

metro TAKE ONE! MODELLE TAKE ONE!



Senior Living Guide Page 18



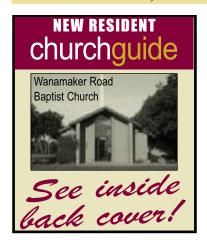
CELEBRATING FAITH, FAMILY AND COMMUNITY IN NORTHEAST KANSAS

Now in our 9th Year! VOLUME 9 • NUMBER 10

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2015 National Day of Prayer Brings a Little Heaven to Earth

In an unusual display of Christian diversity and unity, 24 elders of the city gathered in Topeka, Kansas, on the evening of May 7, 2015, to observe the National Day of Prayer (NDOP). The meeting took place at Wanamaker Woods Church of the Nazarene where nearly two dozen pastors, two chaplains, and one city council member prayed for one hour without comment or interruption.



Various denominations, independent churches, and streams of Christian faith were represented. There was racial and cultural diversity. Both men and women prayed. However, each was in harmony with the other, praying heartfelt prayers and referencing the Scriptures.

Though the congregation was not large, they were very much engaged as prayer leaders prayed in repentance for revival in the Church, mercy for the afflicted, salvation for the lost, a national return to morality, and wisdom for our government

■ Please see NDOP page 4



FAITH AND FAMILY NIGHT AT THE "K" JULY 11

Topeka Rescue Mission Breaks Ground on Children's Palace

Friday, May 8th marked the day the Topeka Rescue Mission officially broke ground on what will soon become the Children's Palace. The event was led by Deputy Director, Frank Henderson, Jr. of the Topeka Rescue Mission. Other speakers included Hal Smith (Board President), Barry Feaker (Executive Director), Jessica S Hosman (Director of Children's Ministries), Clark Johnson (Board Vice President) and Mayor Larry Wolgast. A special musical selection and scripture recitation was performed by the kindergarten students of Cair Paravel Latin School which was then followed by a ceremonial turning of dirt. Both adult dignitaries and children from the Mission and Cair Paravel mounted a large pile of dirt with shovels in hand to

mark this momentous occasion.

After inviting the attendees to join in a chorus of "He's Got the Whole World in His Hands," Hosman shared about the special place she believes God holds in His heart and hands for the children who are homeless and residing at the Topeka Rescue Mission. She said that the Mission believes they are to do more than just feed, clothe and shelter the 300-500 children aged 0-5 years old who come through their doors annually to live - they are also to intentionally love, teach and reveal to them their true identity in Jesus Christ, which is royalty. "That's why the Children's Palace," Hosman shared. "The entire theme through everything that is said and done

■ Please see CHILDREN'S PALACE page 3



■ Please see ROYALS page 4

Religious freedom panel: Terror, violence spreading

by **J.C. Derrick**

(WNS)--The United States Commission on International Religious Freedom (USCIRF) has urged the Obama administration to increase public pressure on foreign governments "perpetrating or tolerating" severe persecution of religious minorities around the world.

"Humanitarian crises fueled by waves of terror, intimidation, and violence have engulfed an alarming number of countries in the year since the release of [USCIRF's] prior annual report last May," the report says. "The horrors of the past year speak volumes about how and why religious freedom and the protection of the rights of vulnerable religious communities matter."

The report, which spans January 2014 to January 2015, is USCIRF's 16th since Congress created the commission in 1998 to provide independent recommendations to the president, secretary of state, and Congress. True to form, USCIRF called on the State Department to dramatically increase its list of "countries of particularly concern," or CPCs, from the current nine to 17.

The commission drew specific attention to five countries: Iraq, Syria, Nigeria, Central African Republic, and Burma, where widespread atrocities have taken place. Of those countries, the State Department listed only Burma, also

known as Myanmar, as a CPC in its report last year, which drew criticism for several omissions. The commission also recommended adding Pakistan (for the 14th straight year), Egypt, Tajikistan, and Vietnam as CPCs.

The commission expressed its support for the International Criminal Court to investigate ISIS violations in Iraq and Syria against religious and ethnic minorities. In those two countries, ISIS-related violence has internally displaced some 8.5 million persons—many of them Yazidis and Christians—plus another 3.3 million who have fled to neighboring states.

Militant violence has displaced some 1 million persons in both Nigeria, where Boko Haram has taken control of a large swath of land, and Central African Republic. The report called for immediate "emergency action" to address the growing humanitarian crises.

The commission urged the administration to increase U.S. government attention to 10 additional countries it listed as tier two offenders: Afghanistan, Azerbaijan, Cuba, India, Indonesia, Kazakhstan, Laos, Malaysia, Russia, and Turkey. It also highlighted concerns in Bahrain, Bangladesh, Belarus, Cyprus, Kyrgyzstan, and Sri Lanka.

The report drew attention to the January terrorist attacks in Paris as a warning sign to Western nations.

"All nations should care about abuses beyond their borders not only for humanitarian reasons but because what goes on in other nations rarely remains there," said USCIRF chair Katrina Lantos Swett. "In the long run, there is only one permanent guarantor of the safety, security, and survival of the persecuted and vulnerable. It is the full recognition of religious freedom."

The commission also recommended the State Department update its approach to include non-state actors operating in countries that lack the will or ability to stop them—such as ISIS and Boko Haram. Rep. Chris Smith, R-N.J., is taking the lead on bipartisan congressional action to codify such a change, along with a five-year reauthorization of the 1998 law that created the commission.

Katharine Gorka, president of the Council on Global Security, a group that advocates for persecuted Christian minorities, praised USCIRF's nonpartisan work and said it helps keep the U.S. government accountable.

"The USCIRF report is very important, and it has become even more so because the trend in the State Department is to provide less analysis," she said.

"The State Department toes the line of the government, whereas USCIRF, being independent, can be more critical and honest."

Tier 1 CPC Countries Burnis Potentia Stand Annie P

Free Summer Meals can Help Local Farmers AND Kids

The USDA Summer Food Service Program provides free meals and snacks to all children and teens (18 years and younger) during the summer months. This program can help both hungry kids, and farmers in your community. The Summer Meals Program offers a unique opportunity for communities to purchase food from LOCAL farmers for the program during the summer months when farms are producing

the most fruits and vegetables. The farmers are not required to keep lengthy paperwork, and neither are the meal sites. Meal sites can be at a number of safe local places like schools, churches, parks, and community centers. No application or proof of income is needed.

To find Free Summer Meals sites call 2-1-1 or 1-866-3HUNGRY; text 'Food' to 877-877; or visit https://svvappcnw.ksde.org/

SFSPLocationsASP/SFSP/SFSP_Men us/ SFSP_Locations.asp.

If you are interested in learning more about the summer food service program or learning about how your organization or community can participate in the Summer Food Service Program contact Kelly Chanay at kchanay@ksde.org or Peggy McAdoo pmcadoo@ksde.org with KSDE, Child Nutrition & Wellness (785-296-2276).

Life Lessons From a Little One

BROKEN HEARTS

by **Jessica S. Hosman**

Your back hurts. Your head throbs. You just received a handful of bills you don't have the money to pay and though it's only Tuesday morning, you are longing for weekend to arrive. Your four-year old is now taking ten minutes to put on his shoes while you're running late for an

appointment you were supposed to be at five minutes ago. Ever have one of those days? I've had a few but it wasn't until my son checked me on it that I realized how horrible my

attitude in those moments had become.

His shoes were finally on and after what seemed like another twenty minutes to get from the door to the car, he was successfully buckled into his car seat and we were on the road. We drove in muchwelcomed silence for about five minutes before the respite was broken by a soft, tiny voice in the backseat. "Mommy... my heart is broken," the melodic voice slowly said. I took a deep breath before asking the cause. I could see his solemn face in the rearview mirror looking down as the near whisper continued, "... because you were rude to me."

Shame, guilt and all of those feelings that go along with believing you are the worst parent in the world flooded my emotions. I lingered there a moment while fighting back tears but then remembered, God has blessed me with the most forgiving, loving and resilient human being I think I've ever met. Just as the Bible says that God's mercies are new every morning, I've seen evidence of the same from my son time and time again. I

knew I had a choice. I could wallow in self-pity and beat myself up for not being perfect or I could humble myself and ask for forgive-



ness from my little boy. I chose the latter and he quickly assured me with sweet

words of affection like only a child can.

There have been a number of times when I have gone to my son to tell

him I'm sorry for various things. Whether it's a poor Mommy-attitude, forgetting a promise that was made or another careless action, without hesitation I am

always welcomed by the same thoughtful phrase, "That's okay, Mommy. I forgive you." As the parent, I am the one who is to model Christ to my child and show him what the love of the Father really looks like. But how often is the role reversed and I find myself learning that very thing from him.

No, I'm not perfect. But my little Zechariah is helping me to learn - that's okay. Just as my boy welcomes me with a forgiving attitude and heart on the days I mess up, I know I have a loving heavenly Father who does exactly the same. Our goal is to be likened more and more into the image of Christ with each passing day, but He doesn't cross His arms and fume at us with anger because we haven't yet arrived. Not everyone has a little one to keep them in check when their attitudes get skewed; but we do all have a loving Savior who will meet us where we are, extend His hands of grace, and love us forward once again. Today's a new day. It's never too late to say you're sorry, and it's never too late for a broken heart to mend.





Luis Palau moves to NYC ahead of massive Central Park crusade

Evangelistic giant follows in footsteps of Pope John Paul II, Billy Graham

by **NICOLA MENZIE**

Evangelist Luis Palau, whose ministry is based in Portland, Oregon, has revealed that he and his wife will be moving temporarily to New York City ahead of a massive, and likely historical, evangelistic and



celebratory event taking place this summer at the Big Apple's iconic Central Park.

"Pat and I are moving to New York City! Please pray! We won't be there for good. Just through the summer ...

until the evangelistic festival in Central Park on July 11. It's a big move with a lot of details to iron out," reads a statement from Palau's organization that was emailed to supporters this past weekend. "The opportunities for presenting the Gospel in NYC are many and seem to come in a flash. The team decided it would be best to respond to the invitations if Pat and I were living in the city,

and precise wit, will have joined the ranks of other influential Christian leaders who have preached to the masses at Central

Pope John Paull II and evangelist Billy Graham both held worship services on the 55-acre open lawn, in 1995 and in 1991, respectively. The New York Times reported that then-72-year-old Graham's "crusade of love and redemption" was attended by an estimated 250,000 people, while the pope, 75 at the time, welcomed "a chanting, cheering, joyously singing biblical multitude" of more than 125,000 to Mass on the Great Lawn.

For his part, an estimated 60,000 people are expected to join Palau on the Great Lawn in July, along with several recording artists, for the event called NY CityFest. The seasoned evangelist shared at a missions conference in 2013 that he believed God had given him a dream about preaching the Gospel in New York City, after he had listened to a Billy Graham crusade in 1959.

New York City, considered a global city, is home to more than 8.4 million people representing more than 500 people groups and 800 distinct languages across five boroughs, according to the 2013 cen-



available at a moment's notice."

Palau has personally preached the Gospel to more than 30 million people all over the world since becoming a missionary with his wife in 1962, but the popular evangelist has never preached in New York City on such a grand stage. When he takes to the Great Lawn this summer, the 80-year-old Argentinian, known for his simple and accented Gospel presentation sus and NYC Church Planting. Nearly 70 percent of New Yorkers claim some kind of religious affiliation, with Roman Catholics acounting for 52.5 percent of all religious New Yorkers, according to City-

Palau seemed most grateful to local Christians and partners for helping to realize his dream about preaching to the masses in New York City.

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Chaplain's Corner

Uncommon **Prayers**



Fred S. Hollomon

Chaplain Emeritus Kansas Senate

Heavenly Father,

Those of us who've yielded To more than one temptation Can discover in the Bible A lot of inspiration.

Many Bible characters Who are considered great We would think that God Could hardly tolerate.

Abraham, whose lies Made him a receiver, Nevertheless became The Father of all Believers.

When you called Moses, Lord, He tried hard to withdraw But ultimately became The Giver of the Law.

David sinned so many times They were off the chart, But he was called a man After God's own heart.

Three times Simon Peter You, O God, forsook, But in the Bible we now find Peter wrote two books!

Saul of Tarsus persecuted Every whom he found. But became the Apostle Paul Turning the world upside down!

So if there are those who start to think They are losers, never winners; Remind them, Lord, You specialize In making saints out of sinners!

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

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

CHILDREN'S PALACE

continued from page 1

within the facility will center on the repetitive message to the children that "you are special... you are amazing... you are loved... and you are little princes and princesses who belong to the King of Kings."

world, and give this gift to the city — it's a

"To be able to gather together in unity, in one of the most iconic locations in the

"To be able to gather together in unity, in one of the most iconic locations in the world, and give this gift to the city — it's a privilege. And it wouldn't have been possible without the hard work of hundreds of churches and thousands of individuals right here in New York City and around the nation"

privilege. And it wouldn't have been possible without the hard work of hundreds of churches and thousands of individuals right here in New York City and around the nation," Palau told The Christian Post in an emailed statement on Monday.

The evangelist also gave special credit to minority Christians who have lent their support to NY CityServe, the good works compliment of NY CityFest: "Seeing the minorities step up and lead the way in this effort has been one of the greatest thrills for me. Many of them see this as their opportunity to bless the city and nation that has given them so much. And now, to be able to work together to proclaim 'Good News in the City' - what a

Palau also expressed the desire that NY CityFest would be an event to remember.

"It is my prayer and expectation that many people will look back on this effort years from now and see how God used this time of their unity and service to do something special in the lives of so many people in New York City," he said.

Several guests will be on stage before Palau presents his "message about the

Construction is now underway for this palace for children, which is located at 400 NW Curtis Avenue. Anticipated project completion is the end of this year. Donations are currently being accepted



and should be sent and made payable to the Topeka Rescue Mission, marked "Children's Questions about the Palace should be directed to Hosman who can be reached at 785-354-1744-x325 or ihosman@trmonline.org.

transformative power of hope" to the masses in July. Recording artists TobyMac, Israel Houghton, Matt Redman, Mandisa, Hezekiah Walker, Marcos Witt, and Rescate were just some of the guests expected. Retired New York Yankees pitcher Mariano Rivera, whose wife pastors a local church, was also expected to attend. Journalist Myrka Dellanos is listed as the emcee for the event, which is expected to run from 4 p.m. to 10 p.m. Those unable to attend NY CityFest in person will be able to listen in or watch via radio, televi-

sion and livestreaming. There were also a reported 100 planned regional events leading up to the major NY CityFest celebration. Some of those

preliminary events, hinging on the involvement of more than 1,200 churches and organizations in the New York City Tri-State area, include concerts, outreach activities, women's dinners, basketball tournaments, and more, encompassing all five boroughs of New York City, as well as locations in Connecticut and New Jersey.

NY CityFest is tied to NY CityServe, a service-oriented campaign launched in September 2014 that has brought together churches in New York, Connecticut and New Jersey to extend themselves into the community to meet spiritual and physical

Learn more about NY CityServe online: http://nycityserve.org.



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A Meaningful Marriage

by John Potter | Military Chaplain

June is a busy month for weddings. As we enter the season known for wedding ceremonies, share your knowledge and experience with couples who want to tie the knot. We all want them to have a strong and beneficial marriage that will last.

Some couples fall into the trap of

spending more time planning the ceremony than discussing their married life together. A wedding ceremony can last 20-45 minutes, but the marriage is intended to last



for the rest of their lives. In an age when 47% of marriages end in divorce, couples need to build a solid foundation for their marriage to succeed.

Here are some observations from my foxhole.

Get pre-marital counseling. This is extremely valuable to couples before the wedding bells chime. Counseling get help you to identify problems before they turn into issues down the road. Counseling will also help in finding strong solutions that will not jeopardize your union.

Strengthen your communication skills. You can learn how to listen to your spouse and speak effectively with each other. This does not happen by accident. It will take time, effort, and practice. While better communication skills may seem like a catch phrase, couples who learn the skills can resolve issues more quickly and avoid serious fights.

Discuss roles and expectations. What will married life look like after the ceremony? Don't expect this to take care of itself down the road. Now is the best time to discuss expectations.

Topics should cover a wide range of issues to give transparency and depth. Who will make the morning coffee? Will you have a joint checking account? Will you be a one or two income household? Does your spouse plan to go back to school? Where will you worship? Marriage counseling is a

great place to start or continue the conversation.

Learn how to fight fair. Couples get into arguments. That is a given fact of life. We live in an imperfect world with imperfect

people. Verbal fights, arguments, and conflict will happen. I can't prevent you from fighting, but you can learn to fight fair with each other. Take the time to educate yourself on these skills. Learn what to avoid, how to cool down, and move toward solving the problem as a team.

Strengthen your faith. Ecclesiastes 4:12 shares, "a rope of three strands is not quickly broken." There is incredible wisdom in having God as the third strand in your marriage. Allow His love to surround you, teach you, and draw you closer to your mate. Learn to follow God's plan for yourself and your marriage. Live within the covenant of marriage. Make faith a priority in your marriage. Worship together and reach new highs through Christ.

Marriage is a lifelong commitment. So it is important to discuss where you are going and where you want to be as husband and wife. Make time to discuss your goals and plans. This is an exciting time to chart out a direction for your future together. Keep God at the center of your plans, and your marriage will continue to grow.

NDOP

continued from page 1

leaders.

As 24 elders praying around the throne of God, this earthly gathering was representative of a heavenly reality. Revelation 4:10-11 says,

. . . the twenty-four elders fall down before Him who sits on the throne and worship Him who lives forever and ever, and cast their crowns before the throne, saying:

"You are worthy, O Lord,

To receive glory and honor and power; For You created all things,

And by Your will they exist and were created."

After a time of worship, prayer leaders were called to the platform and seated in a large arc. In humility, each prayer leader took only a couple of minutes before the throne and then passed the microphone to the person seated beside them. The prayers were powerful and in sync with one another. One pastor led the congregation in song.

At the conclusion of the hour, one of the event organizers, David Epps, encouraged the prayer leaders to continue in prayer and fellowship, perhaps meeting on a regular basis to do so. This seemed to be met with a resounding consensus.

The NDOP national theme this year was "Lord, Hear Our Cry." The NDOP issued a statement prior to the observance saying, "The 64th annual National Day of Prayer will have profound significance for our country. It is an unprecedented opportunity to see the Lord's healing and renewing power made manifest as we humbly come before His throne."

The report that followed indicated that

record numbers of believers participated nationwide. In Topeka, churches and entities that were represented included: Raymond Berry, Gethsemane Worship Center; Adelina Mojica, Centro Familiar Cristiano El Encuentro; Tim Scott, Community Church; Brenda Marney, Good Shepherd Family Church; Delfino Barajas, Good Shepherd Family Church; Dave Buller, Cornerstone Community Church; Greg Varney, Light of the World Christian Center; Richard Rounds, Love Abiding Church of God in Christ; John Potter, Kansas National Guard - Chaplain: Dave DePue, Capitol Commission; Rey Rodriguez, Harvest Family Fellowship; Bernard Hurd, Calvary Baptist Church; Hal Smith, Farmhouse Family Church; Terry Neidens, Southwest Christian Church; Mike Shinkle, Open Way Church; Randy Hall, Christians for Life -Chaplain; Gary Roten, Emmanuel Baptist Church; Jeff Coen, Topeka City Councilman; Cecil Washington, The New Beginning Baptist Church; Hank Nelson, Topeka Bible Church; Rob Brooks, Wanamaker Woods Church of the Nazarene; Richard Sundermeyer, Family Life Church of the Nazarene, Tony Stanley, Harvest Church; David Epps. Topeka National Day of Prayer.

The statewide observance of the NDOP was held in the rotunda of the Kansas capitol. Gov. Sam Brownback welcomed the crowd of about 300 and, after commenting on the history of prayer in the state, the governor prayed.

During the hour, several more prayed, each one a state senator or legislator. Two representatives led the congregation in song with the sound resounding high into the dome above.

The NDOP was established in 1952

ROYALS

continued from page 1

ago. After enduring seasons where his team lost more than 90 games, his team won the American League pennant in 2014 and pushed the World Series to the bottom of the ninth inning of the seventh game.

Moore grew up in Wichita as a fan of the Royals. He played college baseball at George Mason University, where he earned a bachelor's degree in physical education and health, and then a master's degree in business administration.

He worked his way up to assistant general manager/baseball operations for the Atlanta Braves, perhaps the most successful organization in baseball during his tenure. Many baseball insiders believed he eventually would replace General Manager John Schuerholz when he retired.

However, his first love for the Royals was enough to draw him to Kansas City, even at a time when the Braves had some the best talent in baseball and the Royals' cupboard was bare, to put it mildly.

Big-market teams occasionally can spend their way to short-term to success. That wasn't an option for the small-market Royals. Moore knew the long-term solution was to draft and develop talent in the minor leagues while taking a few lumps at the major-league level. That approach makes sense from a baseball perspective but

"The main thing I have learned is that my team at home, being a husband and father, is the most important responsibility I have."

doesn't always sit well with impatient fans

"Do things the right way, and don't get caught up in the wins and losses," he said. "From day one, we have done everything we could to create a great environment where people want to work. We are growing the game in Kansas City and doing everything we can to improve the product, from the minors to the majors, focusing on how to get better. I have enjoyed every day I've had in the game, regardless of the success on the field."

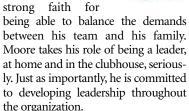
Moore also realized early on that forgiveness is one of the most powerful forces in life. "Here in Kansas City, I have learned to forgive every day," he said. "I don't let criticism ruin the harmony. Move past that and keep leading; you can't quit."

The ups and downs in baseball have been a big help in the more important game of life.

"There are great parallels between the two," he said. "The main thing I have learned is that my team at home, being a husband and father, is the most important responsibility I have."

have."

He credits his trong faith for



"Your leaders shape your culture, so they should be the most positive and optimistic people in your organization," he said. "If they can't lead with positivity, it will be very difficult to manage the ups and downs of daily routine with players. Leaders shape your culture. We talk a lot about organizational harmony and are committed to settling disputes very quickly. We debate vigorously, but it is never personal."

One key area where Moore has shown leadership is the team's annual Faith & Family Day, which will take place following the home game against the Toronto Blue Jays on July 11. At a time when many Christians are criticized for expressing their faith in public, Moore is proud of the support from the entire Royals organization.

"The Atlanta Braves and a few other teams have faith and family days, but it's not the majority, that's for sure," he said. "It simply wouldn't happen if the Glass family (CEO David and President Dan) were not supportive. Hobby Lobby and the Green family also have stepped up and supported this event."

Faith & Family Day creates a nonthreatening environment centered on the universal language of baseball.

"One of the beauties of baseball is that it is extremely diverse and attractive to many cultures and socioeconomic groups," Moore said "It appeals to the masses. Players on both teams get involved, and it's a natural way to express their faith at the ballpark."

He also has seen the event build unity among area churches.

"There is a great synergy among churches here," he said. "Baseball is a terrific way to connect families, and the team is playing a lot better in the last couple of years. When you first do something and have some success and value, the more participation you have the following year. Local pastors can see the benefit."

Despite all of his recent success, Moore is far from resting on his laurels. "I never go to bed at night thinking everything is perfect."

In baseball as in life, he never stops swinging for the fences.

For more information about Faith & Family day, please visit www.kcroyals.com.

and has been observed every year since 1988. In 1863 President Abraham Lincoln declared a national day of prayer saying, "All this being done, in sincerity and truth, let us then rest humbly in the hope authorized by the Divine teachings, that the united cry of the Nation will be heard on high, and answered with blessings, no

less than the pardon of our national sins, and the restoration of our now divided and suffering Country, to its former happy condition of unity and peace."

Our nation is once again in crisis, though this time we are engaged in a civil war of culture and morality. Prayer is our only hope, and God is our only deliverer.



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

FINANCIAL PLANNING

How Teens Can Become Millionaires

As you approach adulthood and start to think about your future, are you really ready to be financially responsible for yourself? If you answered no, you're not alone. The Jump\$tart Coalition administered a basic financial literacy test to high school seniors, and less than half of the students correctly answered the

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questions. Another study found that over 75% of college students believe they are not ready to make smart financial decisions for themselves.

Pretty scary, isn't it? If you think about it, most of your friends probably don't know how to balance a checkbook. In fact, very few teens actually have a sav-



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

davesays

ings account or know what long-term investing means. Do you?

A 2009 Capital One survey discovered that 50% of teens wished they knew more about personal finances. Whether you have never stepped foot in a bank or you are actively saving and investing for your future, all it takes is a little effort and a lot of patience to become confident in your financial decisions.

A Millionaire's Best Friend

One awesome thing that you can take advantage of is compound interest. It may sound like an intimidating term, but it really isn't once you know what it means. Here's a little secret: compound interest is a millionaire's best friend. It's really free money. Seriously. But don't take our word for it. Just check out this story of Ben and Arthur to understand the power of compound interest.

Ben and Arthur were friends who grew up together. They both knew that they needed to start thinking about the future. At age 19, Ben decided to invest \$2,000 every year for eight years. He picked investment funds that averaged a 12% interest rate. Then, at age 26, Ben stopped putting money into his investments. So he put a total of \$16,000 into his investment funds.

Now Arthur didn't start investing until age 27. Just like Ben, he put \$2,000 into his investment funds every year until he turned 65. He got the same 12% interest rate as Ben, but he invested 23 more years than Ben did. So Arthur invested a total of \$78,000 over 39 years. When both Ben and Arthur turned 65, they decided to compare their investment accounts. Who do you think had more? Ben, with his total of \$16,000 invested over eight years, or Arthur, who invested \$78,000 over 39 years?

Believe it or not, Ben came out ahead ... \$700,000 ahead! Arthur had a total of \$1,532,166, while Ben had a total of \$2,288,996. How did he do it? Starting early is the key. He put in less money but started eight years earlier. That's compound interest for you! It turns \$16,000 into almost \$2.3 million! Since Ben invested earlier, the interest kicked in sooner.

What You Can Do Now

The trick is to start as soon as possible. A survey by Charles Schwab found that 24% of teens believe that since they are young, saving money isn't important. Looks like we just blew that theory out of the water! That same survey also discovered that only 22% of teens say they know how to invest money to make it grow. Why not change that stat and learn how to become a smart investor with your money? Waiting just means you make less money in the end.

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opinion

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Man to man: Dad advice!



ROD HANDLEY Founder, President of Character that Counts

my**opinion**

For nearly 22 years, I've had the privilege of being called "Dad" and just a few days ago, my third (of four) child graduated from high school.

As a young dad, I was told, "The time will fly by" and it is true. I can vividly remember like it was yesterday coming home from the hospital holding each of my children like a football in one arm and now, my wife and I are very close to becoming empty nesters.

My responsibilities as a dad will never end in the years to come, but certainly having them under my roof 24/7 is coming to a screeching halt.

My 20-plus years as a dad has been a life changing experience. There are countless lessons and memories, some of which I will cherish forever and others I would like to forget. I have made my share of mistakes, and I have succeeded from time to time as well.

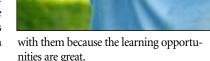
A wise person once stated, "You can learn a lot by looking." From my perspective looking back, here is my Top 10 recommendation list for dads:

#10 Laugh Frequently: Life is too short to be so serious. Create memorable moments by initiating laughter in your home. Laughter and a joyful heart is good medicine for the soul (Proverbs 17:22). As I look through old photo albums and homemade videos, I'm reminded of many humorous events over the last 20 years. As a dad, set the atmosphere and mood of your home where laughter is welcome. Let me encourage you to look for opportunities to laugh at yourself and with your family.

#9 Connect With Others: People were never meant to walk solo in this life. My wife and I worked hard in our home stressing family relationships were priority so our kids grew up knowing we had an expectation they would be each other's best friend. We also recognized the importance of them connecting with adults as well as kids their own age. There are several families who became surrogate parents to our kids and we did the same for their children. These relationships shaped and strengthened our kids. I'm grateful for the power of relationships.

#8 Continue to Romance Your Wife: Too often, shortly after being married and having kids, many men stop pursuing their wife romantically. One of the greatest gifts you can give your children is for them to see you loving and romancing your wife deeply. While this will take work and effort, it will be well worth it. Children flourish and grow when they see mom and dad caring for each other. It is very tough on children to see their parents bickering, arguing and fighting. At the end of the day, they need to know you and mom are committed to one another both in words and deeds.

#7 Take Advantage of Teachable Moments: Pretty much every day there are multiple opportunities to teach and train your kids. One of my dear friends told me every time he gets into the car with one of his kids, he keeps his eyes and ears open seeking a way to share an important life lesson. While it may take some work, you can draw upon both positive and negative experiences to speak life into your kids. Let me encourage you to even discuss difficult and messy situations



#6 Cherish the Time: I will admit there have been times when I wanted to strangle my kids and I couldn't wait for them to grow up and go away. Today, I'm singing a whole different tune. Rather than having this attitude, I wish I would have enjoyed more fully the simple moments of just being together. I recently was with a dad who years ago demanded his kids be in competitive sports during their pre-teen and teenage years. He confided to me, "I wish we would have taken more vacations during those years." He will never be able to regain time that was lost.

#5 Let Your Children Pursue Their Dreams and Passions: One of the greatest things a dad can do for their child is to help them achieve their God-given potential. Rather than forcing your agenda on your kid, help them discover and develop into the unique person God has created them to be. Many fathers live vicariously through their children wanting them to excel and achieve in their interest areas. Helpful dads encourage their kids to pursue their own dreams.

#4 Speak Positive and Encouraging Words: Proverbs 18:21 says, "Death and life are in the power of the tongue." Our words can make or break our kids. Before speaking, evaluate not only the words you are about to speak but also the tone of voice you will have in delivering those words. I have subscribed to what is known by many as the "Magic Ratio" which states we need to have five positive messages for a single negative message. This 5:1 ratio will allow your kids to mature and develop fully.

#3 Listen Closely: There is a reason God gave us two ears and one mouth. It is so easy to get on our personal soap box and start preaching a sermonette. Stephen Covey stated in his "7 Principles of Highly Successful People" to, "Seek to understand, before you are understood." The principle here is to closely listen to your kids and hear them out before you give your opinions or thoughts. Some of the most profound lessons I have learned is by closely listening.

#2 Make Sure They Know They Are Loved: Scripture reminds us: "Love covers a multitude of sins." Make sure your kids

continued on next page

What is a real man?



DECKER
President and
Evangelist with
Great
Awakenings, Inc.

hopefortoday

Clay Center, Kansas - Tony Fadell was the architect of something you have probably heard of – the iPod. Under the direction of Apple CEO, Steve Jobs, Fadell and his team developed the new technology. What was the purpose for this industry-changing gadget? According to Jobs, it was to put "1,000 songs in your pocket."

The God of heaven and earth is the architect of human beings making them male and female, and He wants to put a

purpose in every man's heart. God has created men for a much higher calling then what we observe in society.

First, there is the TV-sitcom guy. He is portrayed as lazy, lacking character and more interested in being entertained than anything else.

Then there is the work-all-the-time guy. This type of man is viewed as a workaholic, highly driven and finds his personal worth tethered to his occupation.

God called it "good" when he made the man and into the fabric of his being He built an instinctive desire to protect, provide and lead. However, that is to be carried out within the framework of two very important commandments. Love God and love others.

This is where men get side tracked and draw some valid criticism. The TVsitcom guy thinks life is about his fun, and the work-all-the-time guy, his



career. In neither case is there a humble attitude of love through service to those whom the man has been given responsibility for.

God has a vision for every man. It is discovered through Jesus, the standard for all men. He was the hardest working man of His day, and during a time of crisis we saw the heart of this man's man. It was the moment He suffered and died on His cross. He willingly laid down His life for the sake of others. Men are called to live the same way. Regardless if a man is

the attitude of humility that spills out of this Scripture "Husbands, love your wives, as Christ loved the church and gave himself up for her" (Ephesians 5:25).

Jesus has pioneered a new path for all men. Turn to Him and aspire to become the kind of man He was and still is today. May He be your hope for today and model for genuine manhood.

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

Brownback signs bill marking return of Uber ride service

Governor Sam Brownback signed Senate Bill 101 May 22, clearing the way for the popular ridesharing service, Uber, to return to Kansas. .

"This is good news for Kansas and Kansans," said Governor Brownback. "Kansas welcomes innovative businesses and the economic growth that comes with them. I was pleased to sign the bill that allowed Uber to return to our state and put its drivers back to work."

Following the bill signing, Governor Brownback met with customers who had relied on the service before Uber left the Kansas market in early May following an override of the Governor's veto of the original bill.

The Governor then became the first person to use the ride sharing service following its return to Kansas. For his first ride in Kansas, the Governor was connected to Vince Weston, a military veteran from Olathe, who supplements his income as an Uber driver-partner. Weston advocated for reasonable regulations for ridesharing in Kansas and met with the Governor to urge him to veto Senate Bill

117.

The new bill will require Uber to inform drivers that they need to purchase comprehensive and collision insurance if their car is under a lien. Drivers who fail to do so could risk losing their automobile.

The bill also would bar Uber from hiring drivers who have been convicted of various criminal offenses, including identity theft, driving under the influence and sexual assault.

In addition to Kansas City, Uber will serve the communities of Lawrence, Leavenworth, Manhattan and Topeka.

"Thanks to Governor Brownback and Kansas legislators who worked with us to bring ridesharing back to Kansas, hundreds of drivers will hit the road today to start earning a new income," said Kenny Tsai, General Manager of Uber Kansas. "We are thrilled that Uber now has permanent home in the Sunflower State and look forward to contributing to the state's economy and quality of life for years to come."



Gov. Brownback signed the new Uber bill and then jumps into the black sedan to become the first new customer of the company under the new bill.



All Lives Matter

About four years ago I was doing my daily devotions and was reading from a book that had recorded letters of famous people. I can across Rev. Martin Luther King's letter from the Birmingham Jail in 1963. It is a long letter but I was caught up in it's passion.

When I finished it I was sobbing uncontrollably. I woke up my husband and said, "We have to tell our black brothers and sisters what abortion is doing to their race. We have to do whatever it takes!" At the time we were members of a black church and had been for about seven or eight years. We had shared with our church family about abortion and Margaret Sanger's goal to eliminate minorities through Planned Parenthood. Many in our church had never heard of her. Our Pastor was a committed Pro-Life preacher. He and his wife fought side by side with us to speak for the unborn babies and the wounding of their mothers.

Dr. King's letter could have been written about abortion. Here are two of his quotes that apply to abortion as well as racism and any other man made law that leaves God out.

"How does one determine whether a law is just or unjust? A just law is a man made code that squares with the moral law or the law of God. An unjust law is a code that is out of harmony with the moral law. To put it in the terms of St. Thomas Aquinas: An unjust law is a human law that is not rooted in eternal law and natural law. Any law that uplifts human personality is just. Any law that degrades human personality is unjust."

More and more I feel that the people of ill will have used time much more effectively than have the people of good will. We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people. Human progress never rolls in on wheels of inevitability; it comes through the tireless efforts of men willing to be co workers with God, and without this hard work, time itself becomes an ally of the forces of social stagnation. We must use time creatively, in the knowledge that the time is always ripe to do right. Now is the time to make real the promise of democracy and transform our pending national elegy into a creative psalm of brotherhood. Now is the time to lift our national policy from the quicksand of racial injustice to the solid rock of human dig-

These quotes are so applicable to the

fight for the lives the innocent babies in the womb. Frankly it has bothered me for years that the black race and the Jewish race has stood almost completely for abortion rights. I have been appalled by that. Of all the races; they have suffered the most injustices and racism.

But we have permitted the pro-death people to control the dialogue. I.E.

"It is not a baby, but a blob of tissue"
"We don't know when a fetus is a
human life."

"Human life does not begin at conception"

Technology and medicine has answered those questions.

It is not a blob. The DNA is there at conception until natural death.

Now we need to be able to stand up strong and speak for these children and do so in a non-violent way. Abortion is the most violent act in our society today. WE MUST ACT IN A NON-VIOLENT WAY. To protect the unborn, just like Rev. Martin Luther King did for the black

Oh, by the way, abortion is the number one killer of the black race today. Please my black brothers and sisters help us end abortion because every life matters even those is the womb.

Pat Hollomon Topeka



Kansas has a morality problem - not a revenue problem

Kansas faces an extremely difficult budget dilemma of late. State revenue projections have been woefully, incompetently, and repeatedly underestimated. However, the true cause of this disaster, swept under the rug by our clueless politicians at the Statehouse, is a serious weakening of their moral compass. Kansas does not have a revenue problem – it's primarily a morality problem.

A revealing article (click here) by former State Budget Director Steve Anderson tells the entire truth, in all its sordid details, behind Kansas's current debacle, which for too long has been hidden below the surface:

- 1. A fixed spending mandate exists (exceeding \$8 Billion annually!), which does not pass through the Kansas legislative appropriations process. These combined lost revenues to our state are caused by special tax deductions, tax credits, and tax exemptions of various kinds that are invisible and in some cases even hidden by statute from public scrutiny.
- 2. The disadvantaged average Kansas taxpayer is bamboozled into carrying the load of a few special interests and companies that can afford tax attorneys, CPAs and lobbyists able to navigate through the labyrinth and confusing complexities of our state tax rules and regulations.
- 3. The Income Tax is the primary root of all this evil. Kansas's government has become

a perfect example.

4. The Kansas FairTax Act of 2013 revised (House Bill 2625 by John Rubin) is the correct solution. Twenty four House Representatives co-sponsored and wanted a full hearing on this bill, however it was sabotaged by leadership.

5. Numerous lobbyists, Governor Brownback, Revenue Department Secretary Nick Jordan, Chairman Richard Carlson of the House Tax Committee, Chairman Les Donovan of the Senate Tax Committee, House Speaker Ray Merrick, and Senate President Susan Wagle have all wanted no part of John Rubin's proposal.

6. They denied even holding committee hearings on the possibility of repealing the Kansas Income Tax quickly. They chose instead to perpetuate the hidden tax credits, deductions, and exemptions allowed for the "favor factory" few and promoted by hired lobbyists such as the Kansas Chamber of Commerce.

The devastating revenue problem that exists in Kansas nowadays does not justify increased sales tax rates and taxes on personal income, cigarettes, alcohol and gasoline...and neither does the morality problem that exists among too many of those wielding political power in Topeka. We the people want the size and the power of the government drastically reduced. There is "Evil under the Dome". This evil and our state's economic picture can only be corrected when we the voters of Kansas mobilize to replace the tired old "in-crowd" at the Statehouse with an honorable new cadre of principled patriots.

Earl Long, Overland Park Mark Saylor, Topeka

Crowdfunding platform, Continue to Give, allows fundraiser shut down by Go Fund Me

Continue to Give, a crowdfunding platform, has allowed an Oregon couple to continue their fundraising campaign after being shut down by crowdfunding giant Go Fund Me.

The Oregon bakery, Sweet Cakes by Melissa, had refused to bake a wedding cake for a lesbian couple who later sued them. The publicity that followed caused the bakery to have to close. Friends of the couple started a Go Fund Me page to help the family with the expense of having to defend their stance. Go Fund Me later shut down the fundraiser after protests.

Continue to Give's founder Jesse Wellhoefer explains, "We are in the busi-

ness of helping people help others. Continue to Give is a fundraising platform that simply allows the community to decide who and what they support."

For more information, go to www.continuetogive.com or

www.continuetogive.com/helpsweetcakesbymelissa

■ CONTINUED from previous page

know you love them no matter if they succeed or fail. Your love for them is not based on their performance. You love them unconditionally because they are yours. While you can certainly be demanding and at times even be tough, it is imperative they know your love for them is unfailing. To love effectively, it is also important you know their specific love language (words of affirmation;

quality time; acts of service; gift giving; and/or touch) and to extend forgiveness regularly.

#1 Devote Yourself to Christ: Leading your family spiritually has to be your top priority. The only way to lead as a dad is to make sure you are personally committed to Christ. A man who is devoted to Christ and committed to following the Scriptures, is prepared to successfully lead. This means you strive daily to study

and memorize God's Word, pray and actively be part of a local church or parish. Great dads have a dynamic, growing relationship with Christ.

Rod Handley (Rod is the Founder & President of Character that Counts, a ministry he established 15 years ago. He and his wife Janna have been married 23 years and they have four children (ages 21, 20, 18 and 14. For more information, see: www.characterthatcounts.org)



vacation bible school & camp guipe 2015

What to look for in a Christian summer camp

Summer break is a time when countless parents across the country plan for their children to attend one of the hundreds of religious camps spread out across the U.S. Church-sponsored, run or operated camps can be an incredibly fulfilling and needed experience for the vast majority of today's children and teens. Before choosing one for your child, here are a few things you should consider and questions you should ask:

1. Doctrinal Statement, Beliefs, Values & the Gospel Message

If the church you currently attend does not operate or sponsor any summer camps, you will likely find yourself researching locations on your own. Be certain you first investigate the camp's doctrinal statements and denominational beliefs to see that they align closely with yours. These can typically be found on the camp's web site. For example, if you attend a Baptist denomination church, you would likely do well to research Baptist summer camp locations in or near your immediate city of residence before moving toward other nondenominational camps. If the camp does not have a website, or you feel you are still lacking information, call the direct line.



Questions you should ask: Will the Gospel message be presented at, in and through the camp and its activities? Will all children, teens and students in attendance have multiple opportunities to accept Jesus Christ as their personal Lord and Savior? Will the cross of Christ and the work He accomplished there be

taught? Will the camp feature several guest speakers or just one?

2. Worship Music: Styles, Formats & Message

With today's contemporary worship music continuing to broaden in musical style and diversity, you would do well to investigate this aspect of your selected camp. It is no secret that the vast majority of youth students, teens in particular, are often inspired by their favorite music. For many, music is as much of a hobby as it is an emotional release and experience. The camp may feature a local or nationally known band and/or worship artist.

Questions to Ask: Is the camp concerned with worshiping Christ through the venue of music? Will the music provide an uplifting atmosphere in which my student will feel free to participate and worship in a way he/she deems comfortable? Will there be an equal balance between fun and energetic songs and slower, reflective songs?

3. Recreational Activities

This element is a must for any summer camp, regardless of denominational background. Students of all ages need outdoor recreation time to burn energy and enjoy spending time with their fellow campers. The majority of church sponsored and operated camps typically feature a recreational coordinator and/or director who will facilitate the games and activities throughout the duration of the camp. Oftentimes

games function well when they reflect the theme of the camp.

As is always the case, safety should be the primary concern of any and all camp recreational coordinators. This will vary depending upon the ages of the children participating in the games. A game that may be safe for a sixteen year old may not be safe for an eight year old. Use wise judgment and when in doubt, forfeit the game for the safety of the campers.

Questions to Ask: What types of physical activities and games will my children be participating in? What are the emergency safety protocols for the camp (i.e. nurses, first aid, etc.)? Will any of the games require that my child bring old and/or worn out clothing? Will any of the games involve water and require my child to wear a swimsuit?

Ultimately, the success of selecting a Christian summer camp for your child depends on several variables. The aforementioned three are merely the larger of the variables and are often the most analyzed among parents. After selecting your camp, run it through these three criteria and see where and how it measures up. I guarantee you will be glad you did.



June 1-5 nightly 6:30 - 8:30 p.m. Dinner served 5:45-6:30 p.m.



Kickoff - Sat., May 30 1 p.m. until 4 p.m. Celebration - Sat., June 6 1 p.m. until 4 p.m.

Contact Betty Young: 267-6312 or byoung36@cox.net

New Mount Zion Missionary Baptist Church, 2801 SE Indiana St.



Golf Camps



Lake Shawnee Junior Golf Camp

Session 1: Boys and Girls Ages 5-10 June 1st-4th., 9:00 -10:30 a.m.

Session 2: Boys and Girls Ages 11 & up June 1st-4th, 1:00 -2:30 p.m.

Session 3: Boys and Girls Ages 5-10 August 3rd-6th, 9:00 -10:30 a.m. Session 4: Boys and Girls Ages 11 & up August 3rd-6th, 1:00 -2:30 p.m.

For more Information Call 785-267-2295

Cypress Ridge Junior Golf Camp

JUNIOR GOLF CAMP - June 1-4 JUNIOR SUMMER PROGRAM Begins June 8th

PEE WEE JUNIOR GOLF CAMP - multiple dates

INTRO TO GOLF - multiple dates For further details, contact Penny Hickman at (785) 251-2670

GreatLife Junior Golf Camp

June 15, 16 - Lake Perry
June 15, 16, 22, 23 - Shawnee Cc
June 22, 23, 29, 30 - Shawnee CC
July 12, 19, 26 - Shawnee CC
For more information call 785-554-2825



May 31- June 4 • 6:30-8:30pm • 3 years - 6th grade

Registration open at 6:15 each night Contact: Valerie Kampfer, 785-379-9933

Contact. Valente Nampler, 700 a75 5555

East Side Baptist Church, 4425 SE 29th St. • esbcks.org





Cleargold's 5th Annual Worship Dance Camp for ages 5-12 June 22-26, 2:30-5:00, 4300 Huntoon

Cost: \$30. No previous dance training required.



Learn worship dances: expressive & celebratory; dances with streamers, flags, tambourines & more! Share with family and friends on the last day of camp!

For more information and enrollment, contact Becky Linquist at

belinquist@yahoo.com or (785) 379-9792

"Like us on Facebook at Cleargold Worship Dance"

CAMP: THE ULTIMATE 21ST CENTURY SKILLS LEARNING ENVIRONMENT

By Andy Pritikin

It used to be so easy. Mom was home. and kids wanted to play outside, as we only had seven channels on the television (and no central air). Boy, how times have changed. Technological advances have profoundly affected life, as we know it, including how we raise our children.

Most families rely on two sources for child rearing, (1) What we as parents teach our children at home, and (2) what educators teach our children in school. But there is a third, very important arena that many parents do not consider: What is taught to our children when we, the parents, aren't with them, when they are away from us and away from school. This is when they are actually most able and willing to learn. This is where the camp experience comes into play!

PROBLEM: Too Much Technology Consumption

Technology is a drug, and we parents

are the drug pushers. While parents recognize the inherent issues, the majority of American families do not institute (or uphold) rules to govern their children's technology consumption. It's right in front of our eyes - the two year old scrolling through Mom's iPhone, kids who can't ride in a car for more than 2 minutes without a movie playing or a handheld electronic device, and older children addicted to violent video games. Most parents give their children these technological gadgets thinking that it relaxes them, when in fact they are being greatly STIMULATED, suppressing their capability to control their emotions (self-regulate). Today's children are less

able to cope with challenging situations, as most lack resiliency and patience. Kindergarten teachers tell us how their



students are no longer able to build largescale projects, as they get frustrated and

Parents can't figure out how to mitigate it technology consumption. They often choose to avoid negative interactions, since they have so little time with their children to begin with. But when summer comes around and school obligations end, the opportunity is out there for a digital detox in the sun, dirt and sweat of summer camp - the only place that kids give up their phones, xBoxes, TVs, computers and THANK YOU for it!

In an unplugged environment, camp helps children develop emotional selfcontrol, allowing them to find connections within themselves - a vital part of growing up. Camp also provides a unique environment for kids to learn how to share, co-create and collaborate with one another, developing friendship skills along

PROBLEM: 21st Century Skills NOT Taught in School

'21st Century Skills" are defined as the knowledge, skills and attitudes necessary to be competitive in the modern day workforce. The Partnership for 21st Century Skills (p21.org) is a non-profit organization based in Washington D.C. which is comprised of some of the biggest, most successful businesses in the USA. The p21 organization researched and compiled a list of the specific skills that these companies seek in their new hires. The answers were not the "3 R's" which our schools focus on, but "the 3 C's":

- 1. Critical Thinking & Problem Solving
- 2. Creativity & Innovation
- 3. Communication & Collaboration They also listed the following life skills as most important for their new employ-
 - · Flexibility & Adaptability
 - Initiative & Self Direction
 - Social & Cross-Cultural Skills
- Productivity & Accountability
- Leadership & Responsibility

Unfortunately, the wonderful teachers

in our schools focus a major portion of their classroom time on preparation for standardized tests. The newest educational reform uses a term called "Depth of Knowledge" (DOK) which measures the process of transferring and applying knowledge to different situations. While this is a step in the right direction, the new Core Curriculum does not measure collaboration, creativity, initiative, leadership

or responsibility - skills that are taught extensively at summer camp. The teachers that work for me in the summer say that they WISH their classrooms could be more like summer camp. While working at camp, they tell me, "Now THIS is why I became a teacher"

SOLUTION: Children's Summer Camp

Below is a typical camp experience, acknowledging 21st Century Life Skills:

- · Parents sign up their children for summer camp, children anticipate it for the upcoming months, having inner-conversations, keeping their emotions in check, and imagining what it will be like. (self-control, emotional control, self-distraction).
- Children take the bus or get dropped off at camp, breaking free of their parents and embarking on exciting new experiences (independence, initiative, courage, optimism).
- · Children become part of a group/bunk at camp, sharing responsibilities and working together, all while being a good person (teamwork, responsibility, accountability, integrity).
- Children participate in activities throughout their day, including swimming, athletics, arts and adventure. They try new things, listen to the staff members, and push themselves and their peers to new heights (aspiration, curiosity, respect, leadership).
- Children experience the ups and downs of making and keeping friendships (integrity, communication, adaptability, patience).

Camp is the ultimate "depth of knowledge" environment for teaching 21st Century Life Skills. We see it every day in the growth of our campers (and staff), and more and more camps are doing the research to actually prove it!

At my camp, we survey campers during their final week of camp with us, and asked them questions based on the growth of the Life Skills we focus on. When asked last summer how their Teamwork skills changed at camp, 63.3% said they increased "some, I am sure", and 33% said they increased "a lot, I am sure"- a 96% reported increase!

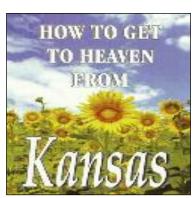
We also surveyed PARENTS, and 81% reported seeing an increase in their children's Teamwork skills at home, in regards to an improvement in interpersonal skills, ability to effectively communicate, cooperation, collaboration, leadership, and

supporting/helping others. The results were similarly positive for the other character skills measured.

Like a life-skills multi-vitamin, summer camp is supplement for modern society. In a world where parents battle for their children's attention from video screens, and school teachers focus on teaching for the tests, summer camp provides a wonderfully unique environment for learning the skills that parents and future employers yearn for our children to developskills of character, skills for life!

AndyPritikin Owner/Director of Liberty Lake Day Camp in Mansfield Township, NJ and the President of the American Camp Association, New York and New Jersey.

LibertyLakeDayCamp.com,ACA-NYNJ.org Photo courtesy of Tom Sawyer Camps,



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.

VBS & SUMMER CAMPS

Vacation Bible School "Trek up Mount Kilimanjaro" June 8-12 from 6 - 8:30 pm. Bethel Baptist Church, 4011 N. Kansas Ave K - 6th grade. Register at: answersvbs.com/vbs/BethelBaptistTopeka/ or call 286.0467.

Vacation Bible School July 20-24 "G-Force: God's Love in Action" 6-8:30 p.m. each evening (A meal will be served), Ages 3 through 5th Grade Grantville United Methodist Church, Grantville, 785-246-3621

CampOut With Dad, June 20, 5:30pm to June 21, 9am. Topeka Zoo. \$35 per person. (2 and under free) The whole family is welcome! wguffey@topeka.org or 785-368-9132

BS - Mount Kilimanjaro: June 29-July 3; 9:00 am - Noon. K - 5th grade Grace Community Church, 310 e. 8th St, Overbrook 785-665-7117 • www.gccinoverbrook.com

Vacation Bible School - June 15 - July 10, 8:30 AM, K - 5. Free Summer Food Program's free breakfast and lunch. Games, activities, Bible lessons. Come for some or all 4 weeks! Forest Park Retreat Center, 3158 SE 10th - (785) 234-8024

CLEARGOLD WORSHIP DANCE CAMP - June 22-26, 2:30-5pm, 4300 Huntoon. Learn worship dance. No experience required. \$30. Becky at 379-9792 or belinguist@yahoo.com

VBS - Everest: Conquering Challenges with God's Mighty Power Cornerstone Community Church, 7620 SW 21st St. June 1st-5th, 2014, 9:30 - 11:30 a.m. Register on line at www.cornerstonetopeka.com or call 478-2929.

forestparkretreat.com • forestparkdir@gmail.com

VBS - "Journey Off the Map" July 27-31, 6:00 - 8:00 each evening Auburn Christian Church, 1351 N. Washington, Auburn

VBS - June 8 thru June 12, 8:30 am - 12:00 pm Age: 4yrs (by Jan 1st) and K thru 6 grade Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Rd 785-273-2248 - Pre-register at wwnaz.org

KampOut! Summer Day Kamp - June 8-12, 9 a.m. until 4 p.m. Topeka Bible Church, 1135 SW College Ave.

Hometown Nazareth VBS June 22, 2015 - June 26, 5:30pm - 8:15pm Faith Lutheran Church, 1716 SW Gage 272-4214

VBS Dates: July 27th-30th from 6:30-8:30 pm. age 4 (by May 30th, 2015) to those entering into 6th Grade in Fall Northland Christian Church, 3102 N. Topeka Blvd. • 286-1204

YMCA offers several varieties of summer camps. Call 354-8591

Kid friendly books for summer

This historical fiction book by Sally M. Walker is published by HarperCollins Publishers Inc. and written for kids ages 6 to 8. The age range reflects readability and not necessarily content appropriateness.

In 1778, Letty Wright, 8, and her family - Pa, Ma, John and baby Sarah have to leave their farm because British soldiers are headed toward them. They can hear the guns from a nearby battle in their War for Independence. The British soldiers will be hungry and angry with colonists who aren't loyal to England.

Ma and Pa pack what they can in their wagon and tie the cows behind the wagon. There is no room for Letty's geese. Letty had raised Solomon, the gander, from when it was hatched. She writes a letter to the British soldiers. She asks them not to hurt her geese, especially Solomon, because he is her friend. She puts the letter on the fireplace mantel, and then her family leaves. They do not know if they'll see their farm again.

The family travels quite a ways until they reach Pa's friend's farm. They and another family sleep in the barn until an American soldier tells them it is OK to go home. When they arrive home, they see their house and barn are still standing. Dishes are broken, as are other things,

and there is a letter for Letty on the fireplace mantel.

The letter says that they paid a penny for each goose they'd eaten. The pennies are in a bag around Solomon's neck. The gander is still alive. Although many things on their farm are destroyed, Letty is glad that they have their house, the British soldiers had left their area, and Solomon is alive. This story is based on a true event that happened in New Jersey during the Revolutionary War.

Abe Lincoln At Last!

Random House Children's Books, a division of

Random House Inc.

This historical adventure book by Mary Pope Osborne is the 47th book in the " Tree Magic House" series, but is a part of the "Magic



Tree House: A Merlin Mission" book that started with book no. 29. It is published by Random House Children's Books, a division of Random House Inc.

Abe Lincoln at Last! is written for kids ages 7 to 12 years. The age range reflects readability and not necessarily content appropriateness.

Jack and Annie have a magic tree house that will take them anywhere in history. In several "Magic Tree House" books prior to this one, they've helped Teddy and Kathleen, young enchanters from the past. Teddy accidentally cast a spell that turned Merlin the magician's penguin to stone. Jack and Annie must collect four items for Teddy so he can break the spell. When this story opens, they've collected two of the needed items and are preparing to search for number

They sneak out of their house before school and make their way to the tree house in the woods nearby.

Teddy and Kathleen have left them a bottle of magic potion and a book about Abraham Lincoln. An accompanying riddle says they must get a feather from Lincoln and give him the hope he needs to heal his land. Using the magic potion, they make a wish to be at the White House depicted on the cover of the Lincoln book. They and the tree house land on the lawn of the White House in

1861. They even find themselves dressed in period clothing. An obnoxious little boy, Tad, and his older brother, Willie, come to investigate the tree house.

The boys tell Jack and Annie they can get them in to see President Lincoln. Jack and Annie later learn Tad and Willie are the president's sons.

Despite Tad and Willie's best efforts, they can't get Jack and Annie past the security and other people waiting for meetings with Lincoln. Jack and Annie the use

18 PENNY

GOOSE

remainder of their magic potion to wish for a meeting alone with Lincoln. They find themselves in a forest and run into a boy who calls himself Sam.



can help them find Lincoln. Then Sam's horse kicks him in the head and leaves him reeling. Jack and Annie get him to his log home and into his bed in the loft. They learn his mother is dead, his father is out of town, and his sister

won't be home until late in the evening. They try to help him by doing his chores, such as chopping wood, milking the cow, fetching water and making cornbread. They fail at each task. Sam is eventually able to recover enough to finish the chores himself. When Sam learns how much Annie and Jack enjoy writing, he gives them a feather pen and ink he made. Just then, his father returns from out of town with a new wife and several new siblings for Sam. Before the children can get Sam to tell them about Lincoln, they're whisked back to 1861.

On the White House lawn, they see Lincoln walking alone. The president looks puzzled and confused when he sees the kids. He says he remembers them from a day in his childhood when they helped him and then vanished right before his eyes.

He had played a joke on them, saying his name was Sam. In keeping with Teddy and Kathleen's riddle, the kids offer Lincoln hope. They assure him the Civil War will end well and bring freedom for everyone. They return home in the magic tree house with Lincoln's feather pen, feeling thankful for the comforts of modern life.

-These reviews were created by the staff of Focus on the Family

Summer reading picks for adults

by **Brittany Youst**

Whether you're spending your summer lounging by the pool or out in the yard with your kids, summer is the perfect time to catch up on some reading. Not sure what to read? Here are nine popular Christian living books you WON'T want to leave off your summer reading list!

1. Before Amen: The Power of a Simple Prayer by Max Lucado

Family Christian 2015 Book of the Year, "Before Amen: The Power of a Simple Prayer" will help you take your prayer life from casual, haphazard and ineffective to incessant and powerful. Prayer doesn't have to be intimidating. Whether you struggle with knowing what to say or remembering to pray in the first place, this book has the power to dramatically change your prayer life starting today.

2. The Seven Principles for Making Marriage Work by John M. Gottman, Ph.D.

Marriage is hard work! Wouldn't it be nice if you had a simple, easy-to-follow guide that would show you just what you need to do to make your marriage awesome? Well, now you do. It's called "The Seven Principles for Making Marriage Work," and if you haven't read it already, vou need to.

If there's anyone you can trust to give you awesome, practical marriage advice that really works, it's John Gottman. Whether your marriage is suffering or you're doing good but you could be better, this is one book you won't want to miss!

3. Your Simple Home Handbook by Elsie Callender

Spring cleaning season is over. Is your house clean, organized and comfortable? If not, then it's time to get serious and create a simple and relaxing home you can

really enjoy spending time in. And with 30 straightforward yet in-depth home projects for you to tackle this summer, Your Simple Home Handbook by Elsie Callender will show you just what to do.



4. The Hardest Peace: Expecting Grace in the Midst of Life's Hard

by Kara Tippetts

Why does God allow suffering? Is God still at work today?

If you've ever asked yourself questions like these, you need to read Kara Tippetts' book, "The Hardest Peace: Expecting Grace in the Midst of Life's Hard.' Recently #1 in Amazon's Christian Living section, Kara's story of finding God in the midst of a hard cancer diagnosis will change your perspective on God and on life. A must read for anyone who doesn't want to miss God at work.

5. The Christian Parenting Handbook by Dr. Scott Turansky and Joanne Miller, RN, BSN

Whether your children are still very little, almost grown or not even here yet, one thing is for certain: You want to raise them to be great men and women of God. How exactly do you do that, however?

"The Christian Parenting Handbook: 50 Heart-Based Strategies for All the Stages of Your Child's Life" will show you how. Covering all ages and stages of one very important topic, this is one book you will want to read and refer to time and time again!

6. The Bait of Satan: Living Free from the Deadly Trap of Offense

by John Bevere

Think Satan's plan is to get you to commit horrible crimes and be a terrible per-

If so, you're likely gravely mistaken and you're probably setting yourself at serious risk for falling for one of his traps. Satan's plans are far more sneaky than we could ever realize.

"The Bait of Satan: Living Free from the Deadly Trap of Offense" will give you the insights you need to know to avoid the enemy and live out your Christian life fully and abundantly!

7. Sacred Parenting: How Raising Children Shapes Our Souls by Gary Thomas

While teaching our children about Jesus is one incredibly important part of raising children, there's another side to Godly parenting that many of us completely forget: the way raising our children impacts our souls as well.

Not your typical how-to guide, "Sacred Parenting: How Raising Children Shapes Our Souls" offers an encouraging look at how WE change as Christian parents in a great read that is sure to strengthen your faith and encourage your spirit.

8. Living Well, Spending Less: 12 Secrets of the Good Life

by Ruth Soukup

Think "the good life" means acquiring more, more, more?

The truth is, in our pursuit of the American dream, too many of us have lost sight of what really matters and are now living the chaotic, stressful lives to show

If you ever feel overwhelmed, not good enough, or simply incapable of pulling yourself together, "Living Well, Spending Less: 12 Secrets of the Good Life" is the book for you.

In it, Ruth offers plenty of practical wisdom and advice that will help you discover the TRUE good life, and not necessarily where you expected to find it

9. The Restorer by Sharon Hinck

Are you a fan of encouraging Christian fiction? If so, then you'll love "The Restorer" by Sharon Hinck. In it, main character Susan Mitchell, an ordinary soccer mom, finds herself transported through a portal into another world, where she struggles to adapt to a new culture, tackles an enemy, uncovers a corrupt council and learns that God can use even her in wonderful and surprising ways.

If you've ever felt ordinary or not good enough and wondered if God could use even you, this is one compelling read you will not want to miss!







MetroVoiceNews.com

The 7 Most Dangerous DIY Home Renovations

(StatePoint) One in five DIY-ers tackling home renovations ends up in the hospital each year due to accidents, according to the Home Safety Council. Don't become a statistic.

Here are the seven most dangerous DIY home renovations you should leave to the experts.

Tree Trimming & Removal

Trees don't always fall in a predictable manner, creating a hazard for yourself and your property. It's best to consult a certified arborist, no matter how handy you are with power tools.

"If a tree falls during a storm, a DIY

The Face You Know

The Reputation You Trust

mishap, or a careless neighbor's landscaping project, take photos and contact your claims adjuster as soon as possible," says Erie Insurance Vice President and Product Manager, Joe Vahey. "Your adjuster can help evaluate the damage and explain how your homeowners insurance can help.

Ashestos Removal

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"The Appliance Doctor"

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Appliance Repair • LLC

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Cell 785-817-2369

Many homes built before 1980 contain asbestos. Before renovating, it's a smart idea to have your home inspected for asbestos-containing materials by accredited professionals. Leave clean-up to experts, and limit

your exposure to the area. Inhaling airborne fibers may cause harmful respiratory problems.

Roof Repair

When faced with severe storm damage, homeowners often look for a quick fix for roof damage. Rather than running the risk of falling or injuring yourself, have your homeowners insurance claims adjuster verify damage and schedule repair work with an experienced company. In the long run, this will save you time, money and help you avoid injuries.

Electrical Repairs

While it may be easy to change a light switch or install a ceiling fan (make sure your power is turned off before you start), replacing circuits and other larger projects should be done by professionals. This will prevent shocks, injuries and potential fires, while ensuring your home is up to building codes if you eventually plan to sell.

Gas Appliance Repairs

Properly cutting off or hooking up gas lines can be tricky, so leave gas appliance repairs to the professionals to protect against potential gas and carbon monoxide poisoning.

Knocking Down Walls

If you're looking for an open floor plan, think before tearing down walls yourself. Do you know which walls are load-bearing and where plumbing or electrical lines are located? Professionals will know how to best navigate the project from start to finish so you stay safe, and your home stays intact.

Pest Control

Not all pest-control products should be handled by the average consumer. Keep your family safe by hiring a pest control company to handle toxic substances properly.

More renovations safety tips and information on homeowners insurcan be found www.ErieInsurance.com.

Before taking on your next big project, think about where you can bring in the pros to save time and money in the long run, and keep your family safe and sound. If accidents do occur during the DIY renovation process, be sure to loop in your insurance claims agent to help assess any damage.





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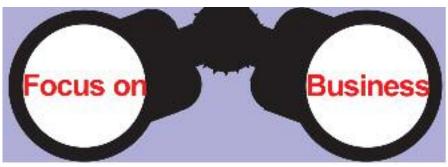












A SPECIAL **ADVERTISING SECTION OF THE METRO VOICE!** CALL 235-3340 TO BE FEATURED ON THIS PAGE!

Get More Bang for Your Marketing Buck!

Do you have a clear direction for your marketing campaign? Do you know what makes your business unique, and WHO you are selling to? Or, are you just shooting in the dark hoping something will stick?

Join ActionCOACH for a business growth workshop and planning event to make next quarter your best yet!

Bang for Your Buck: Marketing Without Breaking the Bank - GrowthCLUB 90-Day Planning Workshop

Date: June 26, 2015, from

8 am to 4 pm. Location: The Topeka Country Club

Cost: \$97 per person Presented by: ActionCOACH **Business Coaching**

You'll be empowered to:

- Hit the Nail on the Head: Define Your Target Market
- Be One of a Kind: Know

Your Unique Selling Proposition

• Test the Waters: Measure Your ROI

Plus, you will create a 90-Day Action Plan that will help you implement what you've learned and reach your goals for 2015! To register, go to www.90DayPlanning.com or call 785.408.5927.





Big'Uns Grill has everything you need and then some!

Big'Uns Grill, 1620 SW 6th Avenue, offers a great variety of foods to choose from. ALL of their meats are smoked or grilled, and ALL of their sides are truly fresh homemade items.

The menu has anything from a full range of BBQ to burritos, salads, burgers, and reubens. There is a selection of hot dogs that includes the Kraut Dawg and the Slaw Dawg. There are specialsized kid's meals, and they even serve breakfast, too!

Try some of Big'Uns best: Heart Attack Fries, Pulled Pork Plate, Sweet Potato Fries and the Swamper!

Big'Uns is now offering delivery to any businesses within the area of Topeka Blvd to Gage and 6th Ave to Huntoon. There is a \$15 minimum, and a 15% delivery fee. Delivery will be made to a main entrance door only.

Wednesday is family night, so bring

the kids for the magic show. There is a magician every Wednesday from 6pm to 8pm, and kid's meals are 11%

Big'Uns also features live music on Friday nights from 6pm until 8:30pm, featuring local favorite blues bands. Check their Facebook page for details and band schedules.

Big'Uns is open Monday through Thursday from 6am to 8pm, and Friday and Saturday from 6am to 9pm. They are closed on Sundays. No reservations are required but if you are going to have a larger group getting together you may want to

BIG'UNS GRILL

call ahead of time so that they can make sure that they will have enough meats ready and your table ready for you when you get there.

You can call ahead at 785-286-7570. Big'Uns Grill can also be found on Facebook.







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

___ MetroVoiceNews.com __

events

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 Ch (enter south door), 400 S.W. Washburn. Info 286-0227 hagen1525@gmail.com.

NOONTIME BROWN BAG CONCERTS - Wednesdays, Folk/Americana; Jun. 17: Tyler Gregory – (Lawrence)
Roots, Folk, Americana, Blues; Jun. 24: KID JAM on TPAC
LAWN – Children's Singer/Songwriter Showcase and Sing-a-long with Kyler Carpenter; Jul. 1: Big Harry and the Back Alley Blues – (Topeka) Jazz/Blues

THE LESTERS - May 30, 6:30pm, Wanamaker Woods Church, 3501 SW Wanamaker Rd. Also appearing: All Four One. \$10, available at Lifeway, itickets.com & Wanamaker Woods Church.

EVENING CONCERTS IN THE PARK — May 31. June 7 June 14, 7-9pm, Gage Park Amphitheater. For info: 785-

CONCERT AT GARFIELD PARK — June 1 & June 15, 7:30-9pm. Garfield Community Center, 1600 NE Quincy St. For info: 785-251-2991

FIRST FRIDAY OPEN AIR CONCERT - June 5, 5:30pm to Midnight in the East 100 Block of 8th Street. Featuring Justin Fowler followed by Slow Ya Roll.

SUNFLOWER MUSIC FESTIVAL - June 5-13, White Concert Hall, Washburn University, 1700 SW College Ave. The 9-day event presents a series of orchestra con certs, chamber music, educational & artistic events.

BLUES CONCERTS - Big 'Uns Grill, 1620 SW 6th St. June 5th - Water Dog Nation

12th - Big Harry and the Back Allev Blues 19th - Lonnie Ray Band 26th - Tucky and the Survivors

For info- 286-7570 **GRANDEUR BAND IN CONCERT** - June 6, Dexter Park, Clay Center. www.grandeurband.com

THE FRYE FAMILY BAND - Jun. 6, 6:30pm, Gage Park Baptist Church, 3601 SW 10th Street, Free concert.

RED ROOTS IN CONCERT — June 7, 6pm. Cornerstone Community Church, 7620 SW 21st St. This trio was recently nominated for a Dove Award. Free. For info:

CONCERT IN THE PARK - Jun. 27, 7-9pm, Scranton. Featuring Kristina Craig and Exit 148, an award-winning Christian-country band; fun and inspiration for the whole family, \$10 advance at Carl's Tire, 407 Browning St. in Scranton. \$15 at gate.

SUMMER SUNSET CONCERT – July 25, 6pm. Old Prairie Town at Ward Meade Park, 124 NW Fillmore. Parking at 1st & Clay. Price: \$3/person; Children under 10 free. For info: Liz 785-251-2992 or Elizabeth.Toyne@snco.us



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

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 Menkveld is in turn followed at noon by The Hope House FREE Community Food & Clothing Banks.

BINGO AT FAIRLAWN HEIGHTS ASSISTED LIVING

3:00PM, 1st Sat. of ea. month. Facilitator: Pastor Carole LIFFFEST - First Thu of the month 10am-12:30nm 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

BBQ RIBS, CHICKEN & FRIED CATFISH DINNER - May 1 & 2 12-5pm, True Holiness Family Church,1244 SE Republican Ave. All dinners come with bread & 2 sides

BBO RIBS. CHICKEN & FISH FRY FUNDRAISER - Jun. 5 & 6, 11am - 5pm, True Holiness Family Church, 1244 SE Republican Ave. Delivery available for 4 or more dinners or for senior citizens. 233-9545 for info & place order.

FLEA MARKET AND CAFÉ — Jun. 6, 8-4pm. Grace United Methodist Church, 2627 SW Western. For info: Chris 640-1825

ESTHER DAY PROGRAM - June 14, 3-5pm, Mount Carmel Missionary Baptist Church, 610 S.E. Lime. Celebrating the life of Queen Esther. The guest speaker will be Rev. Stacy Webster along with guest soloists Debbie Harris and Sherrita Dean. Refreshments will be served. More info: R Galloway 785-266-0864

INDEPENDENCE DAY COMMUNITY CELEBRATION - Jul. 10am, Grace Cathedral, 701 SW. 8th. 785-235-3457

SMALL FIRE DINNER & COMEDY SHOW - Iul 11 7-10pm (doors open at 5;30pm), Town & Country Christian Church - 4925 SW 29th St. \$40 in advance or \$45 at door. For info & tickets: 213-2488 or 806-5972

SEMINARS & CONFERENCES

IGNITE 2015 - Jun. 14, 15 & 16, Lifepoint Church, 200 SW 30th. A conference for anyone desiring momentum in life. Featuring a lineup of experienced, compelling guests who will speak about all areas and aspects of church ministry, leadership, worship and more. Jun. 14, 10am & 7pm: Jamey Santo; Jun. 15, 7pm: Darin & Ashley Puttoff; Jun. 16, 7pm, Daniel Eric Groves.

GROWTHCLUB - June 26, 8am-4pm, Topeka Country Club. "Marketing without breaking the bank." Workshop and 90-day planning. Presented by ActionCOACH busi-ness coaching. \$97. Contact 408-5927 or 90DavPlanning.com.

STATE OF WELLNESS SYMPOSIUM - June 30, 10am-4pm, Meridian Center, Newton, KS. Workwell KS teams up with Kansas Alliance for Wellness and Kansas ospital Education & Research Foundation/Healthy Kansas Hospitals for the first statewide State of Wellness Symposium. Registration & info:

Akers, Darrin Patrick and more. 816-353-1994. FAMILY-FRIENDLY EVENTS

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

2015 KANSAS CONFERENCE ON POVERTY – July 15-17.

THE MAIN EVENT. July 17-18. First Baptist Church

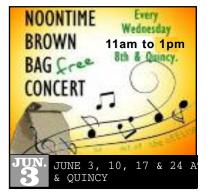
Raytown, 10500 E. 350 Hwy., Raytown, MO 64138.

Speakers include Tony Evans, Tommy Bowden, David

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

HI CREST FARMER'S MARKET - Every 1st and 3rd Tuesday, 4-6p (May-Sept), Avondale East NET Center (455 SE Golf Park Blvd). Also demos & other activities.

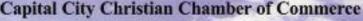
WOW - WORKIN' OUT ON WEDNESDAYS - 5:30 pm every Wed., south steps of the Capitol building. Free, fun and family-friendly. A combination of aerobic & strength



training exercises, coupled with a fun line dance to end each experience. www.makinmoves.com

CAPITOL MIDWEEK FARMERS MARKET - Every We May 13 thru Oct. 14, 7:30am — 12pm, Corner of 10th & Jackson on the South side of the Capitol Lawn

SAFE STREETS COALITION MEETING - First Wed. of the





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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.)
- June 11, 11:30-1, watch for details! Open to the Public! RSVP to info@C5Alive.org or 640-6399.
- July 9, 11:30-1 SAVE THE DATE!
- Aug. 13, 11:30-1 SAVE THE DATE!
- Sep. 10, 11:30-1 SAVE THE DATE!
- Oct. 8, 11:30-1 Pastor's Appreciation Luncheon!
- Referrals & other events are also part of C5 membership.

Find us on Facebook at facebook.com/C5Alive

For info: www.C5Alive.org or or info@C5Alive.org







NOTO MARKET ON FIRST FRIDAYS — NOTO arts district. Enjoy arts, antiques, fine crafts, and flea market items. SAVING DEATH ROW DOGS ADOPTION BOOTH - Every

Sat., 1am - 2pm, Petco, 1930 SW Wanamaker

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's through Nov. 2, 7:30am-noon, 12th and Harrison. The open-air market is full of fresh fruits & vegetables, herbs, arts & crafts, flowers, home-baked goods, etc.

MONTHLY MOOSE MARKET — Second Saturday, 8am-12pm, Moose Lodge, 1901 N. Kansas Av. Free to shop, \$4 for pancakes. For info: 250-6788

SACRED HEART-ST. JOSEPH 4TH ANNUAL BRAT TROT -May 30, 8am, Sacred Heart parking lot, 312 NE Freeman. Brat Trot 5k RunrWalk loops through 3.1 miles of Oakland and returns to Sacred Heart. \$25 registration at www.active.com/topeka-ks/running/distancerunning-races/4th-annual-brat-trot-2015.

FREE CAR WASH - May 30, 9am-4pm, Faith Lutheran parking lot, 17th & Gage. A Youth Ministry fundraiser for 2016 trip to the National Gathering in New Orleans.

NOTO BLOCK PARTY - May 30, 1-4 pm, 800-900 North Kansas Ave., An old-fashioned block party! All sorts of healthy, outdoor activities: Kids Bike Rodeo with expert training from TPD and Kaw Valley Bike Club; Helmet giveaways & free fittings; Chance to win a strider bike; Topeka Metro Bikes demo; Library Bookmobile; Four original 1 Act Plays by Helen Hocker Youth Players. Free

TOPEKA GIVES - June 2. 7am-6pm, Fairlawn Plaza.

NEW EXHIBIT SNEAK PREVIEW — June 4, 5-7:30pm. Great Overland Station. "Emerging from the Ashes" HHB BBQ, Hazel Hill Chocolates, and Top City Soda Pop will be sponsoring the reception and showcasing some delicious appetizers and drinks. Cost \$5. RSVP to shouse@greatoverlandstation.com or 785-232-5533,

TOPEKA RESCUE MISSION WAREHOUSE SALE — Jun. 4-5, 7am-4pm & Jun. 6 8-12, 206 NW Norris St. All sales benefit the programs of Topeka Rescue Mission.

13TH ANNUAL ROD ROGERS MEMORIAL GOLF TOURNEY – Jun. 5. Dub's Dread Golf Course, KC, KS. 1pm shotgun. \$500 per team includes lunch, range balls, refreshments on almost every hole, and Famous Dave's dinner. Lots of fun and prizes! Benefitting KU Cancer Center, Pancreatic Cancer Research & Cancer Action. For info: 913-461-8527 or gagakc@sbcglobal.net

SUNDOWN FILM FESTIVAL — June 5, 5pm-11pm. Kansas Museum of History, 6425 SW 6th Ave. Free. Bring blankets and lawn chairs to enjoy the outdoor movie, Little Women, at 9pm. \$8 adults, \$6 students. Museum open 5-8:45pm; \$8 adults, \$6 students. Concessions available. If it rains the event will be moved inside. 272-8681

HEARTLAND MILITARY DAY - June 6, 7am-7:30pm. Museum of the Kansas National Guard, 6700 SW Topeka Blvd. Pancake feed, two WWII battles reenactments, military equipment displays, Civil War encampment. band concerts

MULVANE ART FAIR - June 6, 10-5. Mulvane Art Museum, 1700 College. Adm. \$10.

BOOKSIGNING - Jun. 6, 2-4pm, Above All Books & Gifts, 1921 SE Indiana. The N.E.T - Naked, Exposed Transparent. by Tshlaine Webster. 266-6107

REMEMBRANCE SERVICE - Jun. 6, 1pm, Heart of America Memorial Wall for the Unborn, 1216 SE Republican. Christians for Life, Inc will be having a special service to Remember Mr. & Mrs Souheil Ibrahim (Evelyn). Five more names have been placed on the wall and Certificates of Life will be presented to those who wish upon placing their child's name on the Wall. Bring lawn chairs.

GERMANFEST - June 6, 5-11pm & June 7, 10-5, Sacred Heart Catholic Church, 312 NE Freeman. German food, carnival, entertainment, auction, vendor booths & more. Satellite parking at north end of BNSF parking lot at Chandler St. and Seward Ave., with shuttle to Sacred

Heart Church Sat 3-4 & 5-11 and Sunday 10-5

WALK TO END ALZHEIMERS — June 7. 9am check in, 10am 1 and 2 mile walks begin. First Lutheran Ch, 1234 Fairlawn. Register at alzwalkneks.org or 271-1844

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CAPITAL CITY FOOD TRUCK FESTIVAL — June 12, 6-10pm; June 13, 11am-9pm, Gage Park. The two-day event will feature delicious delicacies from eight food trucks, including Noble House and Coffee Cake KC, lined up along SW Zoo Pkwy. The trucks will specialize in a variety of food including Hawaiian, barbecue, specialty cupcakes, coffee and more. While eating, enjoy shopping at several vendors and attend three separate concerts at Gage Park Amphitheater featuring Lucas Maddy, a county artist from Manhattan. The mini-train & carousel will also have extended hours, until 8 p.m. both nights, to accommodate the visitors. 267-1156

F.C. MAJESTIC FOOT GOLF OPEN - June 13, Forbes Field Golf Course, 700 SW Capehart Rd. A fundraiser for the soccer club F.C. Majestic. The number of teams that can sign up will be limited to 36 (144 players) so get your registration in as quickly as possible. Registration is \$100 per team (\$25 per player). Each team's registration will include a t-shirt. Other awards, prizes, etc will also be handed out. learsbiz@gmail.com

NATIONAL NIGHT OUT PLANNING - June 16, & July 14, 6:30pm at the Public Library, Rm 101B.

FIRE & ICE GALA - June 19, 5:30pm cocktails, dinner, dancing, live auction. New exhibit remembering the great fires of Topeka. Great Overland Station. For info: www.greatoverlandstation.com or call 232-5533

WHEAT STOCK XI — June 20, 10am-8pm. Old Prairie Town at Ward Meade Park, 124 NW Fillmore. Annual music festival with food vendors, arts, crafts, and music vendors. Free family event. Parking at 1st & Clay For info or to be a vendor: Liz Toyne 785-251-2992 or Elizabeth.Toyne@snco.us

WHISPER WALK - Jun. 20, 8am registration, 9am walk begins at Gage Park Carousel. The Whisper Walk is a 5K noncompetitive walk to promote ovarian cancer awareness. Dogs & strollers welcome. Beth 273-9010

CLEARGOLD WORSHIP DANCE CAMP - June 22-26, 2:30-5pm, 4300 Huntoon. Learn worship dance. No experience required. \$30. Becky at 379-9792 or belinquist@yahoo.com

JAZZ IN THE PARK 5K RUN – June 22, 5:30pm. For info: 221-1795 or tiwhand com

ANNUAL FIESTA MEXICANA 5K RUN/WALK – June 27, 8am. Oakland Community Center. \$25 registration fee includes shirt until June 20. For info:olg-parish.org

2015 KANSAS LADIES CHARITY CLASSIC SHOOT — June 27, 9am-11pm. Ravenwood Lodge. \$60. For info: ravenwoodlodge.com, bevcorbet@gmail.com, or 256-6444

24TH ANNUAL TOPEKA POND TOUR — June 28, 12pm. Hosted by the Topeka Area Water Garden Society. Enjoy the Tour throughout the Topeka area and view creative, unique and beautiful water features. Tickets go on sale June 7th at HyVee, Jacksons Greenhouse, Porterfields Flowers, WaterScape Concepts, Wild Bird House, Topeka Landscape, Skinners Nursery or at each Pond Host location day of the event. Up to 10 Locations around Topeka. For info: 633-4854 or www.TAWGS.org or cnewell@cox net

TOPEKA YOUTH PROJECT GOLF CLASSIC – Jul. 17, Village Greens. 8:30am shotgun. 7:45 registration, donuts, juice. Lunch follows tourney. Cash prizes! Two \$500 closest to pin prizes! Call 273-4141 to register.

FAMILY-FRIENDLY DESTINATIONS

BROWN V. BOARD NATIONAL HISTORIC SITE — Daily, 9am—5pm, 1515 SE Monroe. Located in the former all-black Monroe School. Free admission. For info: 354-4273 or www.nps.gov/brvb/.

CEDAR CREST, official residence of the KS Governor → Mon., 1pm-3pm, with tours on the half hour, 1 SW Cedar Crest Rd. Free adm. For info: 296-3636.

COMBAT AIR MUSEUM — Mon.-Sat., 9:30am-4:30pm

Sun. noon—4:30pm, Hanger 602, Forbes Field. For info: 862-3303 or combatairmusem.org.

CURTIS HOUSE MUSEUM — Every Sat., 11am-3pm; by appointment other times, 1101 SW Topeka Blvd. Former mansion of Charles Curtis, 31st Vice President of the US, and the only one of American Indian heritage. Cost \$5. For info: 357-1371 or 597-5380.

CONSTITUTION HALL — Wed.-Sat., 9am-5pm; Sun., 1-5pm, National Landmark, Kansas State Historic Site, Civil War History: Famous Lecompton Constitution, 319 Elmore, Lecompton. For info: 887-6520 or consthall@kshs.org; or kshs.org/constitutiom_all.

GREAT OVERLAND STATION — Railroad museum, education center, veterans memorial and more. 701 N. Kansas Avenue. Tue-Sat 10am-4pm; Sun 1-4pm. Closed on Sundays in Jan. & Feb. Adm: \$4 adults, \$3 seniors,\$2 children age 3-12. For info: 232-5533 or greatoverlandstation.com.

HISTORIC RITCHIE HOUSE — Tour the oldest remaining home in Topeka (built 1856-57). 1116 Madison. Admission free. 10am-2pm; weaving demonstrations, games, food & more.

HOLLEY MILITARY MUSEUM — Downtown Ramada Inn. Featuring 5 galleries, named after world leaders. Featuring World War II artifacts, Air Force One exhibit, Kansas War Heroes, Space, Vietnam & more. Cost: Free. 10am-8pm daily.

KANSAS NATIONAL GUARD MUSEUM — Forbes Field. For hours & info: 862-1020.

KANSAS MUSEUM OF HISTORY - 9 a.m. - 5 p.m. Tuesday - Saturday, 1 - 5 p.m. Sunday. 6425 SW 6th Avenue. 785-272-8681, kshs.org/museum

KANSAS STATE CAPITOL — Mon.-Fri., 8am—5pm, SW 10th & Jackson St. Tours provided. Dome Tours M-F 10:30am-4:15pm. Info: 296-3966 or kshs.org/capitol.

OLD PRAIRIE TOWN — 1st & Clay. Open Mon.-Sat., 10am-4pm; Sun. 12-4pm. Daily guided tours: M-F 10am, 12 & 2pm, Sat. & Sun. 12 & 2pm. 368-2441.

ROEBKE HOUSE MUSEUM — 216 New York, Holton. For info. 364–4991

TERRITORIAL CAPITAL MUSEUM — Wed. -Sat., 11am-4pm; Sun., 1-5pm, National Register Site, 3 floors of Civil War and Victorian Artifacts, President Eisenhower's parents' marriage site. 640 E. Woodson Ave., Lecompton. For info: 887-6148 or lanemuseum@aol.com or lecomotonkansas.com.

TOPEKA 200 – Gage Blvd. between 6th & 10th St. Zoo hours 9am-5pm. Birthday Parties available -- choose from two separate party packages; parties last two hours. For info: 368-9180 or topekazoo.com.

MEETINGS & CLASSES

C5Alive "POWER" LUNCHEON – June 11, 11:30-1pm.
• 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!

SATURDAY WOMEN'S CONNECTION "HATS" LUNCHEON — Jun. 13, 11am, T&SC Public Library, 1515 SW 10th Ave. Event Cost including meal: \$14. RSVP's by Jun. 8: Arlene, 233-0701 or email: leidacloud@cox.net. Phyllis Vos R.N. shows how to balance all the hats & keep them from slipping throughout life's journey. She weaves music into her talk while demonstrating the hats we wear

WOMEN'S CLUB OF TOPEKA ANNUAL MEETING - Jun. 4, 11am. General Assembly at 5221 SW West Dr. Luncheon at Noon. RSVP to 273-6978. Program: Mary Coverdale, Prayer Shawls. New officers installation.

MINISTRY FELLOWSHIP - now meeting every Tuesday, 6:30pm at McDonald's, 11th & Kansas Ave. Christian fellowship & praise. All are welcome. For info: Richard

For info Wilson at 338-3072

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

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

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

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

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

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

CAPITAL CITY NETWORKING GROUP - every Thur, 7:30am, Jayhawk Tower - www.ccng-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.topekatiba.org

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

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

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

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

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







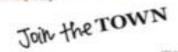
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THE FORCE (Students Taking Action) — 1st Mon. & 3rd Tue., 6:30-8pm, Safe Streets, 2209 SW 29th St. A group committed to being alcohol & drug free. Associate with like-minded peers, plan activities & get involved in the community. Youth ages 12-18 are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

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

POINT MAN AND HOME FRONT OF SHAWNEE CO - 1st, 3rd & 5th Tues. of each month, 6-8pm, Topeka Bible Church, 1101 SW Mulvane, Potluck dinner begins at 6:10 PM. A Bible study and support group for military & veterans and their wives, moms and sisters. Contact David or Jacque Ankenman at 249-8359 or 221-1739.

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

CONCERNED WOMEN FOR AMERICA (CWA) — 1st Tue., June 2, 9-10am, Public Library, Anton Room (202). Also 3rd Fri., June 19, 7-8pm, Public Library, Marvin Auditorium. For info: 785-861-0422.

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

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

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

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

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

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 $\begin{array}{l} \textbf{SAFE STREETS MEETING} - 1 st \ \text{Wed., } 11:45 am, \ \text{Golf Park} \\ \textbf{Blvd, } 2 \ \textbf{blocks west of Adams. } \ \textbf{Info: } 266-4606. \end{array}$

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

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

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

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

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

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

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

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

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

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

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

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

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

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

VIP LUNCHEON FOR SENIORS — Every Fri., Noon, North Topeka Baptist Church, 123 NW Gordon. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. 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: Debby, 215-4889, ddhenrikson@cox.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; biblequizzer.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 Buchannan. For info: 235-2376.

RUSSIAN HOUSE OF PRAYER — Every Sat., 4pm, Williamstown Assembly of God, 1225 Oak St., Perry/Williamstown. For info: 597-5228. **SINGLES PLAY CARDS SR.** – 1st Sat., 6-9pm, St. Peter's UMC. NW 35th & Hwy 75

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

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

SUPPORT GROUPS

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

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

AL-ANON FAMILY GROUPS — for friends & families of alcoholics. For info: 785-409-3072 or 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: Hunter Ruch, Topeka Bible Church, 234-5545 or hruch@topekabiblechurch.org.

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

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

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

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

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

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

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

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

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

OVEREATERS / UNDEREATERS ANONYMOUS:

MON., 7pm — Westminister Presbyterian, south door, upstairs in Library; 233-6724.

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

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

For info: 357-8774; sunflower intergroup.oa.org.

CHRIST-CENTERED SUPPORT GROUP – "Strong Tower" 12 step recovery program — Tue., 7pm, 1331 SW Harrison. Currently discussing the book "Living Free in Christ." For info: Tony, 620-366-1427.

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. & 2nd hour is usually a support talk time, w/ separate consumer & family groups.608-1317.

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP — 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. Join for support, information, etc. 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. & Cage Blvd. Oen 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, Pozez Education Center of Stormont Vail
Hospital, 1505 SW 8th St. Serving anyone who has lost
a loved one by suicide.

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

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

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

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

DIVORCECARE PROGRAMS - locations and times:

TUE. — 7-8:30pm, Covenant Baptist Church, 5440 SW 37th St. Cost \$15. Scholarships available. Also DC4K(DivorceCare for Kids) and Single & Parenting beginning May 13. For info: 273-2811

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

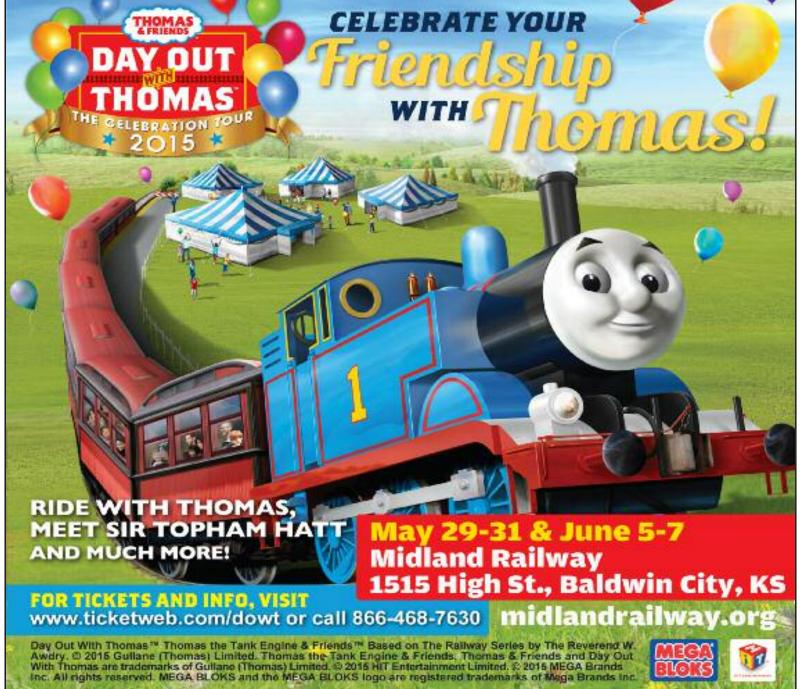
WED. − 6:45 − 8:45pm, Walnut View Christian Church, 3634 SE 37th St. Cost: \$10 registration (scholarships available). Video seminar series featuring some of the nation's foremost experts on divorce and recovery topics, combined with support group discussion of the materials. Free child care children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

NAMI WASHBURN — 4th Thurs., 6-8pm, Spirit Building Room, University United Methodist Church, 1621 SW College Ave. NAMI is a student-run, student-led 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 crtopeka.org.



entertainment movies, books, music & more:

WILL TOMORROW EVER

____ MetroVoiceNews.com _____

entertainment

by **Paul Asay**

We thought we'd have flying cars by

Oh sure, our smartphones are cool and all. When I was a kid back in the early '80s, I never thought I'd have a walletsized something that would give me directions and surf the Internet (whatever that was) and play video games andget this-make calls. Crazy. But still, when I think back on my childhood imaginings of personal jet packs and warp-speed spaceships, the future now seems a little ... disappointing.

Were our childhood fantasies too big for the future? Or did we, as we grew up and our dreams grew smaller and more realistic, make our future smaller, too? Did we trade in a horizon as big as the universe for one that fits comfortably in our pocket?

You can't accuse Casey Newton of thinking small. The high school firebrand has always dreamed big and, frankly, she's getting a little sick of the future's diminishing returns. Some governmental muckety-mucks are dismantling NASA's Cape Canaveral launching pad, and when it's done, Casey's father a NASA engineer—will be out of a job. At school, she's drummed with a thudding tempo of negativity: melting ice caps in science class, global sociopolitical tension in civics, George Orwell's 1984 in English. The future doesn't look just small. It looks dangerous. Broken.

"I get that things are bad," Casey asks a teacher. "But what are we doing to fix it?" The bell rings before anyone can

film**411**

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answer.

So Casey's on her own, trying to fix the future alone—beginning unwisely with her dad's. Every night she tries to sabotage the launch pad dismemberment project ... until the security guards get wise and get her arrested.

When her none-too-pleased pop bails her out, she finds a mysterious pin in her belongings. She reaches to touch it and-

She's in a wheat field with a soaring city beyond, gleaming and bright. It's a metropolis full of wonder, of rocket ships and blue pools, of jet packs and flying

"Tomorrowland uses pop-science "The sky is falling" warnings of global warming et al, but makes positive statement on changing the course of history"

She takes her hand off the pin and she's back in the precinct holding room, the fluorescent lights flickering across the grime, the cheap tile floors, the felons in handcuffs. She's back in real time now,

where each tick of the clock takes her into an ever smaller future. Each tick of the clock brings her (along with everyone and everything she loves) closer to the

But she's seen another future nowone powered by hope. And she'll do almost anything to go back there. (Or go forward there.)

Dystopian fiction is big in the entertainment world these days. From books to movies to television shows, our media choices are dominated by these bleak depictions of the future. Tomorrowland takes a different tack: The future is what we make it. And we don't have to make a future full of nuclear war, rising waters and infected zombies.

This is not to say that everything is perfect in Casey's Tomorrowland. She discovers that the place has gone very much awry. So she and a couple of onetime citizens of the place—cantankerous

Frank Walker and what looks to be a tweenage girl named Athena-must take some serious risks to set it and the rest of the world on the right track again. They put themselves in great peril and risk their lives for one another and, most importantly, for the future itself.

Along the way we hear about Frank and Athena's prickly but ultimately loving relationship, and about Casey's deep regard for her supportive, caring father.

Tomorrowland, at one point, retells a tale teased out of a Cherokee Indian legend. In the fable, two wolves are locked in constant combat: One represents darkness and arrogance and sorrow. The other represents hope and joy and love. We're asked which wolf wins.

"The one you feed," Casey tells us.

Tomorrowland comes with some unfortunate filler. It's surprisingly violent for a PG flick. It could've done without the bad language. And its envi-

Country Parson, heard every Sunday morn-

ing from 6 to 10 a.m. on 94.5 fm in Topeka.

ronmental references to melting glaciers and dying bees take a complex sociopolitical issue and turn it into a one-dimensional creed.

But when the whole thing is said and done, and you're thinking about the movie from the vantage point of, well, tomorrow, you'll realize that Disney is selling something very rare on the market these days: optimism. That optimism is deeply rooted in Disney's ethosstemming, it would seem, from Walt Disney himself. His theme-park visions of Tomorrowland and Epcot (his brainchildren, though he never lived to see the latter completed) are rooted in a belief that if we're not afraid to dream, and we're determined to work toward that dream, the future can be a bright place indeed.

Tomorrowland isn't all sunshine, but it feeds the right wolf.

out and see Kristina Craig and Exit 148 at either event. We look forward to seeing Scott and Diane Perkins host The KS. Contact The Country Parson: thecountryparson.com 785.505.PĒRK



Out in the

COUNTRY

by Scott Perkins



Howdy friends! This month's guest artist is Kristina Craig and Exit 148. They will be in concert with us twice at the end of the month. On June 27th, they will be at Saturday in the Park in Scranton, Kansas

at 7 p.m. Then on Sunday, they are my guests at Country Stampede! We are excited to host them this month.

Kristina was born and raised in Nebraska and has made the move to Nashville. Kristina has written many songs and one of my favorites is Angel with Tattoos. If you haven't heard it, request to hear on The Country Parson. It is a song written about her sister and how not to judge by what you see on the outside. Great tune!

Kristina Craig and Exit 148 was awarded the Vocal Group of the Year at the Inspirational Country Music Convention in Nashville, TN in November. Some of influences Kristina's include Contemporary Christian Music artist; Iaci Valasquez and Country Superstar; Martina McBride. In fact, Kristina was a finalist on the 2007 ABC PrimeTime Special "Six Degrees of Martina McBride" and winning the "People's Choice" for her performance at the Wild Horse Saloon. That is what led Kristina to Christian and Country music mecca, Nashville, TN.

You can find out more about her and the band at kristinacraig.com. Come on





Faith, family and Royals just part of the summer scene

ner Chris Tomlin, as his "Love Ran Red Tour" marked his highest rated attendance in his musical history. More than 200,000 fans attended his tour this spring, which ran through 36 cities. Selling out concert venues in Chicago, Seattle, Phoenix and Dallas, fans of Tomlin's music also donated a whopping \$700K to CURE International, offering the opportunity for the organization to give an estimated 700 life-changing surgeries for children with disabilities.

According to their website, "CURE serves children who, because of their disabilities, are often the very last: The last to be included; the last to be protected from abuse. The last to be afforded dignity. And, sometimes, even the last to be given food in their own homes." Tomlin and his wife, Lauren, are also board members. "I was so drawn to just how well they were doing things," Tomlin said in a recent interview, "and how they're really changing kids lives."

Owl City (a.k.a. Adam Young) will release his forthcoming full-length album, "Mobile Orchestra," in July.

Released on Republic Records/Capitol CMG, this is his fifth studio album. Fans who reorder early will be able to unlock a



music**scene**

download of the first single "Verge," featuring Aloe Blacc. Listeners will also receive "You're Not Alone." featuring Britt Nicole, which was released as a single last year and hit No. 1 on the Christian Hot AC/CHR chart. The album's title is based on the fact Young conceived his newest material everywhere from airports and hotels to tour buses. The new release will also feature some well-known artists as country singer Jake Owen ("Back Home") and pop-rock artists Hanson (Unbelievable). Orchestra is available for pre-order now on iTunes, Google Play, and Amazon.

Audio Adrenaline's Sound of the Saints, has received critical acclaim, as well as debuting recently at no. 1 on Billboard's Top Christian Albums chart. The project entered the Billboard 200 at #69, for the week of May 23. The

FairTrade Services release from the twotime GRAMMY® Award winners was produced by Seth Mosley (Jeremy Camp,



FOR KING & COUNTRY) and Joshua Silverberg (Newsboys, Michael W. Smith). Also of note is the album's lead track and new CHR single, "Move," was recently selected as the opening theme for "MLB Now," which airs daily on the MLB Network. For further information, visit audioa.com and follow Audio Adrenaline on Twitter @audioadrena-

Andy Needham Band recently



released 'Love Is the Song' released May

12 via iTunes and other digital outlets. The ep was produced by Award-winning producers Brent Milligan (Steven Curtis Chapman) and Mitch Dane (Jars of Clay). This marks a celebration, as well as the final recording of the decade-long career.

"In the midst of recording Love Is the Song, it became clear that this would be our last album," Needham said in a recent interview. "God has revealed with great clarity that my family and I are called to invest in the local church in New

England. At the same time. God has opened amazing doors for Jonathan, Joel and Andrew in the Nashville music community. We will always look back on what God has

done in and through us as the Andy Needham Band with gratitude."

Finally, upcoming concerts include Family Force Five and Icon for Hire at

Cricket Wireless Amphitheater in July and the KC Gospel Jubilee 2015, including 4 His Love, Gordon Mote, The Kingsmen, The The Lesters, Williamsons, and The Wrights, at First Baptist of Kearney, Missouri.

And don't miss Faith

and Family Night at the Royals July 11, of which Metro Voice is a sponsor, featuring a concert by Newsong. The Royals face off against the Toronto Blue Jays at the The K. The event will feature a postgame speech from players and executives.



I want to be honest about where I've come from and what I've learned along the way. I want to influence culture, to help catalyze and inspire, and help other people find understanding.

Lecrae wins Billboard's Top Christian Album

by **VINCENT FUNARO**

Christian rapper Lecrae won the Top Christian Album award for his hit "Anomaly" at this year's Billboard Music Awards show in Las Vegas in May.

"Congrats & thanks to the producers, engineers, artists, label, distribution, family & fans on Anomaly's Billboard Award," Lecrae wrote on Twitter Monday

Lecrae was also nominated for Top Christian Artist at the Billboard Music Awards, but lost that category to Australia-based Hillsong United. Other nominees for that award included Casting Crowns, MercyMe and the Newsboys.

Lecrae made headlines last year when he topped Billboard's Top 200 chart with the release of Anomaly, scoring the No. 1 album by selling 88,000 copies in its first week. He also had the No. 1 album on both the Gospel Albums and Christian Albums charts.

He then won a Grammy in February for Best Contemporary Christian Song/Performance for the song "Messengers," which is on Anomaly and features the group for KING AND

During his speech at the Grammys, Lecrae praised God for his talents and said: "Love and respect to everybody out here because this is a celebration of gifts. And there's so many people out here who are gifted, but obviously you can't celebrate gifts without celebrating the giver of all gifts. So I want to celebrate Jesus for gifting us all with the gift of love and sacrifice," he said.

Lecrae is currently on The Anomaly Tour with rapper and fellow Reach Records artist Andy Mineo.

Lecrae divulges details of suicide attempt, struggles with drugs and alcoholism in book, 'Unashamed'

by **VINCENT FUNARO**

Outspoken Christian rapper Lecrae will be releasing a new book, titled Unashamed sometime next year in which he reveals details about his childhood abuse, and struggles with drugs, alcoholism, bouts of depression and a suicide attempt.

"I am writing Unashamed for all those who don't know who they are, who feel confined by the labels given to them," Lecrae said in a press release shared with The Christian Post.

Unashamed will chronicle Lecrae's life

his Christian faith in a world that's hostile to the Gospel.

"As an artist my ambition is to make honest music, and I feel the same way about writing this book," he said. "I want to be honest about where I've come from and what I've learned along the way. I want to influence culture, to help catalyze and inspire, and help other people find understanding. If they find some inspiration and tional tour to promote the book.

"We are thrilled to partner with an artist of the creative caliber as Lecrae," said

Jennifer Lyell of B&H. "His ability to communicate a message that gives hope and compels toward greater faithfulness will

DISCOVER THE POSSIBILITY OF THE

FOUNTAIN OF YOUTH

undoubtedly result in a game changing book for individuals and ultimately for the broader culture.'





Technology an important tool for Seniors

By Eileen McGivern, BSN, RN

Vice President of Strategic Community Initiatives and Director of BrewsterConnect

The use of technology among seniors is exploding. Technology systems are getting smaller; think "embedded" in our environments, and smarter. At BrewsterConnect, we have been implementing a technology-based system called BeClose -- both on our Brewster Place campus and in the homes of our BrewsterConnect members who reside in the Topeka community.

The BeClose system uses a series of motion detectors, pressure sensors, and contacts to communicate with a base station in the home and a monitoring center. The system does not need an internet connection in the home, but connects with cell tower technology to communicate.

The major features of the system are fall prevention/prediction, medication reminders and elopement alerts.

The specialized components of the sensors and motion detectors are "smart". For example, the motion detector was designed with an algorithm that "knows" the typical pattern of a person's locomotion (left leg, right leg, alternating). When a fall occurs, our body movements are outside of that pattern (arms flail to catch ourselves, legs may fly out from under us as we fall). Immediately the sensor catches this change in the person's normal pattern and sends a notification to the base station and to the monitoring center where a call can come to the home. If no

answer in the home, a predetermined phone tree is activated until the member's family or neighbors are notified.

BeClose can also use predictive monitoring as someone begins "furniture walking" or has "near falls" and detects these anomalies and sends an alert to the predetermined call tree of family or neighbors.

Medication reminders and alerts can be can be set up using the special contacts. These are also used on exterior doors for notification of elopement. Family members, with the member's permission, may access the sensors and contacts on a web-based, password-protected website for BeClose. All the information from



the sensors is collected, and trends and frequencies of activities of daily living are stored.

As activities begin to fall out of norms for the members, (frequent trips to the toilet, increased sleeping during the day, decreases in trips to the kitchen and opening of refrigerator for meals) alerts can be sent. These are important indicators of decline or beginning signs of illness or disease.

Technology is an important tool that allows seniors to age in place. If you have questions about how BrewsterConnect and the BeClose system can assist you, please call us for more information.

World Elder Abuse Awareness Day (WEAAD) is June 15

World Elder Abuse Awareness Day began in 2006. Since then, each year on or around June 15th, activities and events are held around the world to increase awareness about elder abuse. It seems each day reports emerge about older adults being mistreated or scammed by people they know and trust and/or by strangers. Some are lesser-known local stories, and then there are the highly visible stories, like those of Mickey Rooney and Brooke Astor. Questions about why this happened or how this happened are always just below the surface.

Unfortunately, the "why" and "how" of elder abuse are complex questions. Why would a son or daughter take money their parent(s) saved their entire lives and use it to buy a house, or car, or take a trip, and leave their parents with no money for any care they may need? How could a son break his mother's arm, or a grandchild beat a grandparent because they had the audacity to say 'no' when money was demanded? How could we not see it? Why didn't they tell someone?

Fortunately, there are people very interested in finding the answers to the "why" and "how" questions. Professionals working together in new and creative ways along with older adults are starting to unravel some of the mystery that surrounds elder abuse. Thanks to their pioneering and tireless efforts they are reducing the stigma associated with being a victim of elder abuse and encouraging people to speak out and up about an issue that affects older adults around the world and in the United States costs older adults \$2.6 billion annually Here's a quick snapshot about what we know:

• 10,000 people a day turn 65

• "Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported.

- Isolation increases risk for becoming a victim
- Elder abuse knows no boundaries and happens in all demographics
- There may be substance abuse and/or mental health issues involved for the victim and/or perpetrator

Types of elder abuse:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Neglect
- Exploitation of money or goods

Examples of elder abuse

- Using threats or intimidation to gain access to goods or money
- Withholding needed medications or assistive devices (i.e. dentures, hearing aids, walker)
- Using a trusted relationship with an older adult to gain access to goods or money
- Hitting, kicking, slapping, punching **Red Flags**
- Red FlagsSudden changes in banking habits
- New people involved in the life of the older adult
- Bills going unpaid
- Bills going unpaidPrescriptions not being refilled
- Frescriptions not being remied
 Family members unable to contact or visit the older adult

- · Changes in hygiene
- Unkempt appearance
- Older adult unaware of where money is going
- Older adult is showing signs of cognitive impairment
- Sudden changes in routine (no longer attends social activities or religious activities)

These lists aren't intended to be exhaustive. They are intended to get us thinking about what we see and hear when we visit with the older adults in our lives. To make a report of suspected adult abuse contact 1.800.922.5330. Reports are accepted 24 hrs/day - 7 days/week. Anonymous reports are also accepted. If

it is an emergency situation dial 911.

If you would like to learn more about elder abuse and available resources, please join us on June 15th for a screening of **AN AGE FOR JUSTICE**: Confronting Elder Abuse in America. This brief video talks with older adults and their family members about elder abuse and their experiences with it. Following the video there will be a brief presentation and Q & A.

Where: Jayhawk Area Agency on Aging **When:** June 15th from 2:00 – 3:30 pm or 5:30 – 7:00 pm

Sponsored by the Topeka Coalition on Prevention of Adult Abuse



SOCIAL SECURITY QUESTIONS AND ANSWERS

RETIREMENT

Ouestion:

I'm planning my retirement. What is the maximum Social Security benefit I might receive?

Answer:

The maximum benefit depends on the age you retire and how much you earned in your lifetime. For

example, if you retire at age 62 in 2015, your maximum benefit will be \$2,025. If you retire at full retirement age in 2015, your maximum benefit will be \$2,663. If you retire at age 70 in 2015, your maximum benefit will be \$3,501. You can estimate your benefits by using our Retirement Estimator at www.socialsecurity.gov/estimator.

Ouestion:

I'm retired, and the only income I have aside from my Social Security retirement benefit is from an Individual Retirement Account (IRA). Are my IRA withdrawals considered "earnings?" Could they reduce my monthly Social Security benefits?

No. We do not count non-work income, such as annuities, investment



income, interest, capital gains, and other government benefits, and they will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by a government pension from work on which you did not pay Social Security tax. If you have wages or self-employment income and you are under your full retirement age, this income may affect your benefit amount. For more information, visit our website at www.socialsecurity.gov or call us toll free at 1-800-772-1213 (TTY 1-800-325-0778).

DISABILITY

Ouestion:

senior news briefs

BINGO - Jun 6, 3pm, Fairlawn Heights Assisted Living, 5400 SW 7th.0272-

LIFEFEST – First Thursday of the month, 10am-12:30pm, Covenant Baptist

Church, 5440 SW 37th St. Seniors ministering to seniors – celebrating with fel-

lowship, fun, food, learning & entertainment. Potluck luncheon at noon. If transportation is needed, call 354-4994 or 478-1729

HARVESTER'S PROGRAM FOR SENIOR CITIZENS - every second

VIP LUNCHEON FOR SENIORS – Every Fri., Noon, North Topeka Baptist

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP - 3rd Tue.,

6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. Join for

support, information, etc. For info: Sharla, 286-2329; Jennie (English/Spanish)

MEDICARE MONDAYS – First Monday of every month starting July 7, 1-

3pm. Topeka and Shawnee County Public Library (Menninger Room 206),

Church, 123 NW Gordon. FREE lunch with Christian fellowship, devotions &

Saturday, at Christian Lord Ministries, 2421 SE California. Call 266-4979.

entertainment provided by Topeka North Outreach. For Info: 286-1370.

I was hurt on the job and can't work. How do I start my application for Social Security disability benefits?

If you have a disability that qualifies, you can apply online at www.socialsecurity.gov/applyfordisability. There are several advantages to applying online for disability benefits. You can start your disability claim

immediately. There is no need to wait for an appointment. You can apply from the convenience of your home or on any computer. And, you avoid trips to a Social Security office, saving you time and money. You can use the online application to apply for benefits if you are age 18 or older, have a medical condition that has prevented you from working or is expected to prevent you from working for at least 12 months or result in death, and reside in the United States or one of its territories or commonwealths.

Ouestion:

I have a 24-year-old daughter who has been disabled by recurrent neuroblastoma since birth. Will she be eligible for benefits as my disabled child? Answer:

Yes. In general, an adult disabled before age 22 may be eligible for child's benefits if a parent is deceased or starts receiving retirement or disability benefits. We consider this a "child's" benefit because we pay it on the parent's Social Security earnings

The "adult child"—including an adopted child or, in some cases, a stepchild, grandchild, or step grandchild—must be unmarried, age 18 or older, and have a disability that started before age 22. You can apply online at www.socialsecurity.gov/applyfordisability.

SUPPLEMENTAL INCOME

Ouestion:

This summer, I'll turn 65 and, because of my financial situation, I thought I'd be eligible for Supplemental Security Income (SSI). But my neighbor told me I'd probably be turned down because I have a friend who said he might help support me. Is this true?

Answer:

If your friend helps support you, it could have an effect on whether you get SSI and on the amount you would receive. If you have low income and few resources, you may be able to get SSI. However, if you are receiving support from your friend or from anyone else, we will consider that income when making a decision on your SSI eligibility and amount. Support includes any food or shelter you receive that is paid for by someone else. For more information, visit www.socialsecurity.gov/disabilityssi/ss

Ouestion:

Can I receive Social Security benefits and Supplemental Security Income (SSI) benefits at the same time?

You may be able to receive SSI in addition to monthly Social Security benefits if your Social Security benefit

is low enough for you to qualify for SSI. Whether you can get SSI depends on your income and resources.







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sports

Five faith-filled lessons that sports can teach you

Compiled by Tiffany French

Whether it's your exclamation of "Thank You, Jesus!" after winning the championship or witnessing an entire team take a knee in support of an injured player, God's presence is experienced in sports. From little league diamonds and Friday Night Lights, to marathons and floor routines, here are 5 faithfilled lessons that sports can teach you.

Inspired by Kneeling in the End Zone by Josh Tinley, available from The Pilgrim Press.

1. There's always hope. Just ask the Cubs.

...suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our



hearts... (Romans 5: 3-5)

No other team in professional sports has suffered a championship drought like the Chicago Cubs. Though they have had some impressive seasons, the last time they won a World Series was 102 years ago. Despite their lack of a championship, Cubs fans remain ever vigilant, and always possess hope in the next play, the next game or the next season. You can too.

2. Faith is perseverance. Everyone loves an underdog.

Let us run with perseverance the race that is set before us, looking to Jesus, the pioneer and perfecter of our faith. (Romans 4:13-25)

There is no narrative more fitting than that of a boy-king who uses his wits and a slingshot to claim victory over a muscled giant. The David vs. Goliath story lives on in the stories of Notre Dame walk-on Rudy Ruettiger, battle-of-the-sexes victor Billie Jean King and the famed 1955 Milan High School Basketball Team that inspired



"Hoosiers." Like these great underdogs, you too can overcome the impossible.

3. Faith honors rituals and traditions. Don't wash those socks!

...do this in remembrance of me. (I Corinthians 11:25)

Traditions are preserved throughout sports and practiced by teams and individuals alike. Even though ritual won't ensure a victory, it's a good reminder that something important is happening. Touching a rock, doing a dance, reciting a prayer, or wearing the same unwashed socks may seem silly to an outsider, but



downright sacramental. Honor the rituals that give your life meaning.

4. Practice matters. Excellence is worth pursuing.

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you... (I Thessalonians 5:17-22)

great Coaching Lombardi said, "Practice doesn't make perfect, perfect practice makes perfect." The quality of one's rehearsal impacts the qualof one's performance. Though it can be tedious and



FROM THE CHEAP SEATS

by Rob Mooney

Maybe I'm getting ahead of myself here, but the Sunflower State Games return to Topeka in July. The games will take place from the 10th to the 26th. Folks from all across this state will converge on Topeka to take place in what is sure to be a great time. They are currently taking entry registrations, so get your teams and get signed up

I was recently looking over the list of available sports and I was amazed at all the different sports that are offered. Of course, they have the standards such as slow pitch softball, basketball and baseball, but they also offer events such as archery, badminton, horseshoes and volleyball. As I searched through the sports, there were three that caught my attention. Not because I'm going to enter but for the fact that they are merely offered. Miniature golf, footgolf and pickleball.

Miniature golf is a fun game that many people like to play. I very seldom lose and I consider myself to be very good at it. Ok, maybe I'm stretching that a bit far. Sure I don't lose much, but I usually play against my wife and

painful, practice conditions us and prepares us; it enables us to make the most of our gifts and abilities. Just as athletes train, Christians grow in relationship to God and others through practicing their faith. What daily or weekly exercises are strengthening your spiritual life?

5. Miracles happen. Your hole in one is coming!

Jesus looked at them and said, "For mortals it is impossible, but not for God; for God all things are possible." (Mark 10:27)



In the final seconds of the 1980 men's Olympic semi-final game when U.S. beat the powerhouse Soviet Union by one goal, sportscaster Al Michaels declared, "Do you believe in miracles?" While perhaps overused in the world of sports, miracles are clear signs of hope for both athletes and people of faith. So the next time you witness a three-pointer by a kid fresh off the bench, tell yourself: All things are possible!

kids. So, all things considered, I'm probably not very good at it at all. No, beating my 12 year old daughter does not make me feel manly. However, we haven't played for a while so they could probably give me a run for my money now. Anyways, they're getting to the ages where they don't let me win much at anything anymore.

I have never heard of footgolf before



so I researched it a bit and learned that it's a cross between golf and soccer. Looks like you play on a golf course but there are bigger holes in which you kick a soccer ball. I'm not sure how it all works, but I think I may go watch this event so I have a better understanding of it. If you're sitting there scratching your head, then you're not

Pickleball is actually pretty interesting. I was introduced to it a couple of years ago when I took my junior high and high school PE class to a local park to play tennis where a group of pickleball players were playing. It's played on a court similar to a tennis court, but only much smaller. The rackets remind me of oversized ping pong rackets and the ball is almost like a hard wiffleball. (My apologies to pickleball players everywhere if my descriptions are off).

There are many more events offered, looks like around 50, so there should be something for everyone. If playing is not your thing, they are looking for volunteers to help out. They are also looking for more corporate sponsors. Obviously, there are many different ways in which you can become involved in the games. For a complete list of events and participation options, go to www.sunflowergames.com and get signed up now.

I wonder if they'll ever offer a hot dog eating contest. Now that's an event I could really sink my teeth into.

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GreatLife, Forbes bring FootGolf to Topeka!

GreatLife Golf & Fitness recently announced the addition of Safari Golf, located at 7523 SW 21st Street, to their list of properties. Safari Golf features miniature golf, a driving range, batting cages AND... FootGolf on the 9-hole chip and putt course! That makes TWO FootGolf courses in Topeka, as Forbes Golf Course opened their FootGolf course a month or so ago.

Footgolf is played the same way as golf, but players use a soccer ball instead of a golf ball. The ball is kicked rather than struck with a club, working towards a 21-inch "cup" in place of the usual golf hole. It has been described as "99 percent golf, without the equipment," making it appropriate for people of all skill levels and ages. Cost ranges from \$1 to \$8 to play FootGolf.

GreatLife has made major improvements and renovations at Safari Golf over the past month. The tee boxes and greens on the pitch and putt course have been sodded to zoysia. In addition, zoysia grass was installed on sever-



al areas of the driving range. The clubhouse has been freshly painted and remodeled inside and out and several improvements have been made to the mini golf course and batting cages.

"The Safari Golf location will be the seventh GreatLife property in the Topeka area", said Karon Lee, Marketing Director for GreatLife. "We are very excited to add this location. The family fun options available here continue to reenforce our mission."

GreatLife offers fitness and golf at one price and Safari will be the same with 2 for 1 on Mini Golf and FootGolf. Pay for FootGolf and receive a free round of Mini Golf. For additional information visit the website at greatlifegolf.com.

An 18-hole FootGolf course now open at Forbes Field Golf Course in south Topeka has a different par for each hole. FootGolf players are required to reserve tee times in groups of no more than five. Time slots run from sunrise to sunset Wednesday through Sunday and from noon to sunset Monday and Tuesday. To reserve a FootGolf tee time at Forbes, call (785) 862-0114.

TOURNEYS AND TIDBITS

13TH ANNUAL ROD ROGERS MEMORIAL GOLF TOURNEY – Jun. 5. Dub's Dread Golf Course, KC, KS. 1pm shotgun. \$500 per team includes lunch, range balls, refreshments on almost every hole, and Famous Dave's dinner. Lots of fun and prizes! Benefitting KU Cancer Center, Pancreatic Cancer Research & Cancer Action. For info: 913-461-8527 or gagakc@sbcglobal.net

F.C. MAJESTIC FOOT GOLF OPEN - June 13, Forbes Field Golf Course, 700 SW Capehart Rd. A fundraiser for the soccer club F.C. Majestic. The number of teams that can sign up will be limited to 36 (144 players) so get your registration in as quickly as possible. Registration is \$100 per team (\$25 per player). Each team's registration will include a t-shirt. Other awards, prizes, etc will also be handed out. learsbiz@gmail.com

Lake Shawnee's Fourth of July Golf Tournament - July 4th. 4-Person Scramble. 8:00 AM Shotgun & 1:30 PM Shotgun, \$35 per person / \$140 per team (DUE AT SIGN-UP). Includes Green Fees, Golf Cart, Lunch (Starting @ 12:30), and Prizes. Team Registration on June 1st starting at 6:00 AM, by WALK-IN ONLY, on a first come first serve basis, and entry fees will be due in full at sign-up. Entry Forms are available online or at the golf shop. For information: 785-267-2295

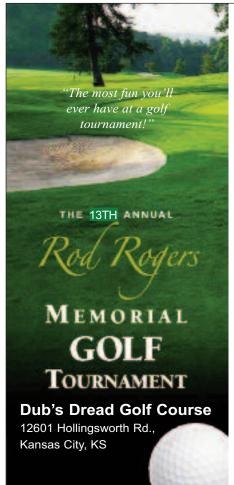
TOPEKA YOUTH PROJECT GOLF CLASSIC – Jul. 17, Village Greens. 8:30am shotgun. 7:45 registration, donuts, juice. Lunch follows tourney. Cash prizes! Two \$500 closest to pin prizes! Call 273-4141 to register.

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

Lake Shawnee Junior Golf Camps available on various dates. For more Information Call 785-267-2295







Fill out and mail in, or call 913-461-8527
The 13th Annual

ROD ROGERS

Memorial Golf Tournament

Benefiting

KU Cancer Center, Cancer Action, & Pancreatic Cancer Research
FRIDAY, June 5, 2015

Registration & lunch: 10:30-12:30 • Driving Range Balls Provided Shotgun Start: 1pm • Dinner & Awards Banquet: 6-8pm Sponsored by Midwest Distributors, Inc. • Dinner by Famous Dave's Team Registration

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(Includes 1 Team, Dinner for all and Signage) \$1,000.00. Hole Sponsor Only (Dinner & Signage Only) \$500.00 Beverage Cart Sponsor Cart Sponsor \$50.00 Single Player \$125.00 Tickets for Dinner/Auction Only I cannot attend, but enclosed is my donation: Total Enclosed: (Due by May 22) Check is enclosed in the amount of ☐ Discover ☐ MasterCard ☐ Visa Card#_ Signature

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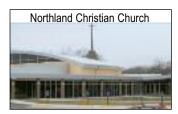
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2. CHRISTIAN CAVALRY MINISTRIES INT.

Pastor Beaux Bryant 3851 South St., Grantville, KS 66429 1-800-673-3633 www.church4bikers.org

3. TOPEKA BIBLE CHURCH

1101 SW Mulvane St., Topeka 785-234-5545 Worship: 8:00 - 9:30 & 11am Sunday School & Bible Studies: 9:30 & 11am www.discovertbc.com

4. NORTHLAND CHRISTIAN CHURCH

3102 NW opeka Blvd., Topeka 286-1204 Wed. 6:15 pm: Children/Youth/ Adult programs
Worship Sun. 8:00, 9:30 & 11am www.northlandcctopeka.org

5. FAIRLAWN CHURCH OF THE NAZARENE

"Connecting to Christ, Church and Community" 730 SW Fairlawn Rd., Topeka, KS (785)272-6322 • www.TheLawn.org Gary Miller, Pastor Sunday Worship 9:15 am & 10:50 am Sunday Youth Group 10:50am Adult & Children's Sun. School 9:15 & 10:50am Sun. Eve Youth Activities 6pm

New Resident Church Guide

— MetroVoiceNews.com —

6. FIRST SOUTHERN BAPTIST 1912 SW Gage, Topeka, KS 272-0443 www.fsbctopeka.org Sunday Services: 8:30 AM Traditional Worship 9:45 AM Bible study--all ages 11 AM Contemporary Worship

7. TOPEKA BAPTIST CHURCH

"Finding NEW LIFE in CHRIST" Sunday Worship 9:30 & 10:45am, 5pm Sunday School for all ages Sat. Evening Worship 5:30pm 4500 SW Gage Blvd., Topeka 785-862-0988 www.topekabaptist.org

8 WANAMAKER ROAD **BAPTIST CHURCH**

Being and making disciples of Jesus Christ by the power of the Gospel, to the glory of God" 2700 SW Wanamaker Rd., Topeka (785) 272-9323 www.wrbctopeka.com raditional Sunday Worship 10:30am & 6pm Sunday School 9am • Wed. Prayer 7pm

9. GRACE COMMUNITY CHURCH

310 E 8th St (E. US 56 Hwy) Overbrook, KS; 785-665-7117 Elvin Dillard, Senior Pastor Sunday School 9 am; Worship 10 am www.accinoverbrook.com office@gccinoverbrook.com

10. LORD'S HOUSE CHURCH

300 SW Roosevelt, Topeka KS 66606 Pastor Marilyn Hahn McGinnis 10 a.m. Sunday (Non-traditional Service) See "About Us" at our website Questions? kawriverlordshouse@att.net

12. BUCK CREEK COUNTRY CHURCH Meeting at Buck Creek School House

5 mi. east of Perry on Hwy 24, 13th & Phillips Rd. Childrens Sunday School - 8:30 a.m. Worship Service - 9:00 a.m. Contacts: Logan Barnett 785-597-5498, Scott Bond 423-0406, Jack Snavely 760-3513

13. WANAMAKER WOODS NAZARENE

Serving Christ - Loving People 3501 SW Wanamaker Rd • 273-2248 Dr. L.D. Holmes, Sr. Pastor www.wwnaz.org Sun. Worship: 9am (Hymns) & 11 am Children's Worship 9 & 11 am

Sunday School 10 am, all ages Sun. Evening Various Children's Programs 6 pm Life Groups: 6:30 pm Teen Service Wed. 6:30 pm Adult & Teen Life Groups Wed. 6:30 pm Kids University Nursery care at all services

15. OAKLAND UNITED METHODIST CHURCH

801 NE Chester, Topeka, KS 66616 235-1010 • oumc@att.net Shawn O'Trimble, Pastor Sunday School 9:15am, Worship 10:30am Children's worship time 10:30am Hear us on WREN Radio Sun. 10-11am Like us on Facebook! All are welcome - Come and see us!

16. HOUSE OF THE LORD CHURCH

A Spirit-filled, Word-centered church 2531 SE Wittenberg Rd., Topeka Sunday Worship 11am & 6pm Wed. Prayer & Praise 7pm 785-266-LOVE (5683) J. Michael Borjon, Pastor

17. HIGHLAND HEIGHTS CHRISTIAN CHURCH

Sunday Services: 8:30 and 10:00 AM 785-379-5642

Jars of Clay Children's Center now open Taking registrations: 785-379-9098

To Overbrook 336 v ø 2930 SE Tecumseh Road

CHURCH 5747 SW Huntoon • 785-272-0564 Adult Sunday School 9:30 am Sunday Worship 10:45 am Wed, Prayer & Bible Study 6:30 pm

Tecumseh, Kansas 66542

18. SOUTHWEST CHRISTIAN

19. SEAMAN COMMUNITY CHURCH

Independent Christ-Centered Bible Church 2036 NW Taylor, Topeka, KS 354-8777 • www.seamanchurch.com Adult Sunday School - Sun. 9:30am Sunday Worship: 10:30am Children's Sunday School: 10:30am

Youth group 1st & 3rd Sundays 4-6pm

20. HERITAGE BAPTIST CHURCH

SE 176

Pastor Dale Stockburger 801 NE Poplar St., Topeka, KS 66616 785-506-4594

Sunday Mornings: 10 am Worship and Junior Church for the kids

21. HARVEST FAMILY FELLOWSHIP Meets at 522 SW Polk

785-220-5418 Pastor Rey Rodriguez Sun. Worship 10 am www.topekaharvest.vpweb.com

22. NEW CITY LIFE CHURCH

5221 SW West Drive Topeka, Kansas 66606 Sunday Services - 10:00 am Pastor Kathy Crofford

@2008 NAV/TED

23.EAST SIDE BAPTIST CHURCH 4425 S.E. 29th St., 379-9933.

Sunday Worship 10:45am & 6:00pm AWANA Sunday at 5:45 p.m. See our website for info on our

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WANTED - A Christian artist for seven cartoons for a book. Call 785-969-8764

PART-TIME ORDAINED PASTOR - Biblically sound and Christ-centered, looking for part time Pastoral Ministry in Topeka area. 30 years experience. Call or email: 785-207-6712 or Christina060410@gmail.com

VOLUNTEERS NEEDED - Caring Pregnancy Options has some openings for volunteers

Please call 785-249-6130 for info or stop by our office, 2041 SW McAlister Ave, Mon - Thur 10-5. Ask for Kathy Hart.

GOLF CLUB FOR SALE - New 2013 model Cleveland Driver SL 290, 10.5 Degree, regular flex shaft. Retail \$339, asking \$69. 640-6399

PROPERTY MANAGER - Christians for Life is looking for a volunteer to fill the position of Property Manager for the Heart of America Memorial Wall for the Unborn.

KANGAROO GOLF CART FOR SALE - Selfpropelled push cart for your golf bag. Kangaroo Hillcrest model. \$1100 new, asking \$50. Needs new battery. Call 640-6399.

VOLUNTEER WRITERS NEEDED - Metro Voice needs volunteer writers or interns who can serve as area correspondents for church and community news around the area. 235-3340

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234-5545 www.discovertbc.com

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OBTH TOPEKA ABTS DISTRICT

NOTO Community Arts Center 935 N Kansas Ave. Topeka, KS Register for classes at notoartsdistrict.com For information: 785.608.6738 or email NOTOartscenter@gmail.com

NOTO to hold **Block Party**

The NOTO BLOCK PARTY will be May 30, from 1-4 pm, in the 800-900 block of North Kansas Ave. It will be an old-fashioned block party featuring all sorts of healthy, outdoor activities: Kids Bike Rodeo with expert training from TPD and the Kaw Valley Bike Club; Helmet giveaways and free fittings; A chance to win a strider bike; Topeka Metro Bikes demo; Library Bookmobile, and more.

There will also be four original 1 Act Plays by Helen Hocker Youth Players . A great Free event for the whole family!

NOTO Arts District also features NOTO MARKET ON FIRST FRI-DAYS. Enjoy arts, antiques, fine crafts, and flea market items. It falls on June 5 this month.



Creative Arts

Classes Offered

The NOTO Arts Center, 935 N.

Kansas Avenue, has several classes

scheduled in March for children as

well as adults. They have partnered

with Valeo for the Creative Wellness

Series: The power of the arts for health and happiness. No previous art or music experience is needed.

Here are some of the classes offered

Relaxation & Rejuvenation - June 5.

Make & Take - No Registration

Necessary - \$5 per person/per proj-

Pop-up Puppet Studio and Music

Beyond Beads: A Therapeutic

Approach to Jewelry Making - June

6. For information on this and other

Soothing Senses: An Art & Music Retreat to Tap into the 5 Senses for

this month:

ect - June 5.

classes call 256-0050.

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Loving God, Loving People northland Worship & Christian Education: 8:00, 9:30, & 11:00 a.m. 3102 NW Topeka Blvd., Topeka, KS 66617 (785) 286-1204 · www.northland.cc

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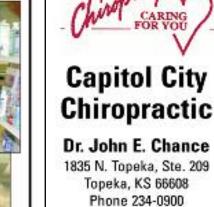
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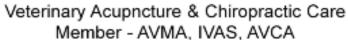


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