In 1896, a worldwide movement began in the heart of America. From Central Congregational Church in Topeka, Kan., Rev. Dr. Charles M. Sheldon wrote a passionate sermon series titled, “In His Steps: What Would Jesus Do?” It was one of the first crusades gone “viral” by means of newspaper and magazine publications, and word-of-mouth marketing. This message, sparked an international campaign for Christians to ask themselves when faced with everyday decisions, “What would Jesus do?”

Not only were Sheldon’s Christian ideals popular, but he also played a critical role in moving an entire nation toward social and race equality. In 1893, Sheldon opened the first African American kindergarten west of the Mississippi in an area of Topeka known as “Tennessee Town.” It was out of that school he mentored the father of one of the plaintiff’s attorneys for the landmark supreme court case, Brown vs. Board of Education, where segregation was found to be unconstitutional, a turning point for civil rights in America.

Behind his home in Topeka, Sheldon built a small garden study, where he wrote sermons, more than 50 published books, and peaceful propaganda with the goal of unifying the world. After the death of Rev. Sheldon in 1946, the Altruist Club of the Central Congregational Church sought to preserve his legacy by collecting various memorabilia of his lifetime. Should the Charles Sheldon legacy be preserved? WWJD?
Sheldon

continued from page 1

Artifacts owned by Sheldon as well as relocating his study to Gage Park where they gave tours and taught visitors about the world-wide impact of the late pastor. Sadly, as the club members aged, the upkeep of the study became too difficult and it was closed to the public. In 1994, the small building was moved to Old Prairie Town at Ward-Meade Historic Park. Lack of funding to restore the study has kept this hidden gem virtually untouched and unrestored for the last 23 years. The Shawnee County Parks and Recreation Foundation, Friends of Ward-Meade and Old Prairie Town at Ward-Meade Historic Site, have collaborated to preserve the legacy of Charles Monroe Sheldon by restoring the garden study to its original beauty. To help secure seed money, a crowd-funding campaign was launched in late July, through the National Recreation and Park Association, just one of 12 projects chosen to be highlighted at a national level. Through this platform, nearly $10,000 has been donated, and much excitement surrounds the project to move it forward. A campaign goal of $45,000 for Phase 1 will address basic structure repairs and installation of an HVAC unit. A total goal of $100,000 is set to complete a museum-quality attraction for collection and preservation of artifacts, historical education and exhibit creation.

Though his ideals have been spread far and wide, few people today know the impact of this unsung and humble man who lived and preached in Topeka, Kan. Sheldon Study committee members are asking for public support to help spread awareness of the project, and to preserve his legacy so that future generations can know the significance of Charles Monroe Sheldon.

“What would Jesus do?”

For more information visit the website www.SheldonslegacyLives.com for more information and to find out how you can help us keep his legacy alive.

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Emergency Services Showcase is Sep. 9

Helicopters, fire trucks, police cars, ambulances, canine units and much more will be on display on Saturday, September 9, during the 11th Annual Emergency Services Showcase. The event, to the public, is scheduled from 1 to 4 p.m. in the Kansas Expocentre east parking lot.

This is a family-friendly event, especially designed with children in mind, providing a hands-on opportunity for everyone to see, touch and learn more about emergency services and first responders.

In 2007, when Kasey Sturgeon was just six-years-old, she saw a segment of a television news story highlighting the fact that two children had perished in a fire because they were afraid of the firemen wearing turnout gear who were trying to rescue them. Topeka’s Annual Emergency Services Showcase is the result of Kasey’s efforts to want to help children understand that first responders are friends who are there to help them.

For more information call 785-845-2216 or 785-845-5021.

Courage to Take the Next Step

There are many mountains we are faced with in life. Rarely are we able to conquer them at first sight. But when we recognize the climb begins with just one step and there’s a Father close by cheering us on, the challenge becomes surmountable. In time, we find ourselves joyfully peering behind on the other side recognizing the wall we’ve just scaled and the once impossible feat we’ve just accomplished.

Visiting the local swimming pools has always been a favorite pastime of me and my little one during the summer months. I remember when he was just learning to walk and how the rhythm of splashing his feet in the shallow areas brought such elation and joy to his face. How he would light up when I’d twirl him in the water and the feel of his firm grip when we’d venture out into the deep. We eventually graduated to the baby slide where Mommy-catches at the bottom would never grow old and the pleasure from each was greater than the last.

Last year came “the big slide.” We talked about it all summer and even climbed to the top a few times in anticipation of a shared ride together. But each time, when peering down from above, his fears got the best of him and we always turned around. It was our last visit of the summer when we made it into the slide and sat down. Zechariah was on my lap and my arms were snug around him when the tears and second thoughts began. But it was too late. The journey had begun and we went down…. me laughing - him crying - the whole way. The moment we emerged from the water, with a mixture of astonishment and joy, he looked up at the slide and breathlessly exclaimed, “Let’s do that again!” So up we went…. once, twice, maybe thirty times more. Up the steep steps, down the wet slide, but never ever willing to even think about doing it on his own.

This past summer didn’t afford us as much pool time as we would have liked, but there was enough to face our fears and exercise our call muscles with all those tall stairs. Many times, as we made the trek to the top of the slide, I would ask and encourage him to try it himself. A stern ‘never’ was always the response until one day he decided to be brave. He psyched himself up for three more rides with Mommy and then he’d try it just one time on his own, as long as I watched and stayed at the bottom. The countdown began and, as it did, a timid yet melodic chant flowed from his lips. With each step he took came the crescendo: “I have courage! I have courage! I have courage!” He made it to the top and with a burst of adrenaline set off down the slide all alone while I stood at the bottom and prayed. The same gleam that filled his face as an infant, toddler and when we braved the slide for the first time together, light up when I’d twirl him, set down in his mind, provid

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COURAGE TO TAKE THE NEXT STEP

by Jessica S. Hosman

This past summer didn’t afford us as much pool time as we would have liked, but there was enough to face our fears and exercise our call muscles with all those tall stairs. Many times, as we made the trek to the top of the slide, I would ask and encourage him to try it himself. A stern ‘never’ was always the response until one day he decided to be brave. He psyched himself up for three more rides with Mommy and then he’d try it just one time on his own, as long as I watched and stayed at the bottom. The countdown began and, as it did, a timid yet melodic chant flowed from his lips. With each step he took came the crescendo: “I have courage! I have courage! I have courage!” He made it to the top and with a burst of adrenaline set off down the slide all alone while I stood at the bottom and prayed. The same gleam that filled his face as an infant, toddler and when we braved the slide for the first time together, light up when I’d twirl him, set down in his mind, providing a hands-on opportunity for everyone to see, touch and learn more about emergency services and first responders.

In 2007, when Kasey Sturgeon was just six-years-old, she saw a segment of a television news story highlighting the fact that two children had perished in a fire because they were afraid of the firemen wearing turnout gear who were trying to rescue them. Topeka’s Annual Emergency Services Showcase is the result of Kasey’s efforts to want to help children understand that first responders are friends who are there to help them.

For more information call 785-845-2216 or 785-845-5021.
Members of Light of the World Christian Center, a megachurch in Topeka, say they’ll remember Pastor Greg Varney for his “unwavering commitment” to God after it was announced that he died in July.

Close to 200 people gathered for a regularly scheduled service at the church, where they remembered the 61-year-old pastor, who founded the Christian Center alongside Debbie in 1983.

Pastor Scott Webb said that Varney demonstrated “unwavering commitment to his family, church community and God.” Webb added that Varney suffered from kidney failure in the last years of his life, which he said could cause psychiatric side effects, including behavioral changes and depression.

Varney was arrested twice in the space of a week in October 2016. The Shawnee County Sheriff’s Office said that Topeka police arrested the pastor allegedly for using a vehicle in an assault against his daughter, though Light of the World Christian Center insisted at the time that the pastor was not trying to harm anyone.

The church said in its statement that Varney’s medical condition was “directly responsible for the actions leading to these charges.”

“In the last few years, Pastor Greg has had health concerns resulting in kidney failure. He took a sabbatical from the church to focus on his health, and he is receiving dialysis. During treatment, however, Pastor Greg’s family began to notice unexplained cognitive and behavioral changes they believe were caused by the toxins released in his body when his kidneys were not functioning,” the statement added.

Church members attested that they will remember Varney as “a very good person” who was “full of smiles.”

“He was happy go lucky,” Danny Belisle said. “Once you know Greg, you never forget him.”

Belisle added that what he will remember is Varney’s “love and compassion for people” and his “powerful ministry.”

“He never wavered from the word,” he said.

Jef Taylor, who said he’s been a member of the church for the past 25 years, commented on the pastor’s troubles with police last year, saying, “That was completely 180 degrees out of his character.”

“Sep. 9 is National Day of Remembrance for Aborted Children

Americans throughout the country will be gathering at the grave sites and memorials of aborted children to honor those precious lives on September 9, 2016. Heart of America Memorial Wall for the Unborn, 1216 SE Republican Ave., in Topeka, will hold one such memorial at 1:00 PM that day. It is suggested to bring lawn chairs, as there is no seating provided.

For more information go to www.heartofamericawall.org, or call 785-267-5777.

GRANDPARENTS

HCS to hold BBQ, Worship Bash, Carnival & Auction

Heritage Christian School will hold its 2nd annual BBQ, Worship Bash, Carnival and Auction on the school grounds September 16th from 3:30 PM - 7:30 PM. This event will be great fun for all ages, with booths from a duck pond to a dunk tank and more. There will also be live music, and it is suggested to bring lawn chairs. Tickets may be purchased at the door: Adults are $10 and students 5th grade and lower are $6.

Heritage Christian School is located in North Topeka at 2000 NW Clay Street. For more information call 785-286-0427 or email ptf@hcstopeka.org.

Karen Andrews has joined

Karen Andrews, a nationally recognized expert on hair growth and a 10-time Emmy Award-winning cosmetician, will be speaking at 2017’s Good Hair Days, the nation’s largest annual gathering of hair professionals, at the Kansas State Fairgrounds.

Karen Andrews will be discussing the importance of using the right products to achieve optimum results. She will also share her tips on how to create beautiful, healthy hair for all ages and genders.

September is Grandparents Month!

National Grandparenting Day is Sunday, Sept. 10
FREE Heart of Grandparenting One Day Conference
Saturday, Sept. 23 @ College Church of the Nazarene
20200 E. Sheridan St. Olathe, Kansas
Register heartofgrandparentingconference.com or call (913) 710-1714
Hosted by College Church of the Nazarene & Metro Voice News

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Dr. Ken Canfield is the founder of the National Association for Grandparenting and GrandMatter.org. Through writing, speaking, radio and social media, Ken inspires and equips grandparents. He founded the National Center for Fathering in 1990.

By Ken Canfield

National Grandparents Day on Sunday, September 10 is a holiday established in 1978 by presidential proclamation. It is a commemoration and celebration of young life uniting with old, and the strength and stability that comes to families as a result. Nearly all grandparents view their role as a great joy and privilege, and grandparents thrive when they have regular access and develop strong relationships with their grandchildren.

New research in family systems notes the tremendous benefits which come to everyone involved-grandparents, grandchildren, and even parents—when there is harmony and a sense of commitment to one another across the generations.

It’s time to think of Grandparents Day as an opportunune moment to reconnect ourselves to being our very best for our children and grandchildren. Think of that day as the start of a new year in your life as a grandparent, where you reflect on the past and set goals for the future in terms of loving and supporting your family. How can you be more strategic about your involvement in their lives? In what ways do they need special encouragement from you over the next twelve months?

Regardless of what your current grandparenting situation may be, getting in tune with your role as a grandmother or grandfather is an enormous implications for those invaluable gifts, your grandchildren, 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 when 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, miss the purpose for why you’ve been given extended life.

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 began 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 influence of grandparents began to flow into the spiritual household, the Church, where there are orphans, fatherless, and single parents who need encouragement and mentoring? What if...?

Join us on Saturday, September 23 for a free one day conference of inspiration and equipping to take your grandparenting to the next level! Register at heartofgrandparentingconference.com or call (913) 710-1714.

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Topeka Pastors, Leaders Invited to Win the City 2017

All Topeka area pastors and leaders are invited to attend an event called Win the City 2017, to be held Oct. 6, 2017, at Central Park Christian Church. It will be an evening of celebration, networking and fundraising for World Impact Topeka’s vision to Empower Urban Leaders.

The event will also serve as opportunity to celebrate the Lord’s work through World Impact Topeka’s partnerships in the following initiatives:

- The Urban Ministry Institute of Topeka (TUMI Topeka)
- The Evangel School of Urban Church Planting
- The World Impact Associates Program
- Incarceration to Incorporation (I2I)
- Urban Leadership Retreats

It will be a chance to envision and communicate goals for the next year with regard to the above initiatives and additional opportunities, such as Urban Christian Associations.

World Impact Topeka will also use the opportunity to express gratitude to donors and pastors, encourage urban pastors and leaders, and give donors an opportunity to give to specific initiatives through the Win the City event.

World Impact

World Impact is a Christian missions organization committed to facilitating church-planting movements by evangelizing, equipping and empowering the unchurched urban poor. Our aim is to transform communities together.

2017 will mark the 5th Annual Win the City event. This year, the event returns to the original event host church, Central Park Christian Church (CPCC), for this opportunity to introduce World Impact’s

Interim President, Alvin Sanders, to Topeka partners, and to introduce Topeka partners and students to him. CPCC is the original launching church for World Impact Topeka and TUMI Topeka.

Overview

The Friday evening event will go as follows:

- 6-7 pm: Pastor/Partner/Student Meet and Greet with Alvin Sanders
- 7-8:30 pm: Program
- 8:30 pm: Pie and Ice Cream reception

Organizers are looking forward to hosting all of the local ministry partners, urban pastors and leaders, and anyone interested in ministry among the urban poor. Dr. Sanders will be able to clarify World Impact’s mission and initiatives and ways to serve urban churches.

Students of The Urban Ministry Institute (TUMI) will also share testimonies, making it a great evening of fellowship, information, pie and ice cream.

It all began as a single TUMI Satellite serving the urban community. Soon, Topeka Rescue Mission students outnumbered community students and TRM began its own satellite, the Center for Biblical Leadership Development.

Currently, as World Impact Topeka, TUMI classes are hosted in the community, and as part of an initiative called Incarceration to Incorporation (I2I) courses and services are performed in the county jail and the Topeka Correctional Facility.

World Impact Topeka has also hosted the Evangel School of Urban Church Planting, which resulted in two new churches. Yearly leadership retreats and quarterly, free, continuing education workshops also help resource urban churches.

Dr. Alvin Sanders

When people in under-resourced communities experience trauma, the local church can be a beacon of hope. Alvin Sanders learned this from firsthand experience. While serving as an urban leader in the second most violent neighborhood in the country, a tragedy took place: police shooting with racial overtones rocked the neighborhood. As a response, Alvin planted an innovative church that continues to care for, serve, and encourage people from all walks of life. Through this experience he discovered his personal mission: to follow hard after God, to love his family, and to invest in those who invest in the poor.

After church planting and pastoring, he served as a denominational leader with the Evangelical Free Church of America (EFCA) for seven years. While there he directed the EFCA All People Initiative. Under his leadership the EFCA went from 13% of their congregations classified as urban, ethnic, or multi-ethnic to 22%.

He also authored the book Bridging the Diversity Gap. With his passion for church leaders, his move to World Impact in 2013 was a natural fit.

His educational background includes a BA in Biblical Studies from Cincinnati Christian University and a MA in Religion & Urban Ministry from Trinity Evangelical Divinity School. He earned a Ph.D. in Educational Leadership from Miami University. Since 2004 he has served as an adjunct professor at a variety of seminaries across the nation.

Reservations

Reservations for the event can be made by contacting Mary Flit at 785-431-6000 or maryflit@worldimpact.org. There is no cost for the event.

The Reception will feature Traditional Apple Pie, and Cider of the Century Homemade Ice Cream.

Central Park Christian Church is located at 1535 SW Clay St. in Topeka.

Survey says: Private schools are best

(WNS)–Americans believe children get the best education at private and parochial schools, according to a Gallup poll released Aug. 22.

When asked about the five types of schooling offered in the United States, survey respondents rank independent private schools first and public schools last, based on the quality of the education.

Here’s how the rankings broke down when surveyors asked about schools’ ability to provide an excellent or good education:

- Independent private schools: 71 percent
- Parochial schools: 63 percent
- Charter schools: 55 percent
- Home schools: 46 percent
- Public schools: 44 percent

Both Democrats and Republicans shared a similarly high view of private and parochial education but differed on the other options. Among Democrats, charter and public schools ranked the same, 48 percent, while homeschooling came in last with 38 percent. Republicans ranked public schools last, with 38 percent saying they offered a good or excellent education, while charters got 68 percent and homeschooling 55 percent.

Gallup first conducted this education survey in 2012. In the last five years, appreciation for public schools rose overall by 7 percent, mirroring an identical decrease in the view of independent private education. But public school perceptions improved most among Republicans, who ranked them 9 percentage points higher this year than in 2012.

Approval for public schools rose just 4 percentage points among Democrats.

The biggest difference between Republicans and Democrats showed in their evaluation of charter schools. The view of charters remained unchanged among Republicans, 62 percent saying they provide an excellent or good education. But appreciation for charters among Democrats fell 13 percentage points, from 61 to 48 percent.

That drop mirrors results from this year’s EdNext poll, which showed overall support for charter schools has dropped by 12 percentage points in the last 12 months. The changing attitude could be due in part to what seems like a relentless drumbeat against school choice, a cacophony that’s only grown louder since Donald Trump became president.

Charters once offered a school choice option both Democrats and Republicans could support. But now, some say they’re too closely tied with Trump and Education Secretary Betsy DeVos.

“American Enterprise Institute (AEI) education policy expert Rick Hess cautions against drawing too many broad conclusions from the EdNext poll, mostly because it represents a statistical anomaly. Polls have shown a steady increase in support for charters since Minnesota adopted the first charter law in 1991, Hess, along with AEI research assistant Amy Cummings, wrote in an op-ed for USA Today this week. The sudden drop “seems to come out of the blue.”

“That should give pause to those reacting to offer grand explanations,” Hess and Cummings conclude. “After all, we may indeed be entering a new phase of the charter school debate—one where charters have lost much of their luster—prudence suggests awaiting further confirmation before concluding we’ve just witnessed a sudden about-face in a two-decade trend.”

Dr. Alvin Sanders

Read more at: Topeka Metro Voice

Survey says: Private schools are best
Dear Dave,
My dad wants me to buy a house on a 30-year loan for him and my mom in his name, and let them make the payments. I’m 24 years old and have a good credit score and a nice apartment, but my job depends largely on how the oil industry is doing. My dad filed bankruptcy nine years ago, and he’s already $150,000 in debt again, so he’s never been very responsible with money. I think this would spell big trouble for him, but I’m sure he will be mad if I say no. What are your thoughts?
Emmanuel

Dear Emmanuel,
Yeah, I think doing something like this would spell big trouble for you. If your dad is irresponsible with money — especially to the point of having to file bankruptcy — what makes you think he’ll make these house payments on time?
I know this would be an uncomfortable conversation to have with your dad, but you need to brace yourself and just do it. Be respectful and explain exactly why you won’t do this. Think about it, Emmanuel. When he doesn’t pay the bill on time, it’s going to screw up your credit score. And when you get ready to buy a house, guess what? You’re going to have trouble qualifying because you already own a house. Most people don’t make enough money to qualify to buy two homes.

Basically, your dad is asking you not to buy a house so they can have one. I can’t tell you how to make your dad okay with saying no to this, but I can tell you that your answer should be no. Let him and your mom know that you love them both, but this is something you just can’t do.
—Dave

Dip in, pay it off!
Dear Dave,
My wife just had our first child.

Now, we now have about $3,000 in medical bills not covered by insurance. We’ve got $8,000 in our emergency fund, and I make between $25,000 and $30,000 a year. Should we try setting up a payment plan with the hospital, or is dipping into our savings a better idea?
Matt

Dear Matt,
I’d write a check today and knock out that hospital bill. This falls under the heading of “emergency” in my mind, so pay the bill and jump back into rebuilding your emergency fund. You’ve done a really good job of saving on your income, but let’s see what we can do about making better money in the future. Extra practical training in your field, or more education in the classroom, could increase your income quickly. Your emergency fund needs to be a little bigger as well, and I’ll be a lot easier to make this happen if you’re making more money.
I’m sure you’re a hard-working guy, but it’s going to be tough for even a small family to make it on what you’re bringing home now. The unexpected can become a common occurrence when there’s a little one in the picture. Congratulations!
—Dave

Discussing and negotiating
Dear Dave,
I’ve accepted a promotion that would take me from an hourly wage to a salaried position. Do you have any advice for negotiating a salary?
J

Dear J,
The quick and simple answer to this question is you negotiate it based on what you’re worth to the company. Now, how do you figure that out?
There are a couple of measuring sticks you can use. One is associated with the revenue you bring in, and that’s a nice, concrete reference. Another thing you can do is research some of the more reputable career websites and develop a compensation study based on comparable positions in your area.
If you’re a valuable team member of mine who’s moving from hourly to salary, it wouldn’t be a “negotiation” — it would be a discussion. Honestly, most positions are priced initially at the amount you can be replaced for in the new role. In other words, what’s the going rate for someone in your position?
If it were me, I’d produce two or three well-researched compensation studies. Give them to your bosses, and talk it through with them. Depending on the size of the company, they may not have done that much work figuring it out themselves.
It’s kind of like deciding what to ask for when you sell a car. You try to appraise it for what it’s worth in the marketplace to other people. That’s the way you have a discussion. It’s not that you’re telling them what to do or presenting an ultimatum, you’re asking questions and presenting information. If someone did that in my office with a respectful and professional manner, it would go a long way.
—Dave

Hands off the emergency fund!
Dear Dave,
Sometimes our budget gets busted because of home improvements and various other things. I think we should take money from our emergency fund when this happens, but my wife says it should come out of our restaurant or fun money. What’s your opinion?
Josh

Dear Josh,
Overspending isn’t an emergency. If you budget a set amount in one category, and you go over that amount, you’ve got to reduce something in another area to stay within your budget for the month.
If something happens on a pretty regular basis, it’s not an emergency, it’s a predictable event. That means you need to budget a larger amount for home improvements or whatever the problem area may be.
On a month-to-month basis, if you have $200 budgeted for household repairs, and any work turns out to be $300, I’d rather you cut back on eating out or another non-essential category to make up the difference.
Your wife is right on this one!
—Dave

Rental house being foreclosed
Dear Dave,
I’ve been living in a rental house for some time now. I was just told by the owners that the house is being foreclosed on next week, I’ve tried to call and email them, but haven’t heard anything back. Should I go ahead and pay rent for this month?
John

Dear John,
I wouldn’t. The bottom line in a situation like this is: You’re giving them money and they’re not paying the bills. I wouldn’t give the owners another dime until they return your phone calls or talk to you in person and let you know the details as to what’s going on with the house you’re living in.
In the meantime, I’d advise speaking with an attorney and a real estate professional in your area to find out exactly what your rights are at this point. Many places require a 30-day notice before renters are required to vacate a property.
Good luck, John!
—Dave

How Kansas Tax Changes May Affect You
By Peggy Beasterfield
Owner, Peggy’s Tax and Accounting Service

The Kansas Legislature made changes that may affect your tax return this year. Here are the main ones to be aware of:

Tax Changes for Kansas 2017
For taxpayers with farm, rental real estate, partnership, S-Corp and estate income, the net income will be taxable on the Kansas income tax return.
For the taxpayers with farm, rental real estate, partnerships, S-Corp and estate income, the net losses can be taken on the Kansas income tax return.
This means that for tax year 2017 the net income from these activities will be taxed, but if there is a net loss then that loss is taken as a reduction of income for the Kansas tax return.

For individual income wage earners:
The Kansas Legislature changed the income tax rates for the 2017 tax year. These rates are retroactive to the first of the year. For wage earners with W2’s, the withholding has been being withheld the last part of the year. In this way, your tax liability should have enough tax withheld for the year. No taxpayer shall be assessed penalties due to the changes, if the underpayment is rectified by April 17, 2018. To rectify, the underpayment must be paid or an installment agreement made.

Exclusions are available for low income individuals. If filing married or filing jointly and taxable income is $12,500 or less, there is no tax liability. For all other individuals with taxable income of $5,000 or less, there is no tax liability.

For taxpayers who itemize, some of the changes are:
• 100% of Charitable Contributions
• 50% of qualified residence interest
• 50% of taxes on real and personal property
• 0% of medical care expenses

If you do not itemize on your federal return, you must take the standard deductions on your Kansas return. If you itemize on your federal return, you have the choice of either itemizing or taking standard deductions on your Kansas return.
Please give us a call if you have any questions or concerns regarding the new Kansas tax changes.

Simplify Your Bookkeeping
Keeping your own books and records can be a real challenge, especially if you aren’t well versed in the fundamentals of accounting. When you want help, you can always turn to our dedicated experts. Get help with:
• Incorporation
• Occupational License
• Government tax filing applications
• Prepare & E-file your taxes online
• Accounting and reporting based on each individual company needs
• Preparation of individual, partnership and corporate income tax returns
• Business Tax Preparation for Corporations, S-Corp and Partnership
• Electronic Filing and Fast Refund service available for individuals
• Tax advice and planning
• QuickBooks accounting and bookkeeping services
• Quick Books set up, train and support
• Small Business Bookkeeping
• Monthly Sales Tax
• Payroll Services

300 SE 29th, Suite C
Topeka, KS 66605
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PeggyBeasterfield.com
WE MUST LEARN TO LIVE TOGETHER

ALVEDA KING
American activist, author and former state rep for the 28th District – GA House of Representatives

Niece of Martin Luther King, Jr. shares response to racial strife, offers tips

The niece of civil rights hero Dr. Martin Luther King Jr. had a message of peace and compassion after a white nationalist rally turned violent, leaving the nation reeling.

"I was blown up by the Ku Klux Klan in our home, but we knew that the goal was to transform the laws and transform the human hearts towards compassion," Dr. Alveda King told "Fox & Friends." "Racism is sin. Hatred is sin," the pro-life activist stated, adding that she is a serious Christian.

"We must learn to live together as brothers or perish together as fools," King said, quoting her uncle Martin Luther King Jr. "I have decided to stick with love. Hate is too great a burden to bear."

President Trump received criticism for not naming the rioters as white supremacists when he condemned them, but King said the main thing is to speak to everyone about ending the violence. "We've got to stop the violence," she said. "The president is right about that."

While removing confederate memorabilia does not immediately solve the problem of racism in America, it belongs in museums and in its proper context, King said.

I've often been asked to share the King Family Legacy's approach to nonviolent conflict resolution which is introduced here briefly:

SIX STEPS AND PRINCIPLES FOR NONVIOLENT SOCIAL CHANGE: A sequential journey to victory:

Principle 1: Nonviolence is not passive, and manifests courage.

Principle 2: Nonviolence seeks reconciliation, not defeat of an adversary.

Principle 3: Nonviolent action is directed at eliminating evil, not destroying the evil doer.

Principle 4: A willingness to accept suffering for the cause, if necessary, but never to inflict it.

Principle 5: A rejection of hatred, animosity or violence of the spirit, as well as refusal to commit physical violence.

Principle 6: Faith that justice will prevail.

(1.) Prayerfully enter into a process by conducting research and gathering information to get the facts straight;

(2.) Continuing in prayer, conduct education and awareness campaigns to inform adversaries and the public about the facts of the dispute.

(3.) Prayerfully commit yourself to live and manifest a nonviolent attitude and actions;

(4.) Prayerfully mediate and negotiate with adversary in a spirit of goodwill to correct injustice;

(5.) Prayerfully apply nonviolent direct action, such as prayer vigils, marches, boycotts, mass demonstrations, picketing, sit-ins etc., to help persuade or compel adversary to work toward dispute-resolution;

(6.) Prayerfully anticipate reconciliation among adversaries in a win-win outcome in establishing a sense of community which should now be achievable.

Considering the times, I am grateful to be a part of a biological family as well as a spiritual family who embrace these truths. Won't you join us?

The Answer to Racism

CLINT DECKER
President and Evangelist with Great Awakenings, Inc.

hopefortoday

Levi was among the earliest disciples to follow Jesus and hosted a large dinner gathering for Him. Because Jesus was celebrity-like He attracted attention wherever He went and on this occasion, while He was inside with Levi, the Pharisees were outside watching. They were a religious group that fiercely opposed Jesus and condemned Him saying, “Why do you eat and drink with tax collectors and sinners?” (Luke 5:30).

Pharisee means “separate.” In the case of tax collectors, the Pharisees separated themselves, because according to their religious rules, the collectors were considered unclean. In modern day language, the Pharisees’ actions revealed the hate and intolerance in their heart.

The tax collectors were thieves and corrupt to the highest degree. However, the religious leaders responded with equal injustice. They barred the tax collectors from their synagogues, refused to touch, speak or be in their presence and taught that promises made to them were permitted to be broken.

When we return evil for evil, like the Pharisees did, nothing gets better, only worse. And springing from this, when we look down upon others because their race or views are different than ours there will be no hope for peace.

The practice of separatism can lead toward bullying, oppression, racism, bigotry and to the extremes of ethnic cleansing and genocide.

Jesus is the answer to this inherent evil. He is the only religious figure in world history whose life and teachings break down walls of separation between people, and His death and resurrection provided the power to do it.

When we surrender our lives to Jesus, His Spirit does a supernatural work in our hearts that washes away our sins and gives us a new heart that is filled with God’s love for all people.

He modeled what this new heart looks like when He had dinner at Levi’s home. He went toward someone that was different than Himself and showed mercy and kindness, which He showed toward His critics too.

Following Jesus’ resurrection, He commanded His followers to take His good news to all people across the world, and do what He did with Levi. Consequently, the uniting message of Jesus has been taken to nearly every nation and territory on the earth and through Him people of different races, political leanings and religions have broken down the walls of division.

A prayer for you...

Lord God, as we look across our community, nation and world division is everywhere. Forgive me if I separate myself from those who are different than I am and look down upon them. Change my heart and help me to show mercy and kindness to all. By the power of Christ, let me be the change our world needs. In Jesus name, amen.

Listen to Clint Decker’s radio broadcast, The Unbreakable Truth, at 2:30pm & 10:30am on Upper Room Radio, KFGI 92.7FM, Topeka’s local Christian radio station. He can be reached at decker@greatawakenings.org
Catholic school removes statues of Jesus to be “inclusive”

An independent K-12 Catholic school in the San Francisco Bay Area has removed religious statues from its campus to appeal to those of other faiths.

Parents are concerned about San Domenico School’s decision to remove a number of statues and religious icons, especially those of Jesus, the Marin Independent Journal reported.

“Articulating an inclusive foundation appears to mean letting go of San Domenico’s 167-year tradition as a Dominican Catholic school and being both afraid and ashamed to celebrate one’s heritage and beliefs,” wrote parent Shannon Fitzpatrick in an email to school’s leaders.

“In our time here, the word ‘Catholic’ has been removed from the mission statement, sacraments were removed from the curriculum, the lower school curriculum was changed to world religions, the logo and colors were changed to be ‘less Catholic,’ and the uniform was changed to be less Catholic,” she continued.

The loss of tradition and ceremony is a leading reason why families—some of whom are not Catholic—have expressed concern about the change.

A look at international religious freedom (WNS)—The U.S. State Department just released a long-awaited annual report detailing the state of international religious freedom in 2016. By law, the State Department documents religious freedom conditions in nearly 200 countries around the world, providing useful data for the executive branch and Congress. It’s notable that Secretary of State Rex Tillerson personally unveiled the report with an accompanying statement. To the delight of religious freedom advocates, Tillerson clearly labeled Islamic State as a perpetrator of genocide against religious minorities in Iraq and Syria—something the Obama administration refused to do until March 2016. Now that the State Department’s report is out, it has 90 days to designate nations as “countries of particular concern”—which could induce sanctions from Congress.

Eighty states rally around Ten Commandments monument

(WNS)—Bloomfield, N.M., is a small town taking on a big opponent—the American Civil Liberties Union. But 22 state attorneys general and two governors have come to the city’s aid in its fight to keep a small, privately funded Ten Commandments monument on city hall grounds.

An amicus brief filed Aug. 11 by Texas Attorney General Ken Paxton asks the U.S. Supreme Court to clarify its Establishment Clause doctrine related to Ten Commandments displays on public property. The brief cites two 2005 high court decisions that are often cited with others. The conflict has led to disputed decisions by lower courts and “encouraged costly and time-consuming litigation against governmental entities and actors.” The Bloomfield Ten Commandments display sits among monuments memorializing the Bill of Rights, the Gettysburg Address, and the Declaration of Independence—all privately funded. Two residents represented by the ACLU claim the Ten Commandments display is offensive and exclusionary. They sued in 2012 to have it removed. The city appealed to the high court in July.

Wisconsin photographer wins case against anti-bias laws

(WNS)—A Wisconsin photographer and blogger recently won her fight against city and state laws forcing her to participate in same-sex wedding ceremonies. Amy Lawson’s saving grace did not come from the First Amendment but from her lack of a brick-and-mortar business.

“The court’s announcement has important implications for everyone in Wisconsin who values artistic freedom,” said Jonathan Scruggs, the Alliance Defending Freedom attorney who argued the case before Dane County Circuit Court Judge Richard Nies. “It means that government officials must allow creative professionals without storefronts anywhere in the city and state the freedom to make their own decisions about which ideas they will use their artistic expression to promote.” Lawson’s successful “pre-enforcement” lawsuit, Amy Lynn Photography Studio v. Madison, is part of a new tack taken by religious liberty attorneys—suing government entities over nondiscrimination laws before someone sues Christian service providers for violating those laws.

Seven things you should know about the group behind the violence

By Michael Qazimi

In August, Charlottesville erupted into chaos. White supremacists and neo-Nazis clashed with left-wing Antifa rioters in what could only be described as a battle between Lenin and Lucifer.

While the mainstream Left has attempted to frame the events in Charlottesville as a one-sided issue (contrary to the findings of President Trump for his campaign’s obvious incitement of violence on both sides), video evidence clearly demonstrates that members of Antifa, or so-called anti-fascists, heavily contributed to the violence.

Here are seven things you need to know about Antifa:

1. Antifa uses fascist tactics to achieve its goals. Antifa is to anti-fascism what Stalin was to freedom. Antifa is fascism personified. Despite calling themselves “anti-fascist,” members of Antifa routine-ly deploy fascist tactics to shut down, intimidate, harass, and bloody their political opponents. In fact, the group gained nationwide notoriety in April 2017 unpacking a viciously targeting Trump supporters at an event in Berkeley. “They’ve shown up previously at Berkeley to shut down a ‘free speech’ event hosted by provocateur Milo Yiannopoulos and left ‘damaged and bloodied’ — and, they have effectively taken control over major city centers in the days after Trump’s electoral victory.

2. The Department of Homeland Security labeled Antifa’s actions as “domestic terrorism.” Shortly after Trump’s election, anarchist and far-left protesters rioted in Portland, bringing at least 100 million dollars worth of damage — and resulting, in the eyes of the Department of Homeland Security, in domestic terrorism,” explains Politico. The Antifa group in Portland, known as Rose City Antifa, is particularly violent. The group has actively targeted Republican organizations and student groups, threatening to shut down events with violence. The left-leaning Oregonian newspaper has called Rose City Antifa’s rampage the worst political violence in a generation. “Their actions — conducted anonymously but brutally — show them to be punk fascists,” said the paper’s editor.

3. Antifa uses “black bloc” attacks to promote violence, sow chaos, and evade law enforcement. Like their counterparts in Europe, American leftist activists often promote violence and reap chaos through time-tested tactics such as black bloc assaults, which feature thousands of black-clad and masked self-proclaimed anarchists doing anything in sight with hockey sticks, baseball bats, metal poles, trash cans, and virtually anything they can get their hands on.

The tactic was popularized by leftist rioters during the 1999 World Trade Organization protests in Seattle. Since then, it has been deployed by anti-fascist blend of leftists at both college campuses and international summits in an effort to terrorize those who promulgate problematic points of view, including capitalism, patriarchy, and “rascally racism.”

4. Antifa’s garbled ideology is grounded in Marxism. All Antifa members seem to share an aversion to capitalism. Beyond that, Antifa’s political aim cannot be pinned down to one issue or cause. Ultimately, these violent leftist activists do not appear to have a coherent, let alone unified, message. When they riot, activists air their grievances about everything from climate change to transphobia in an effort to espouse whatever fashionable leftist talking point is popular at the time. As Time Magazine notes “There’s not one set answer” when it comes to Antifa’s ideology.

“Anti-fascist groups have long protested globalization in Europe. These days in the U.S., Antifa protestors are more bound by an opposition to capitalism, ground zero, some may also describe themselves as anarchists, people who question authority on principle,” explains Time. Time even spoke with an anonymous “member of the group” who added some clarity about the group’s ideology, but the Antifa member simply listed a catalogue of abstract “isms” the leftist group is opposed to.

“The standard for Antifa ideology is anti-capitalism, anti-fascism of course,” said the far-left, adding: ‘Those are kind of the two main pillars, but within that, encompassed, it also comes with being anti-racism, anti-fascism, anti-ableism, anti-trasphobia, anything like that and just protecting people who are marginalized and oppressed.

Moreover, there is no central institution governing Antifa’s offshoots in Portland, Berkeley, Charlottesville and elsewhere. The group is largely fragment- ed and decentralized.

The Antifa movement is a loose and informal one,” notes Time. “But the label is becoming more visible, showing up in graffiti on college campuses and forums for grassroots organizers online.”

5. The mainstream Left is praising Antifa. Berkeley’s student newspaper isn’t the only one celebrating the thuggish group for their violent tactics in the age of Trump. From Esquire to Slate to The Nation, mainstream liberal publications are glorifying Antifa’s “resistance,” reframing their violent tactics as “defensive posturing against the Trump administration’s supposed plunge into fascism.”

Paranoid and conspiracy minded, the mainstream Left has abandoned all sense of political decorum to embrace vigilantism. And even liberals who aren’t explicitly praising Antifa are refusing to condemn their behavior. “Trump’s rise has also bred a new sympathy for Antifa because they’re on the mainstream left,” asserts The Atlantic.

6. The vast majority of Antifa members are pitiable losers. As The Daily Wire’s Aaron Bandler reported, 9 in 10 Antifa members are still living in their mother’s basement. Citing a report by Heat Street, Bandler noted “92% of the protesters at these anti-fascist rallies that are believed to have committed violence still live with their parents.”

While Antifa claims to support “diversity,” the group’s rank-and-file is comprised mostly of single, unemployed young white males (far-left Antifa identi-fied as “left-wing neo-Nazis and white suprema-cists.”

7. Antifa conflates speech with violence. Believe that “offensive” rhetoric, “hate” speech, and micro-aggressions should be countered with macro-aggressions, or physical violence. Internalizing the social justice warrior (SJW) gospel, Antifa has come to believe that speech itself is tantamount to physical assault. As a result, Antifa deploys violent tactics to shut down speech they don’t like. We saw that vividly in Berkeley.

“In the name of fighting for those ideals — and putting a stop to ‘hate speech’—some antifa protestors will employ militant tactics or violent means such as vandalism,” explains Time.

Antifa’s tactics aren’t just violent but counterproductive to their poorly-articulated goals.

“It just makes [antifa] feel good — they think they made a point,” Mark Pitcavage, a domestic political extremism researcher with the Anti-Defamation League (ADL), tells Politico. “But their tactics are counterproductive. They haven’t made any dent over the years with these tactics. … And it gives the white supremacists an unbelievable amount of publicity.”
The world at your fingertips, or disconnect to reconnect?

By Stephanie L. Boothe

In an era when society is one push of a button away from the rest of the world, there is still a need to “disconnect” from time to time. And several retreat venues in the area offer just that.

Nicolle Wright, business administrator for YMCA Trout Lodge, said Trout Lodge and Camp Lakewood allow individual organizations to determine whether to allow guests to “connect” during their retreats.

“I am not aware of any groups with a specific policy, but we do have some who discourage the use of the Internet and cell phones while they are here. For those who choose to stay connected, we do offer complimentary Wi-Fi,” Wright said.

Wright, however, said there are some benefits to having that outside connection. She said corporate retreats might use the Internet for training and brainstorming session. Some groups will need Internet access to conference with others not on site.

“Also, a lot of our groups connect with us via social media while there here, which is great because it allows others to see YMCA Trout Lodge and Camp Lakewood from a personal point of view,” Wright said.

Chris Shillito with the Shalom Retreat Center agreed social media could be useful in spreading the message. However, he cautioned it must be used correctly.

“A lot of what’s on (social media) is not conducive to a Godly life,” Shillito said. “If it’s used in a God-honoring way, it’s a great resource. When used in the right context and the right way, it’s a good resource. But you have to be careful.”

Wright admits it can be difficult for people to feel disconnected. She said there is only one cell phone provider with signal at their location, and they work hard to make sure guests know this ahead of time. And while it may be a cause for concern upfront, she said guests usually leave feeling a sense of relief for the break.

“Upon departure, most of these people talk about how relaxing their retreat or vacation was because they had no choice but to be disconnected,” Wright said. “After all, we don’t have wi-fi at the water front.”

Balance is key, Wright said. And the opportunity to “unplug and reconnect” is one reason many guests come for a visit.

“They want to disconnect to reconnect with others, which we encourage as much as possible,” Wright said.

For Shillito, the best balance is to simply turn devices off. It’s also a sign of respect and sends a message to others.

“A healthy balance would be not even having it available, and protecting that time and space that others are wanting to share what they’ve signed up for,” Shillito said. “If you’re wanting go avoid the appearance of disrespect or neglect, then just avoid it during those times. Just do it at a time that’s appropriate.”

Shillito suggested guests only utilize their devices – when necessary – on breaks, when they are not engaged in conversations with others or listening to presentations. Taking it one step further, he said those lessons should start with parents to their children.

“We definitely need to be teaching plugged in etiquette,” Shillito said. “How to carry on a conversation, how to stay focused in a group setting without looking at our phones.”

However, there are times, Wright said, that guests may need to remain connected to the outside world, and that’s not something the staff prohibits or discourages at Trout Lodge and Camp Lakewood.

“I would say the biggest reason someone would need to be connected is if they are a medical professional or there was a medical situation at home to monitor,” Wright said.

“Otherwise, beyond general check-ins with family, I would recommend guests limit their connectivity in order to participate in Lodge activities.”

For such situations, Shillito said the Shalom Retreat Center keeps records on emergency contacts and will provide the center’s wi-fi password to one member of the organization using the facilities.

Afterall, the purpose of a retreat is to “retreat” from one’s daily routine.

“Because God’s ways are not quick and fast – it’s a slow burn – there needs to be time to sit and meditate and ponder and pray,” Shillito said.

“You have to be able to look away from your phone.”

The world at your fingertips, or disconnect to reconnect?

Nearby Retreat Options

Keene Road Country Estate is filled with quiet charm

This nearly ‘century old’, charming 17-room Country Estate, where the beauty and wonder of the Kansas Flint Hills blend with 21st Century charm, provides a unique setting. Retreat from the chaos of daily life and indulge in a quiet, calm setting to focus on the important business at hand. The colonial estate appeals also as a traditional, well; rustic barns; pond and nature trail.

Rock Springs 4-H Center can fulfill unique needs

Rock Springs 4-H Center is south of Junction City, KS nestled on 735 acres in the scenic Flint Hills of Kansas. This year round camp and conference facility provides guests the opportunity to connect with each other and nature during their stay. Whether you are looking for a site to host your next youth camp, family reunion, retreat, group, wedding, men or youth event, Rock Springs provides the ideal setting year round. Guests of Rock Springs appreciate the opportunity to stop and refresh in its beautiful surroundings.

Founded in 1945, Rock Springs began as the state’s camping facility for 4-H. In 1952, the Kansas 4-H Foundation was incorporated and has operated the property since. Though founded as a facility for 4-H, Rock Springs hosts many youth-serving organizations year round and provides a great environment for families, churches and businesses alike.

With numerous lodging and meeting space options guests find that Rock Springs can accommodate their every need. Whether making formal decisions or enjoying informal discussions, the blend of exceptional meeting spaces balances both private time and team interaction. Our largest meeting room, Spencer Auditorium, accommodates 400 in theater seats with a stage, lighting and sound system and projector loft.

In addition to lodging and meeting facilities, Rock Springs has many natural features in our serene valley including access to upland and lowland prairie, wooded lowlands, several creeks and gushing springs. Seasonal activities include swimming, archery, canoeing, horseback riding and environmental and historical programs. Groups may participate in scheduled activities such as the leadership facility low ropes course, hiking in the Flint Hills, trap range, canoeing or swimming. Nature trails and tree walks encourage participants to enjoy a quiet, relaxing stroll. Rock Springs can fulfill the unique requirements of your special events.

“Come with me by your-selves to a quiet place and get some rest.”

Mark 6:31

By Stephanie L. Boothe

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“Come with me by your-selves to a quiet place and get some rest.”

Mark 6:31
Five reasons why you should go on a Christian retreat

By John Buckeridge

The gospels tell us that Jesus frequently went on retreat. Before his public ministry began, he spent 40 days in prayer. The Gospels record how Jesus often went off alone to pray (Mark 1:35) and at other times told his disciples; ‘Let’s get away from the crowds for a while and rest’ (Mark 6:31).

When Jesus broke into Paul’s life as he travelled to Damascus to persecute Christians he told him to go into the city, where he would be told what to do. From three days Paul fasted from food and water as he waited to receive the spiritual direction of Ananias (Acts 9:1-9). Those three days were a retreat as Paul waited to hear what God wanted to do with him next.

From our Jesus’ example to the present day the pattern of taking a retreat is a recurring and vital thread.

Retreat to stop
Modern life can be highly pressured and hectic, leading many to feel burnt out. We ignore God’s creation principles of taking a Sabbath Day to stop, rest and be recreated at our peril. Regularly taking time out not to do – but just to ‘be’ with God, to stop, withdraw from the everyday and to spend time to rest before we go again is wise and godly.

Prioritising a day or longer to spend time in silence, reflection, confession and meditation means slowing down and stopping, which some consider a luxury, but by stopping we can gain so much, above all by experiencing a refreshment in our soul, body and mind.

Avoid taking books to read, just a Bible and a notebook and pen is all you need. Anything more and you will not stop but find yourself working through a book, making lots of notes and missing on the value of stopping for a long pause.

Retreat to listen
To retreat means leaving your normal location and activities to go to a place of safety, quiet, and seduction. By going to a retreat, we physically remove ourselves from life’s distractions, the call of chores, and the demands of people in order to make space for God.

Look for a retreat setting that includes a special time of silence, not as a penance, but so that listening to God’s Holy Spirit is easier. The aim should be to get to know God and yourself better by stopping and listening.

The thought of even half a day, let alone 24 hours or more with your phone switched off, may terrify you. But no emails, texts, tweets or other social media will reduce distractions and make it easier to tune into listening to God’s still, small voice and gain fresh perspective.

Retreat to grow into a new spiritual discipline
Many Christians, particularly in the 21st century, find silence intimidating. You might want to choose a retreat based on silence or similar guided retreats that offer a beginner’s guide to going on retreat.

I attended a Be Still & Know retreat recently and was amazed at how quickly 60 minutes of silence zoomed by when I put these principles to work. I’m someone who finds the idea of silence and meditation challenging and potentially a bore. But the day gave me a healthy appetite to spend more time apart with God exploring spiritual disciplines like silence and meditation.

I met many others at this retreat who were similarly enthused and equipped to dig deeper.

Attending a guided retreat can do just that – provide practical help and guidance which you can then take and use in the future, giving you the confidence and practical spiritual tools to take further retreats on your own.

Retreat to go forward
Some years ago when my wife and I told some friends at church we were about to attend a weekend course on enriching your marriage, they looked concerned and asked if we were okay. Some people assume the same about retreats – that you only go if you are in trouble, but in fact, it’s a sign of a balanced approach which seeks to enrich and protect your relationship with God.

So retreat to make progress, withdraw to face the challenges of modern life, stop to make a fresh start, listen to gain fresh perspective and take time away from the crowds because Jesus, our great example and pattern did.

– John Buckeridge is CEO of the Premier Christian Radio Group whose goal is to enable people to put their faith at the heart of daily life and to bring Christ to their communities.
President Trump set to end Obama rule requiring employers to pay for abortions

By Mark Hodges

(Washington, DC) — The Wall Street Journal reported that President Trump is about to eliminate what pro-life’s call the most offensive portion in Obamacare.

The Journal says the Trump administration is “poised to issue an executive order to take back the Health and Human Services (HHS) mandate that all employers pay for abortifacient drugs — including abortifacient “morning-after” drugs — as a basic right for all citizens.

Federal health officials are expected to finalize a regulation that would allow employers with religious or moral objections … to omit coverage,” the Wall Street Journal reported.

“We applaud the Trump administration for rolling back the contraception mandate,” Students for Life of America’s Kathleen Sebelius, the former Kansas governor and Planned Parenthood-funded abortion activist.

The president wanted to guarantee contraception — including abortifacient “morning-after” drugs — as a basic right for all citizens.

“oric freedom around the globe,” Saperstein said.

Rep. Nancy Pelosi, D-California, characterized the potential order as a “sickening plan to roll back women’s access to contraception.”

Gettling rid of Obamacare’s forced abortion coverage mandate was a major campaign promise of the president. “We are glad President Trump is following through with his pro-life, pro-religious freedom promises,” Hawkins added.

Christian Evangelicals, Catholic hospitals, Christian universities, and the USCCB have publicly pushed for the “choking” mandate to be rescinded.

“We are glad President Trump is following through with his pro-life, pro-religious freedom promises.”

Rep. Nancy Pelosi, D-California, characterized the potential order as a “sickening plan to roll back women’s access to contraception.”

“We are glad President Trump is following through with his pro-life, pro-religious freedom promises.”

_Saye, who w orks for the Hudson Institute, was also believed to be considered for the position._

_Brownback’s nomination was also praised by numerous evangelical leaders._

_"This ambassadorship is a key piece in our nation’s responsibility to act on behalf of the persecuted around the world, one that requires a seasoned, respected leader who brings conviction and gravity to the work of this crucial post," Russell Moore, president of the Southern Baptist Convention’s Ethics & Religious Liberty Commission, said in a statement. “Governor Brownback is exactly this kind of leader.”_

_Focus on the Family founder James Dobson praised the fact that it only took Trump six months to make the nomination for the ambassador position._

_"This was a very important appointment, and I look forward to working with him in furthering the cause of religious freedom around the globe,” Saperstein added._

_"The Department of State and has sent a strong signal to the world that we will lead the global effort in defending and preserving every man, woman and child’s right to practice his or her beliefs without fear of intimidation or violence,” Dobson said in a statement shared with The Christian Post. “His use of religion is little different than that of a bully wielding a club,” the organizations said in a statement. "His goal is not to use religion as a way to expand freedom, but to use a narrow, bigoted interpretation of religion to deny freedom to his fellow citizens.”_

_The Christian Post. "Many of the world’s most challenging political, social and military conflicts are borne out of an attack on religious freedom. From Southeast Asia to Northern Africa and the Middle East, religious oppression impacts more people today than perhaps at any other time in world history."_

_Samuel Rodriguez, president of the National Hispanic Christian Leadership Conference, echoed Dobson’s remarks._

_“Appointing a sitting governor, this administration has elevated the importance of the position within the Department of State and has sent a powerful signal to the world that the United States is serious about preserving and defending the religious liberties of all believers,” Rodriguez said in a statement. “Religious liberty is the number one human rights issue of our day and is currently under siege in so many corners of the globe. In Gov. Brownback I am confident the United States will once again assume its rightful place as the world’s leader in preserving and expanding this most precious of all human liberties.”_

_Johnnie Moore, an evangelical communications executive and informal advisor to the Trump administration who was also believed to be considered for the position, said in a statement that it didn’t do enough to acknowledge that there is more about the issue of religious liberty than Brownback._

_“The decision to take someone of his stature … and put him in a position of this importance is hugely encouraging,” Moore said._

_Thanks to the Frank R. Wolf International Religious Freedom Act passed last December, the ambassador-at-large for international religious freedom position was elevated so that it reports directly to the Secretary of State._

_Before taking office, Brownback must first be confirmed by the Senate. Not everyone is enthusiastic about Brownback’s nomination. The pro-LGBT group Equality Kansas called Brownback “unsuited to represent American values of freedom, liberty and justice, whether at home or abroad.”_
Bluebird Diner Serves Old Family Favorites

Owner Janelle Cripps says the mainstay recipes for her Bluebird Diner are from her great-grandma Elgie, (L.G.). She had a recurring dream about her and her home-cooked food that convinced her she was to open the restaurant.

Janelle, a single mom, graduated college in 2001 with a degree in graphic and web design. She previously worked for Digital Reprographics and That Paper, both in Topeka. She also has managed the Kansas Wine and Beer Garden at the Kansas State Fair, and therefore, has experience in retail management, as a waitress and a bartender.

The meat she uses for the diner's popular fare such as Biscuits and Gravy and Sloppy Joes comes from local farms, and she only uses fresh ingredients. "I would like to eventually serve 100% organic food," she said.

The Bluebird Diner serves breakfast and lunch Monday through Thursday. Friday and Saturday they are open until 3 a.m.

Top Dog Gourmet Hot Dogs opens in Gage Center

Bill Hunt and his family moved to Topeka from Happy, Texas, following a visit here to a neighboring business near Gage Bowl. He was familiar with many gourmet hot dog restaurants in Happy, and wondered why he didn't find any in Topeka. Looking around, he saw a vacant business across the street and called about it. After looking at it, he decided that it would be a fine location for what they wanted to do – promote gourmet hot dogs in Topeka.

Bill and his family had farmed in Texas for years – wheat, milo, whatever was profitable. But now, he is thankful for this opportunity to provide a taste of entrepreneurship for his son, Kevin. Top Dog is truly a family-run business, as his step-dad and mom have been participants in the set up and opening of this new Topeka business. Bill loves Topeka and wants everyone to know he sincerely appreciates their business!

They serve 100% all beef hot dogs, from Patuxent Farms in Illinois. Twelve named dogs are on the menu, with the latest being the MacDaddy, topped with mac & cheese. The others are: Top, Mexico, Perry, Kraut, Sloppy, Tuff, Royal, Chief, Chicago, Pizza and Elvis. Their biggest day so far: 500 dogs served. For sides, they offer an assortment of chips, baked potatoes, coleslaw, nachos and "drunken beans" which are cooked in beer, but are alcohol-free when they get to the table.

Bill and Keevin are open to suggestions from the community. You may contact them on their Facebook page, Top Dog @Top City. You can also Google, Top Dog Topeka. Their hours are 10:30 am to 9 pm, Tuesday through Thursday. Friday and Saturday they are open until 3 a.m. What? Yes, that's correct!!

Many customers from throughout Topeka are "tweeting" the praises of her food and service on the Bluebird Diner Facebook page.
Gymnastics is there because they love the coordination that only the challenge of progressing, Cage seeks to develop such gymnastics can offer. As your child progresses, they will train on all four gymnastics apparatuses every week & be evaluated on their progress 4 times per year as they move up through our program.

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

If you are looking for a way to get your child to engage with others in a fun, physically active environment, then Cage Gymnastics is the answer for you.
The Area’s Most Complete Guide to the Family-Friendly Events You Want to See!

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

The events
calendar

CONCERTS

TOPEKA ACOUSTIC MUSIC JAM - First Sat. of ea. month, 3-5pm, Pilgrim Presbytery Church (north side door), 400 SW Wanamaker. Information: 785-952-9 or hagen2052@gmail.com.

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

NOONTIME BROWN BAG CONCERT - Wednesdays 11-1, Westar Park Pklt, 814 S Kansas.

THE NEW C LORDS - Sep. 2, 7pm, Lane Chapel Christian Methodist Episcopal Church, 3200 S.W. Lane.

FRONTIER OF MUSIC - September 25-27, South Fork Park, 1610 DD Hwy., Smithville, MO. 50 bands & 4 stages, nebraskaefest.com

CONCERT IN THE PARK - Sep. 17, 7:30pm, Perwez-Gabel Cemetery, 3315 SW 6th Ave. Free. Sing from the 40’s, 50’s, and 60’s.

HARPIT'S FOR PEACE - Sept. 20, 7:30pm, Southern Hills Mennonite Church, 511 SE 37th. Free.

LIVERPOOL LEGENDS, FEATURING HAYDEN HIGH SCHOOL BAND - Sep. 21, 7pm, 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 Benteen. Tickets available at www.ticketmaster.com, by phone at 1-800-745-3000 or at the TRC box office.

BIG CHURCH NIGHT OUT WITH NEW BSBOYS - 7pm. Kansas Expocentre. With Sidewalk Prophets, Topeka Metro Voice. ______________________

Facebook/MetroVoiceNews ______________________ Septem ber 2017 • 13

Metro Voice, P.O. 5724, Topeka, K S  66605; fax to 78 5-235-3340 or enter online at m etrovocenews.com

SEMINARS & CONFERENCES

MEDICARE MONDAYS - First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Rm 206), 1525 SW 36th. Jayhawk Area Agency on Aging and Senior Health Insurance Counseling for Kansas offers Medicare health insurance counseling. For info: 580-4545 or rona@heartland.org.

MEDICARE EDUCATIONAL SEMINAR - Sep. 12, 2pm. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare and those considering making a change. Seminar will be held at the Heart Center at 329 SW Mulvane. For info or to sign up, centuryinsuranceagency@cyks.com or 785-409-4475 or info@cyks.com.

5TH ANNUAL COMMUNITY MENTAL HEALTH SUMMIT - Sep. 15, 8-4:30, Washburn Univ. “Connecting the Pieces for our Veterans” (There is no cost to participate) Contact: Bela Adams/Bonnie at bela.adams@washburn.edu or caitlyn.franken@va.gov or caitlyn.franken@va.gov orbonesu@va.gov or 785-409-4475 or info@cyks.com.

TWO-MINUTE YORKSHIRE TERRIER TALK - Sep. 20, 11:30am, Our Lady of Guadalupe Catholic Church, 2615 SE 29th. For info: 785-286-0601 or 785-286-0601.

COMmUNITY BLOCk PARTY - Oct. 15, 4-7pm, Countryside Christian Church.

ANNUAL COUNTRY “HOE-DOWN” - Sep. 9, 2017, 2-5pm, Countryside Christian Church.

Seminars are designed for those becoming eligible for Medicare and those considering making a change. Seminar will be held at Cotton O’Neil North at 4505 NW Fielding. For info or to sign up, centuryinsuranceagency@cyks.com or 785-409-4475 or info@cyks.com.

Snacks & beverages provided.

FAMILY-FRIENDLY EVENTS

SHEPHERDS CENTER PICKLEBALL GROUP - plays Mon. & Wed. Mon. at Countryside UMC, 23rd & Burlingame, from 3-5. Park on the NORTH side & use the farthest WEST door. Follow the hallway to gym. On Wed. at First Baptist, 3014 & Mainz, from 3-5. Park on the WEST side. Gym is right inside the doors.

MONDAY MARKET AT THE LIBRARY - Mondays thru Oct. 16, 11-2pm, 320 SW 39th.

EAST TOPEKA FARMERS MARKET - Tuesdays 3-7, 2011 SE California - Topeka Housing Authority. info@topekahousing.com.
A Night of Music & Comedy with Mark Lower!

Countrywide Christian Church
1919 South Rock Road, Wichita
General Seating!
$17.00 Groups (10+) $23.00 Adv. (25 Day of)
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Friday Oct 13
7:30 pm
Doors open at 6:45pm
September 17 • 15

HEARTLAND HEALTHY NEIGHBORHOODS – 2nd Mon., 11-12 noon. Promoting neighborhood well-being by making people, places & resources, 233-1805.

TIBA NETWORKING GROUP – 2nd Tues. 12-1:30 pm or 1 p.m. MIST RSP: taradimick@gmail.com. Lunch is $10. www.tibanetworking.org

TOPEKA LINCOLN CLUB – 1st Sat. of month, 7 p.m., Topeka Metro Library. Our greatest President, Abraham Lincoln, and his times. The public is welcome. For info, contact Karl Nystrom 235-697.

OUR LADY OF THE FAITHFUL – Every 1st Sun. 6:30 Mass followed by Dinner, Most Pure Heart of Mary Catholic Church. A Catholic group for those in their 20’s-30’s. For info, contact Michelle 352-3271 or coreydettkey1@gmail.com. Facebook: OurLadyoftheFaithful.

SUNRISE OPTIMIST CLUB – Every 1st, 6:15am, Sunrise Optimized Complex, 720 NW 50th St. 256-1219.


MENNINGER BIBLE CLASSES – Tuesdays – 1pm. Abbeys Room, WPA, 229 West 11th. A new study group for Year One of Menninger’s course on Four Years Through the Bible. Read and discuss Genesis through Kings. Nominal charge for materials. For info call the WGA at 233-1750 or Clara Gamache at 785-408-5433.

FRATERNAL ORDER OF EAGLES Aerie 4319, First & Third Sat. 7pm. Auxiliary Third & Fourth Sun. 6pm. 2914 SE Fremont Street. The Fraternal Order of Eagles is an international non-profit organization uniting men in fraternalism in the spirit of liberty, truth, justice, and equality, to make human life more desirable by becoming fraternally in the spirit of peace, prosperity, gladness and hope. www.toleo4319.org

CALENDAR CONTINUED ON PAGE 23
Fall movie preview: There's something for everyone

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

New this month:

Hulu
Akeelah and the Bee (PG, 2006). An 11-year-old black girl from Los Angeles competes in the Scripps Howard National Spelling Bee. The story is fictional, but inspiring. (If you’re wanting a similar plot based on a true story, then consider the chess-themed Queen of Katwe, which is on Netflix.) Rated PG for some language. Sept. 1.

Barneyard (PG, 2006) — Otis is a carefree cow who would rather party and play than accept responsibility. His father, though, is determined to teach Otis how to work. Rated PG for some mild peril and rude humor. Sept. 1.

Nacho Libre (PG, 2006) — A monk raises money for orphans by moonlighting as a wrestler. This comedy was written and directed by the same director-writer team that brought us Napoleon Dynamite. The latter film is funnier, but both are worth a watch. Rated PG for some rough action, and crude humor and dialogue. Sept. 1.

Netflix
The Magic School Bus Rides Again (2017) — The classic 1990s animated series about Ms. Frizzle’s class and their magical field trips gets a 2017 remake. Let’s hope the new series is every bit as good (and family-friendly) as the original. Sept. 29.

Beauty and the Beast (PG, 2016) — Much controversy surrounded this live-action remake of its inclusion of a gay character, LeFou. Here’s what you need to know: Once you learn LeFou is gay, it’s difficult to watch the movie and not see his sexuality in most scenes. That said, children likely won’t view it through that lens. The most problematic scenes take place in the final 10 minutes, when a character dons women’s clothes and when LeFou is seen dancing with a man. Each scene is too brief (a couple of seconds each). The music, not surprising, is splendid. Rated PG.

Please see NEW THIS MONTH page 17
With all of the current political warnings about rewriting history, where does historical fiction fit in? While nonfiction books teach us the facts about days past, historical fiction puts flesh on those facts. It makes the statistics walk and talk and find a place in our hearts. Historical fiction tells stories that can make us better relate to the facts and see the real men and women and issues involved.

According to author Lily King, “Regardless of how long ago an historical novel takes place, accuracy and authenticity of the historical setting are absolutely essential. But that doesn’t just apply to the physical setting; the worldview of the characters, their values, mores, and general sensibilities must accurately reflect their era. Truly great historical fiction has the ability to portray those sensibilities in a way that can do more than just provide a glimpse into the past—it can also provide insight into contemporary situations and ways of being.”

King pinpoints 50 Essential Historical Fiction books, We’ve listed some of these below for you to see how many you’ve read.

The Nightingale – Kristin Hannah (WW2)
I, Claudius – Robert Graves (Roman Empire)
All the Light We Cannot See – Anthony Doerr (WW2)
The Twentieth Wife – Indu Sundaresan (16th Century India)
The Three Musketeers – Alexandre Dumas (17th Century France)
Silence – Shusaku Endo (17th Century Japan)
A Tale of Two Cities – Charles Dickens (French Revolution)
The Book of Negroes – Lawrence Hill (18th Century slaver)
Gone with the Wind – Margaret Mitchell (Civil War)
Death Comes for the Archbishop – Willa Cather (Mexican-American War)
The Far Pavilions – M.M. Kaye (19th Century India under British rule)
The Leopard – Giuseppe di Lampedusa (Italian society 19th century)

Local Writing Scene
All of us have stories in our own families. Sally Jadlow is a metro KC author and corporate chaplain who became fascinated with the possibilities of her family’s history. “When I discovered my great-grandfather’s one-line-a-day diary in my mother’s antique cabinet, I didn’t dream God had set me on a new path to writing historical fiction,” she says.

“Over the next thirteen years, I took that diary, family stories, and my dad’s letters and fashioned a trilogy of life from 1886 to 1945.”

Since her great-grandfather participated in the Oklahoma land rush, she researched that era and visited the Guthrie (OKa.) Historical Society to learn more. And sometimes the facts she learned were very interesting. “I was surprised to learn through my research that the new settlers in Oklahoma survived a drought and prairie fires in their first year and a half of four, Isaac went on to further his studies of music at the University of Music, Conservatory of music.

My wife and I had the privilege to attend the Isaac Cates & Ordained Live Concert in July at First Baptist Church of Raytown. Ordained is Isaac’s ensemble of anointed and skilled vocalists whose musical diversity and remarkable vocal abilities have set them apart as premier trendsetters in the national gospel music industry. The concert also featured Bishop Cortez Vaughn (My Hallelujah Belongs to You) and the very talented and classically trained Soprano, Callie Day. From the very first song that had us standing and clapping to several other songs that took us to the throne room this concert was worth attending. Isaac’s piano skills captivated us and the vocal arrangements of Ordained had our ears perked.

If you ever have a chance to hear Isaac Cates and Ordained in person, I encourage you to go. One of my favorite songs written by Isaac is “Strong Tower”. You can find this song and many others on most social media and digital music outlets.

“Telling the Truth Through Fiction?”

by Jeanette Gardner Littleton

With the August 4 release of their new album, Revival, the members of Third Day can cross a long-term goal off their bucket list. Celebrating their 25th anniversary this year, lead vocalist Mac Powell, guitarist Mark Lee and drummer David Carr had long planned on recording a project at Fame Studios in Muscle Shoals, Ala. “What we wanted to try to do musically was go back to our roots, and it just made sense to go to a place that so many classic records have been made and so many classic artists have been to,” Powell says of the studio. “It was a song that all of us were really excited about.” The song, written by Mac Powell, was inspired by “Revival Week,” an annual event held by Powell’s childhood church in central Alabama. “We loved the idea of “Revival” and just for us it was a musical revival in a sense of really getting back to our roots and playing some good ole down home Southern music. I also love that it’s not a worship record by any means, but it’s a very gospel record. It’s hard to explain because it’s not a Southern gospel record and no longer a black gospel record and yet lyrically, I think it takes you to church.”

This album will require you to do some soul searching. The question we would ask ourselves is, Are we really ready to surrender to God’s will. If the answer is yes, a personal revival needs to take place. Give your life back to God and allow Him to do some amazing things. This album is one of my personal favorites and I encourage you to check it out. This album is not only for purchase on all digital music platforms.

Isaac Cates & Ordained

“In life there are many talented individuals whose musical gifting and expression appears effortless to audiences. Some are born with these gifts while others are trained to become great ministers and psalmists. However, there are those who are exceptionally blessed to marry their natural gifting with their learned skills to become known as masters of their craft! Having been compared to Potter Danielle, Dianne Warren, Thomas Young, John Michael, and Smallanda, Isaac S. Cates immerses on the music scene as an artist with an astonishing musical knowledge, skill and unparalleled creativ-
50+ Lifestyles A Guide to Enjoying Life in the Best Years

healthyliving

Tips to sleep better

Naturally boost your melatonin levels. Artificial lights at night can suppress your body’s production of melatonin, the hormone that makes you sleepy. Use low-wattage bulbs where safe to do so, and turn off the TV and computer at least one hour before bed.

Don’t read from a backlit device at night (such as an iPad). If you use a portable electronic device to read, use an e-reader that requires an additional light source.

Make sure your bedroom is quiet, dark, and cool. Also that your bed is comfortable. We often become more sensitive to noise as we age, and light and heat can also cause sleep problems. Using a sound machine, ear plugs, or a sleep mask can help.

Eat a little snack before bed. Hunger can cause difficulty in drifting off to sleep, but try not to drink liquids right before bed.

Use your bedroom only for sleep. By not working, watching TV, or using your computer in bed, your brain will associate the bedroom with just sleep.

Move bedroom clocks out of view. The light can disrupt your sleep and anxiously watching the minutes tick by is a surefire recipe for insomnia.

Keep the cell phone out of the room. Studies show that just the presence of a cell phone, even when silenced, can disrupt sleep. Not to mention the temptation to constantly look at it. Charge it in the kitchen overnight.

new caregivers: what you should expect

By Carol Bradley Bursack

Family caregivers generally earn their job title in one of two ways. The first is what I call the “sneak up mode.” The second is “crisis mode.”

Sneak-Up Mode

For me, caregiving began with an elderly neighbor who needed some assistance. This “assistance” turned into a five-year stint of elder care, closely followed by the ever increasing needs of six of my own family members. For all but one of my elders — my dad whose failed brain surgery sent him into severe dementia — care needs gradually increased.

I can clearly remember the day when I finally woke up to the fact that I had a full-time job as a caregiver, even though, technically, I wasn’t “working” at the time. Had I had more family caregivers to communicate with, I may have realized earlier how much my caregiver role had slowly overtaken my life.

Would the knowledge have helped me understand that I needed to take better care of myself? I don’t know. Hindsight is interesting, but doesn’t change the past. My caregiving years started at a time when family caregiving wasn’t big news. You just did what you did, and there wasn’t a great deal of support.

Crisis Mode

Since I was already heavily involved in family caregiving by the time my dad’s surgery sent him into instant dementia, the event, emotionally devastating as it was, didn’t change my caregiving situation all that much. Dad’s terrible outcome from the surgery just immersed me deeper into my role.

Many people, however, are just living their lives — working their jobs, raising their children and visiting relatively healthy parents from time to time — when, bam! Out of the blue, Dad has a stroke. He’s hospitalized. He survives. However, he’s partially paralyzed, will need months of therapy, and will not likely ever be the same again. Caregivers experiencing these crisis events hit the graduate level of caregiving before they even have a chance to do undergraduate study.

No matter how you entered into your caregiving role, you will have to make changes in your life.

setting boundaries

Setting boundaries never come naturally to me when it comes to someone I love. Yet, I had to learn and so must you.

Is paying off the house a good idea?

If I’m in your shoes, as soon as the emergency fund is in place — six months of expenses — I’m sure you like the security factor and 15 percent is being put away for retirement. I'd take the other money and throw it at the house. Get that thing paid off as fast as you can!

—Dave

—Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 12 million listeners each week on 575 radio stations.

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Hillsdale Place L.L.C.
If caregivers have no boundaries and just blindly do whatever is asked of them at all times, they may burnout before they know what’s happening. Healthy emotional boundaries are important in helping the caregiver distinguish between his or her own needs and the needs of the person being cared for. Boundaries remind you and your loved one that your relationship is between two adults and that there need to be expectations of mutual respect and autonomy for the relationship to be successful. Set boundaries and make them clear.

Be Flexible as You Settle In

If you’ve been in crisis mode, after the crisis settles down and you’ve figured out some kind of care plan you will like—ly need to tweak your boundaries. Naturally, if your dad has another stroke, you’re not going to say, “I’m done for the day. Someone else handle this.” Life happens. However, even long-term caregiving will shift as life moves forward and the care receiver’s needs increase. This is the time when, if you haven’t done so before, you’ll likely need to get outside help.

Get Support from Others

The point is, get support from other caregivers. Ask people who have been in the trenches what they did that worked, what they did that they’d do differently, and what they advise. Then, take a look at your boundaries, do more soul searching, and get some help.

You need to look inward to yourself as much as outward to your loved one. If you develop severe caregiver health problems, you may not be able to help this person you have nearly given your life for. Just like instructed by the airline stewardess, put on your oxygen mask before your put one on the person you love. If you don’t, you both may go down.

#5 - Pomegranate

These strange-looking seed fruits are back in vogue as health-giving super-foods, particularly in juice form. The fruits are rich in antioxidants, which prevent LDL cholesterol from doing its damage, and it helps prevent blood clots by keeping blood platelets from clumping together. Pomegranates may also help reduce the risk of breast cancer and lessen the symptoms of arthritis.

#6 - Olive Oil

Olivas, and the extra-virgin oil that is made from a single pressing of the fruit, contain many of the antioxidants that are thought to protect against the oxidation of LDL cholesterol compounds. They also are high in monounsaturated fatty acids, which are called “the healing fats” because they lower the effects of “bad” cholesterol while raising “good” cholesterol levels. High in vitamin E, olive oil also is thought to protect against colon cancer, and it is helpful in fighting gastritis and other ailments.

#7 - Honey

Raw honey, in addition to being a natural sweetener, is replete with antioxidants and is considered to be an anti-viral, anti-bacterial, anti-fungal substance. It is thought to have tumor-fighting properties, and may help prevent colon cancer. The daily consumption of a spoonful of honey is said to increase antioxidant levels in the blood, and is the healthiest sweetener for type-2 diabetics.

Did you know the original proposal for Medicare had outpatient prescription drug coverage? This benefit was under Part B and was dropped on the grounds of unpredictability and the potentially high cost.

In 1988, a prescription benefit was enacted, but one year later it was repealed. Finally, on December 08, 2003, President George W. Bush signed the Medicare Prescription Drug, Improvement, and Modernization Act giving Medicare beneficiaries prescription drug coverage (Part D).

Part D of Medicare is a federal program to subsidize the cost of prescription drugs for those individuals who have Part A and/or Part B. Each year during the Annual Open Enrollment period beneficiaries can evaluate their current coverage and explore the new Plans for the next calendar year. Since each Plan has its own list of covered drugs, tiers, and covered pharmacies, it is encouraged that every beneficiary takes the time to review the changes for the year.

Medicare also makes changes. For example, 2018 Plans with a deductible can charge you up to $405 and the coverage gap (donut hole) will begin at $3,750. Your percentage for brand-name drugs in the coverage gap will be 35% and 44% for generic drugs. The new TR0OP or the true out-of-pocket cost is $5,000. These are just a few of the new changes.

The days of just receiving your renewal and filing it away or letting it sit on the dining room table are over. Each open enrollment period you must review your Part D coverage making sure the Part D plan you choose for the next year fits your needs.

Century Health Solutions is a subsidiary of Stormont Vail Health and provides free Medicare Educational Seminars. We are your local expert in Medicare planning and will help you find the best option for your personal situation. Please feel free to call us at 785-270-4593. Our business hours are Monday-Friday, 8:00am-4:30pm.
sports

Big XII golf champion Chase Hanna to highlight Character That Counts tournament

By Alan Goforth

Chase Hanna hasn’t played in the annual golf tournament for Character That Counts and TGW in years. However, he hasn’t exactly been neglecting his game.

Hanna, who graduated from the University of Kansas in May, is the defending Big XII Conference golf champion and an NCAA/Ping All-American. He began his professional career in late July at the Web.com Digital Alley open in Kansas City. And if that isn’t enough, he was the first golfer ever to defeat the defending Big XII Conference golf champion.

But the competition is much better. Unlike college, a lot of golfers have a real chance of winning every week. The biggest difference is how deep the fields are from top to bottom.

Hanna has several pointers for golfers who are from top to bottom. "It's still the same game, and I'm still trying to shoot under par," Hanna said. "But the competition is much better."

"Certainly, golf requires a lot of patience," he said. "You lose a lot more than you win, and it's easy to get down on yourself. There is just one winner every week. It's easy to lose sight of the big picture. Attitude is extremely important in golf, and patience is a big thing."

As bright of a future as Hanna has in professional golf, he understands it comes in third behind faith and family. Even as he reached the pinnacle of collegiate golf now and back at Baylor University), "It certainly made me appreciate all the positive impact she had on people, and it really inspires me."

Hanna has a few pointers for golfers who are trying to develop their games. "I certainly would like them to pick the correct target and hit the ball. It doesn't mean being slow but rather to have a routine when you walk to the tee. That means being consistent with your driver. You want to hit the fairway a certain number of times. Myself, I usually hit 10 greens, try to hit 11, and 12 to have a routine when you walk to the tee."

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"I see amateur golfers get mad when they bogie a par four, but to me, that's success. Manage your expectations. If you usually hit 10 greens, try to hit 11, and 12 would be great. Course management is the biggest thing."

The 15th annual golf scramble will be held on Sept. 28 at The Golf Club of Creekmoor in Raymore. All proceeds will benefit Character That Counts, TGW and Dedicated Life Coaching. Here is the schedule of events:

10:45 – Registration
11:15 – Lunch provided by Chick-fil-A
12:30 – Shotgun start

For more information, please contact Rod Handley at (816) 325-6393, Greg Griffin at (816) 885-1306 or Bill Statz at (816) 803-9726.

Registration is $195 per golfer or $700 per foursome for 18 holes, golf apparel, lunch, drink tickets, awards and prizes. Sponsorships ranging from $500 to $10,000 are available.

Every child deserves a loving, caring home. A family they can call their own. A place where they belong. With people who will be there for them always.

www.adoptKSkids.org • 877-457-5430
Room-by-Room Renovations

Small changes that add up to a big impact

(Family Features) If your favorite room is outdated and dingy, a renovation may be all you need to make the old feel new and to fall in love with your home all over again.

Upgrading your home can be a big job, and unless it's part of a pre-move-in plan, few homeowners find it practical (or even possible, from a budget standpoint) to execute a large-scale project. However, tackling the updates one room at a time and focusing on small changes that bring big returns can put those overdue enhancements well within reach.

Kitchen

It's the heart of the home, and it's where many homeowners sink big money to make upgrades. Kitchen renovations don't have to require a second mortgage though. Re-facing rather than replacing cabinetry can bring about a whole new look for a whole lot less money. This is a good option when the existing cabinets are still in good working condition and you're just looking for an aesthetic change. Other small-scale options include swapping out the countertop and sink, changing the lighting fixtures and updating tired floors with contemporary wood or tile.

Bathroom

When plumbing is involved, project costs can skyrocket, but there are some relatively simple ways you can give your bathroom a facelift on a modest budget. For starters, swap out all the fixtures from lighting to faucets. A new vanity is another instant upgrade, whether you opt for an updated version of the original or select a whole new style for a completely fresh look.

Also consider upgrades that can increase natural light and fresh air without compromising privacy. Such as the addition of skylights to your ceiling, or "fifth wall," which can completely change the lighting dynamic of the room. In addition to balanced, natural light, skylights like those from Velux can open to help refresh your space and keep it odor- and moisture-free.

For extra style and light control, consider complementing the room's decor with skylights featuring colored blinds, which are available in more than 100 colors and styles, and also offer remote control operation for convenience in raising and lowering the blinds and opening skylights to let in fresh air. Learn more about making the fifth wall part of your renovation plan at wybyskylights.com.

Living Room

A common space where the family gathers is likely to sustain the greatest wear and tear, and because you spend so much time there, it's also a room where you're likely to find a list of things that irk you. Creating a new color scheme is a simple fix that transforms the space, but changing the palette of the walls is just the beginning. Also consider taking your redesign to the ceiling with vibrant colors, creative wall papers or even exposed beams. Round out the room by swapping out lamp shades, adding vibrant throw pillows, replacing old curtains or blinds, or tying the color scheme together with a new area rug.

Bedroom

In your private sanctuary, all the typical options for updates apply for sure. However, this is a space where the furnishings can be an especially impactful way to influence the ambiance, especially if a construction project in the room where you sleep is impractical. Changing out the style of the bed frame and complementary pieces creates a whole new vibe for the room. Then bring in a new collection of textiles for the bedding and drapery to help round out the pseudo-renovation.

Laundry Room

If you're looking for modest ways to update your home, be sure to consider spaces like the laundry room. Although you likely use this space less frequently than common spaces like the living room or kitchen, plenty of essential activity happens in the laundry area. Practical features like added storage space, cheerful color on the walls and easy-to-clean flooring can all make this room's tedious tasks more enjoyable.
22  •  September 2017

MetroVoiceNews.com

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Topeka Metro Voice

New Resident Church Guide

1. The Great I AM Church
   Breaking Traditions - Non-Denominational
   Pastor Cordell Fischer
   2523 SE Indiana
   (785) 867-0422
   www.greatIAMchurch.com

2. CHRISTIAN CAVALRY MINISTRIES INT.
   Pastor Beau Bryant
   Kansas Christian Camp
   2015 NW Buchanan, Topeka KS 66608
   785-224-5419  •  www.churchmin.org
   Sun. 9:30 am
   Service - 10:00 am
   Contact: Logan Barnett 785-597-5496
   Scott Bond 425-494X, Jack Shively 780-9513

3. FAIRLAWN CHURCH OF THE NAZARENE
   730 SW Fairlawn Rd., Topeka, KS
   (785) 272-6322  •  www.fairlawnnaz.org
   Sun. Worship: 9:30am - 11:00am
   Adult, Youth & Children's Sun. School: 9:15 am

4. NORTHLAND CHRISTIAN CHURCH
   310 NW Shelly Blvd., Topeka
   298-1204
   Worship Sun. 8:00, 9:30 & 11 am
   Sunday School & Bible Studies: 9:30 & 11 am
   www.discovervbc.org

5. FAIRLAWN CHURCH OF THE NAZARENE
   730 SW Fairlawn Rd., Topeka, KS
   (785) 272-6322  •  www.fairlawnnaz.org
   Sunday Worship: 9:30am - 11:00am
   Adult, Youth & Children's Sun. School: 9:15 am

6. FIRST SOUTHERN BAPTIST
   1912 SW Gage, Topeka, KS
   272-0443  •  www.fsbctopeka.org

7. TOPEKA BAPTIST CHURCH
   Meeting at Buck Creek School House
   5 mi. east of Perry on Hwy 24, 13th & Phillips Rd.
   Children Sunday School - 9:00 a.m.
   Worship Service - 9:30 a.m.
   Contact: Logan Barnett 785-597-5496
   Scott Bond 425-494X, Jack Shively 780-9513

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

9. GRACE COMMUNITY CHURCH
   310 E 8th St. US 59 Hwy
   Overbrook, KS 785-665-1177
   Elvin Dillard, Senior Pastor
   Sunday School 9am; Worship 10:00 am
   www.gracecommunityco.com
   office@gracecommunityco.com

10. LORD'S HOUSE CHURCH
    300 SW Roosevelt, Topeka KS 66606
    pastor Marilyn Hahn microphone
    10 am Sunday (Non-traditional Service)
    See “About Us” at our website
    www.lordshouseofchristians.org
    Questions? lkwvark@earthlink.net

11. COMMUNITY CHURCH
    1819 SW 21st St., Topeka
    233-9537  •  www.communitychurcKs.com
    Sun. 9:30am  •  Sunday School for all ages
    Sun. 10:30am  •  Worship & Word, Children
    Wed. 6:30pm  •  Children, Youth, Adult -
    Nursery care for all services –

12. BUCK CREEK COUNTRY CHURCH
    Meeting at Buck Creek School House
    5 mi. east of Perry on Hwy 24, 13th & Phillips Rd.
    Children Sunday School - 8:00 a.m.
    Worship Service - 9:30 a.m.
    Contact: Logan Barnett 785-597-5496
    Scott Bond 425-494X, Jack Shively 780-9513

13. WANAMAKER WOODS NAZARENE
    Managing Drug-Loving People
    3501 SW Wanamaker Rd. 273-2248
    Dr. L.D. Holmes, St. Pastor
    Sun. Worship: 9am (Hymns) & 11 am
    Children’s Worship 9 & 11 am
    Sunday School 10 am all ages
    Sun. Evening Various Children's Programs
    6 pm Life Groups, 6:30 pm Teen Service
    Wed. 6:30 pm Adult & Teen Life Groups
    Wed. 6:30 pm Kids University
    - Sunday School @ 10:30am -
    - Nursery care at all services –

14. GRACE LIFE CONNECTION
    Living grace inside-out
    in an upscale-down world
    Wed. Adult Life Groups
    Sat. 5:30 pm, Bible Study
    All are welcome - Come and see us!

16. HOUSE OF THE LORD CHURCH
    A Spirit-Filled, Word-centered church
    2531 SE Wittenberg Rd., Topeka, KS
    Pastor Pete Whitebird
    Sunday Worship: 9am (Hymns) & 11 am
    Sunday School 9am  •  Worship 10:00 am
    Nursery care for all services –

17. EAST SIDE BAPTIST CHURCH
    4425 S.E. 29th St., 379-9933.
    Sunday Worship: 10:45am & 6:00pm
    See our website for info on our
    Adult Sunday School - Sun. 9:30am
    Youth group 1st & 3rd Sundays 6-8pm
    All are welcome - Come and see us!

19. SEAMAN COMMUNITY CHURCH
    Independent Christ-Centered Bible Church
    2036 NW Taylor, Topeka, KS
    354-8777  •  www.seamanchurch.org
    Adult Sunday School - Sun. 9:30am
    Sunday Worship: 10:30am
    Children's Sunday School: 10:30am
    Youth group 1st & 3rd Sundays 4-6pm

21. HARVEST FAMILY FELLOWSHIP
    Meets at 522 SW Polk
    785-220-5418
    Pastor Ray Rodriguez
    Sunday Worship: 10 am
    www.topekaharvest.vpweb.com

22. NEWS RESIDENT CHURCH GUIDE

Place your classified ad with us! 785-235-3340 or Voice@cox.net, or metrovoiceonline.com

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Payment in advance required: $12 for the first 25 words, 25 cents for each add’l word.
(classified ads also go immediately online)

 Rooms for Rent:
For women only. House near 17th & Fairlawn.
$400/Mo utilities included. Call 785-249-1913

Wanted: Housekeeper for disabled veteran
requiring ad & attendance. 3 Days per week.
Call for details. 785-608-5397

Wanted: Programmer Analyst - Topeka, KS
& unanticipated sites thruout US - Work all phas-
Mon., Wed, Fri., hours flexible. Pay negotiable.

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& unanticipated sites thruout US - Work all phas-
Mon., Wed, Fri., hours flexible. Pay negotiable.

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For Sale: KANGAROO GOLF CART – Self-
propelled push cart for your golf bag. Seat
and battery charger included. Kangaroo Hillcrest
model. $1100 new, asking $99. Works good
but needs new battery. Call 785-640-6399 for more
information.

Wanted: Part-Time Account Rep – Work
your own hours. Call on businesses, churches
and nonprofits about their advertisements in
Metro Voice. Generous commission on all ads
you place; no base. Call Metro Voice at 235-
3340 or email Voice@cox.net.

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Focus Directories

Executive Directors - Topeka Youth for Christ

YFC has been serving the Topeka area for over 60 years. We
are dedicated to the message of Christ to 11-19 year olds in the
Shawnee County school areas and communities through relational
ministry focusing on one student at a time. The Executive Director
will provide leadership for the YFC ministry in Topeka.

Students, parents, church leaders, and community leaders are
invited to provide input into the leadership of the YFC program.

Churches and communities are invited to provide feedback
about the YFC’s work in the area.

For more information, please contact:

Kevin Klinkhammer
Executive Director
(785) 379-0936
klinkhammer@topekayfc.org
gather to assemble Weekend Snack Sacks for low-income students, sponsored by Topeka North Outreach. For info: 286-1378.

TOPEKA GENEALOGICAL SOCIETY – 4th Thurs., Topeka Shawnee County Public Library, 2352 SW 10th St. No program in Nov or Dec. Promotions & stimulates the education, knowledge & interest of the membership & the public in family history, genealogical records & research. For info: 237-5762 or tephane@ks înternet.com.

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP – 3rd Thu., 11:30am, Northland Christian Church, 302 W 7th St. Kingdom Christian financial professionals, financial planners, accountants, attorneys & insurance agents invited. For info: kingdomadvisorsks@com or Jim Howard, 785-377-1830.

TOPEKA (DownTown) OPTIMIST CLUB – Every Fri, 12noon to 1pm, The Savoy, serving the youth of Topeka. Anyone welcome. For info: 272-3399 or LakeNguyen@msn.com.

TOPS (Taking Off Pounds Sensibly) – Every Fri, 6:30 to 9:00am, am at 3231 SW Burghartle Road. 800-932-5877. Support for your weight loss journey. topps@topekasc.org.

VIP LUNCHEON FOR SENIORS – Every Fri, Noon, North Topeka Baptist Church, 2210 NW Garden. FREE lunch with Christian fellowship, devotionals & entertainment provided by Topeka North Outreach. Free blood pressure checks the last Friday of every month, and birthday celebrations for the 4th Fri. For info: 286-1370.

A GOOD YARN CLUB – 2nd & 4th, 9-11am, Wana-maker Bel Baptist Church, 2700 SW Wameoner. Doing Good for Others: Knitting & Crocheting for Local Charities, 5 years, no experience, hooks & patterns. All are welcome, Anne, 272-5209 or fuzzyfingers@topekasc.org.

BIBLE QUIZING – 1st Sat, Learn God’s Word & have fun with area Christian youth age 9-13. YPEX/CAA style, 2021-22 Quiz Bowl, 502-6427, QuizMaster@tls.net.

MONTHLY SCORE MEETING – 1st Sat, 8-9:30am, Washburn Tech, 5708 SW Harwood (enter east doors facing Harwood). NO WORK is to be repaired. Small business owners are invited to a Breakfast Roundtable discussion with members of SCORE (Service Corps of Retired Executives). Info: 272-3048.

TOPEKA LOVE ALOUD – Once a month on Sat. morm. A time of worshipping, prayer and encountering God. Call Tawny Barton at 785-809-032 or Linda Williams at 785-696-6168 for details.

FREE ENGLISH CLASSES – Every Sat 9-10:30am, Central Congregational Church, 1284 SW Buchanan. For info: 237-2356.

RUSSIAN HOUSE OF PRAYER – Every Sat, 4pm, Williamsen Temple of God, 1225 Oak St., Perry/Williamsville. For info: 597-5282.

SINGLES PLAY CARDS SR – 1st Sat, 6-9pm, St. John’s Catholic Church, 105 NE 35th St.

SAYING DEATH ROW DOGS ADOPTION & EDUCATION – Every Sat, 1-2pm, Pets+, 1530 SW Wameoner.

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

SUPPORT GROUPS

MIDLAND CARE GRIEF SUPPORT Groups: Building A, 200 SW Fraser Circle. Every Mon, 4-5pm. 12 Week Adult Group for Recent Loss 1st and 3rd Thu., 10am & 1:30pm. Ongoing Adult Group 1st and 3rd Thu., 1:30pm. Ongoing Young Adult Group (18-4 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.340.

ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion Syndrome... we can help mend a broken heart! For info: Any Ask at McFarland@SCORE.org.

PURSUIT FOR SEXUAL PURITY – Accountability group uses the Pure Desire book by Ted Engstrom. Start Thu, 7:30pm, St. Francis Hospital meeting room 6, 2nd floor; 862-2326.

ALZHEIMER’S SUPPORT GROUPS – Group meetings for caregivers of individuals with Alzheimer’s disease or a related dementia. For info: Alzheimer’s Association, Heart of America Chapter, 271-8844 or email cindy.michael@salaco.org.

“HEALING HEARTS” support/group/Bible study – For those who have experienced trauma or addiction or have had affairs. Video & workbook will give you hope for your marriage & emotional healing.

TOPEKA LOVE ALOUD – Once a month on Sat. morm. A time of worshipping, prayer and encountering God. Call Tawny Barton at 785-809-032 or Linda Williams at 785-696-6168 for details.

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Rwanda

Rwanda

continued from page 1

for her. As the girls looked at the items in their boxes, Moreno told them all Jesus loves them just the way they are and has a plan for each of one of them. Moreno said she is glad the girl who doubted Jesus’ love had such friends to encourage her, and her prayer for all the girls is that they would attend The Greatest Journey. Operation Christmas Child’s 12-week discipleship and evangelism program.

for Melvin, one of the most unforgettable moments from the trip was when they laid wreaths and roses at a mass grave in the genocide.

The thing that made me cry and still challenges me as a Christian is how the people of Rwanda went through a genocide in 1994 where nearly a million of their people were killed violently with machetes and how they managed to build their country back up in 20 years or so,” Melvin said. “Only God allows a country to rebuild, and only God individually rebuilds people’s souls and lives.”

An Operation Christmas Child shoebox recipient and speaker who lost family members during the genocide traveled with the group and shared his story of loss, forgiveness and faith. Additionally, one of the group’s translators was a shoebox recipient who lost family members in the genocide and has a very impactful testimony of forgiveness and God’s provision through devastating circumstances.

Moreno and Melvin both serve in the capacity of area coordinators for Operation Christmas Child. In their roles, they help coordinate efforts to collect shoeboxes and promote the ministry in their respective areas of the Kansas City metro. Samaritan’s Purse invited both women to travel to Rwanda in May as a way for them to see what happens on the other side of the shoebox.

“Watching the children react to the simple items such as soap, washcloths, colored pencils, hats and sunglasses showed me how much the gifts brought them joy,” Moreno said.

More than 936,000 children in Rwanda have received Operation Christmas Child shoebox gifts, and this season 117,624 children will receive gifts. Since 2010, 129,413 Rwandan children have participated in Operation Christmas Child’s discipleship program.

“This trip allowed me to see how God is using Operation Christmas Child shoeboxes to further His kingdom, and it is using all of us to make that happen - one child, one shoebox and one powerful message every time,” Moreno said.

The women attended many shoebox distribution outreach events during the trip. There were between 70 and 200 children at each event, all sitting quietly as they received their box and the gospel presentation was given. The distributions were done in cooperation with local churches and schools.

Moreno said the ministry of Operation Christmas Child extends beyond the children as the mothers also attended the events and would sit and listen during the presentation. She said the demeanor on their faces would change after their children received the boxes, and they too heard that Jesus loves them.

Rwanda
TO NORTH TOPEKA!

**Welcome...**

**North 75 Barbershop**
1904 N Central Avenue
233-4281

**THE PAD RESTAURANT**
1730 N. Topeka Blvd.
234-3596
35% OFF Burgers!

**Local Christian Radio**
Listen at work!
UpperRoomRadioOnline.com

**Meriden Animal Hospital**
Jeffrey F. Van Petten, DVM
Veterinary Acupuncture & Chiropractic Care Member - AVMA, IVAS, AVCA
7146 K-4 Hwy, Meriden, KS
785-484-3358 • Phone answered 24 hours
staff@Meriden-Animal.com

**Topeka Rescue Mission**
"Faith with its sleeves Rolled Up"
Main: 785-354-1744
Non-cash Donations: 785-357-4285
Volunteers, Tours: 785-354-1744 ext. 393
Finances: 785-354-1744 ext. 316
Policies, Speakers: 785-354-1744 ext. 315
Thrift Store (1312 N. Kansas): 785-235-0994
www.trmlonline.org

**Capitol City Chiropractic**
Dr. John E. Chance
1835 N. Topeka, Ste. 209
Topeka, KS 66608
Phone 234-0900

**Toasterfest highlights September in NOTO**

The NOTO Arts Center is offering 2nd Saturday Art Classes for area children. String Art Class will be Sep. 9, 10am to 12pm. Children will play with texture and pattern while learning the fun techniques of string art! Kids will be provided with all materials to create their unique masterpiece; For 3rd grade through 6th grade. Cost is $15 per child. Instructor is Alicia VanWolfehren with Leaping Llamas Artisan Shop. Limited scholarships are available: call 785.979.5483 for details.

ARTSTOBERFEST 2017 will be Sep. 23, 11am, in NOTO Arts District, 935 N Kansas Ave, Two Wolves Artists Collective has partnered up with the Norsemen Brewing Company for this years biggest celebration of the arts and community. Bands and entertainment, Osage Orange Bowling, scavenger hunt, bounce house; Beard and BBQ Contest. Vendor space for visual artists is $25. Food trucks and food vendors too. https://gooogle/forms/ZnVSS0tS8YGyvd2 Contact: Alexander Lancaster: TwoWolvesStudio@gmail.com

Don’t forget First Friday, which has become a big deal in North Topeka these days, bringing people to the area in record numbers. Besides the Art Walk in NOTO, other North Topeka businesses have begun joining in and coordinating complementary events. Many are making plans to make 2017 better than ever in NOTO and the entire North Topeka area.

Entertainment can also be found on the artwalk up and down the Avenue, as well as streetside vendors.

The restaurants, locally owned shops, art galleries and studios have also become favorite art walk destinations.

Here are a few more scheduled events in the North Topeka area:

- **MOTHER TERESA’S FARMERS MARKET** - Saturdays 8:30-11:30am, Mother Teresa of Calcutta Catholic Church 2014 NW 46th St.
- **STANDING WITH TRUMP RALLY** – Sep. 3, 2-5pm, Garfield Park. Reception/refreshment area provided. Please bring something to add to the party. For info: facebook.com/groups/standingwithtrumpkansas/
- **HOLY SMOKIN’ JAMBOREE** – Sep. 9, 5-7pm, Mother Teresa Catholic Church. Car show, BBQ competition, Live Music
- **SUNDAY FUNDAY** – Sep. 10, 11am-2pm, Northland Christian Church, 3102 NW Topeka Blvd. Free Carnival complete with Food Trucks. 785-286-1204
- **ANNUAL COUNTRY "HOE-DOWN"** – Sep. 16, 4-6:30pm, Kansas Avenue UMC, 1029 N. Kansas Ave. Live music, Center State Dancers, door prizes, games & free food. Bring lawn chairs
- **GRANTVILLE FLEA MARKET** – Sep. 15-17, 9am-7pm, Ladies Nite Sep. 14, 6-8pm, 3597 27th St., Grantville (1 mile north of Hwy 24). For vendor info: Lindsay 785-249-5108. Follow page on Facebook
- **BBQ, WORSHIP BASH, CARNIVAL & AUCTION** – Sep. 16, 5:30-7:30pm, Heritage Christian School, 2000 NW Clay. Duck pond, dunk tank and more! Adults $10 students 5th grade & lower $6.
- **MEDICARE EDUCATIONAL SEMINARS** – Sep. 26, 6:30pm. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare and those considering making a change. Seminar will be held at Cotton O’Neil North at 4505 NW Fielding. For info or to sign up: centuryinsuranceagencyks.com or 270-4593 or info@century-health.com. Snacks & beverages provided.
- **FALL FESTIVAL – Oct. 21, 8am-6:30pm; and Oct. 22, 8am-1:30pm**, Our Lady of Guadalupe Catholic Church, 216 N.E. Bramett. Vendors with purses, jewelry, candles, essential oils, Thirty-One Bags, Scentsy, Tupperware, Avon, KU items, homemade goodies, quilts & more. Food available. 785-409-4475.