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 Page 8



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See inside back cover!

Grandparents - 6 things to pass on!

The National Conference on Grandparenting is Sep. 23.

by **William High**

Grandparenting. It's a great thing. I've got two little grandkids of my own, and we are having a blast. I remember the moment that the first little one came home. It was such a joy to hold my grandson. At the same time, it was a



sobering moment as I realized that I held the future in my hands—even generations to come.

In truth, I think that's how God wants us to look at our grandchildren. Not just as fun little ones to play with, but also as future generations where we can intentionally invest. Here are some of the ways we can invest:

1. Values. Psalm 78:5-6 says: "He decreed statutes for Jacob and established the law in Israel, which he commanded our ancestors to teach their children, so the next generation would know them, even the

■ Please see **GRANPARENT** page 3



Operation Christmas Child volunteers spread the love of Jesus in Africa

By **Allison Gibeson**

Cheryl Melvin will never forget. For Moreno, one moment came when she was handing some boxes to a group of three girls who were about fourteen. "Yesu are gu kunda (Jesus loves you)," Moreno told the girls.

"No - not me," one of the girls replied. "Yes, He loves you, too," Moreno lovingly assured her.

With that, a couple of the girl's friends surrounded her and also assured her of Jesus' love

■ Please see **RWANDA** page 23

Should the Charles Sheldon legacy be preserved? WWJD?

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

■ Please see **SHELDON** page 2



Charles Sheldon built a small study in his back yard, where he wrote many of his books and sermons. The study has been saved, but is in need of restoration.

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 vir-



tually untouched and unrestored for the last 23 years.

The Shawnee County Parks and



A young girl looks at a painting of Charles Sheldon on the wall of Charles M. Sheldon Elementary School. Right: The first Black Kindergarten. Below right: Central Congregational Church in Topeka.



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 unassuming 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.

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, free 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.

Life Lessons From a Little One

COURAGE TO TAKE THE NEXT STEP

by Jessica S. Hosman

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 for 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 down we went... 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 calf 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



Jessica Hosman

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 glee that filled his face as an infant, toddler and when we braved the slide for the

first time together, lit up his countenance once more. He did it on his own, with Mommy on the sidelines praying and cheering him on.

The first time I ever took Zechariah to the pool, there was no way he could have climbed or gone down the big slide on his own. He needed me to hold and sustain him, and I knew in his infancy I had to be close to keep him safe. With each passing summer, I've constantly remained near. And with that nearness came a new level of confidence within my son to take a greater step of faith and courage than the year before.

So it is with our lives. Regardless of the fears you may have held yesterday, the Lord bids you to take the next step today. You're stronger and more equipped, and the time is now. The mountain in front of you may seem steep, but conquering it starts with just one step. Look inside of yourself. You have courage. You have faith. And you have a faithful Father standing by your side, cheering you on every step of the way.



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Light of the World Remembers Varney

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 1985.

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 Word 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 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.

Jeff 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."

Celebrating Grandparents Day with Vision and Purpose

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 life, and the



CANFIELD

strength and stability that comes to families as a result. Nearly all grandparents view their role as a great joy and privilege, and grandchildren thrive when they have regular access and develop strong relationships with their grandparents. New research in family systems notes the tremendous benefits which come to everyone involved—grandparents, grandchildren, and even parents—when there's harmony and a sense of commitment to one another across the generations.

It's time to think of Grandparents Day as an opportune moment to recommit 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 has 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 where you would become a grandparent or even a great-grandparent. But now it's that time, so please don't underestimate your role, be lukewarm in your commitment, or God forbid, 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 became beacons of light and hope to our children and grandchildren, and through humility and grace, sought to reconcile any misunderstandings or failures? What if this incredible love and influence of grandparents began to flow into the spiritual household, the Church, where there are orphans, fatherless, and single parents 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.

—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.

GRANDPARENTS

continued from page 1

children yet to be born, and they in turn would tell their children." God wants your grandchildren to carry on your values and the values of their parents for generations to come. When you're gone, will they still believe in Jesus? Will they still walk with God? Consider how you can be intentional in passing on values to your grandchildren.

2. Stories. The Bible records that the Passover celebration is to start with the youngest child asking: "Why is this night different from all other nights?" It is essentially the request to retell the story. Part of values transmission is helping them know and understand your family stories. Tell them how you met their grandmother, what it was like when their mom was born. Share what it cost to get to the place you're at in life now. Be intentional and record the stories that will keep the legacy going. A good tool for this is www.familyarc.com.

3. Planning. Make sure you've planned your estate adequately so that you can avoid unnecessary tax and pass your estate on to your children and grandchildren with wisdom. Make sure you have the right tools in place, whether that's a will, a trust, or transfer on death provisions. Life insurance, IRAs, and 401Ks should all have the proper beneficiary designations. If you own a business, make sure you've planned properly for succession. Decide whether your children or grandchildren are the right ones to lead into the future.

4. Wealth. Ask yourself, "How much should I pass on to my children?" Be wary of leaving them a windfall, and consider whether the money you do leave them will harm them or help them. Will it lead to an attitude of entitlement? As David Green, CEO of Hobby Lobby, says in *Giving It All Away and Getting it All Back Again: The Way of Living Generously*, "If I would lose one child or grandchild over wealth, then it would be better if Hobby Lobby never existed." I've always heard it said that the best way to know if your children are able to handle an inheritance is whether they need it or



not. Stated differently, the more our children and grandchildren have character capital, work ethic, and spiritual foundations, the more capable they will be to handle financial capital.

6. Generosity. Perhaps one of the most profound values to pass on to children is a heart of generosity. Generosity is a great reflection of a person's ability to handle financial wealth. A generous person is a joyful person and reflects the character and image of Christ. In *Giving it All Away*, Green describes how their family, including grandchildren, meets once a month to practice the art of giving. They review requests that they receive and talk about the merits of those requests. Furthermore, the grandchildren have their own donor advised fund through the National Christian Foundation (www.heartland.nationalchristian.com) where the grandchildren give as a group. This practice of generosity helps cement values and promotes discussion about what matters.

Why is this work of intentional legacy so important? Unfortunately, in too

many families the work of raising children is often delegated to the schools, the church or youth groups. The real responsibility of raising children should rest with the parents and the grandparents. We cannot and should not leave the future of our families to chance.

The Scriptures tell us that a foolish son is a grief to his mother (Proverbs 10:1). On the other hand, John wrote, "I have no greater joy than to hear that my children are walking in the truth" (III John 1:4). Passing on values is worth it. If we are to experience not only our children, but our grandchildren and generations beyond them continuing in faith, we've got to put in the hard work to pass on those values to them.

—William High is the CEO of the National Christian Foundation *Heartland*. He is the co-author with David Green of *Giving it All Away and Getting it All Back Again: The Way of Living Generously*. He can be reached at whigh@ncfgiving.com.

Sep. 9 is National Day of Remembrance for Aborted Children

Americans throughout the country will be gathering at the gravesites and memorials of aborted children to honor those precious lives on September 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.

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



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APPOINTMENTS AND WALK-IN'S

For appointment, please call 785-233-4247
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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

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



Dr. Alvin Sanders

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: Program
- 8:30: 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. A 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 2015 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 Flin at 785-431-6000 or maryflin@worldimpact.org. There is no cost for the event.

The Reception will feature Traditional Apple Pie, and Churn 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

By Leigh Jones

(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 ranked 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, with 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 adopt-

ed 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 racing to offer grand explanations," Hess and Cummings conclude. "After all, while 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."

WIN THE CITY 2017!

FRIDAY EVENING, OCTOBER 6
Central Park Christian Church
 1535 SW Clay St. Topeka, KS 66604
 Maryflin@worldimpact.org ~ 785-431-6000

6 - 7 pm Meet and Greet
 Catered by Chef Spencer Lindsay and Working Men of Christ

7-8:30 pm Celebration and Vision

8:30-9 pm Reception
 Featuring our Traditional Apple Pie and Churn of the Century Homemade Vanilla Ice Cream by Steve and Peggy Davidson

We hope you can come celebrate and envision the next year with us! No cost for the event. Donations may be given by check or cash during the evening or online at:

worldimpactmidwest.org → Click on the Topeka Picture
 → Choose Topeka Ministry → Choose Search for other Staff or Ministries → Type "Topeka" in the "Search for other" box → Choose "Win the City"

To RSVP or get info:
 maryflin@worldimpact.org or
 Mary Flin at 431-6000

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FINANCIAL PLANNING

Let him be mad

Dear Dave,

My dad wants me to buy a house on a 30-year loan for him and my mom in my 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 me, 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 to not 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 it'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



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

davesays

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 situ-

ation 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.

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



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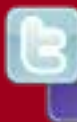

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opinion

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WE MUST LEARN TO LIVE TOGETHER



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

viewpoint

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. "I have decided to stick with love. Hate is to 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 mem-

orabilia 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 non-violent 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, but requires courage.

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

Principle 3: Nonviolent action is directed at eliminating evil, not destroying an evildoer.

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.

Understanding this, we apply the six steps of nonviolent conflict resolution:

(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



The King family

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?

truth in humor



The Answer to Racism



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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 con-

sidered 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 2:50am & 10:50am on Upper Room Radio, KFG 97.7FM, Topeka's local Christian radio station. He can be reached at decker@greatawakenings.org

newsbriefs

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.



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 Commandment displays on public property. The brief cites two 2005 high court decisions that are at odds with each other. The conflict has led to disparate decisions by lower courts and "encourages 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 location. "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 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.



BEHIND THE NEWS

Seven things you should know about the group behind the violence

By Michael Qazvini

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

While the mainstream Left has attempted to frame the events in Charlottesville as a one-sided issue (condemning President Trump for his calling out 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 routinely deploy fascist tactics to shut down, intimidate, harass, and bloody their political opponents. In fact, the group gained national visibility after 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, leaving damaged property, fires, and assault victims in their wake," notes *Conservative Review*. Before that, Antifa thugs expressed their rage about Trump's presidential victory by burning down liberal meccas like Portland and Oakland. Throwing rocks through Starbucks' storefronts, slashing tires, burning parked cars, smashing windows at auto dealerships, shutting down public transit, and attacking police, these thugs effectively took 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 a 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 editorial board.

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-professed anarchists destroying everything 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 an eclectic 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 alleged 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 often bound by an opposition to capitalism. Some may also describe themselves as anarchists, people who question authority on principle," explains *Time*.

Time even spoke with an anonymous Antifa member to gain 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-leftist, adding:

Those are kind of the two main pillars, but within that, encompassed, it also comes with being anti-racism, anti-sexism, anti-ableism, anti-transphobia, 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 fragmented 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

Who is Antifa?

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 Trumpian America'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 among some 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 meet "alt-right" neo-Nazis and white supremacists).

7. Antifa conflates speech with violence. Believes that "offensive" rhetoric, "hate" speech, and micro-aggressions should be counteracted 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 those tactics. ... And it gives the white supremacists an unbelievable amount of publicity."

2017 Retreat Guide

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, 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.”

“Because God’s ways are not quick and fast - it’s a slow burn - there needs to be time to sit and mediate and ponder and pray.” Shillito said. “You have to be able to look away from your phone.”

Wright admits it can be difficult for people to feel unconnected. 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 up front, 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.

After all, 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 mediate and ponder and pray,” Shillito said.

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

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,



classic setting for weddings and other important family gatherings.

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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, women, 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 yourselves to a quiet place and get some rest.”

Mark 6:31



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Five reasons why you should go on a Christian retreat

By **John Buckerige**

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. For 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 seclusion. 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. Sure, some people use it as a last resort, but the normal Christian life should include retreat as a regular and healthy part of living and growing in faith.

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 Buckerige 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*

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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 profilers 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 abortifacients, sterilization, and contraception insurance.

The HHS mandate has been the subject of lawsuits from church groups and Christian employers since it was implemented in 2011 by then-HHS Secretary 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.

"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 Kristan Hawkins wrote in a press release.

"No person or group should be forced to pay for something that goes against their religious or moral



Byrnes

beliefs by bureaucrats in Washington, especially drugs that have been proven to harm women and potentially end the life of an early human being."

Trump's anticipated order will allow employers with religious objections to opt out of covering contraception or abortion in their employees' insurance plans.

Employees may privately pay for such coverage.

The United States Conference of Catholic Bishops assistant counsel Hillary Byrnes told the Wall Street Journal that Trump's expected rule "would go a very long way to restoring religious freedom and conscience rights."

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

Getting 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."

Trump's Nomination of Brownback Praised

by **Samuel Smith | Christain Post**

The former ambassador at-large for international religious freedom who served under the Obama administration, David Saperstein, has praised President Donald Trump for nominating Republican Kansas Gov. Sam Brownback to fulfill the congressionally-mandated position he once filled.

The White House announced Wednesday that Brownback, whose second term as governor wasn't scheduled to end until January 2019, is Trump's nominee for the State Department's top religious freedom post, which is responsible for leading the department's Office of International Religious Freedom created by Congress in 1998 to promote religious freedom and monitor violations worldwide.

"He knows the issue very well," Saperstein, who was nominated by President Barack Obama to the position in 2014, told World Magazine of the social conservative governor in an interview.

During his 15 years in the U.S. Senate, Brownback actively promoted the issue and was a key sponsor of the International Religious Freedom Act of 1998 — legislation that created the Office of International Religious Freedom, the ambassador position and the United States Commission on International Religious Freedom.

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

John Hanford, who served as the ambassador at-large for international religious freedom from 2002 to 2009, told World that Brownback is "someone of real prominence who has a lot of professional experience in dealing with challenges that you would find at a place like the State Department."

"There's always the realization that he would have no hesitance picking up the phone and calling people at the White House or even on the Hill," Hanford said.

Brownback, a sitting governor and former U.S. senator, is the most high profile person ever to be nominated for the position. Rumors have swirled for weeks that Brownback would be Trump's nominee for the ambassador position.

The 60-year-old's nomination comes as former State Department employees have said that the the Office of International Religious Freedom has had a hard time gaining the trust of other bureaus in the agency. Additionally, religious freedom advocates have questioned the State Department's commitment to the issue of international religious freedom.

"I don't think we've figured out yet the right way to pursue it internationally," Brownback said in an interview with World published Thursday, Brownback's first since being nominated to the position. "Religious freedom is such a hallmark of a forward-thinking nation."

Nina Shea, a respected human rights lawyer and a former USCIRF commis-



Republican Kansas Governor Sam Brownback speaks to supporters after winning reelection in the U.S. midterm elections in Topeka, Kansas, on November 4, 2014.

(PHOTO: REUTERS/MARK KAULZARICH)

sioner, told World that Brownback has the "political stature to end State Department policy paralysis to use diplomacy to stand up for the religiously persecuted." Shea, who works for the Washington, D.C.-based think tank 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. The position was left unfilled through the first 27 months of Obama's presidency.

"In appointing a man of deep personal faith who is also a sitting governor, the president has sent a powerful message to the country and the world, that the United States 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. "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.

"By 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 he doesn't know anyone that cares 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."

"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."

With low approval ratings in Kansas, critics argue that Brownback would be taking a step down by leaving the statehouse to take on the ambassador position.

"Oh my goodness no," Wolf, a former Virginia congressman and namesake of the legislation passed last year, told the Kansas City Star. "I understand maybe somebody in Kansas hasn't heard of it, but it is an important job ... 70 some percent of the people are living in a religiously oppressed environment."

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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,

Keevin. 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!!

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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 Saturday, 7 am to 2 pm. They are located in the former Bill's Diner at 2134 North Kansas Ave.

Janelle loves the North Topeka atmosphere, because the local residents support the local businesses.



Many customers from throughout Topeka are “tweeting” the praises of her food and service on the Bluebird Diner Facebook page.

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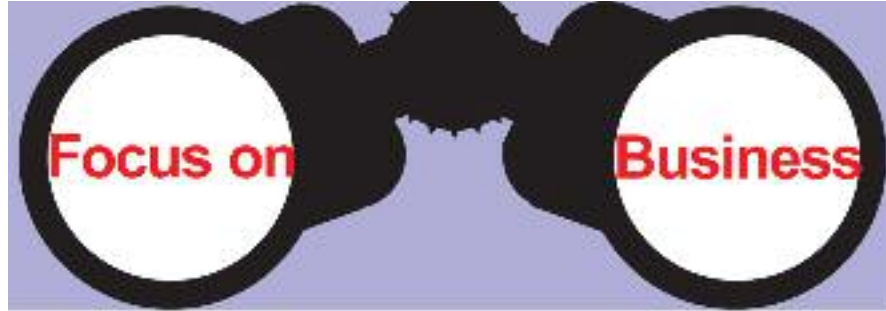
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There are also fresh pastries, breads, muffins and new cresnuds with a large variety of toppings to go along with

them. Owner Jim Burgardt says, "Our baked goods are made fresh from scratch every day." Because everything is baked fresh each day it would be a good idea to call Pizagel's a day or two ahead of time if you need a large order.

Pizagel's is also open every day until 9:00 PM so you can get a delightful lunch or dinner. They serve all sorts of sandwiches made with their fresh baked breads, croissants and bagels. Add a bowl of soup and smoothie or espresso drink and you have a great meal.

Since it is in the name you would expect Pizagel's to offer a great selection

of Pizza's – and you will not be disappointed. Pizagel's offers pizza by the slice for lunch, personal sized mini-pizzas and small to extra-large pies in many different combinations, such as; Supreme, Meat-Lovers, Taco, Chicken Alfredo, Buffalo Chicken, Philly Cheese Steak and Southwestern to name a few. Pair one of these pies with a cold beer or glass of wine for a delicious dining experience.

The bottom line is that everything you eat at Pizagel's Pizza & Bakery is fresh made daily with the best ingredients at a locally owned, family restaurant. Stop by 2830 SW Fairlawn Road, order online at www.pizagels.com or call them at (785) 273-7070 and see for yourself what Pizagel's is all about.

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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.

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CONCERTS

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

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

NOONTIME BROWN BAG CONCERT - Wednesdays 11-1, Westar Pocket Park, 818 S Kansas.

THE NEW C LORD C'S - Sep. 2, 7pm. Lane Chapel Christian Methodist Episcopal Church, 1200 S.W. Lane. A gospel group from Miami

SECOND SATURDAY CONCERT SERIES - Sep. 9, Downtown Topeka, 8th & Jackson. Mark & The Sharks 8pm.

FRONTMEN OF COUNTRY - Sep. 13, 7:30pm. TPAC. Tribute for 9/11. \$33 for veterans, first responders, and military. \$48 general public. For info: 800-745-3000

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

CONCERT IN THE PARK - Sep. 17, 2pm. Penwell-Gabel Cemetery, 3616 SW 6th Ave. Free. Swing music from the 40's, 50's and 60's.

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

LIVERPOOL LEGENDS, FEATURING HAYDEN HIGH SCHOOL BAND - Sep. 23, TPAC. Liverpool Legends "The Complete Beatles Experience!" Hayden High School band will be performing alongside Liverpool Legends playing famous Beatles songs such as "Hey Jude", "Penny Lane" and more. Led by Director of Bands, Josh Benteman. Tickets available at www.ticketmaster.com, by phone at 1-800-745-3000 or at the TPAC box office

BIG CHURCH NIGHT OUT WITH NEWSBOYS - Sep. 28, 7pm. Kansas Expocentre. With Sidewalk Prophets,

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SPECIAL CHURCH EVENTS

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

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

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

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

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

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

FIRST WEDNESDAY WESLEY CAFE - First Wed., 6:10pm, Susanna Wesley UMC, 7433 SW 29th. A worship service will follow at 7:00. 785-478-3697 or www.swumc.org/wesley-cafe-sign-up1.html

SUNDAY FUNDAY - Sep. 10, 11am-2pm, Northland Christian Church, 3102 NW Topeka Blvd. Free Carnival complete with Food Trucks. 785-286-1204

COMMUNITY BLOCK PARTY - Sep. 10, 2-5pm, Countryside Christian Church

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

TASTE OF CHOCOLATE - Sep. 16, 1-4pm. Topeka Pleasant Hill United Methodist Church, 4525 Button Rd. Sample an assortment of goodies. Suggested donation \$7.

FREE MOVIE NIGHT - Sept. 16, 6-8pm. Highland Heights Christian Church, 2930 SE Tecumseh Rd. Free movie snacks provided. For info: 379-5642

RON HAGGERTY JR CD RELEASE PARTY - Sep. 16, 7pm, Faith Temple Church, 1162 SW Lincoln Ave. For info: 217-1462

BLUES HEALER R&B GOSPEL - Sep. 17, 4:30-6pm. Community Church, 1819 SW 21st St. Free.

MEET ME AT THE PARK - Sep. 17, 10 am, Gage Park Amphitheatre. A taste of worship and food in the park. A complimentary BBQ lunch will be served following the service. Free carousel and train rides. Presented by First Southern Baptist Church. 272-0443, fsbctopeka.org

STORIES FROM THE ROAD WITH JOE KNIGHT - Sep. 24, 10am. East Side Baptist Church, 4425 SE 29th St. For info: 379-9933

2017 FAMILY CRUSADE - Sep. 27-29, 6-9pm nightly.

True Holiness Family Church, 1244 SE Republican Ave. For info: 233-9545

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

PANCAKE FEED AND SILENT AUCTION - Oct. 14, 7am-11am, Highland Park UMC, 29th and Michigan. Sponsored by the Sunflower Lions Club. Ticket \$5.00 at the door.

FALL FESTIVAL - Oct. 21, 8am-6:30pm; and Oct. 22, 8am-1:30pm, Our Lady of Guadalupe Catholic Church, 216 N.E. Branner. Vendors with purses, jewelry, candles, essential oils, Thirty-One Bags, Scentsy, Tupperware, Avon, KU items, homemade goodies, quilts & more. Food available. 785-409-4475.

SEMINARS & CONFERENCES

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

MEDICARE EDUCATIONAL SEMINAR - Sep. 12, 2pm. 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 the Heart Center at 929 SW Mulvane. For info or to sign up: centuryinsuranceagency.com or 270-4593 or info@century-health.com. Snacks & beverages provided.

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: Bella Adusah-Bonsu at belinda.adusah-bonsu@va.gov Caitlyn Franken at caitlyn.franken@va.gov

MEDICARE EDUCATIONAL SEMINAR - Sep. 26, 6:30pm. Learn the basics of Medicare and all its options.



OCT. 7 DOWNTOWN TOPEKA

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.com or 270-4593 or info@century-health.com. Snacks & beverages provided.

FAMILY-FRIENDLY EVENTS

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

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

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

Harvey House Luncheon
September 14 • 11:30am - 1:30pm
at the Great Overland Station!

Uniquely elegant luncheon served by costumed Harvey Girls sharing their knowledge of Fred Harvey and the historical Harvey Houses. Following lunch, authentically uniformed Santa Fe ticket agent gives a guided tour of the Great Overland Station.

\$23.50 per person
785-232-5533 Visit our website at greatoverlandstation.com for more info!
Reservations Required by Sept 8! 701 N. Kansas Ave., Topeka, KS 66608

C5Alive Developing and Uniting Christian Leadership
• Business • Non-profits • Churches

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

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

Sep. 14, 11:30-1 - "POWER Luncheon" at Ramada West, 7th & Fairlawn
Kristen O'Shea, Heartland Visioning
"Leading Topeka into the Future"
RSVP to info@C5Alive.org or 785-640-6399

• Oct. 12, 11:30-1, Pastor Appreciation Luncheon - all Pastors admitted Free! Held at Great Overland Station
• Nov. 9, 11:30-1, Power Luncheon
• Dec. 14, 11:30-1, Christmas Luncheon - Music & Fun

Save the Dates!
For info: www.C5Alive.org or [Facebook.com/C5Alive](https://www.facebook.com/C5Alive)

SEPTEMBER 30, 2017 **GATHERING OF THE TRIBES** **9am to 5pm**

FREE FOOD - CANDY PRIZES FELLOWSHIP **FOOD AND MERCHANDISE VENDORS**

1st ANNUAL MIDWEST GATHERING OF THE TRIBES

COMBAT AIR MUSEUM **KANSAS NATIONAL GUARD MUSEUM** **Evel Knievel MUSEUM** **Historic HARLEY-DAVIDSON**

KANSAS NATIONAL GUARD MUSEUM
125 SE AIRPORT DR (FORBES FIELD)
TOPEKA, KANSAS

**** MIA VETS CEREMONY AT COMBAT MUSEUM ****
FREE BIKE & CAR SHOW
FAMILIES WELCOME - FREE TENT CAMPING
SPECIAL GUEST SPEAKERS AND LIVE MUSIC

GARLAND THOMAS - FOUNDER/NATIONAL PRESIDENT - PRIESTHOOD MM - TAHLEQUAH, OK
JOHN HARRIS - FOUNDER/NATIONAL PRESIDENT - ARMOR BEARERS MM
RON OKIE MORROW - NATIONAL VICE PRESIDENT ARMOR BEARERS MM - BROKEN BOW, OK
MIKE GRUBB - NATIONAL PRESIDENT - HELLFIGHTERS MM - LAUREL, MS
PATRICK "MAD DOG" BAYMAN - OHIO • JONNY HODGES - CHURCH of GOD - PELZER, SC
BILLY RIVERS - HARDENED BIKER SWITCHES GEARS MINISTRY - NEW ORLEANS, LA
ROGER DUVALL - REDEEMED HOUSE HEAVENS SAINTS MM - KENLY, NC
JONNY HODGES - CHURCH OF GOD - PELZER, SC • CHRISTINE BLACK VINCENT - KILLEEN, TX
ROBBIE BLACK - BIKERS FOR CHRIST FOUNDATION - COLORADO
ANN WOLF - RECORDING ARTIST/PATRIOT GUARDS/AMERICAN LEGION RIDERS - KNOXVILLE
BEARING ARMOR BAND - SHAWNEE MISSION, KS • BIG MAC COMBO BAND - WICHITA, KS



SEP. 8-9 HUFF N PUFF BALLOON RALLY AT LAKE SHAWNEE

Scrinopskie, 233-7325.

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

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

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

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

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

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

27TH ANNUAL TRADITIONAL INTER-TRIBAL POW WOW - Sep. 1-3, Lake Shawnee. Celebrate Native American culture and customs while savoring authentic foods, arts and crafts, demonstrations and dancing. \$5

TOUCH-A-TRUCK - Sep. 2, 9:30-1:30pm. Downtown Topeka. Offers children an up-close look at heavy machinery, safety vehicles, and other cool trucks.

KANSAS CITY RENAISSANCE FESTIVAL - Sep. 2 - Oct. 15, 10am-7pm; Weekends only plus Columbus Day and Labor Day. 628 N 126th St., Bonner Springs, KS. www.KCRenFest.com. 800-373-0357.

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/

LABOR YOUR LEGS 2017 - Sep. 4, 8am, Crestview Shelter House. Meet area runners, walkers, bikers, triathletes, and general health enthusiasts, and get to

know the newly-opened section of the Shunga Trail! Everyone is invited - beginners to seasoned veterans! Bring your family! RSVP via this Facebook Event page if you plan on attending. FREE fun run/walk/bike/skip followed by a tasty breakfast! NOT a timed event. Raffle Prizes, Discount Coupons, Race Brochures, and more! Facebook.com/sunflowerstriders

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

FRIENDS OF THE SILVER LAKE LIBRARY BOOK SALE - Sep. 8 8am-4pm, and Sep. 9, 8am-2pm. Masonic Building, Hwy 24 & Beaubien St., Silver Lake. For info: silverlakelibrary.org

KANSAS STATE FAIR - Sep. 8-17, Hutchinson. kansasstatefair.com

HUFF 'N PUFF HOT AIR BALLOON RALLY - Sep. 8 & 9, Fri. evening & all day Sat. Lake Shawnee's Tinman Circle. Free and open to the public. Vendors, food, activities, balloon glow. Tethered rides (\$10) will be offered from 5:30-9pm Fri. & Sat.

SHAWNEE COUNTY SUICIDE PREVENTION 5K WALK/RUN - Sep. 9, 8:30am, Crestview Shelter House. Scspc.eventbrite.com or 785-249-1648

CRUSHERFEST: 4TH ANNUAL MUD VOLLEYBALL TOURNAMENT - Sep. 9, 10am, Lessman Farm & Truckhenge.

HOLY SMOKIN' JAMBOREE - Sep. 9, 5-7pm, Mother Teresa Catholic Church. Car show, BBQ competition, Live Music

22ND ANNUAL BRUCE WHALEY SPIRIT RIDE - Sep. 9, 8 am, Lake Shawnee Shelter house # 2. Money raised donated to Leukemia and Lymphoma Society for patient aid in our area. A 6.5 mile Family Fun ride, or 25 or 50 mile ride through southeast Shawnee County. Registration at 8am, ride at 8:30am. Cost: \$25 Early Registration, \$30 after 8/28. Includes SAGs & Pizza for lunch following the ride. For info: KVBC.org or 785-379-0534.

NATIONAL DAY OF REMEMBRANCE FOR ABORTED CHILDREN - Sep. 9, 1-3pm, Heart of America Memorial Wall for the Unborn, 1216 SE Republican Ave. A local service to remember stillborn and aborted children. For info: www.heartofamericawall.org, 785-267-5777

KANSAS BOOK FESTIVAL - Sep. 9, 9am-4pm. Kansas State Capitol, 300 SW 10th St. Book signings, food, presenting authors, entertainment, music and children's activities. Free. For info: kansasbookfestival.com

11th ANNUAL EMERGENCY SERVICES SHOWCASE - Sep. 9, 1-4pm, ExpoCentre. Helicopters, fire trucks, police cars, ambulances, canine units, etc. on display. Free event.

TOPCON GEEK EXPO 2017 - Sep. 9-10, 9am-6pm, ExpoCentre Ag Hall. Comic & Game Convention; concerts, cosplayers ball & more! \$15 Adults; \$12 Children; Under 3 Free; Pet Friendly. (785) 250-7274

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

GORUCK TOUGH CHALLENGE - Sep. 15, 10-12 hours. 15-20 miles. The original Challenge. Average completion rate: 94%. Sign up: ruck.ly/2bjkktk

GORUCK LIGHT CHALLENGE - Sep. 16, 2-7pm, 4-5 hours. 7-10 miles. Light = Fun on a team. Average completion rate: 100%. Sign up: ruck.ly/2c7QU2h

BBQ, WORSHIP BASH, CARNIVAL & AUCTION - Sep. 16, 3:30-7:30pm, Heritage Christian School, 2000 NW Clay. Duck pond, dunk tank and more! Adults \$10 students 5th grade & lower \$6.

BIKE MS - Sep. 16-17. Two-day bicycling fundraiser for the National Multiple Sclerosis Society. Choice of two start lines: Garmin's HQ in Olathe, KS and Shawnee Heights Middle School in Topeka, KS. Both have route options of 38, 73 and 101 miles on day one, finishing in Lawrence, KS at South Park. On Sunday, the ride ends in Olathe, with two route mileage options of 38 and 73 miles. Join as an individual, join a team, or create a team, and help to support the fight against MS. bikeksg.nationalmssociety.org

KANSAS MARIACHI FESTIVAL - Sep. 16, 4-8pm, TPAC. Pre-concert activities 4-6pm outside TPAC: Car Show, Vendors, Food Trucks. Mariachi Concert 6-8pm inside

SERTOMA GREAT TOPEKA DUCK RACE - Sep. 16, 11am-3pm, Lake Shawnee. 10,000 "adopted" rubber ducks will be dropped into Lake Shawnee in the cove South of the swim beach, for a race to the finish line. Lucky winners will receive great prizes! Ducks can be adopted for a \$5.00 donation. Adopt your ducks online at www.topekaduckrace.org. Children's activities start at 11am. Ducks will be dropped at 3:00 pm. Hourly door prizes starting at noon. Free festivities, free children's midway games, free family games, animals, music & entertainment. Free rides to the event from Bettis Sports Complex parking lot. Free, Pet Friendly. 785-221-2014

THIRD THURSDAY - COUNTRY AFTER HOURS - Sep. 21, 5-7:30pm, Heritage Hall at ExpoCentre. Music, food, vendors, fun. Free & pet friendly.

SIMPLE FIX - Sep. 21 & 28, Hy-Vee. Hy-Vee dietitians help each family assemble 5-7 meals to take home

and make. Contact Amber or Kylen: 785-272-1763

COMMUNITY YARD SALES - Sep 22-23, 8am, South Village mobile home park, just east of 45th & Topeka Blvd.

GARY'S PUMPKIN PATCH & FALL FESTIVAL - Sep. 22-Oct 29, Fri. - Sat. - Sun., 5991 17th St. Grantville,

KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and more. Admission \$12.95; Season Pass - \$27.95 at garysberries.com

HEARTSTRINGS - Sep. 22, 7-10pm, 6th Avenue

TOPEKA Burning 2017
 HARVESTFIRE CAMPMEETING
 OCTOBER 8TH 10:30AM & 6PM
 OCTOBER 9TH 7PM
 FAMILY OF GOD CHURCH
 1231 NW EUGENE ST | TOPEKA, KS
 OCTOBER 10TH & 11TH
 7PM NIGHTLY
 HARVEST FOURSQUARE CHURCH
 522 SW POLK ST | TOPEKA, KS
 OCTOBER 12TH & 13TH
 7PM NIGHTLY
 IN GOD'S HOUSE CHURCH
 1616 NE SEWARD ST | TOPEKA, KS

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

A Night of Music & Comedy with Mark Lowry!

Countryside Christian Church
 1919 South Rock Road, Wichita
General Seating!
 \$17.00 Groups (10+) \$23.00 Adv. (\$25 Day of)
 \$30.00 Artist Circle (Res. Section-closest to stage)

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2017 Kansas City Renaissance Festival
KCRenFest.com
913.721.2110 • #KCRenFest

Ballroom. First Dance of the Season
ARTSTOBERFEST 2017 – Sep. 23, 11am, 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 FREE! Crafts vendors space is \$25. Food trucks and food vendors too. <https://goo.gl/forms/ZStVSt058YGrYwd2> Contact: Alexander Lancaster: TwoWolvesStudio@gmail.com
AARON DOUGLAS ART FAIR – Sep. 23, 10am-6pm. 12th & Lane
 Two stages, one for music & one for performing arts, and a fabulous kidszone & marble maze. Fabulous food
MOVIE ON THE LAWN – Sep. 23, 7:30pm, Kansas State Capitol, south lawn. 6:30pm: Activities and Food Vendors. FREE; Bring lawn chair & blankets. Movie: The Rescuers – Two mice of the Rescue Aid Society search for a little girl.
CIDER DAYS – Sep 23-24, 10am, Expocentre.

Northeast Kansas's largest arts and crafts show. Exhibits, pioneer demonstrations, unique food, live entertainment, kids rides, animal attractions. \$7 at the gate; \$6 in advance Dillon's. topekaciderdays.com
STONE'S FOLLY ART FESTIVAL – Sep. 29-30, 6-10pm, 18th & Stone. Free. "Art under the Stars" local, regional, and national art show & festival. Live bands, beer & wine, food, gift shop, & children's activities. Crafts, raffle. A Patron Party Friday evening Sep 29 5-7pm: \$35 in advance: 785-272-5590 Ext. 302
KANSAS CHOCOLATE FESTIVAL – Sep. 30, 10am-3pm. Downtown Topeka on Kansas Ave. Free. For info: 234-1030
AVIATION EXPLORER 65TH ANNIVERSARY BANQUET – Sep. 30, 5:30pm, Downtown Ramada. Fly back in time with Betty Geiger-Darst, as Katharine Wright, sister of Wilbur and Orville, presents a living biography and personal account of the First Family of Flight. Join us to celebrate Aviation Explorer Post 8's 65th anniversary, bid in our silent auction, enjoy dinner, and tour the Holley Museum of History. Tickets and Sponsorship Opportunities at www.post8.org/banquet. 785-409-7026. \$65
MIDWEST GATHERING OF THE TRIBES – Sep. 30, 9-5,

Forbes Field near KS National Guard Museum. Free bike and car show. Free tent camping. Food and merchandise vendors. Free candy, food, prizes & fellowship. MIA Vets Ceremony at nearby Combat Air Museum. Patriot Guard, American Legion Riders, Military planes, tanks and vehicles. Live music and special guest speakers.
5K FUN RUN/WALK & CONCERT FOR FREEDOM – Sep 30, 9:30am-6pm, Veterans Memorial & River Road, 100 Commercial St., Atchison, KS. 5K fun run/walk & concert for freedom. Performances by hip hop artist Aaron Ray with drummer Dan Johnson of the group Red & Christian rock artist Break the Fall. Proceeds go to benefit Restoration House of KC to help stop human trafficking. Call: 913-426-7439
APPLE FESTIVAL – Oct. 1, 10-5, Old Prairie Twn, 124 NW Fillmore. Live entertainment, demonstrations, heritage food and arts & crafts fair. Advanced tickets \$5; \$10 for 2-day pass; \$7 at gate; Kids under 5 free. 785-251-2993
CAPITAL CITY JAZZ & FOOD TRUCK FESTIVAL – Oct. 7, 4:30-9pm, 9th & Kansas Ave. A great mix of jazz - local and national artists - paired with food truck variety from across the state. Concert is FREE to the community and hosted by Downtown Topeka Inc., Visit Topeka, Inc. and Topeka Jazz Workshop.
FIERCE-ISH COSTUMED 5K/10K WALK/RUN – Oct. 14, Norsemen Brewing Company in the NOTO District, starting at 8:30 a.m. Hosted by Fierce Life Wellness. Benefiting Silverbacks and Fierce World Inc. <https://runsignup.com/Race/KS/Topeka/FierceLifeWalkRun>
EISENHOWER DINNER – Oct. 13, 6:30-9pm, Garfield Shelter. Hosted by Shawnee Co. Republicans.
BONE APPETIT – Oct. 14, 6-9pm. Capitol Plaza Hotel, 1717 SW Topeka Blvd. Hosted by Helping Hands Humane Society. Live, silent, and wine auctions, as well as the opportunity to meet adoptable pets. \$50-\$75 or purchase a table of 10.
MIDWEST CLEAN COMEDY – Oct. 14, 7pm, Topeka Performing Arts Center. A one-of-a kind comedy show for the whole family. Tim McClendon, Louisville native Street Russell and national touring comic Clint Hall. (785) 2342787 <http://www.topekaperformingarts.org/events/2017/midwest-clean-comedy>
LOVE LIFE 5K RUN/WALK – Oct. 14, 9am, Lake Shawnee. Registration at 8am. 5K / 1 mile Family Fun Run Hosted by Caring Pregnancy Options, empowering women two lives at a time. Register online: cpotopeka.org. 785-738-7248
CHINA CIRCUS – Nov. 4, 7:30pm, Topeka Performing Arts Center. Direct from China, one of the world's most awarded Acrobatic Troupes will be performing. (785) 2342787 <http://www.topekaperformingarts.org/events/2017/china-circus>

meet friends to discuss all aspects of Metal Detecting, club business, plus socializing & entertainment.
STEP UP – BUILDING THE SMART STEP-FAMILY – Every Sun. 11am, Northland Christian Church, Room 4, 3102 NW Topeka Blvd. Focusing on the challenges facing step-families and blended families. Contact Thomas Munger at 249-3054 for info.
BOY'S TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPOUS – Every Mon. 6pm, Cornerstone Comm. Ch., 7620 SW 21st. Faith-based scouting programs, age 5-18. Register at cornerstonetopeka.com. 478-2929.
DEAF WORSHIP SERVICE – 3rd Sun., 3pm, Faith Lutheran Church, 17th & Gage. Also, every Sun. 9:30am service is interpreted.
FAMILY EXPERIENCE (FX) – Every Sun., 6:01pm, Fairlawn Church of Nazarene, 730 Fairlawn Rd. A time of high intensity, action packed, skit mania, worship music all centered around the word of God for 45 minutes. A free family worship event. For info: Emily Moore, 272-6322 or fxthelawn@gmail.com.
LADIES' SMALL GROUP – Every Sun., 6pm, Bethel Baptist Church, 4011 N. Kansas Ave. Studying the book of Esther, using the DVD series "It's Tough Being a Woman" by Beth Moore. All welcome. 286-0467.
THE FIRST PLACE 4 HEALTH PROGRAM – Mon., 6:30pm or Sat., 8am, Topeka First Assembly, 500 SW 27th St. This program points members to God's strength & creates a compassionate support group that helps members stay accountable in a positive environment & delivers faith-based health & weight management instruction. To join or start a new group, contact Jan Norris, 972-0582 or norris.jan@sbcglobeal.net or visit firstplace4health.com.
THE FORCE (Students Taking Action) – 1st Mon. & 3rd Tue., 6:30-8pm, Safe Streets, 2209 SW 29th St. Committed to being alcohol & drug free. Associate with like-minded peers, plan activities & get involved in the community. Youth 12-18 invited. 266-4606.

HEARTLAND HEALTHY NEIGHBORHOODS – 2nd Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365.
TIBA NETWORKING GROUP – 2nd Tues, 11:30a.m.-1 p.m. MUST RSVP: taradimick@gmail.com. Lunch is \$10. www.topekataba.org
TOPEKA LINCOLN CLUB – 1st Tue. of month, 7pm, Topeka Public Library. Discussing our greatest President, Abraham Lincoln, and his times. The public is welcome. For info, contact Kirk Nystrom 235-6977.
OUR LADY OF THE FAITHFUL – Every 1st Tues., 6:30pm Mass followed by Dinner, Most Pure Heart of Mary Catholic Church. A Catholic group for those in their 20-30s. For info: Michelle Ann 580-3071 or ourladyofthefairful@gmail.com. Facebook: "Ourladyofthefairful."
SUNRISE OPTIMIST CLUB – Every Tue., 6:30am, Sunrise Optimist Complex, 720 NW 50th St. 246-1291.
PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP – Third Tue. Ea. Month, 6:45-8:45pm, Topeka Public Library, Rm 202. Info: Jeff Landers - 224-5946
MENNINGER BIBLE CLASSES - Tuesdays Noon -1pm. Amerus Room, YWCA, 225 West 12th. A new study group for Year One of Flo Menninger's course on Four Years through the Bible. Read and discuss Genesis through First Kings. Nominal charge for materials. For info call the YWCA at 233-1750 or Clara Gamache at 785-408-5433.
FRATERNAL ORDER OF EAGLES Aerie 4319: First & Third Tue. 7pm; Auxiliary: Third & Fourth Tue. month 6pm, 2941 SE Fremont Street. The Fraternal Order of Eagles is an international non-profit organization uniting fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and promoting peace, prosperity, gladness and hope. www.foe.com 785-266-7307

■ CALENDAR CONTINUED ON PAGE 23

Grantville Flea Market
 1 mile north of 24 Highway
 3597 27th St., Grantville, Ks
September 15-17; 9am-7pm
Sept. 14: Ladies Nite 6-8pm
 Call Lindsay for vendor info: 785-249-5108
Follow our page on Facebook!



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Saturday, October 14, 2017
 Lake Shawnee

8A.M. Registration/9A.M. Race Starts
 FAMILY 1 MILE FUN RUN FOLLOWING THE RACE

Register online:
cpotopeka.org ~ 785-738-7248



MEETINGS & CLASSES

C5Alive "POWER" LUNCHEON – Sep. 14, 11:30-1, at Ramada West, 7th & Fairlawn. Featured Speaker: Kristen O'Shea, Heartland Visioning.
 • Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door
 • \$15 for non-members & repeat guests.
 • Please RSVP to info@C5Alive.org, so we know how much food is needed!
 Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!
 SAVE THE DATE: Oct. 12, 11:30-1, C5Alive "Pastors Appreciation" Luncheon
GRIEFSHARE – starts Aug. 31, 6:30 to 8:30pm at Susanna Wesley UMC, 7433 SW 29th St. A Christ-centered program that can help. The class includes a video, sharing of stories, and a workbook (free). Meet with people who understand what you are going through. Classes are free-standing and drop-ins are welcome. Shari Combs at 785-478-3697 or register online at www.griefshare.org.

CONCERNED WOMEN FOR AMERICA MEETING - Join other concerned individuals to pray and unite in action for Shawnee County and our Nation. For info about monthly meetings: 785-260-5659 or go to ks.cwfa.org.
THE HEAT - Free fitness classes; learn and build healthy social & eating habits. Held at Trinity Presbyterian Church, 4746 SW 21st St. Sun. - 4-5pm Yoga; Mon. - 12-12:45pm Zumba; 5:30-6:15pm Kickboxing; 6:15-7pm Pilates Fusion; Tue. - 12-12:45pm Yoga; 5:30-6:15pm Zumba; 6:15-7pm Cardio Interval; Wed. - 12-12:45pm Kickboxing; Thu. - 12-12:45pm Pilates; 5:30-6:15pm Cardio Interval - Low intensity; 6:15-7:00pm Cardio Interval - Moderate intensity; Fri. - 12-12:45pm Kickboxing; Sat. - 8-8:45am Kickboxing
TOPEKA TREASURE HUNTERS CLUB - 3rd Sun. of each month except May, Sep. & Dec., 7pm, Papan's Landing Senior Center, 618 NW Paramore St. Family Memberships include children & grandchildren up to 18 yrs. A place to

MEET ME AT THE PARK

10:00 AM
 SUNDAY, SEPTEMBER 17
 GAGE PARK AMPITHEATER

OUTDOOR WORSHIP SERVICE AND PICNIC
 ALL ARE WELCOME AT THIS FREE EVENT
 FREE BBQ LUNCH, FREE CAROUSEL, AND FREE TRAIN RIDE FOLLOWING THE SERVICE

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 OR CALL 785 272 0443

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For more information, contact

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 September 16, 2017

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 620-947-3506
director@hillsboroartsandcraftsfair.org
www.hillsboroartsandcraftsfair.org

The Hillsboro community not only welcomes the visiting shoppers and artisans, but their generous, volunteer



entertainment

Fall movie preview: There's something for everyone

movienews

by **Michael Foust**

An action-packed summer movie season ended with a dud in August, as studios opted to save their best releases for a later date.

Thankfully, though, Hollywood is giving us plenty of promising movies this fall – from faith-based to animated to superhero flicks.

Following are the films I'm monitoring. This list comes with a major caveat: I have not screened any of these yet. Proceed to the box office with caution.



NINJAGO (SEPT. 22, PG) – It's an animated Lego movie. Need I say more? This martial arts flick is based on the Ninjago Lego characters and tells the story of Master Wu, Master Builder Lloyd and their friends as they try and defeat the evil warlord Garmadon. Rated PG for some mild action and rude humor.

A QUESTION OF FAITH (SEPT. 29, PG) – The lives of three families collide when they are impacted by a pair of tragedies. Pure Flix, an independent faith and family studio, is behind this one. Rated PG for thematic elements.



MULLY (OCT. 3-5, NOT RATED YET) – A Kenyan boy raised in poverty grows up to become rich and then help the country's abandoned children. Focus on the Family is helping promote this three-night event.

MY LITTLE PONY (OCT. 6, PG) – Twilight Sparkle and her magical friends must defeat an evil force that is threatening Ponyville. Rated PG for mild action.

THE MOUNTAIN BETWEEN US (OCT. 6) – Two strangers -- a man and a woman – must set aside their differences and learn how to survive when their plane crashes in the midst of snow-capped mountains. It's being called a romance-disaster, but the trailer hints that it's mostly a survival film. We'll see.

THE STRAY (OCT. 6, PG) – A stray dog helps save a marriage and a family, not to mention several lives during a lightning storm. Based on a true story. Rated PG for thematic elements, including a perilous situation.

MARSHALL (OCT. 13, PG-13) – Chadwick Boseman stars in this biopic as a young Thurgood Marshall, the first African-American Supreme Court justice. The film, though, follows Marshall during his pre-high court days, as he works as an attorney in a sexual assault/attempted murder case. Rated

PG-13 for mature thematic content, sexuality, violence and some strong language.

SAME KIND OF DIFFERENT AS ME (OCT. 20, PG-13) – Based on a New York Times bestselling book, it tells the story of an international art dealer who befriends a homeless man who helps save his marriage. The faith studio Pure Flix is behind this one. Rated PG-13 for thematic elements, including some violence and language.

THOR: RAGNAROK (NOV. 3, NOT YET RATED) – Thor must stop Hela – the goddess of death -- from destroying his homeland. First, though, he gets involved in a battle with Hulk. Wouldn't "Thor vs. Hulk" have been a better title?

The Star (Nov. 10, not yet rated) – This faith-based animated film tells the Nativity Story through the eyes of animals, and is brought to us by Sony Pictures and Affirm Films (War Room, Heaven Is For Real).

JUSTICE LEAGUE (NOV. 17, NOT YET RATED) -- Batman, Wonder Woman, Aquaman, Cyborg (and maybe Superman) team up to fight evil in DC Comics' answer to Marvel's Avengers series.

WONDER (NOV. 17, PG) – A fifth-grade boy with facial differences who has had multiple surgeries enters school for the first time. Based on a book. Rated PG for thematic elements, including bullying and some mild language.

Coco (Nov. 22, not yet rated) – The latest Pixar movie follows a boy who longs to become a famous guitarist despite his family's ban on music. To reach his goal, he visits the "Land of the Dead." The verdict's still out on this one.

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

streaming



New 'Ben-Hur' leads September streaming lineup

By Michael Foust

Perhaps we should get this out of the way first: It likely was a bad idea to re-make the legendary movie Ben-Hur.

The Charlton Heston-led 1959 version cost \$15 million to make, grossed \$74 million, and won 11 Oscars. Contrast that to the 2016 film, which cost \$100 million, finished in the red with a \$26 million gross, and was widely panned by critics.

It was – without a doubt -- a financial disaster, a box-office flop and an easy target.

But that doesn't mean it wasn't a good movie. In fact, the 2016 version of Ben-Hur was inspiring, entertaining and well-done. And despite the fact that only 25 percent of critics at Rotten Tomatoes liked it, it did get thumbs up from mainstream reviewers at CNN, Huffington Post and RogerEbert.com. Not bad for a film that has forgiveness at its core and features Christ.

The newest Ben-Hur (PG-13) – which begins streaming Sept. 2 on Amazon and Hulu – differs slightly from the 1959 version. In the 2016 movie, the main characters of Judah Ben-Hur (Jack Huston), a Jewish prince, and Messala (Toby Kebbell), who is Roman, are adoptive brothers. In the '59 film, they're simply friends.

But that change benefits the 2016 plot, which is set during the time of Jesus and highlights the brothers' differences. They worship different gods and come from different cultures, and the gulf between them widens when Messala leaves the family to try and make it on his own.

Tragedy brings them back together when Judah is falsely accused of an assassination attempt on Pontius Pilate. Messala – now a Roman army officer – sentences Judah to work in the galley of a Roman slave ship, where he will face a near-certain slow death.

Yet Judah survives and pledges payback against his brother.

He will get his revenge in a chariot race – a dangerous sport that kills most who attempt it. (The chariot race by itself makes this one worth watching.)

Ben-Hur features one of the most powerful examples of forgiveness you'll ever see in a movie. It is rated PG-13 for sequences of violence and disturbing images.

It contains no coarse language or sexuality.

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.



Barnyard (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. Animated. 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 and 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 very brief (a couple of seconds each). The music, not surprising, is splendid. Rated

■ Please see **NEW THIS MONTH** page 17

Summer's almost over, but still plenty to hear

musicscene

The children are back in school and homework is finding its way home. Our family has definitely enjoyed our summer. We have traveled, seen amazing sites and have eaten some of the finest foods our travels had to offer. With all of that said, my only question is; Is it fall yet? I chuckle at myself knowing that the weather is always a topic. Although I love to have the kids home and travel the world, my wife and I aren't fans of the heat. We would prefer it to be fall or winter most of the time. Life has seasons and we must take every season with stride. Each season has a lesson for us. It's up to us to live in the moment, learn then move on. Now that I've given you a Sunday school lesson, lets move on to the music.



Cedric Austin

Michael English - Love Is The Golden Rule - Daywind Records - New Day

Kristene DiMarco - Where His Light Was - Bethel Music - Capitol

Ricardo Sanchez - Taste and See (Live) - Difference Media - Capitol

Marvin Sapp - Close - Verity Records - Provident

Brian Free & Assurance - Beyond Amazed - Daywind Records - New Day

Matt Maher - Echoes - Essential Records - Provident

Travis Greene is Intentional

Gospel and Contemporary artist Travis Greene is an expressive singer and songwriter who incorporates several genres into his sound. Greene was first driven to express himself through music as a young man, following the death of his father. As a child he had his own brush with mortality and was pronounced dead after a fall from the fourth floor of a building in Germany. Not only is Greene a very talented musician and songwriter, he has also held the ministry positions of



youth pastor, worship leader and now pastor. In 2007, Greene released his debut album, *The More* on his own Greenlight label. He released a second album, *Stretching Out* in 2010 and third album *The Hill* in 2015 which included this hit single "Intentional" with RCA Records. *Intentional* reached number one on the Billboard's Top Gospel Albums chart and garnered Greene seven awards at the 2017 Stellar Gospel Music Awards. On the tail end of those accolades, Greene has returned with his awaited fourth album, *Crossover: Live from Music City*, featuring the single, "You Waited."

The feel of this latest album is a spirit of thanksgiving. This album takes us to the cross where Jesus was crucified. Understanding that He (Jesus) did not have to suffer and die for our sins. Yet, he chose to do so. Song titles such as "Have Your Way," "Without Your Love," "While I'm Waiting" and "Taste & See" will keep you focused on our creator and the love He has for us. As I listen to this album, I'm thankful that Jesus waited for me. Greene's album "Crossover" is available now on all digital music platforms.

■ Please see **MUSIC** page 17

September New Releases

Jamie Grace - '91 - Independent
Thousand Foot Krutch - Untraveled Roads: A Live Album - Fuel Music
Planetshakers - Integrity Music

Telling the Truth Through Fiction?

bookscene

by **Jeanette Gardner Littleton**

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 histor-

ical 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



Jeanette Gardner Littleton

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 slavery)

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 (Sicilian 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 (Okla.) 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

in 1890. They had nothing to eat but turnips. Even the animals ate turnips, which made the eggs and meat taste the same. The government sent in trainloads of wheat for grinding into flour and planting. The locals refer to that year as “The Year of the Turnip.”

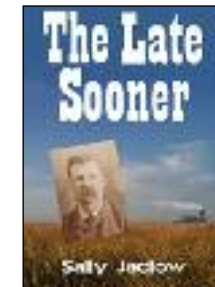
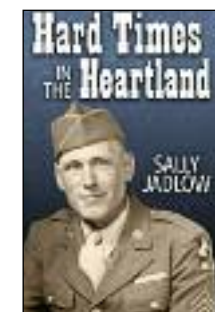
A while after The Late Sooner came out, Sally began working on the next novel based on family history, The Late Sooner's Daughter. For that one, “I depended largely on family stories to guide the plot,” she says.

For the next book, Hard Times in the Heartland, she heavily depended on the letters her father wrote home

during World War 2. By reading through my father's many letters, it brought into sharp focus the every-day life of my dad, a 35 year-old who had already served three years in the Army and then was drafted and sent to Germany.

Of all of her books she says, “The basic stories are true. Of course, I don't know what the actual conversations were, so I had to create those. In order to round out a story I had to add a character or two here and there. But I coordinated all three books with historical dates to make them as accurate as possible.” And the faith trail of her family shows how God worked in the lives through the generations. (Okla.)

Historical Society to learn more. And sometimes the facts



Bringing her family back to life through the pages of her books has personally rewarded and satisfied Sally. “I would encourage anyone who has access to family letters, diaries, or older relatives to write the stories. Nothing is as compelling as first-hand accounts. If these stories are not written, they'll be lost, forcing us to

repeat the same heartaches again.”

You can learn more about Sally's family histories and her other books at www.amazon.com or <http://sallyjadlow.com/books/>. Sally is also a leader in Heart of America Christian Writers Network. To see if this organization can help you further your own writing, see www.HACWN.org.

—Jeanette Gardner Littleton is a bookaholic and is director of the Heart of America Christian Writers Network conference Oct. 19-21, which is designed to help writers learn to write.

MUSIC

continued from page 16

Third Days Returns to Roots

With the August 4 release of their new album, Revival, the members of Third Day can cross a longtime goal off their collective 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. “The swampy, gospel-tinged title track is the first single. “I think it just made sense,” says Powell of the decision to lead with “Revival.” “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 not 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 available for purchase on all digital music platforms.

Issac Cates & Ordained

“In life there are many talented individuals whose musical gifting and expres-

sionism appears effortless to audiences. Some are born with these gifts while others are trained to become great minstrels 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 Oscar Peterson, Dianne Warren, Thomas Whitfield and Richard Smallwood, Isaac S. Cates immerses on the music scene as an artist with an astonishing musical knowledge, skill and unparalleled creativity that places second, only to his passion for encouraging people.

Born in Kansas City, Kansas and affectionately known as a child prodigy, Isaac has always shown a great interest in music. Isaac has been composing and arranging music for the past 17 years. Isaac began studying piano at the early



age 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.

NEW THIS MONTH

continued from page 16

PG for some action violence, peril and frightening images. Sept. 19.

Other notables: Disney's Hercules (1997, PG, Sept. 1); Disney's Mulan (1998, PG, Sept. 1); Call the Midwife: Season 6 (2016-2017, Sept. 18).

Amazon

Music from the Big House (unrated, 2010) – Blues singer Rita Chiarelli and inmates at Louisiana's Angola Prison put on a concert. Unrated; it contains no language. Features a blend of music styles, including gospel. Sept. 1.

The Black Stallion (G, 1979) – A young boy befriends a wild Arabian stallion and enters it into a race. Based on a 1941 children's novel. Sept. 1.

'I Can Only Imagine' Film to Star Dennis Quaid

By Jeannie Law, Christian Post

The first trailer for the film “I Can Only Imagine,” which hits theaters spring of next year, has been released.

“I Can Only Imagine” is based on contemporary Christian band MercyMe's 1999 hit song of the same name. The single alone sold over 2 million digital downloads and was certified almost 3x platinum. The crossover hit went on to be the “most played Christian radio single in history.”

Now, almost a decade later, the film will tell the story behind the tune.

According to the movie's synopsis, “I Can Only Imagine” is the “true story that follows the life of Bart Millard, lead singer of the Christian band MercyMe, who loses his father to cancer and inspires him to write the mega-hit song, ‘I Can Only Imagine.’ The story beautifully illustrates that nobody is ever too far from God's love — or too far from an eternal home in Heaven.”

The film stars an all-star cast, including Dennis Quaid, Oscar winner Cloris Leachman, Country Music legend Trace Adkins, author and actress Priscilla Shirer,

and will introduce Broadway's J. Michael Finley.

The Erwin Brothers film was recently picked up by global leading content distributor Lionsgate and Roadside Attractions. Soon after, it was announced that “I Can Only Imagine” will be shown throughout North American theaters starting March 16, 2018.


In a recent promotional video promoting the film's release, Quaid says the movie highlights the power of a changed heart.

“It's very uplifting, about how one can really have a complete change in one's heart and how much you can move the earth with that,” lead actor Quaid said.

As seen on social media, the members of MercyMe are also more than thrilled about the release of the upcoming faith-based film. Millard took to social media to reveal that the project has been in the making for years.

“I was first approached over five years ago. No turning back now,” Millard wrote in January when they first announced the film on deadline.

For more information about “I Can Only Imagine,” visit the movie's page on Facebook.



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healthy living



THE 7 "SUPER FOODS" OF THE BIBLE

Trying to eat healthy? Start by opening your Bible to Deuteronomy 8:8, where the Israelites are promised "a good land... a land of wheat and barley, of vines, figs, and pomegranates, a land of olive trees and honey." The ancients might not have known the word "antioxidant," but they were on to something with this list of bible foods.

#1 - Wheat: This grain, which is found in everything from bread to pasta to cakes, is healthier when it is refined as little as possible. Whole-wheat products (those that are certified 100% whole wheat) contain 30 percent of your recommended daily fiber intake, as well as high levels of manganese and magnesium. A diet rich in whole grains is also thought to increase your energy level and lower your risk of type-2 diabetes, gallstones, and other health issues.

#2 - Barley: Another whole grain, barley can be found in breads and cereals, as well as in hearty winter soups. High in fiber, barley is good for intestinal health and can lower cholesterol and reduce your risk of colon cancer and type-2 diabetes if eaten regularly. Barley also contains trace amounts of copper, which have been shown to help reduce the symptoms of arthritis.

#3 - Grapes
Everyone knows that grape juice and red wine are tasty—but healthy? Grapes contain nutritional compounds called flavonoids, which are believed to reduce your risk of blood clots and protect your body from damage by the "free radicals" found in LDL, or "bad," cholesterol. Rich in antioxidants, grapes may provide protection against cardiovascular disease, particularly in women.

#4 - Figs
These sweet fruits, eaten either dried or fresh, are high in potassium, a

■ Please see SUPER FOODS page 20

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 eReader 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

thecaregiver

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.

■ Please see CAREGIVER page 20

Is paying off the house a good idea?

daveramsey

Dear Dave,
My wife and I owe \$90,000 on our mortgage, and we have no other debt. We are able to save about \$20,000 a year, so we could have the house paid off in just over four years. She likes the idea of having lots of money saved up, but I would love to be completely debt-free. Should we pay off the house or hang on to the savings? –Jason

Dear Jason,
Let's pretend your house is already paid for in full. Would you borrow on your home so that you had enough cash that your wife liked it? You say you wouldn't, so what's the difference? If you had a paid-for house and you wouldn't borrow on it to have cash laying around to feel better, why wouldn't you use the cash laying around to pay off the house? It's the same thing.

The first thing you want to consider is having an emergency fund of three to six months of expenses. You also need to make sure you're putting aside 15 percent of your income for retirement. Other than that, if you have enough cash laying around to pay off your home and you don't, it's the same thing as having borrowed on your home in order to have cash laying around.

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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SUPER FOODS

continued from page 18

mineral that helps control blood pressure. They are also high in dietary fiber, which may help you lose weight, and they are a fruit source of calcium, which can help preserve bone density. Fig leaves, which are not typically eaten but can be made into an extract, are thought to help lower insulin levels in diabetics.

#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

Olives, 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.

CAREGIVER

continued from page 18

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 likely 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, ryou both may go down.



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MEDICARE AND PRESCRIPTION DRUGS

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.

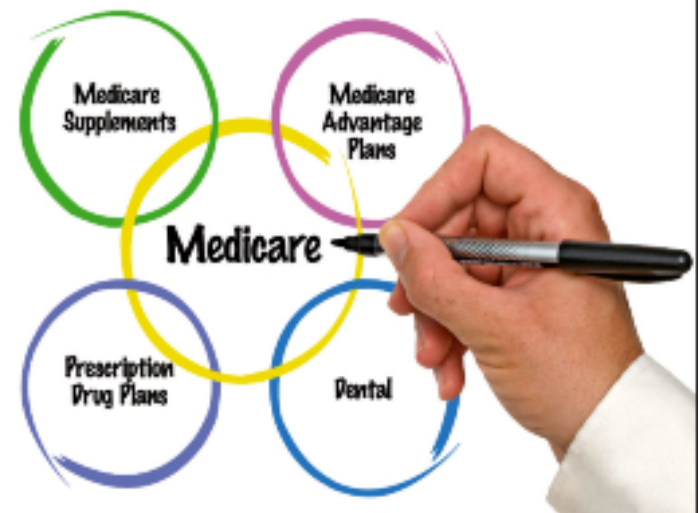
Medicare also makes changes. For example, 2018 Plans with a deductible can charge you up to \$405 and the coverage gap (donut hole) will begin at \$3,750. Your percentage for brand-name drugs in the coverage gap will be 35% and 44% for generic drugs. The new TrOOP or the true out-of-pocket cost is \$5,000.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

Upcoming Seminar Dates:

- 09/12/17 2:00 p.m. - Heart Center
- 09/26/17 6:30 p.m. - Cotton O'Neil North
- 10/03/17 2:30 p.m. - 823 Mulvane
- 10/10/17 2:00 p.m. - Heart Center
- 10/12/17 6:30 p.m. - Cotton O'Neil North
- 10/19/17 2:00 p.m. - Heart Center
- 10/31/17 2:00 p.m. - Heart Center
- 11/02/17 2:00 p.m. - Heart Center
- 11/07/17 6:30 p.m. - Cotton O'Neil North
- 11/09/17 2:00 p.m. - Heart Center
- 11/14/17 2:00 p.m. - Heart Center



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 TGIW 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 legendary Tom Watson in the annual Watson Challenge.

Despite the many accolades, he is



Chase Hanna

looking forward to the fund-raiser, which will be played on Sept. 28 at The Golf Club of Creekmoor in Raymore. "I have good memories of playing in the tournament," he said. "It will be a lot of fun."

The two ministries have been an important part of his life for as long as he can remember. William Hanna, his father, and Rod Handley, founder of Character That Counts, are longtime friends and accountability partners.

"I really respect Rod and everything he is doing in the Kansas City area and across the nation," he said. "I have met some great people through Rod."

The character lessons he learned over the years are more important than ever in the high-pressure world of professional golf.

"It's still the same game, and I'm still trying to shoot under par," Hanna said. "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."

Patience is the one trait that Hanna turns to most frequently.

"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 in the past year, his sister, Mackenzie, battled a serious health challenge. (She is fine now and back at Baylor University).

"It certainly made me appreciate all that I have," he said. "I noticed the positive impact she had on people, and it really inspires me."

There is still time to register to play or help sponsor the tournament on Sept. 12 (see ad on page 5). In the meantime, Hanna has a few pointers for golfers who hope to lower their scores.

"The important thing is to slow down and manage your game," he said. "What I mean by that is pick the correct target and have a good preshot routine before you hit the ball. It doesn't mean being slow but to have a routine when you walk to the shot."

"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."

Tea Off for Character That Counts and TGIW

The 15th annual golf scramble will be held on Sept. 28 at The Golf Club of

EVENT CALENDER CONTINUED

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

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

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

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

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

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

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

MACHINE EMBROIDERY CLUB - 1st Wed., 9am-3pm,

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

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

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

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

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

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

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

OPERATION BACKPACK - 1st Thurs., 6pm, Lyman Learning Center, Lyman and N. Kansas Ave. Volunteers

EVENT CALENDER CONTINUED ON PAGE 23

Creekmoor in Raymore. All proceeds will benefit Character That Counts, TGIW and Dedicated Life Coaching. Here is the schedule of events:

10:45 - Registration

11:15 - Lunch provided by Chik-fil-A and devotional with Chase Hanna

11:45 - Putting and chipping contests

12:30 - Shotgun start

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.

For more information, please contact Rod Handley at (816) 525-6339, Greg Griffin at (816) 885-1306 or Bill Stutz at (816) 803-9726.



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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 origi-



nal 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 whyskylights.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 wallpapers 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.



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www.gutterhelmetofkansas.com

Super September Specials at Jackson's!
Annette's Tip: Overseeding your lawn should be job #1 this fall during September or early October. Weeds can be dealt with later. Do not use K-31 fescue unless you want even more weeds in your lawn next year and unless you are growing pasture, never purchase at a Box Store or Farm Store. Use ferti-lome New Lawn Starter (not 12-12-12) because it is the only starter fertilizer that includes micronutrients. It's a great time to plant lettuce, radish and spinach seed and there's still time for cabbage, cauliflower and broccoli plants.
PERENNIALS BUY 2 GET 1 FREE! Plant some pollinator-friendly perennials. We have thousands of home grown hardy plants!
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New Resident Church Guide

- 1. THE GREAT I AM CHURCH**
Breaking Traditions
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Pastor Cordell Fischer
2523 SE Indiana
(785) 861-0422
www.greatIAMchurch.com
- 2. CHRISTIAN CAVALRY MINISTRIES INT.**
Pastor Beaux Bryant
c/o Seaman Baptist Church
2015 NW Buchanan, Topeka Ks 66608
785-224-5419 • www.church4bikers.org
Sun. School 9:30 am
Sun. Service 10:45 am
Wed. Prayer & Bible Study 7pm
- 3. TOPEKA BIBLE CHURCH**
1101 SW Mulvane St., Topeka
785-234-5545
Worship: 8:00 - 9:30 & 11am
Sunday School & Bible Studies:
9:30 & 11am
www.discovertbc.com
- 4. NORTHLAND CHRISTIAN CHURCH**
3102 NW Topeka Blvd., Topeka
286-1204
Worship Sun. 8:00, 9:30 & 11am
www.northland.cc
- 5. FAIRLAWN CHURCH OF THE NAZARENE**
730 SW Fairlawn Rd., Topeka, KS
(785) 272-6322 • www.FairlawnNaz.org
Sunday Worship: 10:40 am
Adult, Youth & Children's Sun. School 9:15
- 6. FIRST SOUTHERN BAPTIST**
1912 SW Gage, Topeka, KS
272-0443 www.fsbctopeka.org

- Sunday Services:
8:30 AM Traditional Worship
9:45 AM Bible study--all ages
11 AM Contemporary Worship
- 7. TOPEKA BAPTIST CHURCH**
"Finding NEW LIFE in CHRIST"
Sunday Worship 9:30 & 10:45am, 5pm
~ Sunday School for all ages ~
4500 SW Gage Blvd., Topeka
785-862-0988
www.topekabaptist.org
 - 8. WANAMAKER ROAD BAPTIST CHURCH**
"Being and making disciples of Jesus Christ by the power of the Gospel, to the glory of God"
2700 SW Wanamaker Rd., Topeka
(785) 272-9323 www.wrbctopeka.com
Traditional Sunday Worship 10:30am & 6pm
Sunday School 9am • Wed. Prayer 7pm
 - 9. GRACE COMMUNITY CHURCH**
310 E 8th St (E. US 56 Hwy)
Overbrook, KS; 785-665-7117
Elvin Dillard, Senior Pastor
Sunday School 9 am; Worship 10 am
www.gccinoverbrook.com
office@gccinoverbrook.com
 - 10. LORD'S HOUSE CHURCH**
300 SW Roosevelt, Topeka KS 66606
Pastor Marilyn Hahn McGinnis
10 a.m. Sunday (Non-traditional Service)
See "About Us" at our website
www.kawriverkeruv.com
Questions? kawriverlordshouse@att.net
 - 11. COMMUNITY CHURCH**
1819 SW 21st St., Topeka
233-3537 www.CommunityChurchKS.com
Sun. 9:30am - Sunday School for all ages
Sun. 10:30am - Worship & Word, Children
Wed. 6:30pm - Children, Youth, Adult
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- 12. BUCK CREEK COUNTRY CHURCH**
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5 mi. east of Perry on Hwy 24, 13th & Phillips Rd.
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Worship Service - 9:00 a.m.
Contacts: Logan Barnett 785-597-5498,
Scott Bond 423-0406, Jack Snavelly 760-3513
- 13. WANAMAKER WOODS NAZARENE**
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www.wwnaz.org
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6 pm Life Groups; 6:30 pm Teen Service
Wed. 6:30 pm Adult & Teen Life Groups
Wed. 6:30 pm Kids University
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- 14. GRACE LIFE CONNECTION**
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Papan's Landing Senior Center
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Pastor Pete Whitebird
- 15. OAKLAND UNITED METHODIST CHURCH**
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235-1010 • oumc@att.net
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- 16. HOUSE OF THE LORD CHURCH**
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Wed. Prayer & Praise 7pm



- 17. EAST SIDE BAPTIST CHURCH**
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AWANA Sunday at 5:45 p.m.
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www.esbcks.org
- 18. CHRIST THE KING CATHOLIC CHURCH**
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Sunday 7:30, 9, 11am, 6pm
www.cktopeka.org
- 19. SEAMAN COMMUNITY CHURCH**
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2036 NW Taylor, Topeka, KS
354-8777 • www.seamanchurch.com
Adult Sunday School - Sun. 9:30am
Sunday Worship: 10:30am
Children's Sunday School: 10:30am
Youth group 1st & 3rd Sundays 4-6pm
- 20. HERITAGE BAPTIST CHURCH**
1937 NE Madison St,
Topeka, KS 66616 • 785-506-4594
Pastor Dale Stockburger
Sunday Worship: 10 am and 6pm
Junior Church for kids: Sun 10am
Wed. Evening Worship: 7pm
- 21. HARVEST FAMILY FELLOWSHIP**
Meets at 522 SW Polk
785-220-5418
Pastor Rey Rodriguez
Sun. Worship 10 am
www.topekaharvest.vpweb.com
- 22. NEW CITY LIFE CHURCH**
5221 SW West Drive
Topeka, Kansas 66606
Sunday Services - 10:00 am
Pastor Kathy Crofford
- 23. HIGHLAND HEIGHTS CHRISTIAN CHURCH** 785-379-5642
Sunday Services: 8:30 and 10:00 AM
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Executive Director - Topeka Youth for Christ

YFC has been serving the Topeka area for over 60 years. We reach out with 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. Working together with the local church and other like-minded partners, our goal is to raise up lifelong followers of Jesus Christ.

The Executive Director will provide leadership for the YFC ministry in the Topeka area. Its vision is to see every young person provided the opportunity to become a Christ Follower and part of a local church. The Executive Director works with the YFC Board and local communities in defining the vision and direction of YFC and implements/directs the plans established by the Board and staff.

Job Qualifications:

- Meet YFC/USA education and training requirements
- Demonstrate love and passion for youth
- Youth Ministry experience
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- Strong management skills
- Excellent communication skills

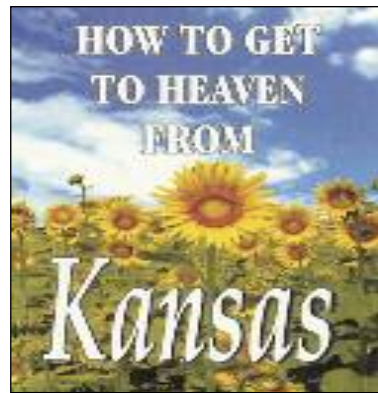
Compensation is based on qualifications and experience

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Topeka, KS 66601

Email: hendersf@msn.com





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

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

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

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

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

■ EVENT CALENDER CONTINUED

gather to assemble Weekend Snack Sacks for low-income students. Sponsored by Topeka North Outreach. For info: 286-1370.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SUPPORT GROUPS

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

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

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

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

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

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

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

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

For info: Jane Goble, 249-0983.

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

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

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

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

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

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

GRIEF SUPPORT – Sponsored by Heartland Hospice for those dealing with death or major loss:

1st Mon., 5:30-7:30pm, Individual appointments; other times are available. Call Terry Frizzell at (785)230-6730.

3rd Thurs., 11am, Lunch After Loss, Paisano's Ristorante, Fleming Place, SW 10th & Gage Blvd., Dutch treat luncheon to meet new friends who have sat where you are sitting. For reservations or info: 785-271-6500.

OVEREATERS / UNDEREATERS ANONYMOUS:

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

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

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

For info: 357-8774; sunflowerintergroup.ia.org.

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

FOR MORE CALENDER ENTRIES VISIT WWW.METROVOICENEWS.COM

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 one of them.

Moreno said she is glad the girl who doubted Jesus' love had such friends to encourage her, and her prayer for the all three 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 memorial for victims of the 1994 genocide in the country.

"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 The Greatest Journey discipleship program.

"This trip allowed me to see how God is using Operation Christmas Child shoeboxes to further His kingdom, and He 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 collaboration 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 gospel presentation. She said the demeanor on their faces would change after their children received the boxes, and they too heard that Jesus loves them.

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Artstoberfest 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 VanWalleghem with Leaping Llamas Artisan Shop. Limited scholarships are available: call 785.979.5483 for details



First Fridays, at various venues during the artwork 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

TASTE OF CHOCOLATE - Sep. 16, 1-4pm. Topeka Pleasant Hill United Methodist Church, 4525 Button Rd. Sample an assortment of goodies. Suggested donation \$7.

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, 3:30-7:30pm, Heritage Christian School, 2000 NW Clay. Duck pond, dunk tank and more! Adults \$10 students 5th grade & lower \$6.

MEDICARE EDUCATIONAL SEMINAR - 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. Branner. Vendors with purses, jewelry, candles, essential oils, Thirty-One Bags, Scentsy, Tupperware, Avon, KU items, homemade goodies, quilts & more. Food available. 785-409-4475.