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RONNIE MILSAP AT TPAC | Page 13

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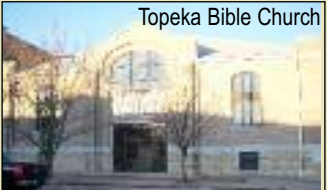
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NEW RESIDENT churchguide



Topeka Bible Church

See inside back cover!

Jews for Jesus Executive Director to speak at Topeka Bible Church

Topeka Bible Church (TBC) has announced that David Brickner, executive director of Jews for Jesus, will address the congregation at 8, 9:30 and 11 AM, Sun., Aug. 13, in the



Brickner

Mulvane Auditorium of the TBC campus, 1101 SW Mulvane St. The public is invited to attend.

Jews for Jesus uses contemporary themes and issues to communicate the message that Jesus is the Messiah in cities with major Jewish populations worldwide. Brickner oversees the ministry of Jews for Jesus from its headquarters in San Francisco. He received his master's degree in Missiology with a concentration in Jewish Evangelism and Judaic Studies from the Fuller School of World Mission. Brickner has authored several books, and has been interviewed on national television shows such as Larry King Live.

For more information, call Topeka Bible Church at 785-234-5545.

Small Church

BIG IMPACT

Often overlooked, their importance in the Kingdom is undeniable

By **Jeff Brumley**

It isn't easy being a small church, as their pastors and members know all too well. They are usually under resourced—fewer members often means fewer dollars, fewer teachers and lay leaders, fewer books, workshops and experts focused to overcoming their challenges. Congregations of less than 250 members—which includes 80 to 85 percent of American churches—are often over-

See SMALL CHURCH page 23




Top 10 Bible-minded cities in the U.S. for 2017 revealed

By **World News Service**

How do Americans from each region interact with the Bible? A study by Barna Group explores the faith profile of 131 cities located in the 100 largest media markets to identify the top 10 most Bible-minded cities as well as the least Bible-minded cities in 2017. Barna's annual Bible-Minded Cities report, in partnership with American Bible Society, is based on interviews with 76,505 adults over a 10-year period. And it found that Chattanooga, Tenn. is the most Bible-minded city in America, for the second year in a row. The evangelical polling organization determined "Bible-mindedness" by asking the respondents how regularly they are in reading the Bible and what they think of its

Please see BIBLE-MINDED page 23

Time for GRANDPARENT Power!

Sept. 23 conference highlights our times as defining moment

By **Ken R. Canfield, PhD**

How important is it for us to awaken our grandparent power and become the generational leaders God desires us to be? I believe it's one of the most important tasks you will ever undertake. Let me illustrate:

Imagine you're driving on a long journey, but at the moment you're sitting at a rest stop and taking inventory of what remains until you reach home. There's a good deal of travel ahead, and no apparent problems, but as the driver you feel

the weight of responsibility to deliver your passengers, which happen to be your grandchildren, to their home safe and sound.

Back on the road, those precious passengers fall asleep and you're very much aware that you are playing a critical role. You must drive this vehicle safely, and you're doing so with extra alertness and care. Crossing the center line could be devastating. Failing to signal or check your rearview

Join us for the Conference SEPT. 23

Please see GRANDPARENT page 3





Grandparents, we make a difference!

Together we can truly change the world for generations, one grandchild at a time.

The HEART of Grandparenting CONFERENCE

Register TODAY for this **FREE** one-day event - and bring other grandparents you know.

September 23, 2017 • 8:30am - 4:00pm
(lunch at noon)

College Church of the Nazarene
2020 E. Sheridan St., Olathe, KS 66062

www.heartofgrandparentingconference.com

Join us for the first-ever grandparenting conference in the metro KC area.

"Do not forget the things your eyes have seen or let them fade from your heart as long as you live. Teach them to your children and to their children after them."

- Deuteronomy 4:9

Build a strong and lasting legacy through your commitment and involvement as a grandparent.

The time is ours. Grandparents have more time and opportunities to invest in our grandchildren than ever before. We are living longer, we're generally healthier, and we're able to be involved in ways our grandparents were not. How are we investing these precious moments to make a difference in our grandchildren's lives?

The General and Breakout Session Topics Will Include:

The Heart of Grandparenting (How our Heritage, Example, Affection, Restoring and Teaching make a difference)

Long-Distance Grandparenting

Cool Ways to Stay Connected/Engaged in Your Grandchildren's Education

The Generation Divide: Dealing with Biblical Values and Cultural Differences

Celebrating Family Traditions

Prodigal/Estranged Children and Grandchildren: Building a Bridge

Connecting with Grandchildren in a Digital Age

Fun Activities to Do With Grandchildren

Leaving an Inheritance to Our Children's Children: An Innovative and Creative Way to Build Wealth

How to Pray Effectively and Be a Spiritual Influence



This conference will move your heart, give you vision, and provide fresh ideas to help you shine as a grandparent.

Keynote Speakers



Dr. Ken Canfield is a nationally known leader and scholar who has committed his life to strengthening fathers, families and grandparents. He has founded several organizations, notably the National Center for Fathering, the International Family Center and most recently the National Association for Grandparenting (grandsmatter.org). He and his wife Dee have five children and ten grandchildren.



Judd Swihart is a member of the Advisory Board for the National Association for Grandparenting. He and his wife Nancy have individually authored or co-authored six books on family relationships and they have 11 grandchildren. Judd has also conducted research on the grandparent-grandchild relationship for his Ph.D. dissertation.

Also, **Dr. Michael Parker, University of Alabama**

A Few of Our Presenters (among many more)



Ray Poteet is the founder of Living Wealth and a pioneer in helping families and small businesses recapture control of their finances through a process called Infinite Banking. He is a father to three, a grandfather to nine and a great grandfather to two.



Tom Eddy was a school administrator for 27 years and is currently a school counselor. He and his wife Marty live in Overland Park, Kansas, and are proud parents of four married children and grandparents of 13 grandchildren.



Rev. Roberto Moreno is ordained in the Nazarene Church in America and has planted, organized and led Hispanic congregations. Rev. Moreno's primary gifts are teaching, preaching, discipleship, and counseling. He is well known in the Kansas City Hispanic community, having hosted a weekly one-hour radio program targeting church leaders on Spanish radio.



Betty Rae Wallace is a gifted communicator and grandmother who understands long-distance grandparenting. She is a retired school teacher and grandmother to 17.

Boxed lunches may be purchased for \$8 each, or you may bring your own. Please specify when registering.

For more information and to register, visit www.heartofgrandparentingconference.com
You may also register by calling (913) 710.1714. Please register by September 15, 2017.

For specific questions, you may email Tom Eddy at teddy@grandsmatter.org



Conference hopes to unleash life-changing power of nation's grandparents

■ GRANDPARENTS

continued from page 1

mirror could leave you vulnerable to other dangers. You begin to pray and meditate on the blessings of being a grandparent—but not to the point of losing your focus on the road. Being focused and watchful is essential, and your accumulated experience as a driver will serve you well in case rain starts to fall or nighttime approaches.

That's how we should view grandparenting: it's a huge blessing but a much greater responsibility and trust!

Regardless of what your current grandparenting situation may be, getting in tune with your role as a grandmother or grandfather has enormous implications for those invaluable gifts in your back seat, whom God has given you to steward. If you're like me, little did you think that, long ago when you became a parent, there would be a time where you would become a grandparent or even a great-grandparent. But now it's that time, so please don't underestimate your role, be lukewarm in your commitment, or God forbid, take your eyes off the road ahead.

It's time to get tuned in to your grandparenting role and its power. Prepare yourself for a surge of resurrected power to be awakened inside you. This surge will give you fresh resolve to



“As mature members of our family system, forgiven and empowered by Christ living within us, we must be tenacious and persistent as we bless, teach and love our grandchildren...”

faithfully strengthen your family. It's ludicrous to believe that some of your best years in life—the grandparenting era—have been extended to you without purpose. It's wisdom to believe that your life experience can be a guiding light for your grandchildren in a world of darkness.

Too often, the billboards of American individualism have tempted us to take our eyes off the road. The billboard slogans might say “It's my time now,” or,

“I've earned the right to do what I want to do.” These messages promote independence, isolation and self-indulgence during a time when we should be much more passionate about investing in our grandchildren through our prayers, giving our time, and modeling what being a godly person truly means.

As mature members of our family system, forgiven and empowered by Christ living within us, we must be tenacious and persistent as we bless, teach

and love our grandchildren—and their parents. We are key leaders, role models, and family reconcilers. Failing in these roles means that we leave our grandchildren at greater risk to struggle; it means we haven't completely fulfilled our commission to take them to their destination safe and sound. Again, mediocrity, inattentiveness and lack of focus are enemies to our grandparenting role.

Therefore, we must band together. That's the essence of The Heart of Grandparenting Conference coming to the Kansas City area on Saturday, September 23rd from 8:00 A.M. to 4:00

who want to make a difference.

Consider this: What if grandparents took bold steps to pray regularly for each of our grandchildren, by name? What if we grandparents bestowed insightful, prophetic blessings on our grandchildren? What if grandparents became beacons of light and hope to our children and grandchildren, and through humility and grace, sought to reconcile any misunderstandings or failures? What if this incredible love and influence of grandparents began to flow into the spiritual household, the Church, where there are orphans, fatherless and single parents need encouragement and mentoring? What if ...?

Grandparents, please join us! You will be encouraged and blessed. I truly believe a grandparenting movement is beginning to dawn, and our role is indispensable. Take this as a guarantee that your investment of a day to be strengthened and challenged in your grandparenting is one of the best gifts you can give to your family.”

—Ken Canfield is founder of the National Association for Grandparenting & grandmatter.org. He also founded the National Center for Fathering. As a national conference speaker, radio and TV personality, he is the author of multiple books on fathering and grandparenting. He and his wife, Dee, have five children and 11 grandchildren.

■ sidenote

Conference Information

Saturday, Sept. 23 • 8 am - 4 pm
College Church of the Nazarene
2020 E. Sheridan St., Olathe, KS
Registration is FREE and requested by September 15th. Same day registration is also welcome.

heartofgrandparentingconference.com
913-710-1714

P.M. Our first conference in the Kansas City region will be hosted by College Church of the Nazarene in Olathe, Kansas at 2020 E. Sheridan Street. You are invited to this one-of-a-kind event along with other grandparents

Kansas #6 in nation in school funding

For all the media talk about Gov. Sam Brownback slashing and cutting funding for schools it turns out that only five states in the nation provide a higher percentage of public school funding than does Kansas.

While the Google combination “Brownback” and “slash” is generating 329,000 hits, the real numbers are being overlooked. New data from the U.S. Census Bureau for 2015 show that the state provided 66 percent of total school funding in Kansas, while the national average for state school funding was just 47 percent.

Correspondingly, local funding at 26

percent in Kansas was well below the national average of 45 percent. The federal share of funding in Kansas was 8 percent as it was nationwide.

The surrounding states do not come close to matching Kansas's contribution to public school funding. The State of Missouri, for instance, contributes just 42 percent of the total revenue in the state's public school coffers.

Kansas ranked fifth in the nation in capital outlay spending per pupil and and eighth in the nation in bonded indebtedness per pupil. What makes these numbers more impressive is that Kansas is the eighth most affordable state in the nation.

Housing alone is 22 percent less expensive than the national average. Dollars go further here, and there are fewer dollars to spend.

In sum, Kansas spends above its weight on public schools. At \$12,418 per-pupil, Kansas is ranked number 25 in the nation for total spending. Kansas also ranks high nationally in growth of spending on public education. Since 2001 spending per-pupil in Kansas has grown 70 percent, well above the national average of 51 percent. This makes Kansas 16th in the nation in terms of spending growth over time.

Unfortunately, the state media have

chosen not to share this kind of information with the public. As a result, even relatively well-informed Kansans are con-

vinced that the state schools are starving for money and that only a massive infusion of tax dollars can save the day.

Fatherlessness Shows Up in Children's DNA

New research published in the journal “Pediatrics” shows how the loss of a father significantly affects children — at the level of their DNA.

Kids who were raised without a dad have much shorter telomeres, the protective caps at the ends of chromosomes that are believed to affect health and longevity, than kids with fathers in the home. The research was done among the approximately 5,000 children who were born between 1998 and 2000 and who are part of the federally-funded Study.

For those children whose fathers either died or were incarcerated before they were 5 years old, the effects on their telomeres were most pronounced. Father loss negatively impacted the telomeres of boys 40 percent more than it did on the telomeres of girls.

The study “underscores the important role of fathers in the care and development of children and supplements evidence of the strong negative effects of parental incarceration,” the researchers said.



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Local auctioneer has 50-plus years of experience



Col. Richard J. Wilson conducted his first auction in 1967 at the age of 17. Today he owns and operates Wilson Auction and Associates of Topeka, KS. He conducts purebred livestock sales (cattle and thoroughbred & quarter horse sales) and has worked a large number of farm, household, antique, vehicle, liquidation, land and property auctions.



particularly the Penfield Livestock Commission, in Penfield, IL," Wilson said. "This old-time auctioneer named Gordon Clingan from Danville, IL, would always tell my dad to 'leave the boy here.' I made my time there worth-while – it was an educational opportunity."

In 1967 Clingan put Wilson in at the end of an auction where there were about 15 head of livestock left to sell.

"Later I graduated into working with more people and livestock," Wilson said. "I remember that I paid more attention to Gordon, going with him to all the sales."

Co. Wilson attended Superior School of Auctioneering at Decatur, IL. While there he became close to well-known auctioneers Dale Hanna, Paul Good, Ike Hamilton, Ray Sims and Hugh James.

Wilson has seen many changes in the auction industry in his 50-plus years while

keeping up with auction trends. Today he operates his auction business with four clerks and utilizes different ringmen for his purebred livestock sales as well as cattle and thoroughbred & quarter horse sales.

"I bring them in from different organizations and they work for a normal fee," he said.

Col. Wilson is a member of the NAA and the Kansas Auctioneers Association.

"They are helpful, providing good input, good points and bylaws. The conventions are a good place to meet other auctioneers and exchange ideas," Wilson said.

Col. Wilson has an office at 725 SW Topeka Blvd. #5, in Topeka, and can be reached at 785-554-5352.

Topeka Christian Writers to hold organizational meeting at NCC

Topeka Christian Writers (all aspiring writers welcome) are invited to bring a written work - poem, short story, pages from a novel, or even an internet blog -- anything with words to read at their reorganizational meeting.

The meeting will be held Thursday July 20 at Northland Christian Church, 3102 N.W. Topeka Blvd., from 6:30-8:00 pm.

The group is led by Charles White, published in over 30 Christian magazines, most notably Focus on the Family

Magazine and War Cry. White also serves as webmaster and content editor for 7 Christian websites.

At each meeting 3-5 guests will be invited to read. Each person present will then comment offering one POSITIVE critique and one possible improvement.

The group also offers help in finding a publisher.

For more information email Charles White at partner@teachustoprayer.com.

Home care company evolves, takes new name & leadership

Blassingame Home Care is now Grace Home Care.

Founded in 2011 as Blassingame Home Care by local community leader Bev Blassingame, Grace Home Care has evolved to become a premier in-home care provider for seniors and families in Topeka and the surrounding area. The rebranding as Grace Home Care is an homage to Bev, now retired, who provided grace under pressure for clients and families through the transitions of later life. That grace guides the services today under new leadership from Executive Director Kate Clemmons and parent company Briggs Healthcare.

The senior care experts at Grace Home Care understand this on a per-



Front row: Taylor Anderson and Pennie Miser. Back row: Kate Clemmons, Amber Thornton, Lacy Ferdinand

whenever the need arises, and to make sure you have a trusted guide to help you weather any storm so that you and your loved ones can envision a brighter future. To provide this dedicated support, we've created a culture of learning for our employees and caregiving team, so they are always keeping up with best care practices and improving the way they understand and serve clients' needs.

Clemmons, a Topeka native with a wealth of business and senior care experience, holds a Bachelor of Arts degree in Psychology from the University of Kansas, and a Master of Business Administration degree from Washburn University.

sonal level, and they've designed care services to be a beacon for clients and their family members. We're here to help you navigate care arrangements

Facebook ramps up blocking of Christian pages

Social media giant Facebook has blocked nearly two dozen Roman Catholic pages, some with millions of followers, and has refused to provide an explanation for its actions.

The Catholic News Agency reported that 21 of the Catholic pages known to be blocked are based in Brazil, though there were also four English-language pages.

The "Jesus and Mary" page, for instance, has over 1.7 million followers.

Godwin Delali Adadzie of Ghana said Monday that he received a Facebook notification asking him to upload a photo of himself because his personal account had been "suspected of suspicious activities."

His "Jesus and Mary" page had been disabled, and despite reviewing Facebook's guidelines, he could not see what he had done to violate any rules.

Adadzie told ChurchPOP, "This page is the joy of my apologetics ministry online. It is like the digital heartbeat of my ministry."

The Facebook account for "Catholic and Proud," which has six million followers, has also been blocked without an explanation being provided to the page's administrator.

Facebook hasn't responded to the news story, but Fox News contributor Todd Starnes has demanded an explanation.

"Let's hope people of faith stand alongside the Catholics as they try to persuade Mark Zuckerberg to reinstate their pages, because one day Facebook might shut down the Baptist pages or the Lutheran pages."

Several other Christian pages have also been suspended by Facebook, frequently because they espouse biblical beliefs on LGBT issues.

Zuckerberg, who is Facebook's founder, met in 2016 with conservative leaders in the United States to assure

them of the social media giant's neutrality, following suspicions that conservative news feeds were being censored.

Conservatives have claimed that Facebook's censorship continues, however. Elizabeth Johnston, an Ohio homeschooling mother of 10 who runs the popular conservative blog "The Activist Mommy," stated in February that her account was suspended over posts on what the Bible says about homosexuality and sin, before later being reactivated.



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2311 SE Kentucky; 2BR/2ba	\$800	\$800
512 SW Lane St.; 3BR/2ba	\$650	\$650

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FINANCIAL PLANNING

Midlife Adjustments?

Dear Dave,

My husband and I are in our 50s, and we have just \$12,000 to pay off before we're debt-free. We've paid off almost \$70,000 in debt in the last two years. We would like to buy a house soon, but we know we also need an emergency fund. It would take us almost a year to build up an emergency fund, so should we make adjustments to the Baby Steps since we're getting older?

Dawn

Dear Dawn,

No! It shouldn't take you two a year to build up an emergency fund considering the rate at which you've been paying off debt. You need a fully funded emergency fund or three to six months of expenses set aside before you start saving for a down payment on a home.

You've been making great progress, and you obviously have a good income to be able to pay off debt that quickly. Maybe in your case you could lean a little more toward the three-month side with your emergency fund before you start saving for a house. Then, after you're all moved in, you could revisit the emergency fund and beef it up to six months.

Just stay on course and stick with the plan, Dawn. Fifty isn't old. You two have plenty of time to get your finances in order, find a great home, and look forward to many great years ahead!

—Dave

Skipping to the altar

Dear Dave,

My wife and I make good money, and our daughter's college education is pretty much paid for through pre-paid tuition and scholarships. We just started your plan to get out of debt and take better control of our finances. When we get to Baby Step 5, which is saving for college, can we substitute that with saving for a wedding?

Bob

Dear Bob,

That would be fine. I'm glad you're thinking ahead. It's always a good idea to save toward a wedding if you have the financial resources to do so, because weddings are real and they're coming.

The average wedding in America today runs around \$35,000. Of course, you don't have to pay anywhere near that amount to make it a beautiful occasion. Your household income, debt, savings and other factors will all play into how much you can afford.

Just remember to pay cash for the wedding, Bob. If you have to go into debt to make it happen, then you're talking about too much money. It's as simple as that. Crunch the numbers with your wife, and see what you two can handle.



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

davesays

And remember, there's absolutely no correlation between the cost of a wedding and the success of the relationship!
—Dave

What's your priority?

Dear Dave,

I work weekends while attending college full-time. My parents have been generous enough to pay for most of my school expenses, and they let me live at home while I complete my degree. Still, I'm trying to figure out how to move out and continue working, while continuing my studies full-time and attending career-related events. We live in an area where the cost of living is high, so I'm not sure how to handle all the facets of this situation.

Joel

Dear Joel,

I think out of three things – school, work, and where you live – you need to decide which is your number one priority. If it were me, school would come first.

In order to go to school without borrowing money, you're going to have to work. Getting out of school on time, and attending some of the events that will take you toward your career, will pre-empt work. You'll have to work enough to pay for things, but if you can finish school and hit your academic and graduation goals while staying at home a little bit longer, that's a pretty good deal. It's a nice thing your parents are offering, but I can understand your desire to be out on your own.

I want you to be out on your own as soon as you can, too. But if you do that right now, you're going to have extra bills and be forced to work even more. That's going to disturb your entire school process. Guess what your number one priority was in that scenario? Moving out! If it's the tail that's wagging the dog, it has become the number one priority. If it's disrupting work, and thereby disrupting your academics, then you've put your priorities on the wrong thing.

In my mind, the number priority should be finishing school on time, and attending as many connected events as possible. Meanwhile, you're working so much that you're able to continue doing all this debt-free. If that means you're staying at home a little bit longer to pull it off – do it!
—Dave

What to do with the leftover?

Dear Dave,

When you use the envelope system, what should you do with any leftover money?

Mandy

Dear Mandy,

My suggestion would be to carry it over to the next month. Lots of folks don't use all the money in their clothing envelope during a month. There's nothing wrong with letting a little extra build up in one of your categories if you don't spend it all in a given month or two.

You should be hitting the budget pretty close each month on categories like food. Getting out of debt and managing your money wisely doesn't mean going hungry. If you do end up with a little left over in the food envelope, treat yourself to a nice dinner out, or buy something that's food-oriented.

But it's okay to carry a few categories over from month to month. Just make sure you don't get crazy and blow that money on something outside the intended category, or on stuff you really don't need.

—Dave

Too much risk

Dear Dave,

I have some company stock my grandparents bought for me years ago. Would be a good idea to cash out the stock and roll it into an IRA?

Dylan

Dear Dylan,

Technically, you wouldn't be rolling it into an IRA. You would cash it out and use the money to establish a Roth IRA. And yes, I would do that.

It was very kind of your grandparents to buy you a gift like this, but I think you can do better. You didn't mention an amount, but let's say you've got \$10,000 in that company's stock. Now, would you buy the stock if you had \$10,000 sitting on the table? Most people would say no because there's too much risk. I wouldn't advise having the majority of your wealth tied up in one single company. So yes, I would sell that stock and use the money to fund a Roth IRA or multiple Roth IRAs. I invest my Roth IRA money in mutual funds that have a solid track record of outperforming the S&P 500 for 10 years or longer.

—Dave

Kansas 2017 Tax Changes Affect Many

By Peggy Beasterfield

Owner, Peggy's Tax and Accounting Service

What are the tax changes going into effect this year and how do they affect you? It is important to know. Here are some key points to be aware of:



New Income Tax Rates for 2017

Married Filing Joint:

Up to \$30,000 taxable income	2.9%
\$30,001 – \$60,000	4.9%
\$60,001 and over	5.2%

Any other filing status:

Up to \$15,000	2.9%
\$15,001 - \$30,000	4.9%
\$30,001 and over	5.2%

There is no tax liability for low income individuals:

Married filing Joint:

Taxable income of \$0 - \$12,500

All other Individuals:

Taxable Income of \$0 - \$5,000

Allowable Itemized deductions for Tax Year 2017:

Charitable Contributions	100%
Residence Interest	50%
Real and Personal Property Taxes	50%

In addition: no taxpayer shall be assessed penalties and interest from the underpayment of taxes due to changes in SB30 that became law on July 1, 2017 so long as such underpayment is rectified on or before April 17, 2017.

K. KIRK NYSTROM, Attorney

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




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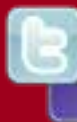

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opinion

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Don't get cocky



WARREN C. SMITH

Cole Center vice president for mission advancement, author and journalist

viewpoint

Recent religious liberty wins are welcome, but the war is not over

Near the end of the first "Star Wars" movie, just before the Millennium Falcon is about to jump into hyperspace, Han Solo and Luke Skywalker find themselves in a dogfight with some of the Empire's TIE Fighters). Luke scores a couple of "kills" and is jubilant, but Han Solo brings him back to reality with a line that has become one of the enduring memes from this classic movie: "Great, kid! Don't get cocky."

I thought about this scene as I was tempted to gloat over some recent court decisions that favor religious liberty.

Take, for example, the 7-2 decision by the Supreme Court that Trinity Lutheran Church could, in fact, accept material provided by the state for its playground. Lower court rulings said that supporting the church in this way was preferential

treatment of the church and amounted to the "establishment" of one religion over another. The high court said that Trinity Lutheran received no benefit not available to all other nonprofit organizations, and that it should not be excluded merely because it was a religious organization.

Additionally, the High Court agreed to hear the case of Colorado cakemaker Jack Philips. Philips believes that making a cake for a same-sex ceremony amounts to affirming or participating in the event, and he has refused to do so. Two men filed an anti-discrimination complaint against him, and the case has been winding its way through the legal process for the past couple of years. It appears to many court observers that Philips has a strong case

"...as someone who has been writing about religious liberty cases for more than 20 years, this arena of the law resembles nothing so much as a game of Whac-a-Mole."

and that the outcome could set precedent for many similar cases now in lower courts or before commissions in towns and counties across the country.

In deciding a North Carolina case, the U.S. Court of Appeals for the Fourth Circuit rejected an appeal of the lawsuit challenging North Carolina's Senate Bill 2, also known as the "Magistrates Bill." This 2015 law says magistrates and registers of deeds employees can, according to NC Family (formerly the North Carolina Family Policy Council), "recuse them-



Image courtesy of YouTube
selves from performing duties related to marriages due to a sincerely held religious belief."

including the 2015 Obergefell decision legalizing same-sex marriage and the February 2017 Washington Supreme Court decision against florist Baronelle Stutzman's objection to participating in a same-sex ceremony.

But it is too early to declare victory and go home.

Jack Philips, for example, hasn't yet won his case. He was merely given the opportunity to make his case. I would also add, as someone who has been writing about religious liberty cases for more than 20 years, this arena of the law resembles nothing so much as a game of Whac-a-Mole. About the time you whack one of these cases back into the hole from which it came, another case pops up elsewhere.

We should note, too, that those on the other side of these cases include the Human Rights Campaign, the American Civil Liberties Union, and—sadly—our own government, using hate-speech or

continued on next page

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When We Love Our Stuff



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

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Have you ever heard The Parable of the Rich Fool? It is an ancient story Jesus once told.

Crowds would often follow Him and people would ask questions. A young man once asked Jesus to get involved in a personal matter and make his brother divide the family inheritance with him. In response, Jesus made a profound statement, "Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions" (Luke 12:15).

Jesus laid his finger on the real issue with the young man. He loved the "stuff" of life too much.

Jesus illustrated his point with a story. He told about a wealthy farmer that had another tremendous harvest. As a result the farmer said to himself, "What am I

going to do? What I have isn't enough storage for my grain." Then he decided, "I'll tear down my existing barns and build larger ones, then I'll be able to store all my grain and many other things. And after that, because the harvest was so great, I'll have enough saved up for many years to relax, enjoy myself and have no worries." But, in the midst of his reasoning, God spoke to him saying, "Fool! Tonight is your end and all that you've laid up in these barns, whose will they be?"

The story communicated that life is more than the possessions we own. Jesus effectively made the point by confronting the farmer with his own mortality. It would all stay behind when he would enter eternity.

My wife and I witnessed the devastating losses people faced following Hurricane Katrina while doing relief work along the Gulf Coast. We saw families who lost everything. All their possessions were suddenly ripped away. As we talked to person after person, the disaster became a pivotal moment toward the real priorities in life.

Why wait to discover this when facing a crisis? Our stuff can sometimes become a distraction. As a result, we may live for today and neglect tomor-



row, or in other words, live for what is important to us, rather than what is important to God.

Maybe we do not live for God because we do not know Him. The farmer got a wakeup call to who God was when God declared, "Tonight is your end." Since He has power over life and death and the present and future we ought to heed His warning. Let us make knowing God through Jesus our highest priority and managing all our stuff, down the list a ways.

Here is a prayer for you: "Creator

God – I am sorry I have made things more important than people. I am sorry I have put more trust in the things of this life, rather than you. Take my heart. Wash it clean of all my sin. Become the number one priority in my life. In Jesus name, Amen.

Listen to Clint Decker's radio broadcast, *The Unbreakable Truth*, at 2:50am & 10:50am on Upper Room Radio, KFGF 97.7FM, Topeka's local Christian radio station. He can be reached at decker@greatawakenings.org

CHRISTIANS ARE RISING UP IN VENEZUELA: GOD SAYS, "I WILL RAISE YOU UP AND BLESS YOU!"

by Gary Lane | CBN News

"Today you can see joy in the streets. You see the desire of people for a change, and above all we see the active presence of the Christian Church of Venezuela." — Hugo Diaz



(Venezuela) — [CBN News] Venezuelan President Nicolas Maduro is insisting he will proceed with plans to hold an assembly to rewrite the country's constitution. (Photo Credit: CBN News)

His intransigence comes despite last weekend's vote where 98 percent of more than seven million voters rejected making constitutional changes.

The country's evangelical Christians are speaking out, asking God to restore unity and prosperity to the nation.

Opposition parties say a constitutional assembly is just an attempt by the socialist president to impose a dictatorship in Venezuela.

Many are at a breaking point after suffering for months from food shortages and heavy-handed government control.

The crisis has motivated Venezuela's churches to action. Leading up to the vote, public plazas around the nation echoed with the prayers of Christians.

"I believe the Church has awakened to how difficult the Venezuelan situation is, and that each of us Christians needs to become active in this process of change," explained Hugo Diaz of the Movement for

the Defense of the Constitution.

"Today you can see joy in the streets. You see the desire of people for a change, and above all we see the active presence of the Christian Church of Venezuela," he said.

Many Venezuelan Christians believe their country will prosper only as people look to God, not politicians, for solutions.

"We have been fasting before the Lord, asking Him to turn the heart of the people to Him. We had this idea to participate in this activity because it's not a matter of giving support to any political party," said Pastor Jose Rivero of Alliance Youth Leadership. (Screengrab via CBN News)

He says the government should submit to the authority of God and the constitution.

Meanwhile, Donald Trump, former Mexican President Vicente Fox, and members of the European Union called on President Maduro to honor the will of the voters and cancel the planned constitutional assembly.

President Trump described the Venezuelan president as a "bad leader" and "aspiring dictator." He's threatened to take "strong and swift economic actions" against Maduro if he tries to rewrite the constitution.

Maduro fired back, saying he won't "be governed by the northern empire."

With possible economic sanctions and more hardship ahead, Christians are stepping in to the conflict to pray, and shine a light of hope in the midst of economic and political upheaval.

Evangelical Council of Venezuela spokesman Juan Maraver urged Venezuelans to take heart.

"This is your hour. This is your time," he said. "While many are seeing chaos, while many are seeing that Venezuela has no solutions, that restoration will take a long time. God says: I will raise you up. I will bless you!"

Is a New Cultural Agenda Possible Under Trump?

by Steve Strang | Chrisma Media

Americans who grew up in the 1950s—or whose early lives were shaped by people from that era—tend to look back on that decade as not only a wonderful season of American prosperity but as a time of moral righteousness on a national level.

Many Americans remember it as a time when there were no disputes about right and wrong, good and evil. Everybody tended to agree on such things. Some individuals had a more liberal perspective, but no one was preaching rebellion against the overall moral code.

Respected journalist David Aikman articulated this very well in an op-ed published recently on charismanews.com. I've known Aikman, now retired, since the 1970s when he was a senior foreign correspondent for Time magazine. He says America had a civic religion in those days—a basic Christian morality reinforced by the preaching of evangelists like Billy Graham.

Donald Trump was a product of that era. He grew up a nominal Christian with traditional moral values. It was only later that he became more libertarian on matters such as homosexuality.

"After the campus upheavals and the anti-war movement of the 1960s," Aikman says, "the entire culture began to experience a shift that introduced new worldviews, in Hollywood, academia and the media." Constant pressure from the left as well as the explosion of hedonism and self-gratification in the 1970s and 1980s escalated the pace of moral change.

In 2017, Aikman said, "America has undergone seven decades during which the existence of God has been repeatedly mocked or utterly dismissed on college campuses and in public schools." While Donald Trump has never said anything about wanting to change American culture, his numerous attacks on political correctness endeared him to evangelical voters. After the election, many Christians began to think President Trump might be favorable to any grassroots movement seeking to make America morally great once again.

Part of Trump's appeal to Christians, of course, was simply that he wasn't Hillary. Mike Bickle, founder of the International House of Prayer, told me, "When it came down to Trump or Hillary, there was no question." Even though Trump was saying outrageous things that would have destroyed any other candidate, the people loved him.

Aikman says if Hillary had been elected, it would have been not only a continuation of America's lurch to the left but the doorway to a new era of corruption like nothing we have ever seen. It would have made the hope of renewal and restoration many Christians were praying for much harder to achieve.

Evangelist James Robison told me in a recent telephone interview, "A lot of Christians were praying that we wouldn't lose freedom, that we would not lose the opportunities this nation offers." Robison, who serves on the president's faith advisory board, has become Trump's friend and confidant and now



Evangelical leaders pray for President Donald Trump. (Mike Segar / Reuters)

believes his election was an answer to prayer.

Meanwhile, the secular pundits saw Trump's victory as only a battle between Democrat and Republican or left and right. But Robison saw it as a supernatural spiritual battle.

"What happened," Robison told me, "is that God overpowered the foolishness of political correctness and the liberal (not just deceived but possessed) left, which is far too often deadset against a biblical worldview. ... But they were being totally pushed back."

The secular left in this country, Robison said, are being manipulated by powers Jesus was talking about when He said of those who crucified Him, "They

don't know what they're doing" (see Luke 23:34). The left knew what they were doing, but "they were deceived by the deceiver," Robison said.

Christians were praying, "God, we've got to let you be God. We've got to stop this nonsense." Robison added, "Christians were praying for this to be stopped, but they never dreamed it would be some person totally disconnected

with politics, totally unable to even express himself like a politician and someone who was best known as a shrewd maneuverer."

Trump may not have handled things in the most diplomatic way, Robison said, but he spoke with conviction about what's wrong in this country.

"He was totally open about everything that was wrong. Most of us would agree that he didn't address those problems in the most diplomatic terms, but everything he was saying was right on track. He was saying that many things in this country are bad, and they needed to be dealt with—and he was 100 percent correct."



DEAR EDITOR,

Jesus Christ is the authority

Jesus Christ is the authority that laid the ground work for evangelism, church growth, and the called. Jesus has been endowed with all authority on high. (Matt. 28: 18-20) Then Jesus came to them and said "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." (Phil. 3: 20-21, Heb 1: 1-4)

The Father's pleasure is to exalt Jesus to supreme rank and authority because of his voluntary humiliation. (Phil. 2: 5-11) All the fullness of God dwells in the person of Jesus Christ, (Col. 1: 15-19) and Jesus' name and glory will be unequalled in this age, as well as the age to come. (Eph. 1: 20-23) Jesus Christ has been given absolute authority over the harvest field and work. Jesus alone sends out laborers into the harvest field of God (Matt. 9: 35-38, Matt. 19: 1, John 20: 20-21). They are sent with the same representative authority. They are sent with the same stigma and scandal. They are sent with the same Holy Spirit's power.

Jesus Christ's calling is associated with his intercession and consultation with the Father. (Luke 6: 12-13) One of those days Jesus went out to a mountainside to pray and spent the night praying to God. When morning came he called his disciples to him and chose twelve of them, whom he also

designated apostles. There is a divine calling and burden on those who give themselves to the work of evangelism and church growth. Jesus calls whomever he wills. Apostleship (the gift of evangelism and church growth) is a gift of grace. No one can go unless he sends them. (Rom. 10: 14-15, Acts 26: 17-18, Rom. 5)

Jesus sustains and stands by every person whom he has called to preach the gospel: the call guarantees the provision. (2 Tim 4: 17) He will be faithful to his called ones. (2 Tim 2: 11-13) He never takes back his call. (Rom. 11.9: 29) The called receive the necessary power to accomplish their task only as they stay connected to the Lord Jesus Christ in obedience and communion. (John 15: 4-5, John 5: 19) God calls men and women to the ministry, giving them the power, authority and ability to accomplish it. (Luke 10: 19, Zech. 4: 6, Mic. 3: 8, Acts 1: 8)

The called must endure suffering for the work of evangelism and church growth. The called represent Jesus Christ — we will receive the same response and treatment he would have received if he were here. (John 15: 20) "Remember the words I spoke to you: No servant is greater than his master. If they persecuted me, they will persecute you also. If they obeyed my teaching they will obey yours also. If they hate Jesus Christ they will hate you as well." (John 15: 18-25)

We are appointed to testify to the name of Jesus Christ and his kingdom and suffer for his name. (Acts 9: 15, Phil. 1: 29-30, Acts 5: 41, Rom. 5: 3, 1 Pet 4: 13) We are to suffer hardship as good soldiers of Jesus Christ. (2 Tim. 2: 3) As representatives of Jesus Christ and his kingdom, we must arm ourselves with a mind to suffer on behalf of Jesus Christ and the Gospel.

Michelle McCoy-Dennis
Student at Topeka Urban Ministry Institute

‘All Saints’ spotlights tiny church that aided 65 refugees

By Michael Foust

When 65 needy refugees from Southeast Asia began attending Michael Spurlock's tiny church in Smyrna, Tenn., about a decade ago, he didn't hesitate to

■ CONTINUED from previous page

anti-discrimination laws as their excuses for pouring virtually unlimited legal firepower into the cases.

All of which takes me back to where I started, to make this observation: While these recent religious liberty victories are welcome, we should not revel in them. Rather, we should consider these victories a brief reprieve, a moment in which we can prepare for the next fight.

The Empire will strike back. In the words of Han Solo, "Don't get cocky."

— Warren Smith is an investigative journalist and author as well as the Colson Center vice president for mission advancement.

welcome them, even though the struggling congregation was on the verge of closing its doors.

Still, a question lingered in his mind: If the church of only 12 members couldn't pay its own bills, how could it meet the needs of others?

The answer, he says, came from heaven.

Spurlock was walking through a large field owned by the church one day when he sensed God telling him, "I've given you land, and I have sent you farmers from the other side of the world. Get to work."

The solution seemed simple enough. The Karen refugees who fled Myanmar (Burma) had extensive experience in agriculture, and Spurlock's congregation — All Saints Episcopal Church — had plenty of property. It even was adjacent to a creek. Church members and the Karen people could partner to grow vegetables, which then would be used to feed hungry mouths or sold to raise needed revenue.

The plan exceeded everyone's expecta-

■ Please see ALL SAINTS page 9



Long weekends are great opportunity to explore

by Anita Widaman

In addition to a plethora of local and nearby opportunities for summer fun, there are also many places a little farther out that can make for a great long-weekend road trip.

Below are four locations that you can drive to, remembering along the way that it is people, families and communities that make America great and all of us proud!

Flint Hills. Kansans are proud of their prairie grass. The Flint Hill Discovery Center in Manhattan provides information on the past and how to preserve the prairie for the future.

Graduates of K State will enjoy meandering and grabbing a meal in Aggieville. Other expeditions are the Kaw Mission in Council Grove and overnight in the quaint Grand Central Hotel in Cottonwood. If you plan in advance you can attend the Walnut Valley Festival, a little farther



Omaha Zoo

away in Winfield, known for featuring the best in bluegrass and acoustic musicians. This event takes place September 13 – 17.

Omaha. A trip to the Henry Doorly Zoo and Aquarium will make grandparents and parents superheroes in their kids' eyes. The Old Market district with its brick paved streets has all the shops and restaurants that a family can devour in a day. With some planning, you can catch a Broadway show or other per-

formances at the elegant, restored Orpheum Theater. If you travel the right weekend, you can catch the solar eclipse in St. Joe or Troy on your way to or from Omaha.

St. Louis. You can splurge on lodging or the theater because of all the free activities. In fact, all four of our favorite outings are free: The Saint Louis Art Museum, Saint Louis Zoo, Saint Louis Science Center and the Missouri History Museum.

The Muny, an outdoor theatre, will present the Newsies in August that reveals the story of the Newsboy Strike of 1899.

Bentonville. Northwest Arkansas is great for camping, biking, and hik-

ing for families. You can even borrow a bike from the upscale downtown hotel and use it to get around if you wish.

But Bentonville indoors is great for families also. The Crystal Bridges Museum is a free museum sponsored by the Wal-Mart family foundation and features only American art. You'll recognize the portrait of George Washington by Gilbert Stuart from the dollar bills in your wallet. This summer, works of Dale Chihuly are presented indoor and outdoor. The Farmers Market held



Bentonville, AR



St. Louis Art Museum

on the square is a work of art and has outstanding local produce.



Flint Hills of Kansas



Walnut Valley Festival

National Night Out Kick-Off Party Scheduled

Excitement is building as neighborhoods are preparing for the 21st year of National Night Out in Topeka/Shawnee County on Saturday, August 5. This annual event brings neighborhoods together to connect with one another and local law enforcement. The simple act of getting to know your neighbors is the best form of crime prevention.

The Topeka Kick-Off party will be Friday, August 4th, 5:30-7:30 PM at the Alpha Media Topeka Radio Studios, in the parking lot, 1210 SW Executive Dr., and will feature food, music, games, fun and more! Everyone is invited to come for a good time and to help take a stand against crime!

National Night Out is designed to heighten awareness about crime, alcohol, drug & violence prevention, generate support for, and participation in, local anti-crime programs, strengthen neighborhood spirit and police community partnerships and send a message to criminals, letting them know that neighborhoods are organized and fighting back!

To sign up your neighborhood or to find out if your neighborhood has National Night Out plans, contact Safe Streets at 785.266.4606. You don't need to have a neighborhood organization to host an event, so contact your neighbors and Safe Streets and get involved today!

As of July 16, there were 86 neighborhoods registered! Neighborhoods

activities vary – some may host an ice cream social, cookout, pot luck dinner or a pool party. The first event on August 5 will be a pancake feed, while others focus on games for the kids. Some events are smaller around 25 people, and others are larger with more than 300 attending.

Last year, Topeka/Shawnee County ranked 7th in the nation for cities of comparable size, for our National Night Out events.

NNO event is coordinated through Safe Streets in partnership with local law enforcement including the Topeka Police Department, Shawnee County Sheriff's Office and Shawnee County District Attorney's Office and with area businesses, including Westar Energy, Capitol Federal Foundation, Reser's, Hy-Vee, Target, Dillon's, Wal-Mart, Parrish Hotels, Casey's, Alpha Media, Crime Stoppers and many others!

Safe Streets, a program of Prevention and Recovery Services, is a local crime prevention and substance abuse prevention organization in Topeka.



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- ♫ Joshua Messick Trio
- ♫ The Outside Track
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- ♫ The Paperboys
- ♫ Nick Charles
- ♫ Barry Patton
- ♫ Adam Miller
- ♫ Grass It Up
- ♫ Juni Fisher
- ♫ Della Mae
- ♫ Andy May
- ♫ Roz Brown
- ♫ Bing Futch
- ♫ Linda Tilton
- ♫ Mark Sganga
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Ministry Takes Back the Rainbow

The man behind the world-famous Ark Encounter has decided to reclaim "God's rainbow"—announcing the massive ark exhibit will be permanently bathed in rainbow lights.

"We now have new permanent rainbow lights at the Ark Encounter so all can see that it is God's rainbow, and He determines its meaning in Genesis 6," Answers in Genesis founder Ken Ham announced on Facebook.

"The rainbow is a reminder God will never again judge the wickedness of man with a global flood—next time the world will be judged by fire," he said.

The 500-foot-long ark is the centerpiece of the biblical theme park based in Williamstown, Kentucky. Hundreds of thousands of visitors have toured the replica of Noah's ark.

"The ark is lit permanently at night with a rainbow to remind the world that God owns it and He decreed it's a sign of His covenant with man after the Flood—Christians need to take back the rainbow as we do at the Ark Encounter," Ham said.

Critics denounced the decision—accusing him of stealing the rainbow colors from the LGBT community.

In 2016 Ham urged Christians to reclaim the rainbow and teach young people its true meaning.

"The rainbow itself wasn't designed to be a symbol of freedom, love, pride or the LGBTQ movement. God created this beautiful, colorful phenomenon and designated it as a sign of His covenant with Noah and his descendants forever."

"Sadly, people ignore what God



intended the rainbow to represent and proudly wave rainbow-colored flags in defiance of God's command and design for marriage. Because of this, many

Christians shy away from using the rainbow colors. But the rainbow was a symbol of God's promises before the LGBTQ movement—and will continue to be after

that movement has ended. As Christians, we need to take the rainbow back and teach our young people its true meaning."

ALL SAINTS

continued from page 7

tions, and by the end of the first summer 20,000 pounds of produce were harvested.

An inspirational movie based on Spurlock's story will release in theaters Aug. 25. Called All Saints (PG), the Affirm Films/Provident Films movie also follows his struggles: his decision to oppose the order to sell the building, and then the battle to save the 2010 crop from a once-in-a-century flood.

It stars Emmy and Golden Globe nominee John Corbett (My Big Fat Greek Wedding, Northern Exposure) as

Spurlock, and Screen Actors Guild winner Cara Buono (Stranger Things, Mad Men) as Spurlock's wife, Aimee. Comedian Chonda Pierce also has a role.

"What drew me to welcome them was my understanding of Scripture, which commends hospitality to strangers, and helping people in need," Spurlock said. "I did hesitate, for a moment, because I feared my already vulnerable church didn't have the resources to really help the Karen, but I couldn't reconcile myself to turning them away, either. So, I told them that I didn't know how anything would work out, but for them to come to church and we'd try to figure things out together."

Even though the Karen had extensive

experience in agriculture, Spurlock did not.

"I didn't need it," he said.

Yet he quickly learned about planting and harvesting, not only from the refugees but also from the county's agriculture department. He also faced less resistance from those around him than he expected.

"When I began sharing the news that God intended for us to start a farm, I kept thinking someone would bring me back down to earth and tell me I was crazy," he said. "But everyone, from my congregation's leadership to my bishop to experts in agriculture kept telling me how exciting this was, and kept asking how they

could help.

The "only real resistance," he said, came from "two or three members of the congregation." They eventually left the church.

At one point, the project almost cost Spurlock his life.

"I remember trying to teach one of the Karen to drive the tractor ... and nearly getting crushed by the back wheels because I was standing too close showing him how to operate the clutch," Spurlock said.

There were other obstacles, like the 2010 flood that devastated Nashville and the surrounding region. The church lost

its early crop that year and some of its equipment. But everyone quickly bounced back.

Spurlock wants moviegoers who watch All Saints to see God's power at work.

"God directed us, provided for us, encouraged us, and in the end salvaged a situation that we were, at one time, prepared to write off as a loss, but God saved us," he said. "I want people to leave the theater with a renewed sense that God is alive and well, and still working in His world today," he said "And I would pray that we each open ourselves to that living presence in our own lives, and expect that He can and will do powerful things for us."

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Christian Schools: Are they right for you?

The academic needs of your child.

Teachers in Christian schools are Christians who care, are knowledgeable, creative and who are professionally certified. The respectful and focused academic climate of Christian schools provides for a high-quality education. Christian school graduates are very well prepared as they move on to next levels in education. Many schools provide programming for students with special needs with modified or enriched programs.

What opportunities are there for your child?

Christian schools take advantage of their smaller size to create excellent opportunities for students to participate in extra curricular activities. Whether in sports, music, drama or through class and school activities, Christian schools offer wholesome, creative and challenging opportunities outside of the class room. In athletics, most schools compete against other Christian schools, along with the schools in their local community.

Will your child be encouraged to grow spiritually?

The Christian school effectively supports Christian homes and churches as children and teens travel the road of their spiritual journey. Most Christian schools start and end the day in prayer, have devotional time

for students and staff, and have assemblies or chapels. The integration of Christian and Biblical principles in each class provides a faith-based environment where students, parents, staff, and volunteers work as a team to ensure the growth and success of each student. In our culture, students are continually bombarded with messages that relegate the Christian faith to the margins of personal life. These messages come both subtly and overtly. Christian schools provide students with a foundation for understanding contemporary culture and give them the tools and support they need to live their Christian lives more fully.

What is the long-term goal for your child?

When you're a parent, you are in it for the long haul – you only get to do it once. You want the best – not just what's "good enough" – for your children. Parents want to give their children the best of opportunities and support so that their children are prepared as well as possible to face the challenges of life. Numerous studies show that a high percentage of students wander away from their Christian faith after their high school years. Along with Christian homes and churches, a Christian education helps solidify a strong foundation for life.

—From *whychristianschools.ca*

Back-to-school survival guide for moms

by Sara Horn

While most moms look forward to sending their kids back to school, we don't always enjoy the return of a full schedule and a full plate.

It's easy for stress levels to rise—getting the kids into new routines, helping with homework, driving to after-school lessons and practices, as well as keeping up with church activities.

But take heart! There are ways to make time for you during these busy back-to-school days.

1. Enjoy the quiet

Whether you're an early morning riser or you prefer a later bedtime, making time each day for yourself while the kids are in bed can give you the spiritual recharge you need. Keep the television or radio off and pull out your Bible or an inspiring devotional or book and spend a few minutes reconnecting with God. Ask yourself this question: How can I embrace today?

2. Mix fitness with friends

Drop off the kids at school or put them on the school bus and meet a friend for a quick 30-minute walk or an aerobics class at your local community center.



3. Use the car line effectively

If you pick up your child from school, consider arriving 45 minutes to an hour early to park and use that time to relax and refocus. I know many moms who will keep a book or favorite magazine to read during this time or catch up on phone calls with friends. You can also use these spare minutes to work on a Bible study.

4. Speaking of Bible studies

Many churches launch their new Bible study classes in the fall. If your church does not offer these types of classes, then look at other churches in your community that do and consider signing up for one. Quite

often, classes are offered on a wide range of topics as well as days and nights and times of the week that will fit your busy schedule. Not only will you receive spiritual encouragement, but you may also meet new friends!

5. Form a breakfast club

Invite four or five other moms to join you once a week for coffee or breakfast after the kids are at school. If some of you still have little ones at home, consider meeting at a fast-food chain with a playground. Make it a regular weekly appointment on your schedule to reconnect and discover that you're not as alone (or crazy) as you thought you were.

Students Study Use of Cell Phones

by Dr. Michael Ray Smith

Many churches launch their new Bible study classes in the fall. If your church does not offer these types of classes, then look at other churches in your community that do and consider signing up for one. Quite often, classes are offered on a wide range of topics as well as days and nights and times of the week that will fit your busy schedule. Not only will you receive spiritual encouragement, but you may also meet new friends!

“Most of us are so tethered to our cell phones that we become anxious when we misplace it,” noted Dr. Michael Ray Smith, professor of communication and the project leader.

Lee University students polled more than 500 students in its Department of Communication Arts, and 129 students responded, making the sample valid for that group.

“You can hardly go anywhere on campus without seeing someone checking their phone,” said Grace Green, one of the research students who examined the poll results. “You will sometimes even see a group of people all together, and they will all be on their phone. It's pretty crazy.”

Ms. Green and students in two research classes suggested questions for the poll, which is a snapshot of opinion that can change in a matter of hours.

Students asked, “Would you rather

break a bone or lose your phone?” a question gleaned from a similar public opinion survey by a professor in the Northeast.

Answer: Eleven students out of the 129-person sample said that they would rather break a bone.

Asked if they would rather lose notes for a crucial test or their cell phone, 61 percent said they would rather lose their phone.

Monitoring a cell phone also ranked high with 70 percent of students saying that they monitor their phones between five and 20 minutes each hour. Students found a free app, *checky.com*, that will tell the user how often he or she checks a cell phone with a running tally.

As a professor, Dr. Smith said he was shocked to learn that 80 percent of the sample use a cell phone to avoid an awkward situation. For instance, if a cell phone user doesn't want to talk to someone, she can pretend she's on the phone.

Dr. Smith checked with other professors on cell phone use.

“It's not just young people, either,” said Dr. Edward Fubara, associate dean of the Lundy School of Business at Campbell University near Raleigh. “In the last week I have been at two dinner tables fighting with myself not to pull out my phone during the lulls in conversation. Some of my compatriots lost the fight and totally plunged into the phone. Interestingly, I

have seen people use the phone as a tool to socialize in person, showing each other pictures and memes.”

One of the biggest surprises, according to Dr. Smith, is that 55 percent of the sample said they take the cell phone with them to the bathroom.

Dr. Smith said communication scholars use the theory of media ecology to help explain the behavior. The theory says that when new technology is introduced in a culture, behavior changes. It's not necessarily good or bad, but change will be present.

Researchers such as Drs. Gabriel Rubio and Fernando Rodriguez take it a step further and said the overuse of a cell phone can lead to depression and anxiety.

However, it can also provide a high. In their work in *Frontiers of Psychiatry*, Drs. Rubio and Rodriguez argue that cell phone use can become an addiction because the brain secretes a pleasure neurotransmitter such as dopamine.

“No worries. At this point, no one is saying for sure that cell phones are bad for your health; nonetheless, they have changed behavior internationally forever,” said Dr. Smith.

I as days and nights and times of the week that will fit your busy schedule. Not only will you receive spiritual encouragement, but you may also meet new friends!

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Ten reasons why working adults should choose online college classes

Many working adults are hoping to go back to college someday and finish what they started. There are many others who have never been to college before but want to get that elusive higher education degree as well. With the advent of online college classes and the ease with which working adults can earn their college degree, that elusive someday has changed to today.

There are many reasons why online college classes are the best options for working adults who want to obtain a higher education degree.

1. Variety

Online universities offer a variety of courses that cover almost every aspect of education. Since distance from the college is not a pivotal factor, working adults can pick any university that offers them a chance to study in the specialization of their choice. From the large spread of options that are made available to online college students, it is inevitable for you to find the exact course that you were looking for.

2. Remaining Current

Though students from all walks of life are choosing to study via online colleges for a variety of reasons, one reason why these courses are great for working adults is that they are designed keeping the current industry standards in mind. This means that most of the online college classes are created keeping industry needs in mind and will help to attain that promotion or indeed a better job with better pay, altogether.

3. No Commutes



There is no commute involved. In the past, working adults have chosen part time courses as a way to acquire their further education. With online college classes, there is no need to work about commuting at the end of a long day or traveling for many hours if the college of your choice is far away. Your living room can be the location of your quest to attain a higher degree if that is what you wish. Worried about the lack of social interaction? Do not worry, online programs incorporate huge amounts of team work and through these classes you can meet professionals from all walks of life. Yes, professional networking and job connections can be woven, formulated, and breached in these programs and classes.

4. Flexibility

One of the primary factors why working adults should choose online college classes is that they offer an incredible amount of flexibility when it comes to timing. In most cases, lectures, and other important information, are uploaded online and real time presence is not mandatory every time. Classes are scheduled at

all times that are considered feasible for working adults which includes days, night, as well as weekends. This means that your classes can be worked around the job schedule that you are keeping as well as the time that you need off to focus on your family and friends. There are deadlines and responsibilities but compared to a traditional program model and a fixed in class room schedule, online is far more flexible. It is like night and day.

5. Savings

There is a perception that online college classes tend to be a whole lot cheaper than traditional colleges. While this is not necessarily true when you consider the tuition fee, working adults can save loads of money when it comes to accommodation expenses, travel expenditures, as well as other usage fees associated with the use of the college premises. Textbook costs are kept at a bare minimum as most of the study material that is needed is made available to you online. Not only does this mean that you will spend less while taking online college options but you will be able to route the money you save and earn toward the paying of any educational loan that you might

have opted for.

6. Financial Aid

Financial aid in the form of scholarships and other grants are available for working adults who opt for online college classes as well. If you want to engage and shoot for that degree that you have in mind but you don't have the money that you will need to complete the courses successfully, you can easily apply for financial aid that is readily available for working adults who are also students.

7. Help from Employers

Employer contribution toward an online college education program is also possible in today's day and age. Working adults can opt to apply for an employer's contribution so that they pay you back for the career training that you will obtain through this type of study.

8. Gentle Learning Curve

Many working adults find it difficult to get back into the study groove after having stayed away from studying for so long. Online college classes allow for increased interactions with instructors as well as fellow students. You can get the help you need by forming study groups and enjoying the benefits of technology such VoIP calls, utilize Skype, and schedule video conferences without leaving your home at all. There is no fear of losing out on on-campus human interaction since online college classes involve webinars, discussion boards, and other forums that help to initiate and maintain a significant amount of interaction with instructors and fellow students.

9. Saving Time

Studying through traditional colleges will mean that you will have to dedicate four years to a bachelor's degree, two years for a master's and almost eight years for a doctorate level course (total). While regular students may be alright with this, working adults cringe at the long amount of time that is needed to weave their way through an advanced curriculum. With online college classes offering accelerated programs that you can further speed up depending on your needs, you will be able to attain the degree that you want in much less time than you would have through a traditional college. For instance, one class at the Univ. of Phoenix is full time whereas 4 classes are full-time at a traditional college. That is a huge advantage. Don't mistake this situation though, online classes are research paper and work heavy, don't expect this to be a cake walk! You may not be able to watch as much television every week or read for entertainment or pleasure as much as you used to. Sacrifices will still have to be made.

10. Accelerated Classes

Working adults can opt for accelerated learning programs offered by online colleges without worrying about deterioration in the quality of education that they will receive. Though the courses are sped up, the quality of education remains the same and many students manage to obtain a higher education degree in perhaps 3 years (if starting from scratch or 0 credits/units).

Online learning will continue to be a growing option for millions of adults. Most colleges are now playing catch-up to make sure they offer what potential students are searching for.



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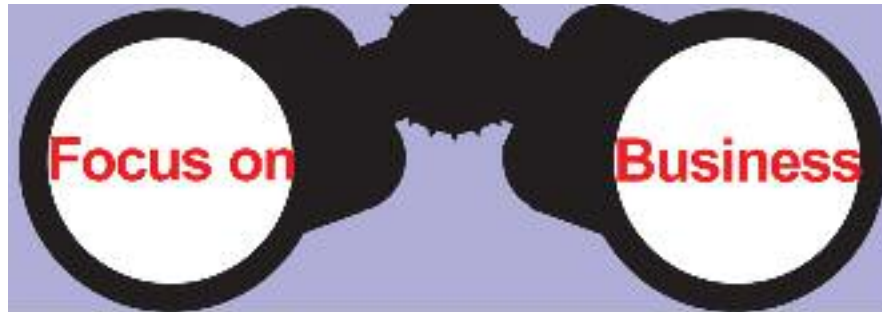
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Locally-owned food delivery service expanding

Topeka2Go is a restaurant food delivery marketing service that started in 2015 and is rapidly expanding across the nation. The service partners up with local restaurants and independent contractors to get hot, fresh, and delicious food delivered quickly and conveniently.

The online site and mobile app allow you to order food hassle-free and to coordinate when and where food is delivered directly to you. Orders can be for an individual or a group, delivered to a home or business location, or even to a hotel.

The standard delivery fee depends on the distance from the restaurant to your location. Average delivery time ranges from 45-55 minutes.

Topeka2Go is also a locally-owned family business.

Look for the app MyTown2Go on the App Store or the Play Store. When you order food through the website or app, you are supporting the local economy and a local family business.

For more information, call (785) 438-7806 or visit the website at www.topeka2go.com.

You can also find them online at



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Sometimes you can get more for your money with locally-owned businesses by having a local person to deal with when you have problems later.

Jim Driggers, owner of The Computer Store, says he offers quick turn-around time on your computer repairs and the most experienced technicians in Topeka. Most big-box stores send your computer out of town for repairs, and you never even get a chance to talk directly to the technician doing

the work on your computer.

"It's the difference between getting your computer back in a few days by us or a few weeks!" Driggers said.

If you need a new computer, The Computer Store will build one for you, with a warranty, and it will be serviced locally in the store if ever necessary. They have used computers and laptops for sale also.

The Computer Store has been in business since 1999, and is located at 21st and Gage in Seabrook Center. You can reach them by phone at 785-267-3223, or visit their website online at



www.thecomputerstoreks.com.

The Computer Store is a member of the Greater Topeka Chamber of Commerce, the Capital City Christian Chamber of Commerce and the Topeka Independent Business Association.




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CONCERTS

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

THE BERRYTON PICKERS - First Sat. of ea. month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun!

NOONTIME BROWN BAG CONCERT - Wednesdays 11-1. Aug. 2: TBA; Aug. 16 Smith & Liston at Westar Pocket Park, 818 S Kansas.

THE WRIGHTS - Aug. 5, 6pm, St. John's Lutheran Block Party, 901 SW Fillmore. 289-8905. thewrightsmministries.com

GAGE PARK SUMMER CONCERT SERIES - Aug. 6, 7-9pm. Free. Sante Fe Band in Concert at Gage Park Amphitheatre

ELMONT ANNUAL GOSPEL OPRY - Aug. 11, 7pm; and Aug. 12, 1pm, Elmont UMC, 6635 NW Church Ln. With Special Guests. Doors open 90 minutes early for lunch or dinner. Tickets \$10 - call John at 246-0156.

SECOND SATURDAY CONCERT SERIES - Aug. 12, Downtown Topeka, 8th & Jackson. Blake Martin 5:30-8pm; Nucklehead Jones (8:30pm-12:00) Blue Grass/Alt

GAGE PARK SUMMER CONCERT SERIES - Aug. 16, 7-9pm. Free. Topeka Blues Society Opener at Gage Park Amphitheatre

THE WRIGHTS - Aug. 18, 6pm, Atria Hearstone, 3415 SW 6th. 289-8905. thewrightsmministries.com

RONNIE MILSAP - Aug. 31, 7pm. TPAC. \$29-\$54. For info: 800-745-3000

LIVERPOOL LEGENDS, FEATURING HAYDEN HIGH SCHOOL BAND - Sep. 23, TPAC. Liverpool Legends "The Complete Beatles Experience!" Hayden High School band will be performing alongside Liverpool Legends playing famous Beatles songs such as "Hey Jude", "Penny Lane" and more. Led by Director of Bands, Josh

Bentman, Tickets available at www.ticketmaster.com, by phone at 1-800-745-3000 or at the TPAC box office

NEHEMIAH FEST VI, September 15-17, Smith Fork Park, 1601 DD Hwy., Smithville, MO. 50 bands & 4 stages. nehemiahfest.com

BIG CHURCH NIGHT OUT WITH NEWSBOYS - Sep. 28, 7pm. Kansas Expocentre. With Sidewalk Prophets, Seventh Time Down, Blanca, Derek Minor and more.

SPECIAL CHURCH EVENTS

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

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

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

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

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

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

LSANTA FE BAND CONCERT - July 30, 7pm. Tecumseh United Methodist Church. Free concert. Ice cream and cake will be served for a free-will donation. Bring lawn chairs or a blanket.

MEMORIAL DEDICATION - Aug. 5, 4pm, Fellowship and

Faith Ministries, 708 SE Lime. Although the East Topeka United Methodist Church closed its doors in 2012 after 133 years in service, a lasting memorial will be dedicated in a ceremony for the bell tower constructed from foundation stones and the bell from ETUMC. Former pastors, church members, and the public are invited

REVIVAL SERVICE - Aug. 6-8, 10am. Family of God Church, 1231 NW Eugene St. For info: 234-1111 or familyofgodchurch@hotmail.com

TOPEKA BIG BAND - Aug. 8, 5:30pm, Fellowship Hall at Susanna Wesley UMC, 7433 SW 29th. Come listen to the Big Band sound of the oldies and some newer selections. A light meal will be provided. Free will donation. This event is sponsored by SAIL (Supportive Adults Inspiring Lives). To sign up go to <http://www.swumc.org/sail-sign-up.html> or call Susanna Wesley at 785-478-3697.

CUPCAKE WARS - Aug. 12, 1-3pm, Western Hills Baptist Church, 29th & Auburn Rd.

ALL-MALE FASHION SHOW - Aug. 12, 4pm. New Mount Zion Missionary Baptist Church, 2801 SE Indiana. Admission is a donation of a school supply. Donations will go to Ross Elementary School.

ANNUAL SON-SHINE CARNIVAL - Aug. 19, 11-3, Crossroads Wesleyan Church, 2121 SW Harrison. Food, music, games, waterslide, silent auction, prizes, cake walk & fun for all! Free admission. 230-4362

ROUND UP SUNDAY WITH THE NEEDHAMS - Aug. 20, 10am-12pm. East Side Baptist Church, 4425 SE 29th St. The Needhams provide a rich history of family harmony and their personal faith in Jesus Christ. For info: 379-9933 or esbcks.org

AWANA - Aug. 23, 6:30pm. Auburn Christian Church, 1351 N Washington. Ministry program for kids 3-HS.

BARGAIN & BAKE SALE - Aug. 24-25, 8am. St. John's Lutheran Church, 901 Fillmore. For info: 354-7132

FALL FESTIVAL - Oct. 7, 5:30pm. Grace Bible Church, 4021 SE 37th St. Food, games, and prizes. For info: 267-0738 or info@gbc-topeka.org

SEMINARS & CONFERENCES

MEDICARE MONDAYS - First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Rm 206), 1515 SW 10th. Jayhawk Area Agency on Aging and Senior Health Insurance Counseling for Kansas offers Senior health insurance counseling. For info: 580-4545 or nhnl@tscopl.org

FREE GENEALOGY WORKSHOP - Aug. 26, 10am-3pm. Topeka and Shawnee County Library. Open to the public and sponsored by the John Haupt Chapter Kansas Society Daughters of the American Revolution (DAR). The workshop will provide assistance for beginners wanting to start tracing their lineage back to the Revolutionary War. Reservations required: 785-876-2489 or carolduercocochran@kc.rr.com with the subject DAR-John Haupt.

FAMILY-FRIENDLY EVENTS

SHEPHERDS CENTER PICKLEBALL GROUP - plays Mon. & Wed. Mon. at Countryside UMC, 32nd & Burlingame, from 3-5. Park on the NORTH side & use the furthest WEST door. Follow the hallway to gym. On Wed. at First Baptist, 30th & MacVicar, from 1-3. Park on the WEST side. Gym is right inside the doors.

MONDAY MARKET AT THE LIBRARY - Mondays, thru Oct. 9, 8-11:30am, 1515 SW 10th.

SILVER LAKE FARMERS MARKET - Tuesdays 6-8pm, Jun. 6 - Sep. 5, Silver Lake Public Library, 203 Railroad St, Silver Lake

EAST TOPEKA FARMERS MARKET - Tuesdays 3-7pm, 2010 SE California - Topeka Housing Authority. tgeorge@tha.gov

CAPITOL MIDWEEK FARMERS MARKET - Every Wed., thru Oct. 18, 7:30am - 12pm, Corner of 10th & Jackson on the South side of the Capitol Lawn

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

SHAWNEE SWINGERS SQUARE DANCE LESSONS - Wednesday's, 7pm, Croco Hall, 6115 SE Hwy 40, Tecumseh. Starting Sept. 20. Call 785-817-3071.

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

SHEPHERDS CENTER LINE DANCING GROUP - meets 2nd & 4th Thursdays, 2-4 at First UMC, 6th & Topeka. Park on the WEST side & use the WEST door. Immediately inside, turn left & walk the ramp to the library, then left to the elevator. Push [B] for the fellowship hall.

SHEPHERDS CENTER HHHS WALKING GROUP - meets 2nd & 4th Thursdays, 9:30-11 at HHHS, 21st & Belle. Parking & entrance for walkers is on the WEST side. Walking is done on an inside track. People who would like to walk a shelter dog must have completed an animal handling class that is given periodically at HHHS - for arrangements call Kelsey Scrinposkie, 233-7325.

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

FARMERS MARKET @ KNI - Fridays thru Aug. 11, 7:30am - 12noon, Kansas Neurological Institute, SW 21st & Oakley

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

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

SWAP MEET AT PREMIERE FARM & HOME - last Sat. of every month thru Oct., 900 SW University Blvd, 7 am to noon. Laying hens, pullets, baby chicks, guineas, ducks, geese, and more. No fee to set up. No goats.

SAVING DEATH ROW DOGS ADOPTION BOOTH - Every Sat., 11am - 2pm, Petco, 1930 SW Wanamaker. Some Sat. adoption booths are held at PetSmart, 2020 SW Westport Dr. Updates at savingdeathrowdogs.com

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

BIG SCREEN UNDER THE STARS - Jul. 27, 9-11:30pm. Bettis Family Sports Complex, 3025 SE Croco Rd. Showing: "Hook." Bring lawn chairs or blankets. Concessions available. Outside food and drinks not allowed.

BLUES 4A CAUSE - July 28, 6-11pm. Downtown Ramada. Music, dance lessons, vendors. For info: we.topeka@gmail.com or 256-0784

KANSAS BALLET SUMMER SHOWCASE - Jul. 29, 6-8pm, TPAC. Dancers from Utah, Kansas Ballet Academy, Ballet West, and Kansas City Ballet. \$10. Free Q & A with professional guest dancers afterwards. For info: 785-383-7918 or tututitox.com

NORTHEAST KANSAS WEDDING EXPO - July 30, 10am. Kansas Expocentre. \$7.

PRIMARY ELECTION DAY - Aug. 1, 7am-7pm.

TOPEKA METRO CELEBRATION & ART EVENT - Aug. 1, 8-5, Quincy St. Station. A celebration for the 5th Anniversary of the Kids Ride Free promotion that takes

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place annually May 15 to Aug. 15. Staff will be at Quincy Street Station handing out goodies and educating parents and youth about the benefits of riding the bus. Award-winning local artist Kristine A. Luber will be on hand to celebrate art with a "Circle of Life" theme, creating art with the help of passengers that will bedeck baskets on Topeka Metro Bikes.

COMMUNITY ACTION BACK-TO-SCHOOL FAIR - Aug. 1, 1-7pm, Salvation Army, 1320 SE 6th Ave. Free School supplies for eligible families. Income guidelines; Participants must register before the event. Pre-registration is required. For info: 785-235-9296.

GLOW GOLF TOURNAMENT - Aug. 3, 9pm. Lake Shawnee Golf Course. Night golf. For info and registration: goshea@greatertopeka.org

TIFFANY STAINED GLASS WINDOWS - Aug. 4, 5-8pm. First Presbyterian Church, 817 Harrison. Part of the first Friday art walk.

GRAPE ESCAPE - Aug. 4, 6pm. TPAC. Food and wine sampling, games, live auction, etc. For info: 234-2787

WELCOME HOME HIRAM AND SUSIE DILLON - Aug. 4, Dillon House, 404 SW 9th. Celebrate the homecoming of the individual painted portraits of Hiram Dillon and Susie Dillon. Light snacks & beverages, photo booth.

SIZZLIN SUMMER SALE - Aug. 4, 2-8pm. Garfield Park Shelter House, 1600 NE Quincy. Free. For info: 220-8887

NATIONAL NIGHT OUT KICK OFF PARTY - Aug. 4, 5:30-7:30pm, Alpha Media Topeka Radio Studios, in the parking lot, 1210 SW Executive Dr. Music, games, food, Fire Dept., Police vehicles, Nat'l Guard, facepainting and more!

NATIONAL NIGHT OUT EVENTS - Aug. 5. National Night Out events throughout Topeka and Shawnee County. For info call Judy at Safe Streets, 266.4606 or email jwilson@safestreeets.org

NEIGHBORHOOD BLOCK PARTY - Aug. 5, 6-8pm. St. John's Lutheran Church, 901 Fillmore. The Wrights, free food and activities.

DELTA HAZE CONCERT - Aug. 5, 4-6pm. Grace United Methodist Church, 2627 SW Western. Night out against crime Quinton Heights NIA event

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C5Alive Developing and Uniting Christian Leadership

• Business • Non-profits • Churches

Membership open to all Christian businesses, non-profits, churches & individuals!
Luncheons & Tradeshows & some other events open to the general public!

C5Alive POWER Luncheons are held 2nd Thur. each mo.

Aug. 10, 11:30-1 - "POWER Luncheon" at Dillon House, 9th & Harrison

Mystery Speaker!

"Christian Leadership in our City"

RSVP to info@C5Alive.org or 785-640-6399

• Sep. 14, 11:30-1, Power Luncheon
• Oct. 12, 11:30-1, Pastor Appreciation Luncheon - all Pastors admitted Free! Held at Great Overland Station

Save the Dates!

Find us on Facebook at facebook.com/C5Alive

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

COME TO THE Elmont Opry!

Two Great Shows!

Fri, Aug. 11, 7 pm & Sat. Aug. 12 at 1 pm

Great Gospel Music by all your favorites!

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(1 mile East of North Highway 75 on NW 62nd St.)

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Evangelists Tom & Susie Scarella

Family of God Church

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FOGchurch.com

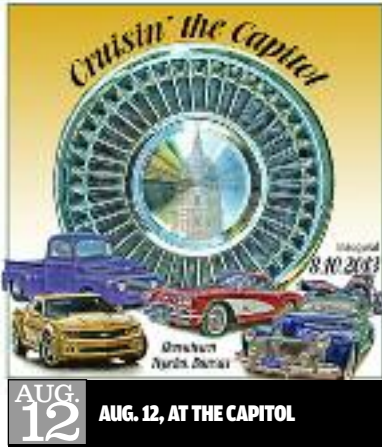
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18TH ANNUAL HARLEY PARTY - Aug. 5, 3-10pm, 7th & Kansas. Silent Auction, concert featuring Nucklehead Jones and at the end of the night we are giving away a brand new Harley Davidson (only 1000 tickets sold)! Benefitting Boys & Girls Clubs. Tickets \$30 at www.bgctopeka.org/harley-party (includes one chance to win, 2 drink tickets & adm. to concert). Call 234-

5601. Fabulous Food & Beverages also available at Food Truck Alley.
ANNUAL FREE DOG WASH - Aug. 5, 12-5pm. Petland Topeka, 1801 SW Wanamaker Rd. Donations will go to area rescues. Bring your own towel. For info: 272-8900
CAPITAL CITY CRUSHERS VS. 580 ROLLERGIRLS - Aug. 5, 6:30-9:30pm. Sk8away, 815 SW Fairlawn. Adults \$8, children 12 and under \$6, in advance. Tickets are \$2 more at the door.
ELE-FUN RUN 5K - Aug. 5, 7-10am. Topeka Zoo. \$25. For info and registration: store.topekazoo.org/#/special-events
PARTY AT THE PARK - Aug. 5-6, 8am-5pm. Heartland Park Topeka. Price varies. Pet friendly. Participants will have the opportunity to experience and compete in Autocross, Performance Driving Experience, RallyCross, Road Racing, TSD Road Rally. For info: 800-770-2055 ext. 351 or scca.com/pages/heartland-rules-and-regulations
TOPEKA BOW HUNTERS JAMBOREE - Aug 5-6, 8am. 37th and Ratner Rd. Adults \$12, kids 12-16 \$6, kids under 12 free. Auction at 1:30 and hog roast at 6pm.
AMERICAN ROYAL SUPREME BEAUTY PAGEANT - Aug. 6. Kansas ExpoCentre. For info: arpageants.com
FREE BACK TO SCHOOL HAIRCUTS - Aug. 9, 4-8pm. New Mt Zion Missionary Baptist, 2801 SE Indiana Ave.

BRUSHLESS AUTOMATIC WASH featuring **ZERO SPOT RINSE** with **OTTO CAR WASHES**

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Brochures	Gloss, full color, two sided trifold	250-999	\$40 each
Brochures	Gloss, full color, two sided trifold	over 1,000	\$0.35 each
Postcards	12 pt. full color, two sided, 8.5x5.5	500-999	\$0.20 each
Postcards	12 pt. full color, two sided, 8.5x5.5	1,000-1,999	\$0.18 each
Postcards	12 pt. full color, two sided, 5.5x4.25	500-999	\$0.15 each
Postcards	12 pt. full color, two sided, 5.5x4.25	1,000-1,999	\$0.13 each
Tablet posters	Gloss, full color, 12x18	1	\$1.00 each
Color copies		up to 500	\$0.25 each
Black copies		up to 500	\$0.10 each
Vinyl Banners	Full color		\$5.00/sq ft

Call for additional quantities and other services and materials not listed. 888.364.4611

888.364.4611 - www.marketingconceptsks.com

6TH ANNUAL BACK-TO-SCHOOL HEALTH EXPO - Aug. 10, 5:30-7:30pm, Rebound Physical Therapy, 5220 SW 17th St. Dozens of vendors will be giving away school supplies, bikes, educational materials and more. Bounce houses, food and fun!
BACK TO SCHOOL BLUES 'N' BBQ - Aug. 11, 6-9pm. The Foundry Event Center, 400 SW 33rd. \$25 for dinner and show. Grand Marquis, a Kansas City blues and jazz band and International Blues Challenge finalist. For info: 339-4061 or bluesnbbq2017.bpt.me
GETTING UP FROM THE FALL 5K RUN/WALK - August 12, 9am, Carbondale Ball Diamonds. For info, go to gettingupfromthefall.com.
2017 TOPEKA WALK FOR APRAXIA - Aug. 12, 10am Registration, 11am start, Sunflower Soccer Complex, 4829 NW 17th St. Fundraising event for children with Apraxia of Speech, helping children find their voice. You can participate even if you are unable to be at the Walk by making a donation to support our efforts. T-shirt deadline: July 16. For info and web links: Cindi Bramlage: twinzmom77@gmail.com. See Topeka Walk for Apraxia on facebook
CRUISIN THE CAPITOL CAR SHOW - Aug. 12, 6-9pm, Downtown at the Capitol, featuring a "Burnout Lane" right in front of the Capitol. All makes, all years - cars, trucks and cycles. Live entertainment, food trucks and beer gardens. Knucklehead Jones will perform in front of the Celtic Fox at 8th & Jackson. Registration & info at DowntownTopekaInc.com
CYCLOVIA Topeka - Aug. 11-13, Downtown Topeka. Glow Ride Friday night. Sat.: Excursion rides along Kansas Ave., Food Trucks, vendors, bike safety, childrens obstacle course. Sun.: 50 mile excursion ride. 785-234-1030.

HEALTHWISE INDOOR PICNIC & SENIOR HEALTH FAIR - Aug. 14, 5:15pm. Storming Vail Health, 1500 SW 10th Ave. Reservation required by Aug. 9. \$5. For info and reservations: 354-5225
MOTO IN NOTO - Aug. 18, 7pm-12am. J&J's Gallery/Event Space, 917 N Kansas Ave. Bike & car cruise night in 800-900 block of NOTO.
(RUN) FOR ONE 5K - Aug. 19, 8am, Lake Shawnee Shelterhouse #2. Help our (un)adopted ministry where we serve children across the globe who will unfortunately never be adopted. We work with churches in other countries to provide training, life and job skills to young people while sharing the gospel so they have a brighter, fuller future! Have a great time running or walking in our 5K while supporting an amazing ministry of Lifeline Children's Services! \$30. Runforone5k.org 783-4577

8TH ANNUAL SPORTING CLAYS FOR KIDS - Aug. 19, 8-11am. Ravenwood Lodge. Fundraiser for TARC. Food from Henry's Grill, Bakers Dozen, and Chef Alli.
STANDING WITH TRUMP RALLY - Aug. 19, 2-5pm. Garfield Park. Reception/refreshment area provided. Please bring something to add to the party. For info: facebook.com/groups/standingwithtrumpkansas/
MAKING STRIDES AGAINST BREAST CANCER KICKOFF BREAKFAST - Aug. 24, 7:30-8:30am. Learn more about the event and forming a team. For info and to receive an invitation, contact Amy Kralicek at 785.438.5608 or www.makingstrideswalk.org/topekaKSkickoff. RSVP by Aug. 10 to topekaksstrides@cancer.org.
2ND ANNUAL SEMPER FI SOCIETY MCJROTC GOLF TOURNAMENT - Aug. 26, 7am. Western Hills Golf Course. For info: 295-3227
INDIA FEST - Aug. 26, 10-2, Big Gage Shelter House. Indian cuisine, jewelry, art, music & entertainment. For info: indiansoftopeka@gmail.com
BLUE & GOLD GOLF TOURNAMENT - Aug. 26, 7am-7pm. Great Life Shawnee CC. This tournament combines the PACE and Football Golf Tournaments. For registration and info: 272-2150
ANNUAL DENIM TO DIAMONDS - Aug. 26, 5:30-9pm. Downtown Ramada. Dinner & auction. Benefits Ronald McDonald House. For tickets and info: 235-6852 or www.rmhctopeka.org
DART & DARTINI ADVENTURE RACE - Aug. 26, 8am, Downtown Topeka. A benefit for Let's Help. Register at www.dothedart.com
TOUCH-A-TRUCK - Sep. 2, 9:30-1:30pm. Downtown Topeka. Offers children an up close look at heavy machinery, safety vehicles, and other cool trucks.
KANSAS CITY RENAISSANCE FESTIVAL - Sep. 2 - Oct. 15, 10am-7pm; Weekends only plus Columbus Day and Labor Day. 628 N 126th St., Bonner Springs, KS. www.KCRenFest.com. 800-373-0357.

22ND ANNUAL BRUCE WHALEY SPIRIT RIDE - Sep. 9, 8am, Lake Shawnee Shelter house # 2. Money raised donated to Leukemia and Lymphoma Society for patient aid in our area. A 6.5 mile Family Fun ride, or 25 or 50 mile ride through southeast Shawnee County. Registration at 8am, ride at 8:30am. Cost: \$25 Early Registration, \$30 after 8/28. Includes SAGs & Pizza for lunch following the ride. For info: KVBC.org or 785-379-0534.
BRUCE WHALEY SPIRIT RIDE - Sep. 9. Hosted by Kaw Valley Bicycle Club. For info: kvbc.org
KANSAS BOOK FESTIVAL - Sep. 9, 9am-4pm. Kansas State Capitol, 300 SW 10th St. Book signings, food, presenting authors, entertainment, music and children's activities. Free. For info: kansasbookfestival.com
FIERCE-ISH COSTUMED 5K/10K WALK/RUN - Oct. 14, Norsemen Brewing Company in the NOTO District,

starting at 8:30 a.m. Hosted by Fierce Life Wellness. Benefiting Silverbackks and Fierce World Inc. <https://runsignup.com/Race/KS/Topeka/FierceLifeWalkRun>
MIDWEST CLEAN COMEDY - Oct. 14, 7pm, Topeka Performing Arts Center. A one-of-a kind comedy show for the whole family. Tim McClendon, Louisville native Street Russell and national touring comic Clint Hall. (785) 2342787 <http://www.topekaperformingarts.org/events/2017/midwest-clean-comedy>
CHINA CIRCUS - Nov. 4, 7:30pm, Topeka Performing Arts Center. Direct from China, one of the world's most awarded Acrobatic Troupes will be performing. (785) 2342787 <http://www.topekaperformingarts.org/events/2017/china-circus>

MEETINGS & CLASSES

C5Alive "POWER" LUNCHEON - Aug. 10, 11:30-1, at Dillon House, 9th & Harrison. Featured Speaker: TBA.
 • 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!
SAVE THE DATE: Sep. 13, 11:30-1, C5Alive "POWER" Luncheon
SAVE THE DATE: Oct. 12, 11:30-1, C5Alive "Pastors Appreciation" Luncheon
CONCERNED WOMEN FOR AMERICA MEETING - Join other concerned individuals to pray and unite in action for Shawnee County and our Nation. For info about monthly meetings: 785-260-5659 or go to ks.cwfa.org.
THE HEAT - Free fitness classes; learn and build healthy social & eating habits. Held at Trinity Presbyterian Church, 4746 SW 21st St. Sun. - 4-5pm

Yoga; Mon. - 12-12:45pm Zumba; 5:30-6:15pm Kickboxing; 6:15-7pm Pilates Fusion; Tue. - 12-12:45pm Yoga; 5:30-6:15pm Zumba; 6:15-7pm Cardio Interval; Wed. - 12-12:45pm Kickboxing; Thu. - 12-12:45pm Pilates; 5:30-6:15pm Cardio Interval - Low intensity; 6:15-7:00pm Cardio Interval - Moderate intensity; Fri. - 12-12:45pm Kickboxing; Sat. - 8-8:45am Kickboxing
TOPEKA TREASURE HUNTERS CLUB - 3rd Sun. of each month except May, Sep. & Dec., 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 Munger at 249-3054 for info.
BOY'S TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS - Every Mon. 6pm, Cornerstone Comm. Ch., 7620 SW 21st. Faith-based scouting programs, age 5-18. Register at cornerstonetopeka.com. 478-2929.
DEAF WORSHIP SERVICE - 3rd Sun., 3pm, Faith Lutheran Church, 17th & Gage. Also, every Sun. 9:30am service is interpreted.
FAMILY EXPERIENCE (FX) - Every Sun., 6:01pm, Fairlawn Church of Nazarene, 730 Fairlawn Rd. A time of high intensity, action packed, skit mania, worship music all centered around the word of God for 45 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. 286-0467.
THE FIRST PLACE 4 HEALTH PROGRAM - Mon., 6:30pm or Sat., 8am, Topeka First Assembly, 500 SW 27th St. This program points members to God's strength & creates a compassionate support group that helps members stay accountable in a positive

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environment & delivers faith-based health & weight management instruction. To join or start a new group, contact Jan Norris, 972-0582 or norris.jan@sbcglobal.net or visit firstplace4health.com.

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

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

TIBA NETWORKING GROUP – 2nd Tues, 11:30a.m.-1 p.m. MUST RSVP: taradimick@gmail.com. Lunch is \$10. www.topekatiba.org

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

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

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

PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP – Third Tue. Ea. Month, 6:45-8:45pm, Topeka Public Library, Rm 202. Info: Jeff Landers - 224-5946

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

FRATERNAL ORDER OF EAGLES Aerie 4319: First & Third Tue. 7pm; Auxiliary: Third & Fourth Tue. month 6pm, 2941 SE Fremont Street. The Fraternal Order of

Eagles is an international non-profit organization uniting fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and promoting peace, prosperity, gladness and hope. www.foe.com 785-266-7307

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

DADDY'S GIRLS EMPOWERMENT MEETINGS - Do you want MORE... Come Join us for our More Luncheons where Real Women get together: share, learn and grow to return to our homes, families workplace, churches & other places of influence restored and rejuvenated to pursue God's MORE...at Topeka Public Library, 12 noon, every 3rd Wednesday. Sponsored by Daddy's Girls Inc. Please to RSVP make lunch reservations: daddysgirlsinc@gmail.com or 785-969-0491

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

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 3-18. For info: 272-0443.

AWANA – Every Wed., 6:30pm, Bethel Baptist Church, 4011 N. Kansas Ave. Bible based program for children & youth ages 3-18. For info: 286-0467.

AWANA – Every Wed., 6:30-8pm, Auburn Christian Church. Bible based program for children & youth ages 3-18. For info: 256-2515.

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

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

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

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

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

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

WELLS FARGO FINANCIAL EDUCATION EVENTS - Blue Moose Bar & Grill, 11:30 AM on the third Thu & Fri each month. Free, but RSVP required. On Thu Brian discusses family wealth strategies. On Fri. Amy discusses wealth strategies that apply to women. 785-271-2536 Jennifer.Ward@wellsfargo.com

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

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 tgestopeka.org.

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

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

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

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

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

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

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

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

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

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

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

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

SUPPORT GROUPS

MIDLAND CARE GRIEF SUPPORT Groups: Building A, 200 SW Frazier Circle

Every Mon., 4-5pm: 12 Week Adult Group for Recent Loss 1st and 3rd Thu., 10:30am & 5:30pm— Ongoing Adult Group 1st and 3rd Thu., 5:30pm: Ongoing Young Adult Group (4-18 years of age)

For All Groups: Call for start dates and info packet. Group and individual grief support available upon request. For info: 785-232-2044 ext.341

ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion Syndrome...we can help mend a broken heart! For info: Kay Lyn at KLCarlson20@cox.net.

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

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

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. For info: Alzheimer's Association, Heart of America Chapter,

271-1844 or email cindy.miller@alz.org.

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

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

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

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

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

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

GRIEF SUPPORT – First Monday each month, 3:30-4:30pm, 400 SW Oakley. Call Donna Park for info: 783-7527 or valeotopeka.org. Open to public. Free.

GRIEF SUPPORT – 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 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. For reservations or info: 785-271-6500.

OVEREATERS / UNDEREATERS ANONYMOUS:

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

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

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

For info: 357-8774; sunflowerintergroup.org.

NAMI TOPEKA – Every 2nd Tue., 6:45pm, lower level of Valeo, 330 SW Oakley. If door is locked, call 608-1317 to get in. 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.

GRIEFSHARE SUPPORT GROUP – every Tue, 6:30pm, East Side Baptist Church, 4425 SE 29th St. 13 weeks starting Aug. 22. Welcome to ESBC. Video seminar, support group & workbook for journaling and personal study exercises. (785) 379-9933; esbcs.org; secretary@esbcs.org

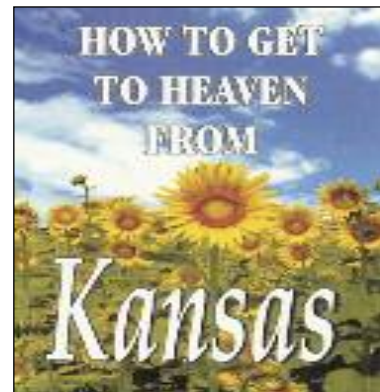
KC TRAUMA AND PTSD SUPPORT GROUP - Every Tue. 10am and Thu. 6:30pm. Call Denise at 816-885-9530.

EMOTIONS ANONYMOUS: a 12 step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets at Grace Episcopal Cathedral, weekly, Tuesdays, Noon-1:00. *NVC*. For more information contact Sharon at 785-633-7764

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

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

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



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.

Friday Oct 13 7:30 pm
Doors open at 6:45pm

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entertainment

Tackett hopes to change minds with "Is Genesis History?"

interview

by Michael Foust

Del Tackett knows he can't convince everyone that the events described in Genesis are literally true.

But he does hope that naysayers who watch his new documentary -- *Is Genesis History?* -- will at least acknowledge there is contrary evidence to the mainstream, pro-evolution scientific model.

Tackett serves as host of the roughly 90-minute documentary, which features a dozen scientists discussing the scientific evidence for a young Earth, a literal Adam and Eve, and a worldwide flood. Along the way, Tackett visits such sites as Grand Canyon National Park, Coral World Ocean Park in the Virgin Islands, and Washington state's Mt. Baker.

The documentary -- now on Netflix streaming, DVD, Blu-ray, and video on demand -- was a surprise hit in February when it debuted in theaters, finishing No. 1 on opening night and topping mainstream releases like *The Lego Batman Movie* and *Fifty Shades Darker*.

Tackett says one of the biggest problems with the pro-evolution, pro-Big Bang scientific model is that no one is allowed to question it.

"Academia has bought into the paradigm. The media has bought into it," he told the Metro Voice News. "If we look at the history of science, every scientific paradigm that has arisen has captured those areas of power before they collapsed and the next paradigm arose. We're in the midst of one of those as well. You're not allowed to speak against it. When a scientific paradigm captures



Tackett at the Grand Canyon.

a culture, it's the only way you think, and anyone who thinks differently is viewed as weird, stupid, idiotic and unscientific -- all those terms that are tossed around."

Although the documentary's primary audience is Christians, Tackett wants supporters of the mainstream scientific model to watch it, too.

"And hopefully they'll recognize that the old accusations -- that people who affirm the Genesis paradigm are weak-



minded or whatever -- are not true," he said. "We would hope that they would then say, 'You know, there's something wrong with shutting out evidence and not having a clear, open discussion.' That's what I would love to see. Let's just have an open discussion of this without the name-calling."

Tackett got involved in the project

due to a concern that the mainstream scientific model is gaining in popularity among Christians, especially within seminaries and "among some of our more prominent pastors," he said. He wants the documentary to encourage Christians who are having doubts about their faith.

"We hope they're reassured in their belief of Scripture," he said.

Is Genesis History features such scientists as Douglas Petrovich, an archeologist at Wilfrid Laurier University in Waterloo, Canada; and Marcus Ross, a paleontologist at Liberty University in Lynchburg, Va.

Tackett said he learned a lot while filming the documentary, but also had fun.

"Having the opportunity to rub shoulders with these scientists and learn from them, it was a thrill. But it was -- I'll be honest -- at lot," he said of the physical challenges. "We had some back-to-back trips and we did some serious hiking on occasions. But I thoroughly enjoyed it. And the scientists, the crew, everybody -- it was just a wonderful experience."

MOVIES, STREAMING, BOOKS, MUSIC, INTERVIEWS & MORE!

streaming

'Victoria' tops August streaming releases



Victoria might fill your Downton Abbey void

By Michael Foust

I didn't cry when PBS' *Downton Abbey* went off the air, but I thought about it. After all, what would replace my infatuation with yesteryear British aristocracy?

Then Netflix launched *The Crown*, which gave us a story not just about aristocracy but a royal family: that of Queen Elizabeth II. I was hooked.

And now I have discovered a third binge-worthy British series, and it may be as good as the first two. It is PBS' *Victoria*, which follows the life of Queen Victoria, who was 18 years old and woefully unprepared when she took the throne in 1837 but reigned over the United Kingdom for 63 years.

Like *Downton Abbey*, *Victoria* first aired on ITV in the UK before becoming a part of PBS' Masterpiece series.

Season 1 begins streaming on Amazon Prime Aug. 29. Here's ever better news: It's mostly family-friendly.

Victoria was fifth in the line of succession at birth but became queen through a series of unexpected family events during her teenage years. (Her grandfather was the Revolutionary War's King George III.) With a sheltered upbringing and standing at only five-feet tall, she had plenty of doubters who wanted to see her replaced. In the PBS series, many question her intelligence and temperament.

"Her wits are too fragile," one person says.

"She's too impulsive to be queen," says another.

Season 1 succeeds because it gives us a Queen Victoria worth rooting for. She's flawed, yes, but also humble. She shows graces to others. She learns. We want her to prove her detractors wrong.

The series has elements we enjoyed in *Downton Abbey* and *The Crown*. Like *Downton Abbey*, PBS' *Victoria* spotlights the lives of the servants. And like *The Crown*, it shows us a queen who wasn't prepared to lead. The sets in *Victoria* are not as extravagant as those in *Downton Abbey*, but the theme song is just as addictive.

Jenna Coleman, previously known for her role in *Doctor Who*, does a magnificent role in the lead role.

Of course, *Downton Abbey* (Amazon Prime) and *The Crown* (Netflix) are on streaming platforms, as well. (Both come with caveats for families: *Downton Abbey* includes a same-sex angle with a problem-

■ See STREAMING on page 17

New this month:

Amazon Prime

New in Town (PG, 2009) -- A businesswoman (Renée Zellweger) from Miami is sent to frigid-cold Minnesota to oversee a blue-collar manufacturing plant. It's hilarious. It's also one of the cleaner Hollywood romances out there. Rated PG for language and some suggestive material. Aug. 1.

Valkyrie (PG-13, 2008) -- Based on a true World War II story, German Colonel Claus von Stauffenberg (Tom Cruise) leads a failed plot to assassinate Hitler. Rated PG-13 for violence and brief strong language. Aug. 2.



Netflix

Sing (PG, 2016) -- A theater owner attempts to save his business by holding a singing competition. It's a funny animated film, although some parents may find the music and dance choices problematic. Rated PG for some rude humor and mild peril. Aug. 3.

I Am Sam (PG-13, 2002) -- A mentally challenged father (Sean Penn) fights to keep custody of his 7-year-old daughter. A Hollywood film with a life-affirming message! PG-13 for language. Aug. 18.



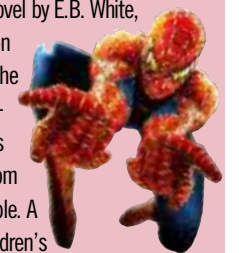
Hulu

Charlotte's Web (G, 2006) -- Based on the classic novel by E.B. White, this live-action version tells the story of a spider who helps save a pig from the dinner table. A delightful children's film with lots of life lessons. Rated G. Aug. 1

Spider-Man, Spider-Man 2 (PG-13, 2002 & 2004). There have been three versions of Spider-Man in the past 15 years; this was the first one and starred Tobey Maguire. Both are rated PG-13 for violence and action. They also contain some sensuality and language. Aug. 1.

New in Town (PG, '09) -- See above. Aug. 1.

Valkyrie (PG-13, '08) -- See above. Aug. 2.



SUMMER'S ALMOST OVER, BUT STILL PLENTY TO HEAR

musicscene

I hope everyone is enjoying their summer. It's August and school is almost back in session. I encourage you to make these last few days with your kids the most memorable. Our family has done our best to stay cool with plenty of ice cream, sweet tea and watermelon. Originally from the South, we love our sweet tea. Now that I've made you hungry, lets chat about music.



Cedric Austin

August New Releases

Third Day - Revival - Essential Records - Provident

I AM THEY - Essential Records - Provident

Koryn Hawthorne EP - RCA

Inspiration - Provident

Durward Davis - Never Be Defeated - Tyscot - Provident

Cana's Voice - Live At Champion Forest - StowTown Records

Vertical Church - Vertical Church Band - Essential Worship - Provident

Thousand Foot Krutch - TBD - Fuel Music - New Day

Mark Lowry - What's Not To Love? - Daywind Records - New Day

Travis Greene - Crossover: Live From Music City - RCA Inspiration - Provident

People & Songs

People and Songs is a worship community made up of local Church songwriters, artists and worship leaders. According to Eph 5:21 they submit their individual stylistic bents and denominational preferences to allow their talent and creativity to become the tools with which they love and unite as one. Our prayer is that we would use our gifts to applaud and serve others rather than seeking



applause and service from others. God has put desire for biblical unity in us, and a longing to see the Church become one in faith, in hope, and in one calling. Just a few short months ago, my wife and I were scanning the Internet and came across a song called "Amen." Although I was familiar with the lead vocalist (Charity Gayle), I had never heard of the community, "People and Songs." The song "Amen" simply took us into worship. I encourage you to check out this group of worship leaders at www.peopleandsongs.com. To date, "Amen" is probably my favorite songs of theirs. There are several more songs on their site for your listening pleasure and the ability to purchase

■ See MUSIC on page 17

Dunkirk an inspiring war movie, without the gore

moviereview

by Michael Foust

I've seen my share of war movies. They often go something like this:

Opening credits. Battle scene. Blood and guts. Blood and guts. Gory scene you wish you could forget. Conclusion. Closing credits.

Even if the movie had a positive message, it likely was lost in a mass of violence.

But there are exceptions, and one of them is the new movie Dunkirk (PG-13).

Based on a true story, it spotlights a pivotal moment from World War II in which some 330,000 Allied troops were evacuated off the beaches of Dunkirk, France, after being surrounded by German forces. Facing a devastating loss to the Nazis and needing a miracle, the troops — comprised of British, German and Belgian forces — survived when hundreds of private boats from Great Britain crossed the English Channel and ferried the men to larger ships.

Without that daring and risky mission



in May and June of 1940, Hitler may have conquered all of Europe long before the United States even got involved.

Dunkirk is directed by Christopher Nolan, the same moviemaker who brought us the mind-bending films Interstellar (2014) and Inception (2010). But while those latter films were sometimes hard to follow, Nolan opted for simplicity in Dunkirk. It includes little dialogue, a modest musical score, and a straightforward plot as it alternates between scenes on the land, at sea, and in the air. All total, there are only about eight major characters.

This minimalistic approach may seem gimmicky, but it works. It's easy to forget you're watching a movie. This is one of the reasons Dunkirk may be my new all-time favorite war film. Here's another reason: The violence is minimal — at least for

a war movie. Yes, soldiers are killed and bodies do fly through the air and ships do explode, but it is largely bloodless. To me, the most disturbing parts of the film involve soldiers caught in a capsized ship, trying to escape before drowning.

Dunkirk includes about eight coarse words — h-ll (2), misuse of "Christ" (2), f-word (2), misuse of "God" (1) and s-t (1) — although, honestly, the thick British accents can make it tough to know what is said. The film contains no sexuality or nudity.

With countless examples of sacrifice and courage and a good-versus-evil worldview, Dunkirk is an inspirational war movie you want to watch again and again. And even though God is mentioned only once (that is, in a positive light), it's impossible not to see His hand at work in the Allies' survival.

Jesus once told his followers, "Greater love has no one than this, that someone lay down his life for his friends" (John 15:13). That happens a lot in Dunkirk.

Entertainment rating: 4 out of 5 stars. Family-friendly rating: 3 out of 5 stars.

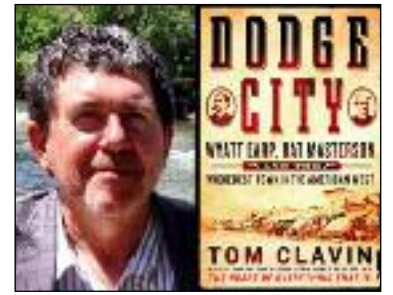
BOOK TO CATCH BEFORE SUMMER'S END

bookreview

Here is a book you might want to catch before the leaves begin to fall. This is a book I am eager to recommend — a book that I found thought-provoking and fun.

Dodge City: Wyatt Earp, Bat Masterson and the Wickedest Town in the American West. By Tom Clavin. (St. Martin's Press, 2017). Understandably, but regrettably, most Americans know what they think they know about the American West from movies and television. Furthermore, many of the early books written about Dodge City and figures like Wyatt Earp and Bat Masterson were about as fictional as Gunsmoke.

I grew up watching Gunsmoke with my grandfather, and Marshal Dillon was my hero. The good news is that the real story of the West is actually even more interesting, if also more complicated, than the stories Hollywood told. Tom Clavin is



not an academic historian, but he is an accomplished writer and a former reporter for The New York Times. He knows how to chase down a story, and Dodge City is a great example of journalistic history. A few years ago, friends took me out to Melody Ranch, Gene Autry's old movie set in the rural hills outside Los Angeles. I realized then that I was walking on the set where almost all of the westerns of my boyhood had filmed. They just changed the signs on the storefronts. I felt let down. Readers looking for a story that is bigger than life and still hard to pin down will not be let down by Dodge City.

MUSIC

continued from page 16

and download chord charts.

If Millennial Had a Sound

I have been waiting for Landry Cantrell's new project to drop. Since dropping, I have listened to every song several times. I would definitely use this project as summer road trip music. Growing up around his dad's recording studio and singing in church as a young boy — it wasn't a surprise when music became an essential part of Landry Cantrell's life. When talking about how God is using this passion, Landry reveals, "When people relate to the songs I've written, well, first of all, it blows my mind, because I write these songs from my heart and life. But when I see others finding comfort in what I've written, it's really special for me. That's a humbling and incredible thing to experience." A few of my favorite songs on the album are Before You, Gravity and Fly. You can find Landry's new project "Projections" on all digital music platforms.

Soulful Sounds of Bryan Popin

A native of Middletown, NJ, Popin began playing piano by ear when he was 11 years old. Popin studied with such noted teachers as Julliard's Dr.

Sammuel Mammel and Rutgers University's Dr. Joseph Accurso. Early in his career, the legendary Stevie Wonder nicknamed him "Little Boy Wonder" and he's continued to impress with his songwriting and musician skills and vocal prowess. He's collaborated with R&B legend Chaka Khan and highly respected worship leader Martha Munizzi. He's opened for Israel Houghton, Deitrick Haddon, Donnie McClurkin, Marvin Sapp and American Idol alum Danny Gokey. At the height of their popularity, 'NSYNC recorded one of his tunes on their multi-platinum album Celebrity. "You Can Make It" was Popin's first national release in partnership with eOne Worship. Bryan's newest release is titled "I Got Out." "I first started out as a classical pianist. My mom was a choir director and I was raised in church. Soulful music seems to just be in me. I've always been moved by music that is felt. For me, soulful music is heart music. From Stevie Wonder to Luther Vandross to Earth Wind & Fire to old school gospel choirs like James Cleveland, Rev. Clay Evans or Phil Tarver, there is a diverse mix of music in me. I like that. The church is a diverse group of people too!" Go check out Bryan's music. I guarantee there will be some hand clapping and foot stomping.

movienews

Winfrey, Perry, Morgan follow 'The Star'

Oprah Winfrey, Tyler Perry and Tracy Morgan will be the voices behind three humorous camels named Deborah, Cyrus, and Flexis that travel with the three wise men in the upcoming animated film "The Star".

The film tells the story of a donkey named Bo, portrayed by Steven Yeun of "The Walking Dead," and his friends who are guided by the star, and how the group become a part of the greatest story ever told — the very first Christmas.

"The Star" isn't Winfrey's first role in voice animation. The talk show tycoon previously did voice over work for the 2009 animated film "The Princess and The Frog," which grossed over \$267 million worldwide. She also did voiceover work in 2007's "Bee Movie," which grossed more than \$287 million worldwide. She has starred in 19 films to date, and will star as Mrs. Which in the forthcoming film "A Wrinkle in Time," based on a novel by Madeleine L'Engle.

Last March, Perry narrated "The Passion Live," a present-day retelling of the millenniums-old account of Jesus Christ's last days on Earth, crucifixion, and resurrection, all packaged into a lively musical set to love songs, as previously reported in Metro Voice. Perry has starred in 21 films, produced 20 movies, written 17 films, and directed 16 movies.

Other celebrities cast in "The Star" include Tony Award-winning actress Kristin Chenoweth and Grammy Award-winner Kelly Clarkson. In the



roles of Mary and Joseph are Gina Rodriguez of "Jane the Virgin" and Zachary Levi of "Tangled." Christopher Plummer will portray King Herod.

"The Star" is set to hit theaters nationwide on Nov. 10.

Little Women Comes to PBS

The beloved book and movies of the same name, Little Women, will get a reboot with its own three-part production on PBS Masterpiece. Set against the backdrop of the American Civil War, Little Women follows the story of four sisters named Meg, Jo, Beth, and Amy as they journey into adulthood. Casting for the project is still underway, but a number of high-profile actors have already signed on for recurring roles.

Angela Lansbury will play Aunt March, the girls' wealthy relative, while Harry Potter alum Michael Gambon will appear as the family's neighbor, Mr. Laurence. Rounding out the cast is Emily Watson, best recognized for her roles in War Horse and The Theory of Everything. Watson will play the iconic Marmee March, the girls' mother and acting head of the March clan. Though a tentative release date has yet to be

announced, Little Women will likely premier in the spring of next year.

Christian Film Industry

One of history's most-read books is coming to the big screen. "Heavenquest: A Pilgrim's Progress," is a modern take on an old tale. John Bunyan's The Pilgrim's Progress is recorded as the first written novel in the English language.

King Street Pictures said production for the film has already begun and is taking place in Redding, California. Director Matt Bilen, says he wants the movie to challenge how people usually think about Christian films.

"With this film, we're trying to break new ground in the faith-based genre. It's dirt-under-the-fingernails, action-packed, grittier, more stylistic, and more cinematic than what audiences have seen previously. Our cast is diverse, representing faith around the globe. We think this unique combination is the 'next step' faithful moviegoers have been looking for," Director Matt Bilen said.

The film, inspired by Bunyan's classic tales, features a war between the Northern (Heaven) and the Southern (Hell) Kingdom, a lone man's quest to reach the North with the help of an ancient book.

"We believe our modern, edgy retelling of this classic story with a diverse international cast is going to pioneer new markets for faith-based content abroad and will capture the imagination of audiences worldwide, especially in Asia." Stated Dan Mark, producer and principal of King Street Pictures.



"Emerging From The Shadows"
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*Backsigning Aug. 4
Presentations of Hope Gallery
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STREAMING

continued from page 16

atic scene in the first episode, and The Crown contains a flash of African native nudity in the second episode. The Crown also includes a gory sur-

gery scene.)

Meanwhile, have you ever wondered why Americans are so enamored with shows about British royalty — besides our attraction to the accents? My guess is that it's a combination of things: First, we long for simpler times. Second, we're spellbound by the mys-

terious and secret lives of royal families. And third, we have a natural desire for kings and queens — which in the best circumstances are an earthly picture of the ultimate King. In PBS' Victoria, the queen even is called "the Lord's anointed."

50+ Lifestyles A Guide to Enjoying Life in the Best Years

healthyliving



New carb burns fat

It is no secret carbs cause weight gain. This conventional wisdom has made us fear carbs, so we avoid them in hopes of keeping the pounds off.

You may be surprised to discover there's a "new carb" that actually helps you burn fat. It's called resistant starch (RS). It's a type of carb that doesn't spike your digestion (hence the name). By doing so, it travels to your colon intact. Once there, it acts as a food source for good bacteria.

These beneficial probiotics feast on butyrate which helps your colon stay healthy. It has also been shown to decrease inflammation and even increase metabolism. A recent study demonstrated that test subjects who got about 5 percent of their carbs from resistant starch increased fat burn by approximately 25 percent. And RS doesn't spike your insulin or blood sugar after eating it and it doesn't increase daily calories – at least not by a significant amount.

The best part? There's a neat trick to incorporate this carb into your diet by modifying those tasty – yet "fattening" – foods such as pasta, rice, and potatoes. Researchers have discovered that you can decrease the calorie content of white rice by a whopping 50% without changing its taste! All you have to do is cook it with a bit of oil and let it cool in your fridge overnight. Doing so increases its resistant starch content substantially.

You consume fewer calories, while at the same time, your gut bacteria get fed. This is critical as these bacteria play a big role in keeping you lean and healthy.

It's not limited to rice. You can do it with pasta, potatoes, and other high-carb foods. Just cook, cool, and eat!



Before you start

Get the most out of your work out

1. Check out your sneaks.

Most people don't replace their sneakers often enough (every three months for frequent use), or don't get the best sneakers in the first place. Sneakers are suitable for walking, meaning they use cross-training shoes for most gym workouts and running shoes for the road or treadmill.

2. Build in warm-ups.

As people get older, their bodies don't start up or wind down quite as easily. The main reason for this is that the various bodily systems take a little longer to "boot up." A minimum 5-minute warm up will start to get blood flowing to your muscles, and will also help to relax, somewhat, the tendons.

3. Stick to a regular schedule.

Once you make it a regular part of your day and week, you'll start eventually to feel like something's missing if you're not working out. Exercise is one habit that you want to make at least slightly addictive.

4. Mix it up.

If you lift the same weights every day in the same sequence, or walk the same route or pace on the treadmill, your body will readily adapt to the demands and start to go into automatic gear. Mix up different interval routines, alternate weight-lifting with aerobics, and occasionally do something completely different like yoga or dance.

Switching Roles: Coping with Your Rebellious Aging

thecaregiver

By CBNNews

You may be surprised or even a bit shocked to hear an aging parent say something rude to you. Or, you ask Mom or Dad politely to discuss finances with you and they stubbornly refuse. It's odd, but undeniable. They are going through some changes as they age.

If your parent is forgetting to pay bills or forgets that you visited yesterday, it's a huge red flag for you. Most of us dismiss this at first. They're just getting old. Or, getting forgetful is "normal", you tell yourself. You rush in to take care of things. You offer to help. You are met with resistance.

As time goes by, your parent is making more and more mistakes, the memory problems are getting worse and you now know leaving them to their own devices is dangerous. They think they're just fine and refuse help. Should you step in and get your parent all upset? Should you just let them do whatever they want?

The answer is "no", you can't just let a parent with signs of dementia or other significant memory problems go on as if nothing were wrong, even if they get upset with you. At some point, the adult child who loves a parent must step in. You may end up setting limits, making new rules, or taking over certain decisions. This is not easy for most people. We are so accustomed to our parent making their own decisions, that to dare to tell them what to do is very uncomfortable.

Some people call this "switching roles". What it means is that your job, one you've never done before, is to be sure your parent is safe and cared for, just as your parent once did for you. The problem is, your parent is not going to grow up,



become more mature and eventually appreciate your efforts. So where does that leave you?

For most adult children who must learn this new job of safety monitor, taking on the new responsibility of "parenting your parent" leaves you with a fair amount of stress and anxiety. Some adult children still feel intimidated by an imperious aging parent, even one who is infirm, demented or unable to care for themselves independently. It takes some doing to face this and cope, but it can be done.

Here are five strategies to cope when you find yourself in the new role of "parenting your parent" - particularly when your rebellious or difficult aging parent may not want you to take over anything.

1. Make peace with the reality of your parent's aging. It isn't going away. It isn't going to get easier. With dementia, memory loss and other conditions, behavior of an aging person can change dramatically and does not improve. Your parent needs your help. Accept that this may be hard for you.

2. Start to collect information on bank accounts and records as soon as your parent demonstrates those red flags. Do they have legal documents, such as durable power of

■ See CAREGIVER 19

UNRULY MEDICAL EXPENSES CONTINUES TO BE A PROBLEM

taxtips

By Dave Ramsey

According to the report, 54 percent of Baby Boomers still in the workforce have less than \$25,000 saved in their retirement fund. Of that group, more than half have no retirement savings at all.

So what's holding this generation back? According to the Ramsey Solutions research report, medical expenses are a top financial hurdle for Baby Boomers.

Even with those alarming stats, Baby Boomers—or anyone who's behind on retirement savings—can turn things around. Check out these tips:

- Open a Health Savings Account (HSA). An HSA is a great choice for those who are healthy and don't visit the doctor often. Here's why: An HSA is a tax-advantaged medical savings account for those who have a high-deductible health insurance plan. Many plans cover 100% of medical expenses once the deductible is met. With an HSA, you can save and even invest money to pay for deductibles and other medical expenses tax-free.

- If you're over age 50, take advantage of catch-up contributions. Hitting the

big 5-0 comes with one big benefit: You can invest an additional \$1,000 in your Roth IRA and an extra \$6,000 in your workplace retirement plan each year on top of the \$23,500 you were already permitted to invest in tax-advantaged accounts. That's a grand total of \$30,500 in potential annual contribu-

tions. Max out your 401(k) and Roth IRA for 10 years, and you could have \$534,000 saved for retirement. In 20 years? You could have \$1.92 million!

- Connect with an investing professional. A pro can help you customize a plan for reaching your goal, especially if you have some catching up to do.

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senior news/events briefs

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

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

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

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

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

SHEPHERDS CENTER LINE DANCING GROUP - meets 2nd & 4th Thursdays, 2-4:00 at First United Methodist, 6th & Topeka. Park on the WEST side and use the WEST door. Immediately inside, turn left and walk the ramp to the library, then left to the elevator. Push [B] to go to the fellowship hall

SHEPHERDS CENTER HHHS WALKING GROUP - meets 2nd & 4th Thursdays, 9:30-11 at HHHS, 21st & Belle. Parking & entrance for walkers is on the WEST side. Walking is done on an inside track. People who would like to walk a shelter dog must have completed an animal handling class that is given periodically at HHHS—for arrangements call Kelsey Scrinopskie, 233-7325.

CAREGIVER

continued from page 18

attorney, trust and healthcare proxy? Where are they? When were they last updated? You may need to take over on any one of them some day.

3. If your parent is dangerous with their habitual activities such as driving, paying bills or buying groceries, step in. Make rules. Learn a strategy for getting your parent to give up the car keys. Gently insist on helping with bill payment. Offer to help keep groceries in the house if you live in the area.

4. Do not expect your parent to accept logical arguments about why you need to help. It's not about logic for them. It's about losing control. Acknowledge this with your parent and respect the feeling. And as you would with a teenager, do what is needed to keep them safe, even if they don't like it.

5. Avoid being reactive when your parent gets upset with your "rules" or the limits you set. You need not engage in an argument. "Let's not fuss about this" is a perfectly acceptable response. Then keep on doing what you need to do. Trying to explain why you need to keep a parent safe is unnecessary. They may forget the explanation anyway. Keep your focus on safety and quality of life. Get past the fact that you don't like telling your parent what to do.

If this is about caring properly for your aging parent, and you keep that as your main focus, you'll get through this transition to being in charge. If you start to make it about you, you'll increase your own stress level. The most unselfish and loving thing you can do when a

child wants to do anything dangerous is to say no. The same is true for your aging parent. You may have to say no in one way or another. Make no excuses

for yourself. If it's hard, if it is unpleasant, that may be the way of things. This too shall pass.



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THE C IN THE MEDICARE ALPHABET

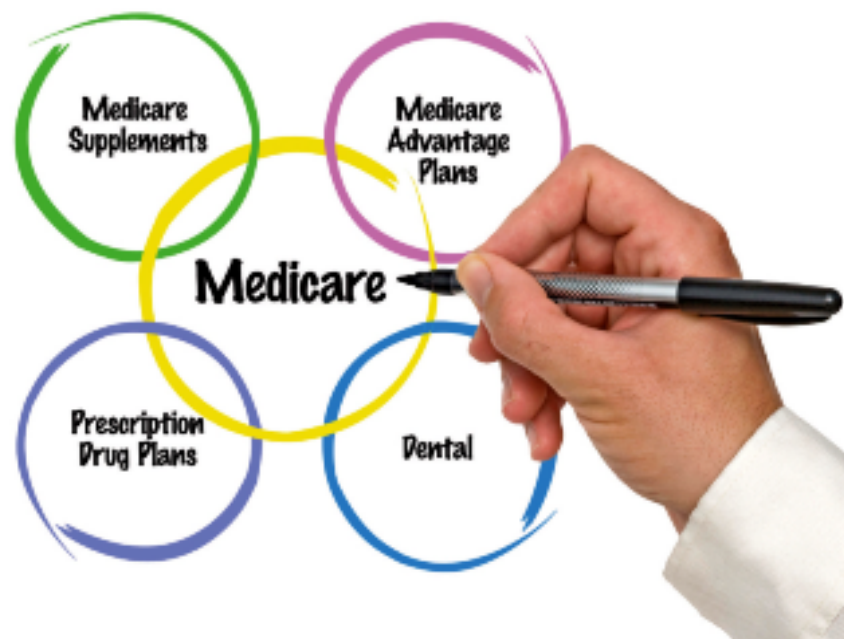
Medicare Advantage Plans, also called **Part C**, are private insurance plans approved by Medicare. With a Medicare Advantage Plan, Medicare pays a fixed amount to an insurance company each month and the insurance company assumes all the risk associated with payment of health-care claims. If you join a Medicare Advantage Plan, you are still enrolled in Parts A and B, or Original Medicare. However, your coverage will be through the Medicare Advantage Plan and not Original Medicare.

Medicare Advantage Plans must follow the same rules set by Medicare and must contain all the benefits covered under Medicare Part A and B. Medicare Advantage Plans may offer additional benefits such as dental, vision, hearing coverage, gym memberships, etc. Prescription drugs may or may not be included in a Medicare Advantage Plan. Like Original Medicare, a Medicare Advantage Plan will most likely have deductibles and copayments. In addition, the Plan usually incorporates a provider network into the benefit design.

Medicare Advantage Plans may have a monthly premium and will contain an out-of-pocket limit on patient responsibility. Out-of-pocket amounts usually vary between in-network vs. out-of-network providers. However, there is always coverage for urgent or emergency care.

Part C has an open enrollment period each year. This gives a Medicare beneficiary the opportunity to evaluate all the plans available for the next year. A Medicare Advantage Plan may make annual adjustments to premiums, benefit coverages, participating providers and preferred pharmacies, to name a few. Medicare Advantage Plans may be a smart choice for some beneficiaries. With the help of a qualified advisor, you can explore if a Medicare Advantage Plan is the right choice for you.

Century Health Solutions is a subsidiary of Stormont Vail Health, Topeka, and provides free Medicare Educational Seminars. We are your local expert in Medicare insurance planning and will help you find the best option for your personal situation. Call us at **785-270-4593** with questions or to sign up for a free seminar. Our business hours are Monday-Friday, 8:00am-4:30pm.



sports

A CLOSER LOOK AT THE "HUMBLE" HOME RUN DERBY WINNER

As for where Aaron Judge gets his humility, the answer may be found on his Twitter page. On the "About Me" section, "baseball" is listed fourth, behind "Christian," "faith," and "family."



[CBN News] Flashback to March: It was Spring Training, and the New York Yankees had a decision to make. Should a young right fielder who hit .179 in 27 games over the previous season make the team, or be sent down to the minors for a little more seasoning? (Photo: Aaron Judge wins the Home Run Derby-2017/via SBNation.com)

After weeks of careful deliberation, the Yankees decided to grant the prospect a roster spot.

Looks like they made the right decision, just like two school teachers from California did a little more than 25 years ago.

In April of 1992, Patty and Wayne Judge of Linden, California adopted a one-day-old baby and raised him as their own.

"I feel they kind of picked me," Aaron told The New York Post in 2015. "I feel that God was the one that matched us together."

"Some kids grow in their mom's stom-

ach; I grew in my mom's heart," Judge later added. "She's always showed me love and compassion ever since I was a little baby. I've never needed to think differently or wonder about anything."

For their part, the elder Judges have largely shied away from the spotlight, preferring to let the focus stay on their son, Aaron. Of course, in his own way he has shined it back on them, as the parents who raised not just a star athlete, but a model citizen as well.

At Linden High School, Judge was part of the student government, a member of the school's anti-drinking and driving program, and carried a 3.5 GPA.

Fast-forward to today, and Aaron Judge is the biggest star in the game—both literally (his 6'7", 282 lbs physique seems more suited for a football field than a baseball diamond), and figuratively (he led the American League in the All-Star fan vote, getting the nod on more than four million ballots).

That vote is certainly well-deserved. At

FROM THE CHEAP SEATS

by Rob Mooney

A few observations while I wait for one of Aaron Judge's home runs to land.

• Did Judge put on a power display at the Home Run Derby or what? There were several times that it appeared as though he hardly swung and the ball cleared the fence. Judge is currently leading the American League with 32 home runs. He's a beast and he's only going to get better.

• Speaking of home runs, don't look now, but Kansas City's Mike Moustakas has 29 dingers, good for 2nd in the American League. It looks like he may break Steve Balboni's record of 36 home runs in a season set back in 1985.

• Several players have come close to Balboni's record over the years. Danny Tartabull had 34 in 1987. Gary Gaetti hit 35 in 1995. Do you remember Dean Palmer? He hit 34 in 1998 and Jermaine Dye had 33 home runs in 2000.

• As a matter of fact, the Royals are the ONLY major league team whose

home run record is under 40. The New York Mets record is 41, set by Todd Hundley in 1996 and Carlos Beltran in 2006. Yeah, THAT Carlos Beltran. Go figure.

• In the midst of Moustakas' power surge, the Royals have climbed back into the thick of not only the Central Division race, but the American League Wild Card race as well. If they keep playing the way they have, (winners of seven straight), we may have another Blue October!



• It's only fitting that Moustakas would break out in a contract year, right before he becomes a free agent.

• Did anyone pay attention to the NBA's Summer League? I watched quite a bit of it. It was fun to watch the young guys playing. Did you see former KU star Josh Jackson block former KU star Julian Wright's shot against the backboard then stare him down as he laid on the floor?

• I couldn't believe that Wright was playing in a summer league game. The dude's 30 years old.

• I don't care for the whole Ball family fiasco that's happening out in Los Angeles right now, but Lonzo is definitely bringing the fans back to the Lakers. They were selling out the summer league games. The excitement that Magic Johnson has given the Lakers is incredible. I'm not sure if they'll make the playoffs next season, but they'll be better.

• Speaking of the NBA, what's going on in Cleveland? Kyrie Irving wants out, says he doesn't want to play with LeBron anymore. (Doesn't want to be in his shadow is what he means). They just signed Derrick Rose, who I heard hurt his knee while he was packing for his move to Cleveland. Just kidding! It'll be interesting to see what they do with Irving.

• The Eastern Conference is up for grabs and the Boston Celtics seem poised to take it, but I'm not counting out LeBron. I know that Boston won it last year, but I'm talking about the NBA Finals!

• Oh yeah, K-State should have an opportunity to make some noise in the Big 12 football race this season. KU will still finish last, but I bet they win a couple of Big 12 games this year. Nothing quite like college football game day!

the halfway point for the season, Judge leads the majors in home runs (30), runs (75), on-base percentage (.449) and slugging (.697). He is second in the league in runs batted in (66), and third in batting average (.329). All told, he could win both the AL's Rookie of the Year Award and the Most Valuable Player Award this season—a feat that's only been accomplished two other times in baseball history.

And yet, everything he has accomplished on the field so far pales in comparison to what happened [Monday] night.

The place: Marlins Park in Miami. The scene: The Home Run Derby. The participants: Eight of baseball's premiere sluggers. The goal: Whack a bunch of dingers.

Heading into the event, the favorite could have been Giancarlo Stanton—the man who signed the richest contract in sports history. The man who broke the Derby record for most home runs just a year prior. The man who'd be playing in front of his hometown crowd in Miami.

Stanton didn't even make it out of the first round. That's fine. It wasn't his night. It was Judge's.

Now, thanks to the nerd revolution across baseball, fans watching the event knew a few key details: Judge owned the longest home run of the year (a mammoth 495-foot blast that cleared the bleachers in Yankee Stadium), including many of the hardest hit balls of the year (his top shot had an exit velocity of 121.1 miles per hour—a first-inning scorcher that went for, you guessed it, a home run). So fans expected the young phenom to put on a show.

Just not one like this.

His work was cut out for him after Round One, as Miami's other slugger, Justin Bour, blasted 22 homers of his own. That's an impressive figure—the fourth-highest single-round total in baseball history, as a matter of fact. Unfortunately for him, the "fourth-highest" round became the fifth-highest moments after Judge

stepped to the plate and slapped 23.

Round two was more of the same. Los Angeles's own prized rookie, Cody Bellinger, sent 12 over the wall before running out of steam. Judge, on the other hand, was just warming up. He hit 13, including a bomb measured at 513 feet.

The final match-up was rather anti-climactic. Minnesota's Miguel Sano struggled to hit 10 home runs. Judge effortlessly hit 11 before calling it a night.

And while this Baby Bronx Bomber may be the new "face of baseball," it doesn't seem to be affecting him any. In addition to his prowess on the field, he's drawn rave reviews for his character outside it. Words such as "humble" and "unselfish" are routinely used in profiles. (Photo: Aaron Judge/Facebook/via CBN News)

His manager, Joe Girardi, even compared him to Yankees living legend Derek

Jeter: "He has a smile all the time. He loves to play the game. You always think he is going to do the right thing on the field and off the field."

"Words can't describe how proud of him we are," Aaron's father Wayne has said. "If it happens to end tomorrow, he's the type of kid who will say, 'It was meant to be' and move on."

As for where Aaron Judge gets his humility, the answer may be found on his Twitter page. On the "About Me" section, "baseball" is listed fourth, behind "Christian," "faith," and "family."

He ends with a quote: "If what you did yesterday still seems big today, then you haven't done anything today!"

And the promise of what Judge will do today, and tomorrow, has baseball fans salivating.

All Rise for the Judge, indeed.

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Room-by-Room Refresh

(Family Features) Spring is a sensible time to refresh and restore your home after heavy indoor use during winter. It's also an opportunity to conduct overdue home maintenance and achieve a sense of accomplishment.

Tackle the project room by room with these tips from the experts at Office Depot to make the work feel more manageable and ensure you complete a thoroughly satisfying job.

Entryway

The main entrance, whether it's the front door or a mudroom entrance off the garage, tends to become a dumping ground where items are shed with each trip through the door. You may have to wade through some clutter to make headway, but after a thorough cleaning of the furniture, floors and walls in this space, your next challenge is making sense of all the mess.

One solution is assigning designated storage spaces for each family member. A series of plastic storage boxes or cubby-style organizers can help contain possessions like shoes, backpacks, handbags and more. Rely on stylish hooks or a coat tree for extra storage. Put your finishing touch on the freshly cleaned entryway with some pops of color and personality, such as cheerful wall art and a welcoming rug.

Home Office

If there's any room that comes close to the clutter of the entryway, it's the home office. A major difference is that generally, office messes come in the form of paperwork, and paper can actually be organized quite easily.

Sorting is the best first step, so you know exactly what you're up against. Create piles for all the different types of paper you're likely to encounter, from



bills and to-do lists to the kids' school work. Separate other items by category, such as medical records and financial documents or art supplies and books, into piles of their own.

An option such as the 3M Weighted Desktop Dispenser and Organizer can help keep supplies like pens, tape, paper clips and sticky notes neat and tidy.



There are dozens of options when it comes to home filing systems. Consider keeping current documents in a location you can access at your fingertips, such as a hanging file drawer or a desktop filer. Labeled tabs and color-coded folders can help make frequently used documents more easily accessible.



For archival materials, such as tax returns and insurance policies that you're likely to consult infrequently, a secure but separate storage solution makes more sense. Drawer labels and colored hanging file pockets paired with a categorical or alphabetical organization system can make it easy to dispose of unwanted clutter without tossing important papers.

Once you've dealt with all the paperwork, don't overlook important details like dusting the computer desk and screen to make your freshly cleaned office extra inviting. Adding a stylish, functional centerpiece like the See Jane Work Kate Writing Desk can also help you stay organized now and in the future.

Kitchen

Because it's likely the most used room in the house, the kitchen sees a fair bit of cleaning year-round. However, in any busy household it's easy to let deeper cleaning slide. While you're tackling the rest of the house, take time to give the kitchen its due. Mop the floors, disinfect all surfaces and remove clutter that has accumulated, including old and out-of-date food from the refrigerator

and pantry.

Because consumables are such an integral part of this space, it's a good idea to use green cleaning products that won't leave harmful residues on your cooking surfaces or distribute contaminants into the air.

Bedrooms

When warm spring weather arrives, throwing open the windows to circulate fresh air can be one of the most welcoming ways to wake up the bedroom after long winter months. Freshly washed linens and a flipped or rotated mattress can also give the room a freshness you can see and feel.

Beyond the typical chores like vacuuming and dusting, don't forget dusty baseboards and make sure to wipe down any glass or mirrored surfaces for extra



shine. Another way to make a big difference is organizing items that exceed the storage capacity of your furniture. In the bedroom itself, a trunk at the foot of the bed or a wardrobe organizer that complements your other furnishings is a smart bet.

In the closet, you can repurpose common office supplies and organizers to make the most of limited space. For example, adhesive hooks are perfect for handbags, necklaces and scarves. Lightweight shelving or cubbies make it easy to confine shoes, and for an assortment of accessories and knick-knacks, try stacking plastic bins. Another idea to maximize drawer space in your dresser: move undergarments and socks into a portable storage cart with trays or drawers that fits neatly in the closet.

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 - If you have unwanted Bermuda grass in your lawn, spray with High Yield Kilzall now and then again in two weeks so you will be ready to overseed in early September.
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SMALL

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looked by seekers and even by their own associations and denominations.

And, thanks to an increasingly irreligious culture, experts say it's becoming even tougher for small congregations to grow, find their niche and even survive. With fewer believers and seekers to go around, small churches are losing out to those big, shiny megachurches popping up in every American city.

"Megachurches are primarily growing by cannibalizing small churches that cannot compete with the programs and resources and quality of music" of the larger congregations, says Bill Wilson, founder of the Center for Healthy Churches, a consulting and coaching ministry based in Nashville, Tenn.

Small churches more nimble

But Wilson and others say there is a lot more to the small-church story than many see and hear. Christianity Today blogger Karl Vaters declared that there is a lot the leaders of big congregations can learn from small churches.

"Small does not automatically mean broken," Vaters observed. On the contrary, smaller memberships translate into many strengths, capabilities and capacities that larger churches often lack.

For one thing, it's often easier to get things done for churches with smaller memberships, said Laura Stephens-Reed, a clergy coach and congregational consultant based in Tuscaloosa, Ala.

"A small church can be a lot more



nimble than a large church," she said. "They can act more quickly and more easily without having to go through multiple committees."

Another strength of the small church — community — is already mimicked by megachurches and other large congregations, she said.

They do this through small group ministries or house churches, which seek to unite smaller groups of members around causes or age-groups.

"Once you reach a certain size, you're essentially an umbrella for a bunch of smaller churches," she said.

No vacant stares and waves

Smaller churches that avoid the temptation to isolate can be very attractive to seekers — especially Millennials, said Eddie Hammett, a congregational consultant and president of Transforming Solutions in North Carolina.

"If the church wants to grow it has to learn to do small because people want community, pastoral care and friends" in their congregations, Hammett said. "In churches of 1,200 or 4,000, you don't get that personalization."

Younger generations are the future of small churches — if those congregations

BIBLE-MINDED

continued from page 1

accuracy. Based on the results, the group found that 50 percent of the population of Chattanooga is Bible-minded.

Birmingham, Anniston and Tuscaloosa, Ala. have taken the second spot, with 49 percent. In 2015, these cities had the first spot.

Only one city in either Kansas or Missouri makes the top ten. Springfield, Mo comes in at 7th place (46 percent); followed by Little Rock and Pine Bluff in Arkansas (44 percent); Knoxville in Tennessee (44 percent); Greenville, Spartanburg and Anderson in S. Carolina and Asheville, N. Carolina (44 percent).

Wichita/Hutchinson makes an appearance at number 18 with Kansas City, Kan./Mo appearing near the middle at 42. Topeka was not included in the top 100 media market study.

Which are the least Bible-minded cities in America?

Albany, Schenectady and Troy, New York with only about 10 percent of their populations being Bible-minded are at the top of that list for the second year in a row.

The New England area takes the sec-

ond and third positions, with Boston in Massachusetts and Manchester in New Hampshire at 11 percent.

Providence in Rhode Island and New Bedford in Massachusetts with 12 percent are close behind.

Cedar Rapids and Waterloo in Iowa, at 14 percent, is the only Midwest city in the top five least Bible-minded cities. The East coast and the West make up the remainder of the top 10 spots for least Bible-minded, including Las Vegas in Nevada (around 14 percent); San Francisco, Oakland and San Jose in California (15 percent); Hartford and New Haven in Connecticut (16 percent); Salt Lake City in Utah (17 percent); then back to New York with the biggest American city New York (17 percent) sliding into tenth place.

Nationally, only 25 percent of the population is considered Bible-minded, according to Barna. Individuals considered to be Bible-minded are those who report reading the Bible in the past week and who strongly assert the Bible is accurate in the principles it teaches.

According to Barna, "This definition captures action and attitude — those who both engage and esteem the Christian scriptures. The rankings thus reflect an overall openness or resistance to the Bible in various U.S. cities."

■ sidenote

Top 10 Most Bible-Minded Cities In America

1. Chattanooga, TN
2. Birmingham, AL
3. Roanoke/Lynchburg, VA
4. Tri-Cities, TN
5. Shreveport, LA
6. Charlotte, NC
7. Springfield, MO
8. Little Rock/Pine Bluff, AR
9. Knoxville, TN
10. Asheville, NC; Greenville, SC

Other nearby rankings:

18. Wichita/Hutchinson, KS
42. Kansas City, KS-MO

Bottom 10 Bible-Minded Cities In America

91. New York, NY
92. Salt Lake City, UT
93. Hartford/New Haven, CT
94. San Francisco, CA
95. Las Vegas, NV
96. Buffalo, NY
97. Cedar Rapids, IA
98. Providence, RI
99. Boston, MA
100. Albany/Troy, NY

are welcoming of that diversity, he said.

"They have a great future because Millennials want community."

Wilson said he's come across many small churches that are closed off and appear out of touch and defensive.

"They cocoon themselves away from culture and just take care of each other," Wilson said. "That's the worst case scenario."

But he's also encountered many who resist that temptation.

"They fight it hard," he said.

As a result, they are places of vibrant ministry — inside and outside the four walls — where authentic relationships occur.

"They have built-in community where people know each other and don't share vacant waves and stares."



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Operation Backpack is Back!

Topeka North Outreach, Inc. (TNO) is set to begin its 12th year providing Weekend Food Sacks to area children in need through its Operation Backpack program. To start the new school year, backpacks and school supplies are being collected for eligible children whose families are working poor, single or widowed, foster or adoptive, disabled, or grandparent parents.

Once school starts, children will receive a Weekend Food Sack full of nutritious, single-serving size food items every Friday, that they may take home in their new backpack.

The desire is to look after orphans and widows, the poor and the needy. TNO is currently raising funds, collecting school supplies and backpacks, and collecting snack type food items in order to reach 500 children every week at ten local schools.

76.68% of children in Topeka Public Schools fall in the "economically disadvantaged" category according to the Kansas State Department of Education website (2015-2016 statistics.) That's close to 11,000 children right here in Topeka!

Food donations can be dropped off at any of the member churches: Calvary Church, Calvary Lutheran, Elmont United Methodist, Faith Family Life Center, First United Methodist, Grace Communion International, Grace Point Church, Kansas Ave. United Methodist, Lighthouse Bible Church, North Topeka Baptist, Northland Christian Church, Oakland Presbyterian, Oakland United Methodist, Pleasant Hill United Methodist, Seaman Community Church, Second Baptist Church, Second



Presbyterian Church, St. Marks AME, St. Peters United Methodist, Topeka Church of the Brethren.

Volunteers are always welcome to help assemble the Weekend Food Sacks the first Thursday of every month at 6 p.m. beginning September 1st and continuing thru June 2018 at Mathis (Lyman) Learning Center, 2032 N. Kansas Ave. Volunteers are also needed on Fridays to distribute sacks to the children at school. Over 100,000 Weekend Food Sacks have been distributed to needy children in Topeka since the program began. TNO distributes food sacks to children in need that attend State Street, Quincy, Logan, Rochester, Pleasant Hill, Elmont, North Fairview & West Indianola Elementary schools, Seaman Middle & Lyman Learning Center.

Topeka North Outreach, Inc. & Topeka Rescue Mission Ministries are partnering together to help those in need! Gideon's will be distributing bibles. If you are needing help with School Supplies then visit the website: topekanorthoutreach.org.

School Supply donations can also be dropped off at the Topeka Rescue Mission Distribution Center, 401 NW Norris, between the hours of 8 am - 3pm, Monday - Friday, & 8am - 12 pm on Saturday. They may be reached at 357-4285.

If you would like to help, please contact TNO at 785-286-1370, or email: youth@topekanorthoutreach.org.

More N. Topeka Happenings

The NOTO Arts Center is offering 2nd Saturday Art Classes for area children grades 2-6. Kid's Glass Class will be Aug. 12. Children will use fuse-able glass to create unique pieces of art! Perfect handmade gifts or treasures to keep for years to come; picture frames, dishes (large and small), ornaments, jewelry, nameplates, wall hangings, standing creatures, coasters, and kitchen items; For 3rd grade through 6th grade. Cost is \$15 per child. Instructor will be Kymm Hughes, owner and artist at Prairie Glass Studio.

For First Friday, Creations of Hope Gallery, 909 N. Kansas Ave., will present "Opposing Forces" an exhibit highlighting the artwork of two dynamic artists, the Imaginative figurative art of Emeline Fuller along with the fine art photography of Dave Horner. Also, local author Gregor Southard will be signing copies of his book, "Emerging From the Shadows."

MOTO IN NOTO is Aug. 18, 7pm-12am at J&J's Gallery/Event Space, 917 N Kansas Ave. It includes a bike & car cruise night in 8-900 block of NOTO.

A STANDING WITH TRUMP RALLY will be held Aug. 19, 2-5pm at Garfield Park. Attendees can bring something to add to the reception & refreshment area. For info: facebook.com/groups/standingwithtrumpkansas/