CHURCH**
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- 10. LORD'S HOUSE CHURCH**
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- 11. COMMUNITY CHURCH**
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- 12. BUCK CREEK COUNTRY CHURCH**
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Contacts: Logan Barnett 785-597-5498,
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 - 13. WANAMAKER WOODS NAZARENE**
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Wed. 6:30 pm Adult & Teen Life Groups
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 - 15. OAKLAND UNITED METHODIST CHURCH**
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- 20. HERITAGE BAPTIST CHURCH**
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- 21. HARVEST FAMILY FELLOWSHIP**
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- 22. NEW CITY LIFE CHURCH**
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TNO Fall Festival Returns



Homemade Pie is just one of the many favorites at the annual TNO Fall Festival

Topeka North Outreach is having a Fall Festival on Saturday, Oct.1 at Seaman Community Church, NW Lyman Rd. and NW Polk. The Festival is a major event to raise money to provide emergency needs for the people of North Topeka and Oakland. The group's other major project is providing weekend food sacks for the backpacks of needy children in six area schools.

The event will start with a Pancake Feed prepared by the men of St. Marks A.M.E. Church. The breakfast will start at 7:30 A.M. and will be served until 10:00 A.M. Pancakes, sausage, coffee, and orange juice will be on the menu.

Lunch will be served from 11:00 A.M. until 2:00 P.M. The menu will include homemade Bierocks made by the members of the churches, brats, hotdogs, chips, baked beans, Cole slaw, homemade pie and cookies. Beverages will be available from Peps.

All of the churches will be donating gift baskets for the silent auction. The final bids will be taken at 1:45 P.M.

The public is invited to come enjoy

good food, fellowship with neighbors, and a chance to pick up a nice gift for themselves or family and friends. The event will close at 3:00 P.M.

TNO is a 501c3, non-profit, all-volunteer organization. If you would like to help, call 785-286-1370, or email: youth@topekanorthoutreach.org.

North Topeka offers a variety of activities

The North Topeka area has many activities and events going on in the coming month. Here are a few more scheduled events:

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

SUNRISE OPTIMIST CLUB – Meets every Tue., 6:30am, Sunrise Optimist Complex, 720 NW 50th St. For info: Gary, 246-1291.

TASTE OF CHOCOLATE - Sept. 17, 1-4pm, Pleasant Hill UMC, 4525 N.W. Button Road

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

CELEBRATION & DEDICATION OF THE ANNEX MURALS - Sep. 11, 4pm, Kansas Ave UMC, 1029 N Kansas Ave. Land, sky, & the river flow around the mural connecting all four walls: The Tree of Life, A Vision of Peace, The Creation - Kansas style, and the Quilt. Artist & former Pastor January Kiefer will speak. A pot-luck dinner in Fellowship Hall follows. Please bring lawn chairs and a covered dish. Table service & drink provided. Community invited.

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September 11, 15 years later

Where were you on 9-11?

Metro Voice asked our friends and readers to share their memories of the fateful day that changed America. Here are their stories.

Daniel Bunting
Topeka, Kan.

I was in school. I just walked in to math class and the security officer ran through the school and said that the nation was under attack. Then the school went under lock down.



Tina Gray
Finance Manager
Westside Family church
Lenexa, Kan.

I remember the morning of 9/11 well. I was home alone; my husband and two daughters had already left for work and school. As I went about my normal routine, I heard the news that a plane had crashed into the World Trade Center. Stunned, I stood there staring at the TV; I couldn't believe it and wasn't sure what to do. I hurried off to work at Westside Family Church and walked into the office, where everyone was frozen watching the events unfold. The church office phone rang, I answered and a woman was crying uncontrollably. Her brother worked in one of the buildings and she had no way of knowing if he was ok. I prayed with her and tried to stay strong to comfort her.



The phone continued to ring all day. We opened up the church sanctuary for prayer and people came all day long to kneel in prayer.

It was very strange to be safe in Kansas while so much heartbreak and devastation was happening in New York. The sound of the woman crying on the phone will forever be a memory. She did call back later that day; her brother stopped to run an errand that morning; he was safe!!

I think 9/11 forever changed the citizens of the United States. It became a personal journey for us all to make sense of this tragedy and yet still go forward. It forced us to face the reality that terrorism was real and present in the USA.

Julie Johnson
Newtown, Conn.

We lived in Lee's Summit on 9/11/01. It was my daughter Elise's 5th birthday. I had just returned from taking the boys to school when Mark called from the office, saying to turn on the television. I remember the horror of watching the day unfold. It was unreal.



It was perhaps the longest day I ever remember. Late in the afternoon

of 9/11, my mother & I turned off the TV and went outside. It was a gorgeous day in Kansas City. I remember we grabbed a couple brooms and swept the patio in silence. We needed to get away from the horror of the news, but we could not stop thinking about it. It was like a fog had descended, and it took days if not weeks to lift.

In July of 2002 we moved to Connecticut, just 60 miles outside NYC. As the first anniversary of the attack approached, it was a frequent topic of conversation. More than once I was told that I just couldn't understand the significance of that day, having lived in Kansas City during the attack. And to a point, I'm sure they were correct. Many of my neighbors and friends know someone personally who perished that day. But at the same time, I don't think they understand how the entire country stopped after the attacks. It was monumental to us all.

Delbert L. Scott
President
Kansas Christian
College
Overland Park, Kan.



While walking out of my basement apartment in Jefferson City heading to a Missouri Senate breakfast I passed by a tv showing the live coverage of the plane hitting the first building. By the time I got to the breakfast the coverage was showing the second building being hit. Shortly after arriving at my office in the state capital, the first building collapsed and then the second. What a tragic loss of life. After a brief Senate session which included prayer, we were dismissed for the day. No one knew where the next strike would be.

America's heart was turned back to God for a brief time. I spoke in schools in my district and in patriotic rallies from the Bible. Soon we forgot how vulnerable we are and that we indeed need God's favor.

The attack made us distrustful of those unlike us. Government regulations and oversight (TSA) brought on new rules and procedures.

We fought a war and were successful till we pulled out and all the sacrifice on men and women was to little long-term benefit.

Scott Hutson
Church volunteer
Kansas City, Mo.

On September 11, 2001, I was serving as youth director at a ministry that also had a Christian school. I heard some discussion coming from a classroom and stopped in to see what was on the television. It was shortly after that the second plane hit the south tower. Not believing what I was

Why the National 9/11 Memorial matters

by Dwight Widaman

As we approached the site of the National September 11 Memorial and Museum, my heart quickened. I could feel that something big—very big—use to occupy this space on Manhattan Island. I looked up into the chilly, overcast April sky and imagined the tops of the World Trade Towers disappearing into the clouds.

Accompanied by good friends, Mark and Julie Johnson, who moved to Connecticut from Lee's Summit the year after 9-11, Anita and I had looked forward to experiencing the exhibits with them. I told them this was the most important thing I wished to see. And, there is so much to see, though I didn't realize how much we would feel.

Visitors step up to a waist-high ledge to view giant reflecting pools built in the exact location of the towers 50-feet below. Water cascades down the sides from underneath the bronze ledge that memorializes the names of all those lost in the World Trade Center Towers, Pentagon, Flight 93 and from the attacks in 1993.

As the water falls, it catches the edge of the stone blocks creating a spray that mimics the iconic facade of the buildings. Anita notices that it is quiet. Not quiet as in the absence of noise but quiet as visitors to the memorial contemplate the names of victims. You hear only water as the sounds of New York City fade to nothingness in the distance. This water, plus emotions that spring from within one's heart, create a sacred space in the city that never sleeps.

We slowly walked around the memorial, letting our fingers trail gently and reverently across names of the 2,983 victims etched in bronze.

Nearby, a building that seems to jut out from the plaza, allows entrance to the museum atrium below. There you'll first see the concept of design of the World Trade Towers – an iconic architectural symbol of America's strength, power and ingenuity. You can't miss a wall-size photo of the towers and surrounding area taken just moments before the first impact.

The exhibit is divided into three time periods: the day it happened (9/11), the

immediate aftermath (post-9/11) and pre-9/11 – the last displaying the historical context.

Several things stand out and they remind me this should be considered one of the most important national memorials in our nation. It is certainly one of the most hallowed.

The museum is a somber place. People speak in hushed tones, if they speak at all. Young people instinctively slip their phones into pockets. Scattered throughout are tissues for those overcome with emotion.

I have not experienced a weight on my heart such as this since the day I visited Yad Vashem – World Holocaust Remembrance Center in Jerusalem. While separated by six decades, both the Yad Vashem and 9/11 Museums show that evil is alive in the world and humanity still pays the price. But for me, and you, this is an event we lived through, if only through television for most of us. Yet, so powerful were feelings of Americans that day and the weeks to follow, it changed our national psyche. We are still struggling with those emotions and the political decisions they wrought.

And those emotions still come as you see up-close, even to touch, the crushed fire trucks and steel girders; videos of helpless people leaping to their deaths; and hear the frantic voicemails that plane passengers, office workers and rescuers left for loved ones.

One powerful feature of the museum is that it is built around and in the footprints of the towers. Framed by the pylons driven into bedrock, the outer area represents more general information but once you step across the footprint, you are transported literally into the building and the experience is personal. You see the individuals, their stories and frantic last moments of life.

The exhibit allows you to be transported back in time viewing a wall of preserved missing persons posters,



Ladder Company 3's crushed fire truck and the slurry wall, which still holds back the Hudson. Other powerful objects on display are the suspended twisted exterior beams of Tower One that show, without doubt, where the plane hit. There are also windows and seats from the planes, clothing and shoes, and crushed personal belongings.

One of the most powerful rooms is The Memorial Exhibition displaying photos of all those lost. Here, in heart-wrenching detail, you see up-close the faces and personalities of the victims.

Towards the end, as if to wake you from a sad dream, you come upon America at its finest as the nation responded as best we could. Here is the 9/11 Quilt and 9/11 Flag that made its way across the nation, being mended by thousands of ordinary Americans along the way, including pieces of a flag that remained intact from the Joplin tornado.

This is a difficult memorial and exhibit to view. Anita says it brings an eruption of emotions from your innermost soul. She is right. But, it is something that each American should experience if they can.

"There is so much to see, one could spend an entire day and not see everything in the museum. However, after two hours, I needed to leave. It still is unbelievable and sickening," our friend Julie shared with us recently. "My thoughts and prayers go out to loved ones as we approach yet another anniversary of that tragic day," she said.

And so are ours as we remember together.

For more information, visit www.911memorial.org

watching, my heart sank as I saw the towers collapse, knowing instantly that I had just witnessed the deaths of hundreds, if not thousands of people. These memories give me the conviction that our freedoms are valuable and costly, and every member of our armed forces is worthy of our honor and respect.

Lynda Randle
Singer, songwriter,
author
Kansas City, Mo.



I remember I was on my way to the Quartet Convention in Louisville Ken. And I remember driving with my two daughters and nanny in the car and needing to make a quick stop at the grocery store. Inside I happened to look up at a television screen and saw the video of the planes crashing into

the twin towers and people in total panic and it was just unbelievable. Really surreal. When I got up to the counter to pay for our things the lady at the register said that she was so frightened and that we needed to call Dr. Billy Graham to pray for us. I remember telling her that yes, Dr. Graham is a wonderful man and God has used him in powerful ways but that we can also pray to Jesus ourselves, right here and right now. I thanked God for a chance to share Jesus and the power of prayer with that sweet woman.

And that night, when we finally arrived in Louisville for the Quartet Convention, I sang God On The Mountain, and everyone in the auditorium including myself was so overcome with raw, unfiltered emotion. That song took on a whole new meaning that day.

Fear. Fear is one thing that 9/11 birthed, never had I seen so many people afraid. But we also saw unity. People of different sorts coming together as one to help each other out. That is something worth holding on to.

Jim Jacob
Attorney
Overland Park, Kan.



I was at home helping with the homeschooling of our children. I think the message was loud and clear: Our nation had been very blessed for several decades and avoided any attack but that can end it an instant. Each of us needs to get right with God right now!

For additional memories of 9/11 by Metro Voice readers visit our website at: www.metrovoicenews.com