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lack cover!

CPO closes; other options remain

Caring Pregnancy Options has closed its non-profit as of December 31st.

What can expectant mothers go for help? There are still some options available.

Lifeline Children's Services, 4745 NW Hunter's Ridge Circle, Suite C, in North Topeka, is one of

"We already have been offering some similar services," said Lisa Kelly, Lifeline's Kansas & Missouri State Director. "We will be adding pregnancy testing and the care closet that the CPO has done for years. We will continue to do our Harbor Families hosting ministry

■ Please see PREGNANCY page 4



New Study Reveals Great American Divide

By Paul Strand

Two new surveys show conservatives and liberals significantly divided over what it means to be a patriot.

"We are now dealing with a nation that is fractured when it comes to patriotism," said Anne Sorock of the Ear To the Ground Listening Project, which labeled the surveys "A Tale of Two

Heading up the polling was George Barna of the American Culture & Faith Institute.

"There are significant differences across the country regarding beliefs pertaining to America, pertaining to patriotism, even about citizenship," he

For instance, when asked if an accurate description of patriotism is believing America comes first always, Sorock said, "82% of conservatives think that was accurate and 47% of liberals."

Those surveyed were asked if it would be accurate to describe them as

proud to be an American.

"65% of conservatives said that's a completely accurate description of them, and 37% of liberals said that was completely accurate, that they feel proud to be an American," Sorock explained.

Which is Patriotic: Fox **News or CNN?**

And the two sides certainly disagreed on which organizations are "very patri-

■ Please see PATRIOTISM page 7

KANSAS JOB NUMBERS **DEFY MEDIA PREDICTIONS**

Kan. Governor Sam Brownback is getting the last laugh as his term

as governor nears the end. While the Kansas City Star and other liberal media outlets accused Brownback economic policies as having virtually destroyed the state, the facts



actually paint a much different picture. Kansas' unemployment rate dipped to a new low in October, according to preliminary estimates from the Kansas Department of Labor and the U.S. Bureau of Labor Statistics.

The seasonally-adjusted unemployment rate is down to 3.8 percent from September and down from 4.3 percent year-over-year. There have been few times in Kansas' modern history where the unemployment rate has been lower.

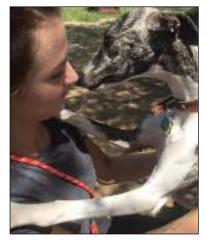
"In October, 3,383 additional Kansans became employed," said Kansas Secretary of Labor, Lana Gordon. "This grew the labor force and factored into the unemployment rate dropping to 3.6 percent, the lowest it has been since August

The Dirty Dog moves to larger space

Added services will make it the premier dog care facility in the area

After five years of long days building her own business - The Dirty Dog – Mandi Biester is moving it to a bigger, better location, and is observing her success this month with a Grand Opening celebration on January 20.

'This is much more than just a move," Biester said. "This is a stateof-the-art facility. We are tripling our space and adding more services,



products and opportunities for our customers. This is something new and exciting, and there has been nothing like it in the Topeka area before!

Biester is rightfully proud of the business she has built. Starting with just herself five years ago, the business how employs 17 staff members, and cares for over 300 pets every week. That number could at least double at the new location.

It hasn't been easy for the mother of four. Despite a hectic schedule

■ Please see DIRTY DOG page 4



KS senator wants to return power to local school boards

_____ MetroVoiceNews.com __

State Sen. Dennis Pyle, a Hiawatha Republican, will introduce a constitutional amendment to prevent the Kansas Supreme Court from hijacking public education and closing schools.

The Kansas Legislature faces a possible impasse over school funding when it returns to Topeka in mid-January.

The Kansas Supreme Court ruled



unconstitution alrecently-adopted funding mechanism and gave lawmakers a deadline of April 30 to adopt a new one for judicial review. Justices implied they might close schools if the legislature doesn't

find an adequate and equitable funding solution that meets court muster.

Pyle said his proposed amendment would limit the authority to close schools to local boards of education.

"Parents deserve to have the decisions that impact their children and schools, made by their elected school boards-not unelected judges," Pyle said in a press release.

An 11-member, bipartisan special

interim committee met to discuss options to respond to the Court's ruling. Justices stopped short of naming a specific dollar amount necessary to appease the state Supreme Court, but legislative staff told the committee that

the state's budget will be short of projections 2019, even without adding new money to school funding.

"It would seem from the opinion that the court is demanding some additional expenditure of funds," said. Rep. Blaine Finch,

an Ottawa Republican who serves as the interim committee chair.

The Kansas State Board of Education estimated that school districts need \$600 million in new funding to meet the court's objectives. Raising such funds present a daunting task for lawmakers, who retroactively hiked taxes by \$1.2 billion less than a

Kansas Policy Institute estimates lawmakers would need to nearly double the state property tax rates to raise \$600 million.

They would need to increase sales tax rates to nearly 8 percent, or add an

Parents deserve to have the decisions that income tax rates to impact their children and schools, made by their elected school boards-not unelected

> judges." -Dennis Pyle

almost 20 percent surcharge raise the money the state board of education recommends.

A constitutional amendment another way lawmakers could end the ongoing school financing court

battles. According to a new poll, an overwhelming majority of Kansas voters think lawmakers should consider a constitutional amendment to end the school funding wars.

"Putting the issue of school authority before the voters is a sensible proposal for resolution of these continuing costly legal battles," Pyle said in a release.

news**briefs**

Grassroots success

(WNS)--Delaware announced last week it is pulling a proposed rule that would have allowed students to change their gender or race without parental consent or knowledge. In response to public outcry, the state announced it is sending the proposal, Regulation 225, back to the Delaware Department of Education for substantive changes. "We've never seen so many people engage on an issue in such a unified way as we did with this regulation," said Nicole Theis, president of the Delaware Family Policy Council. "We're thanking God for the media opportunities to inform people and sound the alarm to wake up parents."

Kentucky revives bias case

(WNS)--The Kentucky Supreme Court has agreed to hear the discrimination case against Blaine Adamson, owner of Hands On Originals, a Lexington, Ky., print shop. And that could be a problem. Up to this point, Adamson has won all rounds in the case brought against him by the Lexington-Fayette Urban County Human Rights Commission. The commission ruled in 2014 that Adamson violated its nondiscrimination ordinance when he declined to print T-shirts promoting a gay pride festival for a local LGBT organization. Adamson appealed to a state circuit court judge, arguing he should not be compelled by government



statute to print messages that conflict with his Christian convictions. Fayette Circuit Judge James Ishmael agreed and reversed the commission's

ruling. But the commission appealed to the Kentucky Court of Appeals, which ruled in Adamson's favor in May. The government agency appealed again, this time asking the Kentucky Supreme Court to weigh in. The Kentucky high court could have refused to hear the case, letting the appellate court ruling in Adamson's favor stand, but it did not.

Boys sometimes allowed

(WNS)--Girlguiding, the UK's version of the Girl Scouts, announced that boys who identify as girls will be allowed in girls-only tents, restrooms, and showers. The change was announced as part of the Girlguiding "Supporting Trans Members" policy. The policy also says it is not a requirement, or even best practice, for leaders to tell parents that a transgender member will attend a residential or overnight event with

their daughters. These changesfollow another controversial decision: In January, the group announced that men who identify as a woman can be Girlguiding leaders without notifying troop parents.

CWA Kansas is on the Move

CWA of Kansas is part of Concerned Women for America (CWA). CWA is the largest public policy women's organization in the nation. As an organization they are committed to conservative issues such as the sanctity of life, religious liberty, sexual exploitation, and education, to name a few.

The year of 2017 has been a bit difficult in Kansas because the elections of 2016 brought different people to the legislature than we have had in recent years. Many of the newcomers were recruited by the teachers' union. They simply have a different way of looking at the issues than CWA of Kansas. Their main concern seems to be that we do not spend enough money on education in Kansas even though over half of the budget goes to education. Their answer is to raise taxes and spend more.

Despite opposition, CWA, along with legislators who survived the 2016 elections, were able to get bills passed on

parental rights, the disclosure act concerning abortion, a resolution concerning pornography, and promoting awareness of sex-trafficking.

There are many challenges in the upcoming year and CWA covets prayers and participation. Challenges like the privacy act, sexual orientation, trafficking, and pornography face us. As always there will be some pro-life issues. The upcoming Supreme Court decision about the right to an abortion being in our state constitution is a big concern.

CWA of Kansas has announced a state conference to be held on March 15, 2018 in Topeka, Penny Nance, CEO of Concerned Women for America in Washington, D.C., will be the keynote speaker. In addition, there will be legislators and others speaking, and the event will end with a prayer walk at the state capitol. For more information go to www.ks.cwfa.org.



K-12 and College **Expo is Feb. 24**

Features Christian K-12 & 50 Christian Colleges

By **Dwight Widaman**

The area's only Christian education expo, including the largest Christian college fair, celebrates 20 years on Saturday, Feb. 24. The free event is 10 to 2pm at Colonial Presbyterian Church at 9500 Wornall Rd. in Kansas City. It's organized by Metro Voice.

The event hosts the best area private K-12 schools and high schools, homeschooling resources as well as Christian colleges from 16 states. Colleges include many from out-of-state plus dozens of others from Missouri and Kansas.

In addition, free 45-minute seminars are offered on topics like: "K-12 Parent Panel Discussion", "Homeschooling 101", and "Finding Financial Aid and FAFSA."

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Many who call themselves evangelical don't actually hold evangelical beliefs

by Bob Smietana

NASHVILLE, Tenn.—About 1 in 4 Americans say they are evangelical Christians. Most of them are white, live in the South and identify as Republican.

Many go to church every week.

But they're not always sure what they believe.

Fewer than half of those who identify as evangelicals (45 percent) strongly agree with core evangelical beliefs, according to a new survey from Nashville-based LifeWay Research.

"There's a gap between who evangelicals say they are and what they believe," said Scott McConnell, executive director of LifeWay Research.

And a significant number of evangelical believers reject the term "evangelical." Only two-thirds (69 percent) of evangelicals by belief self-identify as evangelicals.

Beliefs and belonging

For the past few years, LifeWay Research has been looking at the intersection of belief and belonging in the evangelical movement.

Some research studies define "evangelical" by self-identification—respondents pick from a list of religious traditions. Others categorize people as evangelical by the churches they identify with.

In this new survey, LifeWay used a set of four questions about the Bible, Jesus, salvation and evangelism. Those questions were developed in partnership with the National Association of Evangelicals. Those who strongly agree with all four are considered to be evangelicals by belief.

• The Bible is the highest authority for what I believe.

• It is very important for me personally to encourage non-Christians to trust Jesus Christ as their Savior.

• Jesus Christ's death on the cross is the only sacrifice that could remove the penalty of my sin.

• Only those who trust in Jesus Christ alone as their Savior receive God's free gift of eternal salvation.

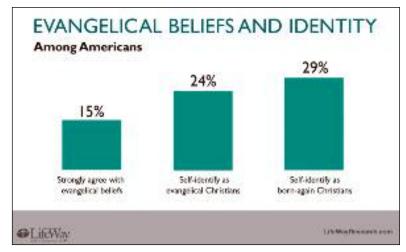
Fifteen percent of Americans are evangelicals by belief, according to LifeWay Research. By contrast, 24 percent of Americans self-identify as evangelicals

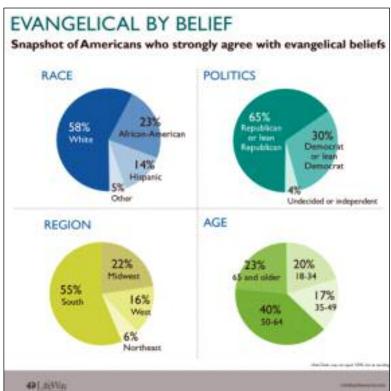
Researchers found some significant differences between the two groups.

Evangelicals by belief are more diverse than self-identified evangelicals. Fiftyeight percent are white, 23 percent are African-American and 14 percent are Hispanic. Five percent claim another ethnicity.

By contrast, 70 percent of self-identified evangelicals are white. Fourteen percent are African-Americans. Twelve percent are Hispanic, and 4 percent claim another ethnicity.

Evangelicals by belief go to church more often. Seventy-three percent say they attend services once a week or more. That drops to 61 percent for self-identified evangelicals.





Evangelicals congregate in the south

The two groups of evangelicals share some similarities. About half are Southerners. Most are Republicans.

Just over half (55 percent) of evangelicals by belief live in the South. Twenty-two percent are in the Midwest. Sixteen percent live in the West, while 6 percent live in the Northeast.

Among self-identified evangelicals, 48 percent live in the South. Twenty-five percent live in the Midwest. Seventeen percent live in the West, and 9 percent live in the Northeast.

"If you are an evangelical who lives in the South, you're often going to run into people who believe the same things you do," said McConnell. "In the Northeast, you're often going to feel alone."

Two-thirds of evangelicals by belief (65 percent) are Republicans or lean Republican. Thirty percent are Democrats or lean Democratic. Four percent are undecided or independent.

Among self-identified evangelicals, 64 percent are Republicans or lean Republican. Thirty-three percent are Democrats or lean Democratic. Three percent are undecided or independent.

Both groups also tend to be older. Thirty-one percent of Americans 65 and older identify as evangelicals. That drops to 22 percent among those 18 to 34. Nineteen percent of those 65 and older hold evangelical beliefs. That drops to 10 percent for those 18 to 34.

The more education Americans have, the less likely they are to be evangelicals of either type. A quarter of Americans with a high school diploma or less (26 percent) or some college (28 percent) identify as evangelicals. Eighteen percent of those with a bachelor's degree say they are evangelicals.

Americans with some college (20 percent) are more likely to have evangelical beliefs than those with a bachelor's degree (9 percent) or graduate degree (12%).

Some of the results surprised McConnell, especially when it comes to politics. He expected more political differences between the two types of evangelicals.

"The political differences between them turn out to be very small," he said.

LifeWay Research also asked if politics played a role in whether Americans identify as evangelicals. It appears that few evangelicals shun the term because of its political implications.

C5Alive Power Luncheon to feature **CBMC leader**

The monthly C5Alive "POWER Luncheon" will be held January 11, 11:30 a.m. to 1:00 p.m. at The Peak, 1920 SW Gage, and will feature Gary Tenpenney of CBMC Leadership Institute.

The cost to attend the luncheon is \$10 for C5Alive members and first-

time guests who RSVP, and \$12 at the door. Non-members and other guests pay \$15. C5 luncheons are open to the public and everyone is welcome to attend, organizers said. RSVPs and inquiries can be sent to info@C5Alive.org.

C5Alive is an organization founded in 2009, dedicated to developing and uniting Christian Leadership in the community, involving businesses, non-profits and churches.

In addition to monthly "POWER"

luncheons held on the second Thursday of each month, C5 also hosts periodic business fairs and other events, including the annual Topeka Easter Parade and Family Fun Fest, held on N. Kansas Avenue and in Garfield Park on the day before Easter.

The luncheons are held in different locations around the Capital City each month.

C5 members may also sponsor luncheons and other events as a way to promote their organizations. For more information about C5, go to

C5Alive.org, facebook.com/C5Alive, or call 785-640-6399.

Next month's luncheon will be held February 8, 11:30-1. A double round of speed "matchmaker" marketing will be featured.

When asked, "If the term had nothing to do with politics, would you consider yourself an evangelical Christian?" 1 in 4 Americans say yes.

That's almost identical to the number of who identify as evangelicals without any political qualifications.

McConnell suspects that party affiliation and race play a bigger role in how people vote than their faith does.

"Evangelical religious beliefs by themselves do not explain political behavior," he says. "Ethnic group is a better predictor of political behavior, but the best predictor of voting patterns is one's political party identification."

Born-again Americans are a diverse crowd

The term "born again" has often been used as a synonym for self-identified evangelicals. LifeWay Research found some overlap between the two groups.

Two-thirds (66 percent) of self-identified born-again Americans say they are evangelicals. That remains true even if the term evangelical didn't have political implications (67 percent).

Like self-identified evangelicals, fewer than half (45 percent) hold evangelical beliefs. And they are less likely (56 percent) to attend services once a week or more than either type of evangelicals.

Born-again Americans have more political parity than either type of evangelical. Fifty-six percent are Republican or lean Republican. Four in 10 (39 percent) are Democrats or lean Democratic. Five percent are undecided or independent.

African-American Christians appear to find the term "born again" more appealing than "evangelical."

African-Americans are more likely to say they are born again (49 percent) than whites (27 percent), Hispanics (24 percent) or those from other ethnicities (19 percent).

African-Americans are also the most likely to have evangelical beliefs (30 percent). Whites (13 percent), Hispanics (13 percent) and those from other ethnicities are less likely (9 percent). African-Americans (30 percent) and whites (26 percent) are more likely to say they are evangelical than Hispanics (18 percent) or those from other ethnicities (11 percent).

In the past, said McConnell, some research groups, limited the term "evangelical" to white Christians. Others have focused on white evangelical voters—which has left other ethnic groups out.

"For many African-Americans, the term 'evangelical' is a turn-off, even though they hold evangelical beliefs," said McConnell. "The term 'evangelical' is often viewed as applying to white Christians only. And that's unfortunate. It's lost some of its religious meaning that actually unites these groups."

Bob Smietana is senior writer for Facts & Trends.

EVANGELICALS ACROSS AMERICA

Among people living in each region

NORTHEAST
25 Energy county foliat
275 Self-dentity to energy call
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Easter Parade and Fun Fair back for fifth year

EasterFest, the annual Topeka Easter Parade & Fun Fair, will be back for the fifth consecutive year on Saturday, March 31, 2018. Over three thousand people attended last vear to watch the parade, visit the Fun Fair, listen to live music, visit over 70 vendor booths and take part in the big egg hunt or other activi-

Every year, dozens of churches, businesses and non-profit organiza-

tions take part in the parade, and dozens more set up vendor booths and kids' games as part of the family fun fair. There have been lots of floats with a variety of themes, and all shapes and sizes of other vehicles, as well as walking entries such as schools, military groups, marching bands and more. The event is coordinated by C5Alive, a Christian

news**briefs**

Power to the parents

(WNS)--At a time when lawmakers

in Washington can't seem to agree on

anything, parental rights advocates

think their issue could erase the left-

right divide, at least temporarily.

Backers of the movement are trying to

get Congress to pass an amendment

to the U.S. Constitution that would

codify the rights of parents to make

decisions for their children without

amendments require a two-thirds

majority in both chambers of

Congress. Republicans, who hold a

slim majority in the Senate, can't even

secure enough votes to pass major

It's a tall order. Constitutional

government interference.



leadership offshoot of the Capital City Christian Chamber of Commerce (C5).

"We've had a great response and new entries each year," said Drew Walker, Parade & Entertainment Coordinator. "I expect it to just keep growing every year."

Again this year the Easter Parade will be on North Kansas Avenue, from NOTO Arts District to Garfield Park, followed by the Big

William Estrada, director of federal

relations with the Home School Legal

Defense Association (HSLDA), believes

the Parental Rights Amendment could

be the issue that rises above Capitol

Hill partisanship. "We realize it's a dif-

ficult task to amend the Constitution,

but we're optimistic that if ever one

could, this is the issue that could get

the political will."

Egg Hunt in the Garfield Park playground area. From 10am to 3pm, vendor booths, food trucks and kid's activities will be happening all over Garfield Park, in the shelterhouse and in the gym. This year, even more churches, non-profit organizations, schools and local businesses are expected to enter floats, marching bands, etc., in the parade, as well as set up activity booths at the fun fair.

The Family Fun Fair will consist of activities geared toward children and families, as well as health & wellness vendor booths, vendor exhibits, and more. Live performers will be on hand all day, such as jazz bands, dance troupes, praise bands, solo artists, street entertainers and more.

more information, info@C5Alive.org or call 640-6399



Dramatic interpretations and talks about the violent territorial and civil war history of Kansas, 1854-1865, will highlight the 2018 annual Bleeding Kansas series, which begins January 28. The programs are held at 2 p.m. Sundays, through March 4 at Constitution Hall State Historic Site in Lecompton, KS.

The suggested donation is \$3 adults. Constitution Hall is located at 319 Elmore, Lecompton, KS. For more information, call 785-887-6520 or visit

Bleeding Kansas Series Returns

Bleeding Kansas describes that time in Kansas Territory, from 1854 to 1861, during the struggle to determine whether the new state would be free or slave. Fach program explores aspects of the state's unique history.

www.lecomptonkansas.com.

PREGNANCY

continued from page 1

(parenting/reunification focused), our adoption ministry (both international and domestic) and our education ministry, in addition to our pregnancy ministry that we already

For more information about Lifeline Childrens Services, call 785-

Mary's Choices is a non-profit organization located at 551 NW Broad St. in Topeka. Their services are provided free of charge. At Mary's Choices you can get a free pregnancy test and a free limited ultrasound. Their nurses, physician and trained staff will listen to your concerns and answer your questions. They are open Monday and Thursday 12:30-5:00pm. For more information call 785-246-6805.

The Pregnancy Care Center is located at 2200 Harvard Rd #102, in Lawrence. They also perform pregnancy tests and ultrasounds at no charge. Hours are Monday -Wednesday 10am to 5pm and Thursday 10am to 7pm. For more information call 785-842-6499.

All three of the locations mentioned above offer counseling and emotional support as well as help with physical needs for expectant mothers, as well as after-abortion

DIRTY DOG

continued from page 1

taking care of a family and a business at the same time, Biester wants her children to see how it is possible to overcome obstacles and even thrive as a small business owner.

In addition to daycare, grooming and boarding for dogs, the business now offers dog training, a monitored indoor dog park and boarding for cats, too. With the increased space, she will now be able to offer an increased line of pet products, accessories and supplies. They now offer luxury boarding suites for the pampered pet, as well as highend accessories.

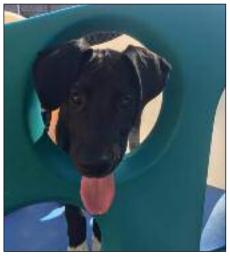
At the Grand Opening celebration, which will take place from 10 am to 5pm on January 20, the business will



including indoor & outdoor dog parks.

"At The Dirty Dog, we are dedicated to making every day a fun and productive one for dogs," Biester said. "We know pet owners want to feel that peace of mind that comes with knowing your pet will receive the best care possible when you're not around. Our staff is fully committed to providing the ultimate in pet care."

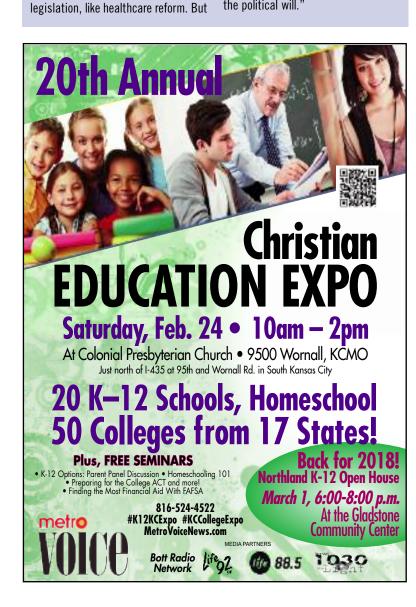
For more information, call (785) 431-6694 or visit www.dirtydogtopeka.com, You can also e-mail mydog@dirtydogtopeka.com or look for The Dirty Dog: Daycare, Boarding, and Grooming on Facebook.



offer door prizes and giveaways, including free baths, grooming, pet food samples and much more. There will also be food, drinks, games and fun activities for the whole family, including the fur-babies. (proof of vaccination required)

Biester and the staff at The Dirty Dog invites all Topeka and neighboring community residents to come check out the new location, and to bring their favorite four-legged friends. They are excited to show off the new space,





FINANCIAL PLANNING

— MetroVoiceNews.com –

Balance is Required

Dear Dave,

My wife and I have had marriage problems, and a lot of them were related to money. We're working through those issues and are on Baby Step 1 of your plan. In the process, we're talking more and things are getting better. We have \$40,000 in credit card debt, along with a combined income of around \$70,000, so I talked to her about taking an extra job or two. She said she would rather I be at home so we can spend more time together in working on our marriage. What should I do?

Dear James,

First and foremost, I would urge you two to begin seeing a good marriage counselor together. Money problems and fights over money are the number one cause of divorce in our country today. Continuing to deal with these issues, with the help of a good, caring counselor, will create even more communication.

I think you've both realized you're going to be in a mess if you don't address your income and money management issues. However, her concern about spending more time together and becoming closer is valid. Since you've just started the rebuilding process, maybe you could put off the extra jobs for a month or two – but no longer. That should give you both time to talk, hug on each other a lot, and start developing a solid plan together for the future!

Married or single, budgeting is the key

Dear Dave.

Do you have any tips for how single people can stay on track with

their finances? *Deb*

Dear Deb,

The first thing I'd suggest is the same advice I give to married couples, and that is to spend less than you make, and live on a written, monthly budget. Sit down at the end of each month and write down — on paper — all your expenses and income for the upcoming month. Give every dollar a job, then spend everything on paper before the month begins.

When you think about it, budgeting isn't that difficult. All it takes is a little time and a few basic math skills. Some expenses, like your mortgage payment or rent, will be the same. If you have a car payment, it should remain constant, as well. Things like utilities and groceries may fluctuate a little based on the time of year, but you can formulate pretty accurate estimates by looking at past months.

Another thing I would recommend is finding a mature, trustworthy friend or family member to act as an accountability partner. This person should also be good with money, and your relationship should be strong enough that they're not afraid to call you out if you start behaving irresponsibly with your cash.

Sit down, just the two of you, once a month and talk about your finances. You can even go over your income and budget line by line if it helps. The point in this scenario is to get support from someone who cares about you, and is willing to be there – and help hold you accountable – for the financial decisions you're making. — Dave

Used car warranties?

Dear Dave,

What is your opinion of used car warranties?

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

dave**says**

Dear Anonymous,

I'm not a fan of extended warranties in general, and I especially dislike used car warranties. In my mind, they're bad because they're expensive and — on average — of little benefit to the buyer.

Did you know, in many cases, only about 12 percent of what you pay for used car warranties goes to cover the cost of repairs? That means around 88 percent goes toward profit, overhead, and commissions. In fact, some used car dealers make more money from the sale of extended warranties than they do on the sale of actual cars.

The best way to cover yourself is to buy smart and self-insure. Save up an emergency fund of three to six months of expenses, and stay away from stuff like used car warranties!

ENROLLED AGENTS ARE AMERICA'S TAX EXPERTS

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

Enrolled Agents (EAs) are federally-licensed tax practitioners who may represent taxpayers before the IRS when it comes to



collections, audits and appeals. As authorized by the Department of Treasury's Circular 230 regulations, EAs are authorized to advise, represent, and prepare tax returns for individuals, partnerships, corporations, estates, trusts, and any entities with tax-reporting requirements. Enrolled agents are the only federally-licensed tax practitioners who specialize in taxation and have unlimited rights to represent tax-payers before the IRS.

PRIVILEGE AND THE ENROLLED AGENT

The IRS Restructuring and Reform Act of 1998 provides federally-authorized practitioners with a limited client privilege. This privilege allows confidentiality between the taxpayer and the enrolled agent under certain conditions. The privilege applies to situations in which the taxpayer is being represented in cases involving audits and collection matters. It is not applicable to the preparation and filing of a tax return. This privilege does not apply to state tax matters, although a number of

states have an accountant-client privilege.

CONTINUING EDUCATION

In addition to the stringent testing and application process, the IRS requires enrolled agents to complete 72 hours of continuing education every three years in order to maintain their active enrolled agent license and practice rights. Because of the expertise necessary to become an enrolled agent and the requirements to maintain the license, there are only about 53,700 practicing enrolled agents.

THE DIFFERENCES BETWEEN ENROLLED AGENTS AND OTHER TAX PROFESSIONALS

Only enrolled agents are required to demonstrate to the IRS their competence in all areas of taxation, representation and ethics before they are awarded unlimited representation rights to represent taxpayers before IRS. Unlike attorneys and CPAs, who are statelicensed and who may or may not choose to specialize in taxes, all enrolled agents specialize in taxation.

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

opinion

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RECOGNIZING JERUSALEM AS ISRAEL'S CAPITAL CONFIRMS REALITY

VOICE

MANAGING EDITOR



Lee Hartman LHartman3@cox.net

ASSISTANT EDITORS

Nick Hartman Dwight Widaman

ADVERTISING CONSULTANTS

Lee Hartman

785-640-6399; Voice@cox.net

Darcy Childs 785-249-6203 childs.darcy@gmail.com

NEWS & FEATURES

Jessica Hosman, Carolyn Cogswell, John Potter, Rob Mooney, Phil Boatwright, Marie Asner, Kharissa Forte, Alan Goforth, Leilani Haywood, Dwight Widaman, Lee Hartman

LAYOUT & DESIGN

Joe Boothe, Lee Hartman, Dwight Widaman

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CONTACT INFO

Offices: 2611 SW 17th St.
Correspondence & Payments:
P.O. Box 5724, Topeka, KS 66605
Phone/Fax:. 785-235-3340
Voice@cox.net
MetroVoiceNews.com
facebook.com/metrovoicenews





JERRY FELDMAN Leader of the Messianic congregation of

Adat Yeshua

my**opinion**

Jerusalem is a complex issue that has a simple solution. Jerusalem already is and has been the capital of Israel. This fact has eluded every news agency in the world, especially in Europe, let alone every Arab and Muslim country. Any objection to this fact established by international Llaw in 1950, is simply a violent and insatiable "need" for the annihilation of Jewish historic and Biblical national land identity.

If and when the anticipated day comes that all parties agree to the political and negotiated question of the status of Jerusalem, then why cannot the US, and others, already establish embassies in the very Jerusalem that all parties assume will be Jewish Jerusalem?

In other words, the US is moving the peace process forward by recognizing the already existing "Jewish" Jerusalem that is and will be Jerusalem in all final agreements.

It also is congruent with the realities on the ground. A united Jerusalem as it exists today is the reference point for any "other" scenario involving the so-called Palestinian claims to a Palestinian Jerusalem. As President Trump rightly indicated, these realities are not changed by this decision.



What he did was to recognize what will (and already is) be the Israeli Jewish national capital in so-called West Jerusalem for the relocated U.S. embassy. This point eludes the press and the Muslim world (for propaganda purposes) with its violent and blustering rage and inflammatory, even apocalyptic, claims of injustice and offense.

Turkey's President Erdogan touted the rage rhetoric that to recognize (Jewish) Jerusalem is an affront to all Muslims of the world. In other words, the very exisless than the destruction of Israel and the triumph of the Islamic Arab world over all things Israel. These are war talks, not peace talks. Namely, "give us what we demand, or we kill you"! Their reality is that Jerusalem is and has always been Muslim, and the idea of Jerusalem for the Jews must be decided on that premise.

Please! Reality is reality, no matter what imagined reality one can create. The mythological and maniacal rhetoric of the Muslim world concerning Jerusalem is their own real politique. They assume

the ground. The Arab Muslim world lives in its own "reality" of "NEVER", over something that already is. In other words, Jerusalem can only exist as a Muslim entity, with no Israel and no Jews. Sorry, but our president recognizes this false rhetoric for what it is. He simply is acknowledging what is real and wants to stop negotiating in terms of that which is not.

Yet, I caution a zealot-like exuberance over this decision by our president. As Christians and Messianics, do not be guilty of said criticism indicated above. A blind "eschatological" exuberance with uninformed and sometimes ignorant "Biblical Zionism" is not healthy to the integrity of the reality on the ground, either, and the significantly multi-layered issues that arise through this process. We should never take an "us and them" approach as triumphalism equated with "Biblical" banner waving. Real lives and issues that affect millions, especially Palestinian Arabs and both Muslim and Christian, as well as the children of all parties is not to be snuffed out by evangelical triumphalism or arrogant and self-congratulatory victories at the expense of oth-

"The mythological and maniacal rhetoric of the Muslim world concerning Jerusalem, is their own real politique. They assume their rhetoric is true because they declare it to be true."

tence of Israel, Jerusalem and the Jews are an affront to all Muslims. And that is the reality.

We need to understand, by Abu Mazen's own words, that "peace process" for the Palestinian Authority is nothing their rhetoric is true because they declare it to be true

The timing and strategic realities of the US recognition of Jerusalem could not be better or perhaps will ever have had a better opportunity. It confirms the reality on

ers.

We need to pray for peace, that the prince of peace, "who is God over all forever praised" (Rom. 9:5), will truly bring peace "to men of good will" (a better translation).

MY SUSTAINING HOPE IN THE NEW YEAR



CLINT DECKER President and Evangelist with Great Awakenings, Inc.

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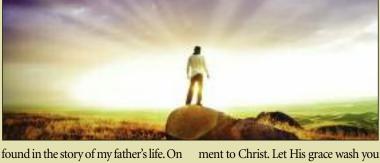
Two months ago my family and I laid my father (Paul Decker) to rest after he unexpectedly died of advanced pancreatic cancer on November 13, three days after his diagnosis. The holidays were obviously different for our family knowing dad was gone. It is not only unique for us but for thousands of others who lost a loved one in 2017.

After we buried my father and traveled back home to Kansas from Ohio, death visited again. Within days, I found myself standing next to a friend in a hospital bed who had just lost her husband in a horrific vehicle accident, where she also received multiple

injuries. No one is immune. If you are in a situation like this, where can you find hope in this New Year? As you see others dancing the night away and having good times with family and friends, you may feel an emptiness, because a spouse or parent is gone and not coming back.

On that November Monday night, at 10:00 p.m., I received a call I will never forget. My mother, in shock and in the deepest of tears told me dad was gone. As I hit the floor in overwhelming despair, nearly 1,000 miles away, I was soon drawn to pick up my Bible. I flipped to 1 Corinthians 15:54-55 and read it for myself and to my mom and sisters via cell phone, "Death is swallowed up in victory." "O death where is your victory? O death, where is your sting." Within minutes, Jesus' relationship with me and His Word were giving me grace-filled hope. The hurt did not stop, nor the tears dry up. Even so, Jesus and His Word became my Rock. My refuge. My sustaining hope.

Furthermore, additional hope was



found in the story of my father's life. On September 3, 1972, during the last night of a series of camp meeting services in New York, he surrendered to Jesus and became a new man, and then a year later was called by God to be a pastor. For 34 years my dad pastored churches throughout the Great Plains and Midwest.

Knowing dad trusted Jesus as His Lord and Savior and served Him gives me hope. The grace of God that saved him, kept him and took him to his eternal home, assures me, that one day by that same grace, I will see him again. Jesus' relationship with me, His holy Word and the life-changing story of my dad is my sustaining hope.

If you are facing death or grieving someone who has died where is your hope? Start out 2018 with a commitment to Christ. Let His grace wash you clean of all you have ever done wrong. Surrender your life to Him. Time is short. Do it now. Live each day to its fullest for the glory of God and the good of others.

A prayer for you..

Lord God, as I walk through this valley of grief and pain, be my hope. Forgive me of all my sins and become my hope for today and all eternity. Teach me your Word that through it you will become my solid rock. In Jesus name. Amen.

Listen to Clint Decker's radio broadcast, The Unbreakable Truth, at 2:50am & 10:50am on Upper Room Radio, KFGB 97.7FM, Topeka's local Christian radio station. He can be reached at decker@greatawakenings.org Topeka Metro Voice ______ Metro VoiceNews.com _____ Facebook/Metro VoiceNews _____ January 2018 • 7

The origins of Planned Parenthood stem from racist ideals

By Abigail Robertson

WASHINGTON – Planned Parenthood hails its founder, Margaret Sanger, as a champion of civil rights, but one thing they don't talk about is the racism behind her fight to legalize abortion.

A group of African-American leaders want to focus attention on her ideology and how it affected black birth rates.

Sanger strived for a society that limited births to those she deemed fit to have children.

"I think the greatest sin in the world



is bringing children into the world that have disease from their parents, that have no chance in the world to be a human being practically – delinquents, prisoners, all sorts of things – just marked when they're born. That to me is the greatest sin," Sanger said in a 1957 interview with Mike Wallace.

"We do not want word to go out that we want to exterminate the Negro population," Sanger said in 1939.

As the founder of America's largest abortion chain, Margaret Sanger's ideology for Planned Parenthood was cemented in eugenics, the belief and practice that aims to eliminate certain groups of people.

As a eugenicist, Sanger encouraged the sterilization of persons with less desirable qualities, and strongly encouraged the reproduction of groups with more desirable qualities. Sanger's disdain for blacks, minority groups, and the sick and disabled spawned the birth of an abortion corporation that profits off the killing of the weakest and most vulnerable. From its conception, Planned Parenthood was built upon the roots of exterminating individuals deemed "unfit" for the human family.

Many pro-choice advocates see her as a heroine, but critics call her a racist eugenics promoter who targeted black communities with her Planned Parenthood clinics.

"Margaret Sanger, the founder of Planned Parenthood, once said colored (sic) people are like weeds; they need to be exterminated," Dr. Alveda King, director of Civil Rights for the Unborn, said.

"People don't understand that 79 percent of abortion clinics are located in minority communities and that minority communities shoulder a disproportionate number of abortions," said Penny Nance, president and CEO of Concerned Women for America.

King says while African-Americans make up only 13 percent of the U.S. population, more than 30 percent of aborted babies are from black mothers.

"Under the veil of secrecy and deception, 60 million plus babies have not been born because they were aborted legally since '73 – one-third of that population belong to the African-American community," King said.

Planned Parenthood recently celebrated its 100th anniversary, prompting pro-life leaders to unite under the banner "100 No More," to educate the public on the devastating impact Planned Parenthood has had on the black community.

"100 No More" hopes rallies like a recent one in Washington, D.C., will spread countrywide to enlighten people about Sanger and her tragic legacy.

"I have a serious concern about the number of abortions taking place in the minority communities, particularly the black community," Pastor Nate Thomas said. "I see this as a form of genocide. It's something we need to take a serious look at."

Planned Parenthood receives about \$500 million each year from taxpayers.

"Ninety-six percent of the time if a pregnant woman walks into their clinic, she will have an abortion," Nance said. Pro-life advocates want Congress to move that money to women's clinics that do not perform abortions.

"They outnumber, around the

country, Planned Parenthood clinics 20 to 1," Nance said. "They truly help poor women. They truly help 'the least of these,' but they don't do abortions."

Margaret Sanger in her own words

"We don't want the word to go out that we want to exterminate the Negro population." —Margaret Sanger

In a letter to Dr. Clarence Gamble in December, 19, 1939, Sanger exposited her vision for the "Negro Project," a freshly launched collaboration between the American Birth Control League and Sanger's Birth Control Clinical Research Bureau. In it she says, "We should hire three or four colored ministers, preferably with social-service backgrounds, and with engaging personalities. The most successful educational approach to the Negro is through a religious appeal."

"I accepted an invitation to talk to the women's branch of the Ku Klux Klan." — Margaret Sanger

In 1926, Sanger spoke at a Ku Klux Klan rally in 1926 in Silver Lake, N.J. Following the invitation, Sanger describes her elation after receiving multiple speaking requests from white supremacy groups. She writes of the experience on page 366 of her book, An Autobiography:

I accepted an invitation to talk to the women's branch of the Ku Klux Klan ... I saw through the door dim figures parading with banners and illuminated crosses ... I was escorted to the platform, was introduced, and began to speak ... In the end, through simple illustrations I believed I had

accomplished my purpose. A dozen invitations to speak to similar groups were proffered."

Speaking of African Americans, Sanger stated, "They are...human weeds," 'reckless breeders,' 'spawning... human beings who never should have been born." — Margaret Sanger

In "Pivot of Civilization," Sanger penned her thoughts regarding immigrants, the poor, and the error of philanthropy. Sanger's ideology of racial and social hygiene bleeds through her writings on breeding an ideal human race:

"Our failure to segregate morons who are increasing and multiplying ... demonstrates our foolhardy and extravagant sentimentalism ... [Philanthropists] encourage the healthier and more normal sections of the world to shoulder the burden of unthinking and indiscriminate fecundity of others; which brings with it, as I think the reader must agree, a dead weight of human waste"

"I think the greatest sin in the world is bringing children into the world." —Margaret Sanger

In an 1957 interview with journalist Mike Wallace, Sanger advocated that the greatest evil is a family that chooses to bring children into the world. Sanger, who advocated for a system requiring every American family to submit a request to the government to have a child, told America Weekly in 1934 that it has "become necessary to establish a system of birth permits."

The Bible, God, and Taxes

By George Ismael Feliu Jr.

With all the talk about tax cuts (the government deciding to allow people to keep more of their money that they earned and the government takes less), that Congress passed, I had a thought. What does God say about taxes?

The quick answer is what Jesus said, "Render unto Caesar that which is Caesar's" (Matthew 22:21), which means it's a Christian's duty to pay taxes. But there is more in the Bible on taxes than that. Also our government is supposed to be of the people, by the people, and for the people which makes our nation unlike anything in the history of mankind.

First there's context. During the time of Christ, Rome ruled the world. They had an income tax of 1%. I know scholars will argue that there were other things like tolls, sales tax, etc., but we also have those fees and taxes here in America. America's Gross Domestic Product in 2016 was 18.57 trillion dollars. So, using the Roman tax system, the US government should have only taken 186 billion dollars.

Second is God's view. God personally demands a tithe (Leviticus 27:30-32 as a starter). The tithe is ten percent. God said if you were late then you would owe the fifth which is twenty percent. When God views collection and giving, he looks at percentage not actual amount. For example, the widow's mite versus what the rich man gave (Luke 21: 1-4). In Christ's eyes, the widow gave more (percentage) than the rich man (amount). God is about percentage not amount. To God, the fairness is in the percentage to which people give or pay.

So what else does the Bible say about government taxation. The crux of what I'm writing about is found in 1 Samuel 8. In summary, Israel was tired of having God and his judges rule them (I know the argument could be made on what happens when Christian leaders fail). They wanted an earthly king to rule them, represent them, and fight their battles. They chose man over God. God told Samuel that they were rejecting God. God warned them what would happen. This ruler would take away their children, employees, and their property. The day would come

that they would cry unto God, and He would not hear them.

Throughout this discourse with Samuel, I noticed three things. First, he (government) takes. Government doesn't give to their citizens. It takes. In the case of our government, the only thing it is supposed to do according to our Constitution is to establish justice, insure domestic tranquility, defend our sovereignty from enemies here and abroad, and make sure that generations from now they have the same liberties our forefathers bled and died for.

Secondly, he (government) will take ten percent. How much in taxes? Ten percent. This new tax cut brings the lowest tax bracket to 10% (those singles making less than \$9,325 and those married \$18,650) and the highest at 37% (those making more \$235,351). God only gives one percentage, 10%. If Congress went where God said it, all income taxes would be at 10% at the worst of times. So if you make \$100, you should only have to pay \$10. If you make a million, you should have to pay \$100,000. With God there is no cut off for the poorest of the poor; but at the same time, there is no cap for the richest of the rich which is something our current system has. That means last year the US government should have taken \$1.85 trillion dollars from all American citizens.

Finally, God gives a warning. The more you rely on man the less God will do for us. God fought their battles when they trusted and obeyed Him. God provided their needs when they trusted and obeyed Him. When the people complained about their king, God would not hear it.

The greatness and difference in our nation is that we can elect someone else every 2-6 years depending on the office. So yes, our circumstances are different. The course of our nation can be changed. God will hear our cries if we turn from our wicked ways.

In conclusion, God views everything in percentage. Fairness is not in the amount given but the percentage. God still demands His tithe (10%) and the government should be able to thrive with at most 10% seeing as how the 16th amendment (income tax amendment) was sold to the American people as never going above 9%.

PATRIOTISM

continued from page 1

otic." 57% of conservatives said the National Rifle Association is, only 24% of liberals. 39% of conservatives labeled Fox News "very patriotic," only 19% of liberals did. Contrast that with who judged CNN "very patriotic:" 27% of liberals, just 12% of conservatives.

Liberals Twice as Likely to Label Themselves 'Culture Warriors'

Conservatives tend to believe they are losing or might be losing the so-called "culture war." Sorock suggested that could be because they're much less likely to get out and fight that war.

"We see that 22% of liberals feel that they themselves are culture warriors," she explained. "Only 10% of conservatives feel that way."

Tim Daughtry, a psychologist studying the moral underpinnings of political ideology, thinks liberals' dedication to winning that culture war over the long haul could have something to do with their success.

"Conservatives have concentrated on winning the next election whereas I think people on the Left have concentrated on winning the next generation," he said.

Barna and Daughtry both suggested this culture war hinges on world-

view.

"We are a nation now with divergent worldviews. Worldview is critically important, because it's the lens through which we see and respond to the world. In a study we did earlier in the year, we saw that only 10% of Americans possess a biblical worldview," Barna said, adding it was much higher in previous centuries.

"And so you see people moving away from biblical truths, from traditional American values."

Could Leaders Actually Unite the United States of America?

Both conservatives and liberals in these polls believe leaders could lessen the divides fracturing America but are doubtful they will.

"People were concerned that the leaders of America don't seem very concerned about uniting Americans, even around a common theme of what it means to be American or to be a patriot," Barna said.

"To me, it says that if we're really going to be the UNITED States of America, at some point leaders have to point to and rally us around shared values. That's what vision really is. It's a shared value, shared understanding of what the future can and should be and how we're going to get there," he said.

RIGHT TO L

"Not long after Allie's

funeral, God showed

his love for us again -

this time even more

powerful than that cold

January day."







ABORTION FACTS

• Nearly 4,000 children are aborted every day.



• 1 out of every 4 pregnancy ends in abortion in the United States.

• Nearly 1 in 3 women has had an abortion by the time she is 45.

Since 1973, more than 58 million abortions have occurred in the U.S.

• Each year, about 2% of U.S. women aged 15–44 have an abortion;

• 50% of U.S. women obtaining abortions are younger than 25. Women

• Black women are 4.8 times as likely as non-Hispanic white women to

• 37.1% of all abortions are performed on black women who make up

• Approximately 50% of U.S. women who have an abortion are using a

in babies, about 90% of these babies are eliminated by abortion yearly.

•In cases where prenatal testing helps diagnose cases of Down Syndrome

only 14% of the total population of U.S. women of child-bearing age.

aged 20–24 obtain 33% of all abortions, and teenagers obtain 17%.

have an abortion, and Hispanic women are 2.7 times as likely.

contraceptive method during the month they became pregnant.

• The abortion rate in the U.S. is 19.4 per 1,000 U.S. women aged 15-44.

• Over 1 million abortions are performed in the U.S. every year.

47% of them have had at least one previous abortion.





God will carry us through the hard times

What the short life, and death, of our daughter taught us

By Stephanie Boothe

Allie Rose would have been 4 this year. She would be learning her letters, colors and Sunday school songs. Her big sister would be teaching her how to sing "Fuzzy Caterpillar" and her ABCs. Her daddy and I would be reveling in the chance to

another watch beautiful darkhaired, blue-eyed baby girl learn and grow every day.

Instead, mark this time of year with a great deal of sadness; as we only had three

short weeks to love our beautiful Allie Rose on this Earth.

Let me correct that. We love her every single day, but we only had three weeks before Iesus took her home to him.

Losing a child is an unexplainable feeling. Even for the most faithful, you find yourself questioning. Although you know

know I was going to be OK. We would be

I have always known God put some amazing people in my life. My best friends never left my side. My family held my hand through every step of the process. My big brother sat with me in the funeral home and cried with me as we listed our mother as "preceded in death" on a newborn's obituary.

But the full force of God's support for us on Earth was really driven home the

of dav funeral. We plalnned a small visitation for just family and then a simple graveside service as very few people in our lives had met her. But when we pulled up

to the cemetery, we were astounded. I'd never seen so many people at a funeral

People from every single walk of our lives showed up for the funeral of a child most of them had never met. It must have taken hours for the line to go through and hug us. I sat there sandwiched between



Aletha Rose Boothe - Dec. 6, 2013 to Jan. 1. 2014.

January day.

The first time my husband and I attended church after Allie's death, the elder called on my husband to lead the closing prayer. My husband says the most beautiful prayers, and this day was no exception. As he thanked the Lord for sending His son to die for our sins, I was immediately over come with emotion.

It felt like the wind had been knocked out of me, and I immediately started cry-

It's the first time I remember being overcome by the Holy Spirit, and I was filled with a comforting thought that HE alone knew my pain. That God knows, first hand, the pain of losing a child.

In that moment, I knew and fully trusted God to guide me through my grief. He has.

I miss Allie Rose every day. I think about her every day. But there has to be meaning in her life and in her death. Maybe I'll never know what that meaning is, but we still honor her in our family pictures and have slowly started placing pictures of her up around our house.

God graced us with another baby two years ago - a son - whom we love so fiercely. Sometimes I think God knew his precious life had to come into this world, and probably would not have if we hadn't lost Allie.

Let me just say our son could never and will never be a replacement for the beautiful baby we lost, but we knew in our hearts that our family wasn't complete. And the joy and laughter our son has brought into our home may not have happened otherwise.

Again, his life takes nothing away from his sister, and he will grow up knowing that God sent us the most beautiful rainbow when we'd recovered from the storm of losing her. Allie's baby brother and big sister will know their angel sister and will always know how loved she is.

As we prepare for the New Year - the anniversary of her passing - we look on with trepidation knowing New Years will always be a difficult time for us. But we take comfort in knowing her precious life is in the hands of God and – just like the poem - God will carry us through the hard times.



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everything happens for a reason, there's something almost cruel about getting to love that precious baby for three weeks, just to have her taken away. Now, I'm not saying I doubt God's plan because I know He knows what I cannot. And I never doubted He would see me through it, and He did.

But it doesn't mean I woke up the next day and said "OK, God. I get it." There were questions. There was sadness. There was anger and doubt and every emotion. But something deep seeded in me kept

The faith that God would never leave me. I thought about the poem "Footprints in the Sand," and I could picture God carrying me through this turmoil. And I knew God was right there with me, that he'd shoulder my burden when I couldn't. For the first time, I gave my burden to Him and I could function. I knew that I needed to be strong for my family. For my husband and our fouryear-old daughter.

He responded immediately.

my dad and my husband hugging people I hadn't seen in years. Friends from college, our brothers and sisters from church, co-workers from our old jobs. More people from my hometown than I could even imagine. The top executives from my company were there.

What's most impressive about this turnout is it was the coldest day of the year. Sub-zero temperatures, and these people stood in the freezing cold to honor the all-too-short life of a child they never knew. To be perfectly honest, I don't remember what the elder from our church said during the service as I spent the entire time watching a girl from my office rub her hands together and fight back the tears in this weather.

I couldn't believe she - and so many others - were there, and I took great comfort in knowing that God had brought all these people to us. He was showing us that He would take care of us through all

Not long after Allie's funeral; God showed his love for us again - this time even more powerful than that cold

Admitting Truth

It can be difficult but very freeing

By **Kay Lyn Carlson, LMSW**

Admitting to an abortion is a great challenge for women would rather conceal and hide from the debilitating truth of what was allowed to



happen inside their wombs. Deep emotional wounds are uncomfortable but must be revisited for healing to begin. By continually stuffing, denying and running from the past, a woman forfeits her well-being and replaces it with isolation, hopelessness and despair.

Many women say they don't talk about their abortions because they fear once they open the floodgate, the tears will never stop. The pain and grief seem too horrendous to confront. Others, haunted by shame and regret remain trapped and disconnected emotionally from the world around them.

Admitting to an abortion takes courage and there is risk in sharing one's story. I once trusted a church leader with my secret and her response was "Oh, Kay Lyn, I'm so glad I don't have to deal with knowing that I killed my own child." This woman did not intend to say such a hurtful thing. She just didn't know how to respond.

Feeling safe and connecting to at least one other person is vital in abortion recovery. Since professional counselors are bound by confidentiality, they can be a great resource for those seeking

After I shared my story with my pastor, the first words he said were "My dear Christian friend." I melted in the chair. He wasn't rejecting me. He handed me his Bible and asked me to read John 3:17. "God did not send his Son into the world to condemn the world, but to save the world through him." [NIV] He pointed out that this verse doesn't say God sent Jesus to save the whole world except those who have had abortions. And it doesn't say in John 3:16 that "God gave His Son so that anyone who believes in him except Kay Lyn will have eternal life."

He then referred me to a professional Christian counselor. It took me more than three months to finally get up the nerve to call! While talking with her, I did not feel judged or looked down upon. I was free to share the anguish that had been building up in my heart for years.

Admitting to an abortion:

- · Decreases the stronghold of denial and isolation
- · Lessons anxiety and depression symptoms
- Reduces shame and guilt

Admittance also allows the opportunity for us to reframe false beliefs we may have about God.

Growing up, I learned conflicting views of God primarily from my dad. He taught me that:

- God is an angry God, and we are like filthy rags to Him. He cannot stand the sight of us.
- God reminds us of our sins through its consequences. That it will be like a dark cloud looming over us wherever we go for the rest of our lives.
- · God judges us, and when we die, it's literally easier for a camel to go through the eye of a needle than it will be for us to get into heaven.
- God loves us and sent His only Son, Jesus, to die on the cross for our sins.

From this perspective, understanding God was like trying to fit a square peg into a round hole!

Voices in my head kept reminding me of everything I had ever done wrong. I thought they were from God the dark cloud of consequences my dad had warned me about. Whenever I started to feel good about myself, I thought I heard God warning me about becoming prideful. I remained in a state of perpetual shame, even though I continually begged for forgiveness.

I was tormented by Psalm 139:13-16: You created my inmost being;

you knit me together in my mother's womb.

I praise you because I am fearfully and wonderfully made,

your works are wonderful,

I know that full well.

My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth,

your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

The passage felt like a flagrant reminder of the horrendous sin I had committed.

After I resolved the emotional and spiritual scars from my abortion, I was able to view this verse differently. I inserted my name as the one who was fearfully and wonderfully made.

God promises healing to those who ask for it. James 5:16 states, "Confess your sins to each other and pray for each other so that you may be healed."

Healing requires connection, a humble spirit and an admittance to the sin committed. When a woman confides in you, realize that she has decided to trust you with her deepest darkest secret. Communicate your acceptance of the woman, God's willingness to forgive her and walk beside her as she processes an array of psychological, emotional and spiritual issues arising from her abortion experience.

Kay Lyn Carlson, LMSW, specializes in Reproductive Loss issues and coleads the Crises Pregnancy and Abortion Recovery Network division for the American Association of Christian Counselors (AACC). She can be reached at klcarlson20@cox.net.



Legislative update

Jeanne Gawdun | KFL

President Donald Trump made good on one of his campaign promises early in his presidency by nominating strong conservative judge Neil Gorsuch to the U.S. Supreme Court.

The U.S. House passed legislation to repeal and replace several of the major provisions of the Affordable Care Act (aka Obamacare) and block most federal funding of Planned Parenthood. Unfortunately, it stalled in the Senate.

The U.S. House also passed the Pain-Capable Unborn Child Protection Act, which would ban abortions at 20 weeks gestation due to the medical evidence that unborn children feel pain. The U.S. Senate has yet to take up the legislation. In 2011, Kansas became the second state in the nation to enact similar legislation, and it is still in force (15 other states have since passed such bans).

Kansas was once again a leader in pro-life legislation with the enactment of two first-in-the-nation laws:

1."Simon's Law" prevents "Do Not Resuscitate" (DNR) orders from being placed on children without parental knowledge or consent. Proponents of the bill testified that many children with chromosomal abnormalities were being denied life-sustaining treatment due to some in the medical community's negative view of their "quality of life." The law also requires the disclosure (upon request) of any existent hospital policy concerning the refusal of life-sustaining care.

2. The "Disclose Act" updates the state's 1997 informed consent provisions for women considering abortion. The Act requires the disclosure to women of relevant information on the physicians providing abortions, such as the holding of local hospital privileges and malpractice insurance, the length of employment, and Kansas residency.

As the year draws to a close, pro-lifers in Kansas await a decision from the state Supreme Court as to whether the Kansas constitution contains a so-called "right to abortion." The enormity of such a decision is stated in the petition to the Kansas Supreme Court found on the KFL website:

"The Kansas State Constitution guarantees the "right to life, liberty and the pursuit of happiness." When adopted in 1859, it did not state, nor intend to create, a "right" to abortion. In fact, in that same year, just before and after the adoption of the Kansas Constitution, our legislature passed laws making it a crime to kill an unborn child by abortion. We, the undersigned citizens, object to the recent interpretation by certain Kansas judges that a broad and extreme right to abortion should be "read into" our constitution — and further protest that such a judicial opinion authorizes the inhumane dismemberment of fully formed unborn babies while they are still alive. We, the undersigned, urge the Kansas Supreme Court to interpret the Kansas Constitution to protect the Right to Life.'

Reflecting on 2017 and looking to 2018

As I reflect on 2017 and look to 2018, several themes keep recurring. First, 2017 was a tough year. I'm grateful for the year and at the same time, ready to put 2017 behind me.



Our family has faced several health hurdles along with many other new and challenging situations.

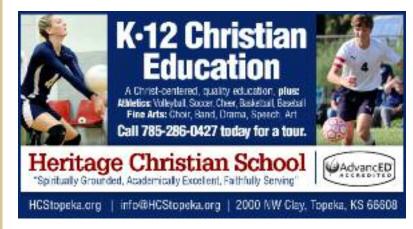
Second, it's been a year full of opportunity to learn, grow and see God's regular and daily provision in our lives. I'm privileged to work in a ministry caring for homeless, hungry, and enslaved people and it is incredible to watch how God transforms hearts and lives. Oftentimes, that begins with a hot cup of coffee and a smile. To be successful, it always involves God softening hearts and transforming

As I prayerfully look to 2018 and consider what God may bring in the new year, I'm excited. I'm reminded of William Booth, British Methodist preacher and founder of The Salvation Army. He was born into poverty and his dad died when he was 14.

Not long after that, a couple invited him to church. He accepted Christ and he was all-in saying, "God shall have all there is of William Booth." Humble beginnings, yet William helped turn a nation of people to Christ and the Cross. When he died, 40,000 people, including Queen Mary, attended his funeral. He didn't live his life for the recognition or fame. He knew, "The greatness of a man's power is the measure of his surrender." He did it because he understood that is our assignment as believers of Jesus — saying, "God shall have all there is of me."

When you say, "God shall have all there is of me," what does 2018 look like for

Mark DeGroff Topeka Rescue Mission Ministries







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Reasons Why I'm Pro-life" **"10** Student pens



While the pro-abortion side would like everyone to believe they are really pro-choice and not pro-abortion, it's truly a deception. Making abortion "safe, legal and rare" is just smoke and mirrors. Abortion is a money-maker for places like Planned Parenthood, who rake in cash for committing one of every four abortions nationally.

Articles have popped up occasionally touting the fact that yes, pro-abortion people are just that: in favor of, and happy about, abortion. To that end, Salon.com published a piece entitled "I am pro-abortion, not just prochoice: 10 reasons why we must support the procedure and the choice." While it is a disturbing read, it clearly shines the light on those in opposition to the prolife position.

Lauren Galvan, founder and president of Brown Students for Life, responded with a list of her own on why she's pro-

- 1) I'm pro-life because being able to abort our offspring is not a fundamental right and in fact is the complete antithesis of female empowerment and equality.
- 2) I'm pro-life because well-timed pregnancies give children a healthier start in life, but taking the lives the babies who aren't well-timed and not providing mothers experiencing an unplanned pregnancy with the support she needs to carry the baby to term is wrong and needs to change.
- 3) I'm pro-life because I take motherhood seriously, and abortion and the lack of support society gives to women robs a mother of her chance to be one.
- 4) I'm pro-life because intentional childbearing helps couples, families and

communities to get out of poverty, but that doesn't justify aborting an unwanted human being. Each baby should be wanted and they are. Sometimes it just takes time for a family to find an unwanted baby, adopt her, and make her part of the family.

- 5) I'm pro-life because reproduction is a highly imperfect process, and even babies whose genes decide to go against them deserve to see the world - even if it is just for a short period of time.
- 6) I'm pro-life because I think morality is about the well-being of sentient [human] beings, including the pre-born, who are human and can feel and perceive things as well.
- 7) I'm pro-life because though contraceptives are imperfect, and people are too, babies should not have to suffer the death penalty because of faulty manmade creations or mistakes.
- 8) I'm pro-life because I believe in mercy, grace, compassion, and the power of fresh starts. Just because abortion is legal now doesn't mean we can't create a new culture of life — one in which all pre-born children and all mothers are protected and honored by the law.
- 9) I'm pro-life because the future is always in motion, and we have the power and responsibility to shape it well. Abortion, the greatest human rights violation of my generation, will end in my
- 10) I'm pro-life because I love my future daughters and would never deny them the right to live, no matter how they were conceived or when they were conceived. As a mother, I would do everything in my power to ensure that my daughter first lives, and then lives

How she became pro-life on a liberal campus

Lauren Galvan decided to keep an open mind about the abortion issue when she started her freshman year at Brown University in 2012.

It was during a biology class at Brown when Galvan came to the conclusion that unborn babies are human beings who deserve the same right to life that other humans do.

She wrote:



this winter. Thank you.

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"Ironically, coming to Brown, arguably the most liberal school in the Ivy League, was the first step in my conversion to the pro-life cause. After taking "Vertebrate Embryology" the spring semester of my freshman year, I profoundly changed my disposition on human personhood, and I became firmly pro-life."

"The scientific reality of fetal development first catalyzed this resolution. In every embryology textbook, I found as you will find - irrefutable evidence that an individual human life begins at conception. At that point, a living organism with unique human DNA is created. This is simply a scientific fact, and no amount of arguing from pro-choicers can make it untrue. What they mean to say is that this fertilized embryo, though human and alive, is not yet a person and therefore not protected under the category of human rights."

Galvan then articulately explained the pro-life position in her column and pointed out the danger of allowing society to decide who is a "person" with rights and who isn't. She brought up the human rights abuses of slavery and genocide, which supporters justified with claims that the targeted groups of people were not really people.

"Our right to life would not depend on others' opinions of us, but rather on the simple and indisputable fact that we are all human and that each human life

deserves protection under the law," Galvan wrote. "This is the pro-life position in a nutshell."

Motivated by her conclusions, Galvan went on to found the Students for Life at Brown club. She said she can't even imagine identifying with the "prochoice" label that she once did during her high school days.

f... for to say 'I am pro-choice' to other people is to tell them that I would have or could have supported their parents' decisions to terminate their lives. To me, that is the absolute equivalent of telling someone that his or her life has neither meaning nor purpose," Galvan continued. "All human life has value, and it's time we start protecting it."



45th Anniversary of Roe vs. Wade 62 million U.S. Abortion since 1973



Rally, Pray, March for Life in Topeka Jan. 22!

KS COURTS:







KS CITIZENS:

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is expected to rule our 1859 state constitution includes a right to do live dismemberment abortions!

IF SO, ASK YOUR REP & SENATOR TO VOTE TO PUT AMENDING THE KS CONSTITUTION ON THE BALLOT

8:30 AM REGISTRATION - Location for registration, coffee and donuts, as well as workshops, will be the ground floor Capitol's Visitor Center inside the North Entrance. Exhibit booths will be on the first floor rotunda. Enjoy donuts, visit booths, drop off donated baby items, pick up legislator room lists, etc.

9:00 - NOON LOBBY - Take a tour, watch KS Legislature in action, and other activities to be announced. Info at registration.

9:30 - 10:30 WORKSHOPS - Location: Capitol Visitor Center, ground floor, North Capitol Entrance. Room 3: Joe Patton on "Preparing for the upcoming Kansas Supreme Court decision.

Room 4: "Rescatemos Nuestra Raza: Defendamos la Vida del Pequeño Irrepetible."

CATHOLIC MASS - Topeka Performing Arts Center Auditorium (TPAC) followed by March; See map below. 11:00 - 12:30

11:00 - 12:30 EVANGELICAL PRAYER SERVICE - Room 4 North, Capitol Visitor Ctr. ground level. Join March at 8th & Jackson.

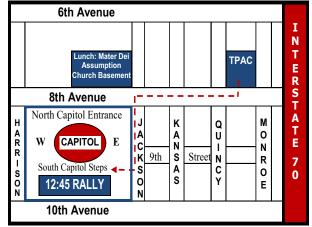
12:30 - 12:45 MARCH FOR LIFE FROM TPAC TO SOUTH CAPITOL STEPS LED BY THE KS KNIGHTS OF COLUMBUS

RALLY FOR LIFE, south Capitol steps with the Governor of Kansas, featured speaker: 12:45 - 1:15

abortion survivor Melissa Ohden, Archbishop Joseph Naumann, Rev. David Epps, legislators, etc.

11:30 - 2:30 LUNCH - Mater Dei-Assumption Church basement. Lunch for a free will donation, or bring your own.

3:00 - 4:00 PM WORKSHOPS /Mtg. Location: Rooms 3 & 4 North, Capitol Visitor Center, ground floor, North Capitol Entrance. Room 3: Membership meeting. Room 4: More from abortion survivor Melissa Ohden including Q & A.



Capitol Entrance:

Enter on North side only. There is a drive for drop offs.

On street: 10 hr. North & West of Capitol: 2 hr. spots more available. Feed the meter. They ticket. **Under capitol**: (2 hrs maximum, or ticket) Crosby Pkg. Garage: 8th Ave btw Kansas & Jackson; Centre City Parking Garage: 9th & Kansas Avenue; Park-N-Shop: Quincy btw 6th & 7th; Coronado Parking Garage: Quincy btw 9th & 10th.

> **Emergency Numbers for KFL Personnel:** (785) 383-8636 and (913) 406-4446

For late-breaking info and updates go to the KFL Facebook page: Kansans for Life; KFL web site: www.kfl.org; or TW: @kansansforlife

MLK Sr. intervened to stop abortion of niece

By Micaiah Bilger

Alveda King, the niece of civil rights advocate Martin Luther King Jr., continues her uncle's legacy by fighting for the rights of unborn babies.

King's advocacy comes from a very personal conviction. Before she was born, her mother considered aborting

King shared her story this fall in Rome ahead of the conference "Promoters of Humanity in a Transforming World." King who is Protestant, shared her pro-life work with Pope Francis.

When it comes to her own advocacy, life issues have always hit home for King, whose parents in 1950 became pregnant with her before they were married.

King said her parents had considered getting an abortion until her grandfather, Martin Luther King Sr., "prophetically" intervened. Though they didn't have ultrasound machines at the time, King said her grandfather had strongly rejected the claim that the fetus was "just a lump of flesh." He said that the baby was a granddaughter whom he had seen in a dream three



— MetroVoiceNews.com —

Alveda King meets with Pope Francis.

years earlier.

After hearing Martin Luther King Sr. describe how his granddaughter would look, Alveda King's parents decided against the abortion and she was born

Despite her own life being saved, King said she grew up and aborted two unborn children herself. They are decisions that she now profoundly regrets. She said her grandfather eventually influenced her journey to become pro-

When she became pregnant again after her two abortions, King said her grandfather urged her to choose life for her child which she did. Today she is one of the nation's leading pro-life

The shocking, life-saving power of humility

By Susanne Maynes

The nervous 18-year-old girl sat close to her boyfriend, clinging to his hand as though it were a life pre-

"If my parents find out I'm pregnant," she said, "they'll kill me.'

Having spent 10 years helping women as they wrestle with pregnancy decisions, I've heard this phrase countless times. Most women do not pursue abortion lightly. They consider it because they feel desperate.

Here are a few more dilemmas I learned about in the client room of a pregnancy center:

"My mom said she'd throw me out of the house and cut off my college money if I ever got pregnant."

This baby isn't my boyfriend's. We had a fight and I spent the night with an old friend. Now I won't be supported by either of them."

'I'm a single mom and I barely make ends meet for the three kids I already have. I can't have another baby."

The circumstances surrounding unplanned pregnancies are often shockingly difficult. Ministering to those considering abortion requires a great deal of empathy.

In his January 2016 sermon on the sanctity of human life, Matt Chandler mentions a tell-tale symptom of a lack of empathy: when we ask a question that begins with "Why don't they just..." we demonstrate a lack of compassion.

We make judgments from a place of privilege. We don't take into consideration the frame of reference from which the other person operates-their history, their environment, their challenges.

In other words, we fail to understand their story.

When we ask, "Why don't they just make an adoption plan?" we don't factor in the fear and shame a

woman faces by carrying a child she plans to "give away."

When we ask, "Why don't they

just stop sleeping around?" we fail to understand the low self-value and lack of hope for the future that so many young women experience

If our background is middle class suburbia, we must be careful of uttering thoughtless questions downward from the perch of privilege rather than from a graciously low position of empathy.

Here's the thing: the young woman we are trying to help may have been raised in generational poverty. She may not have benefitted from the presence of her father in her life, let alone had a chance to observe a healthy marriage between her parents.

Given the postmodern culture that influences her, she may have little or no understanding of godly

To this young woman, offering herself sexually to a man who is reasonably kind to her seems like a fair exchange for a relationship. If she's lucky, from her perspective, he won't hit her or go to jail too often.

Plus, her kids will have a father figure ... at least for a while.

This may not be the kind of life we know, but it is the kind of life we must come to understand if we are to minister effectively in a society that has gone off its moral rails.

Amid this tragic madness, how can we reach out to offer compassion and truth to those considering abortion?

Jesus himself is our example.

Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by

taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. – Philippians 2:4-8

Jesus beautifully demonstrated humility. He willingly took on a human form. He willingly suffered the most humiliating and horrific death possible. He is the supreme example of setting aside social standing, rights and privileges for the sake of others.

Jesus—Son of God, Word made Flesh, Lord and Savior—was approachable. He did not judge or condemn. He never asked the question, "Why don't they just...?"

Instead, he cut across traditional boundaries of race, gender and economic status to scandalously hold conversations with those considered "beneath" a Jewish rabbi's atten-

He asked good questions which allowed truth to dawn in the hearts and minds of people. He made them feel safe, yet challenged them to want something better than where they were stuck.

Jesus came to preach the good news of the Kingdom of God. In this Kingdom, the playing field is level. In this Kingdom, there is no perch of privilege from which to look down at others.

Here, according to Galatians 3:28, "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus."

Likewise, there is neither the girl considering abortion, nor the church lady who doesn't understand her. The same Lord died for each of them.

What about the dilemmas I mentioned earlier? Every one of those mothers chose life-and the woman with back problems? No wheelchair.

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The management team at CAGE Gymnastics is there because they love the sport of gymnastics, love the athletes and are thrilled to pass on their knowledge and passion to the next generation of future coaches and athletes. CAGE has been operating under their current name and ownership since 2001. The facility itself has been serving Topeka since 1987.

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

their programs. All of these aspects of learning contribute to a positive self-image and personal success.

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

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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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You see, Pizagel's opens at 6:00 AM every day except Sunday, when they open at

7:00 AM, to start your day off with a tasty breakfast. Besides various flavors of bagels and delicious cream cheeses, you can get an egg and cheese croissant or English muffin with your choice of meats and veggies.

There are also fresh pastries, breads, muffins and new cresnuts 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

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

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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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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! DANNY BLACKWOOD FIRST FRIDAY LIVE - Jan. 5, 5:30-8:30pm. Juli's Coffee and Bistro. 60s and 70s Country Rock and Folk

JAM4DAN X 2017 - Jan. 12-14. The Celtic Fox. 118 SW 8th. 3-day music benefit honors Dan Falley & raises scholarship funds to give youth an opportunity to further their musical studies. For info: Facebook @Jam4Dan

TOBYMAC HITS DEEP TOUR. February 23, 7:00 pm. Sprint Center, 1407 Grand Boulevard, Kansas City, MO 64106. Featuring: Toby Mac, Danny Gokey, Mandisa, Ryan Stevenson, and Finding Favor, and Aaron Cole. Ryan Stevenson 816-949-7100.

WINTER JAM. March 16, 7:00 pm. Sprint Center, 1407 Grand Blvd., Kansas City, MO 64106.

BELIEVE KANSAS CITY. March 23, 7:30 pm & March 24, 9:30 pm. Kansas City Convention Center, 301 W. 13th St., Kansas City, MO 64105. Special Speakers: Jeff Walling, Merci Neff, Kalied Dance Crew. 417-781-2273.

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@rhcctopeka.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.

RINGO 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... 6:15pm, 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

COMMUNITY DINNER - Jan. 3, 4:30-6pm, Tecumseh UMC. Featuring meat loaf, mashed potatoes and gravy, vegetable, dessert and drink for a free will donation. To go meals available.

JANUARY FIRST FRIDAY HOLY HOUR & GAME NIGHT -Jan. 5, 6:30-7:30pm. Most Pure Heart of Mary, 3601 SW 17th St. Kick off the new year with a night of prayer. Afterwards, head over to the Verona House game night.

MENS MID-WINTER SUMMIT - Jan. 6, 8-1pm. Topeka Bible Church, 1135 SW College Ave. Biscuit and gravy served for breakfast as well as a lunch at noon. Jump start the new year with spiritual focus and intent at our FREE Mid-Winter Summit. You'll leave equipped to engage with God, his word and those around you. Free. or to register: 608-9447 or www.discovertbc.com.

TOPEKA SINGING CONVENTION SERVICE - Jan. 7 3:30pm. St. Luke Missionary Baptist, 2222 SE Madison. Youth and adult choirs will both perform.

ORGANIST SIMON JOHNSON — Jan. 7. 3pm. Grace

 $PetSmart,\,2020\;SW\;Westport\;Dr.\;\;Updates\;at\;sav-$

SLIDERDAYS - 12-1pm, Jayhawk Theatre, 720 SW Jackson, Join us every third Saturday for Line Dancing!! Cost: Free-will donation!! 50% of your donation will be applied to the renovation of the Jayhawk Theatre.

Wanamaker. Some Sat. adoption booths are held at

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

130 CHRISTMAS TREES & ORNAMENT DISPLAY - Nov. 1-Jan. 1, 10am-4pm Mon-Sat. & 1-5pm Sun. at Territorial Capital Museum, 640 E. Woodson, Lecompton. Over 130 Christmas Trees decorated in antique, Victorian, vintage and theme décor — including turn of the century and WW II era decorations, a barbwire tree and feather trees. Also tour Constitution Hall, a National Landmark. Lecompton is the "Birthplace of the Civil War, Where Slavery Began to Die.' Lecompton was recently named one of the "Best Small Towns in Kansas by Kansas Magazine readers. 785-887-6148. lecomptonkansas.com

TARC'S WINTER WONDERLAND - Nov. 22-Dec. 31. 6-10pm. Lake Shawnee. View dazzling holiday light displays, featuring one million lights, while winding through a 2-mile scenic drive. Advanced Tickets are available: TARC, 2701 SW Randolph, for \$7.00. \$10.00 at the gate suggested donation. 785.506--8720

TEEN SCENE - Dec. 29, 6-7pm, YWCA. A cardio and workout dance party all in one! Free Glow bracelet and snack every Friday! Ages 10-13 (Members FREE and Non-Members \$3)

MIDLAND CARE BLOOD DRIVE - Jan. 3, 1-3pm. Midland Care Connection, 200 SW Frazier Cir.

FIERCE FIRST FRIDAY HEALTH FAIR - Jan. 5, 5-8pm.

Juli's Coffee and Bistro. 110 SE 8th. SAMPLE DAY AT HY-VEE - Jan. 5 & 6, 11am-2pm. Stop

in and try all things soup. MENS MID-WINTER SUMMIT - Jan. 6, 8-1pm. Topeka

Bible Church, 1135 SW College Ave. Biscuit and gravy served for breakfast as well as a lunch at noon. Jump start the new year with spiritual focus and intent at our FREE Mid-Winter Summit. You'll leave equipped to engage with God, his word and those around you. Free. For info or to register: 608-9447 or

BABYSITTER TRAINING COURSE - Jan. 6, 9-3:30. YWCA. Ages 11-15. \$60. The one-day course provides Babysitter Certification with Basic or Citizens CPR and First Aid

TOPEKA FARM SHOW - Jan. 9-11. Kansas Expocentre. DINE TO DONATE EVENT FOR RMHC - Jan. 10, 4-9pm. Annie's Place. Sales will benefit the Ronald McDonald

MOBILE MAMMOGRAPHY UNIT - Jan. 10, 3-6pm; Feb. 13, 7:30-12pm; Mar. 14, 3-6pm; Apr. 10, 7:30-12pm. Topeka VA Medical Center. For info: 350-3111

A series of talks and dramatic interpretations



KANSAS EXPOCENTRE

1pm, Great Overland Station. Barbara Higgins-Dover on "The Kansas Riverkings." **FIT BODY BOOT CAMP** - Jan 10, 6:15-6:45pm. 5626 SW 29th St. Capital City Ladies New Year, Fresh Start. Free 30-minute class. 785-408-5269

ALL ABOUT THE KAW: A SPEAKER SERIES - Jan. 10, 12-

FIERCE START - Jan. 11, 6pm, 712 S. Kansas Ave. A 6week Group Health Coaching Program. Each weekly session is 75 minutes. Space is limited to only 10 participants so be sure to claim your spot today

C5Alive "POWER" LUNCHEON — Jan. 11, 11:30-1, at The Peak, 1920 SW Gage, featuring Gary Tenpenney, CBMC Leadership Institute. • 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: Feb. 8, 11:30-1 "Matchmaker Networking Luncheon"

MUSEUM AFTER HOURS - Ian 12 6:30-8:30nm Kansas Historical Society. The Museum will be open until 6:30 p.m., admission is half price after 5 p.m. The Museum Store will also be open until 6:30 p.m. Dr. Richard Faulkner presents "Giant with Feet of Clay: The U.S. Army Enters World War I"

REVELATION WELLNESS NEW YEAR, NEW YOU! - Jan 12, 6pm, Topeka Bible Church Women's Ministries, 1135 SW College Ave. This event involves movement (yes that means a workout!), speaker, snacks and fellowship together, Registration at 5:30pm

SAMPLE DAY AT HY-VEE — Jan. 12 & 13, 11am-2pm. Stop in and try gluten-free foods.

FROM GIRL TO WOMAN CLASS - Jan. 13, 9-12, Stormont Vail. The time in a child's life between the ages of 9 and 13 is filled with many physical and emotional changes. "Girl to Woman" classes focus on the

2 p.m. Sundays • Suggested donation

and of the nation, 1854-1865.

All About the Kaw: A Speakers Series January 10, 12pm-1pm

This speakers series complements our current exhibit The Kaw: A Prairie River Shapes a State and is FREE to

members. Non-members pay regular admission. Bottled water available but no food-bring your own lunch if you

Great Overland Station

More information: www.greatoverlandstation.com 701 N Kansas Ave, Topeka, KS 66604 • 785-232-5533



FAMILY-FRIENDLY EVENTS SHEPHERDS CENTER PICKLEBALL GROUP -

Episcopal Cathedral, 701 SW 8th. Simon Johnson is the

"OH HOLY NIGHT" Epiphany Celebration - Jan. 14, 3pm, Kansas Avenue UMC, 1029 N Kansas Ave. The celebra-

tion will begin with the viewing of a beautiful display of nativities and a chocolate feast followed by music and

poetry and ending with a visit from the Magi in a mov-

PERSPECTIVES CLASS - Starts Jan. 16, Sundays 6:30-

biggest story of all time in this 15-week course. For info-

www.discovertbc.com or Matt Matheis 785-230-1499

First Presbyterian Church, 817 SW Harrison. Potluck din-

ALL CHURCH BINGO NIGHT - Jan. 17, 5:30-7:30pm.

MEN'S BREAKFAST - Jan. 20, 7-9pm. Topeka Bible

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

2018 BEHAVIORAL HEALTH SYMPOSIUM - Jan. 12,

7:30am. Stormont Vail Health, 1500 SW 10th Ave. Focusing on Integrating Behavioral Health into our

2018 KANSAS WORKFORCE SUMMIT - Jan 17 & 18

Capital Plaza Hotel and Convention Center. Annual

forum for community leaders and chamber representa-

tives, legislators and government officials, employers, educators, and local workforce board members to take

action to address the new realities facing the workforce and economic development issues in Kansas. Registration is limited to 300. For info or to register:

20TH MIDWEST METRO VOICE CHRISTIAN K-12 EDUCATION & COLLEGE EXPO. February 24,

9:30 am-2:00 pm. Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. FREE

States! 25 K-12 Schools from Metro KC area. MO & KS Homeschool Organizations. Finances.

PENNY NANCE AT CWA KANSAS STATE CON-

FERENCE - March 15. Topeka. Penny Nance.

Washington, D.C., will be the key note speaker.

In addition, legislators & others address the

group and end with a prayer walk at the state capitol. For info: ks.cwfa.org.

CEO of Concerned Women for America in

SEMINARS! 50 Christian Colleges from 15

Community, Stormontvail.cloud-cme.com

Church, 1135 SW College. Gather with other men and enjoy a great breakfast, listen to different guys share

ner starts at 5:30, Bingo at 6pm

their stories and fellowship in Christ.

or nhonl@tscpl.org

3ishow.com/kws.

816-524-4522.

9:30pm, Topeka Bible Church. Get threaded into the

organist at St. Paul's Cathedral, London, England.

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.

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

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

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

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

SHEPHERDS CENTER HHHS WALKING GROUP meets 2nd & 4th Thur, 9:30-11 at HHHS, 21st & Belle.Entrance for walkers is on WEST side. People who would like to walk a shelter dog call Kelsey Scrinopskie, 233-7325.

NOTO MARKET ON FIRST FRIDAYS - NOTO arts district Arts antiques fine crafts flea market SAVING DEATH ROW DOGS ADOPTION BOOTH -Every Sat., 11am - 2pm, Petco, 1930 SW

"SAMNS CONSTITUTION HALL" by preservation architect Our Ruchhill, United States Regreserative Lynn Jerkins & former state Senator Winton A. JANUARY 21 FORRUATY 4 *WEAPONS OF KANSAS AND MISSOURL CAVALITY CATEINGS OF THE

LEEDING KANSAS

PROGRAM SERIES 2018

CONSTITUTION HALL STATE HISTORIC SITE | HISTORIC LECOMPTON

on the violent territorial and civil war of Kansas

PERRUATY 11 WARCHING FOVE UNION VETERANS AND THOS UNENDING CIVIL "WAR" by Brian Matthew Jordan, professor, Sam Houston State University
Department of History, water of the 2015 Pulliber Pres Fine last in History
book "Marching Home: Union Visionana and I had Unionality Civil War." Book signing follows presentation.

"THE BANCH MOES AGAIN, JESSE JAVES, WHISKEYN-EAD KYAN, S. HE GITHDALE TRAIN BOTBLEY" by Rajah A. Mooras, II, Log., auchor, birroit king insorian, and past pics librat and current treasurer of the Jackson County Missouri Hostinal Society. Book righting follows presentation. PERPUARY 18

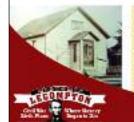
THE WYSHOOTS, QUINDARD, AND OTHER MYIGRANT TRIBES OF BLEEDING AND CYNL WARKSASS by Holly Zana, JD and Krober Zana, 4r. albihots and probled members of Wyandot Nation of Ramas, Bear Claim at these schooling. Using historians and hospitals onto steader students. FEBRUARY 25

> BLACK CIVIL WAIT VETGRANS BUILD A CHURCH IN 1867' by Debook Barter Franklin County Great Historical Society, on america. Back signing follows presentation



S3 adults





MARCH 4







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For info: www.C5Alive.org or Facebook.com/C5Alive

physiological changes of puberty, the development tasks of early adolescence and ways to improve communication between the child and their parents. To register, call (785) 354-5225 or register online at stor-

DAY UNDER THE DOME — Jan. 17, 9am-4pm, Kansas State Capitol. Kansas' annual homeschool day at the capitol. Sponsored by Christian Home Educators Confederation of Kansas (CHECK). Homeschool families are invited to Memorial Hall Auditorium at 10th and Jackson (across the street from the Capitol) to hear remarks by the Governor, Secretary of State and Attorney General, followed by a workshop for homeschool families on how to interact with state lawmakers. A rally of homeschool families will take place in the first floor Rotunda and North Wing. Displays of information of interest to Kansas homeschool families will be set up in these areas. To make appointments with your state representative and senator, go to kslegislature.com/li/.

MENTOR ICE CREAM SOCIAL - Jan. 19 5:30-6:60pm Boys & Girls Clubs of Topeka. Open to mentees and current mentors or anyone who is interested in becoming a mentor. Mentors and mentees spend one hour a week together playing basketball, arts & crafts, help with homework or reading, or simply just sit and talk. If you are interested in making a difference in a Club member's life, please attend our ice cream social or visit www.bgctopeka.org/become-mentor

THE DIRTY DOG - NEW FACILITY GRAND OPENING -Jan. 20, 10am-5pm, 3120 S Kansas Ave. The Dirty Dog will be celebrating the opening of a brand new facility and invites all Topeka and neighboring community residents to come check us out. We offer daycare, boarding, grooming and training for your favorite four-legged friends and are excited to show off our new space. including indoor & outdoor dog parks. Door prizes, giveaways, food, drinks, and fun activiteis for the whole family - including your furbables! (785) 431-6694. www.dirtydogtopeka.com e-mail mydog@dirty-

TOPEKA, KS GUN & KNIFE SHOW - Ian 20-21 Kansas

SPOIL ME SILLY — Jan. 21, 2-5pm, Governor's Row

House. Free Admission, Ladies! Enjoy some "me time" with the girls! We'll have some cute little pop up boutiques and other amazing vendors! Free pampering services onsite! Cash har

MetroVoiceNews.com

www.facebook.com/groups/KCWomensEventsVendors/

MARCH FOR LIFE RALLY, January 22, 12:30 pm (March for Life). 12:45 pm (Rally for Life). 3:00 pm (Workshop). Kansas Capital, Topeka, KS. Rally, Pray, March for Life. Contact kfllawrence@gmail.com

CIRQUE DU SOLEIL - Jan. 24-28. Kansas Expocentre

94.5 COUNTRY BRIDAL FAIR – Jan. 27-28, Downtown Topeka Ramada. For info and tickets bridalfair.94country.com

BLEEDING KANSAS 2018 - Sundays from Jan. 28-Mar. 2pm. Constitution Hall Historic Site. 319 Elmore. Lecompton. A series of talks and dramatic interpreta-tions on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$3 adults, \$1 students. Children five & vounger free.

MENTAL HEALTH FIRST AID TRAINING - Jan. 30 & 31. 1-5:30pm, Valeo Behavioral Health Care, 330 SW Oakley (lower level conference room. Adult MHFA class (8 hour course total; both days required). Free. dpark@valeotopeka.org

"EXERCISE THE MIND AND BODY" - Jan. 30, 9-10am,West Ridge Mall. Enjoy art, exercise and healthy living tips from Brewster Place and Stormont Vail

TOPEKA BOAT & OUTDOOR SHOW - Feb. 2,

MADE FOR MORE - Feb 2, 7pm, Hayden High School, 401 SW Gage Blvd, Christopher West and Mike Mangione offer a vision of the Gospel like you've never heard before heard through the lens of Saint John Paull II's Theology of the Body. A blend of live music art, and presentation that taps the deepest desires of the human heart revealing their ultimate purpose and

THE ILLUSIONISTS - Feb. 2. TPAC, 214 8th Ave. For

FIRST FRIDAY DOWNTOWN CHOCOLATE WALK - Feb.

downtown businesses during First Friday Artwalk

MEETINGS & CLASSES

C5Alive "POWER" LUNCHEON - Jan. 11, 11:30-1, at The Peak, 1920 SW Gage, featuring Gary Tenpenney, CBMC Leadership Institute.

- 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: Feb. 8, 11:30-1 "Matchmaker Networking Luncheon

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

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; 6:15-7:00pm Cardio Interval - Moderate intensity; 6:15-7:20pm Cardio Interval - 8intensity; Fri. - 12-12:45pm Kickboxing; Sat. - 8-

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

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

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

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

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

LADIES' SMALL GROUP — Every Sun., 6pm, Bethel Baptist Church, 4011 N. Kansas Ave. Studying the book of Esther, using the DVD series "It's Tough Being



a Woman" by Beth Moore. All welcome. 286-0467 THE FORCE (Students Taking Action) — 1st Mon. & 3rd Tue., 6:30-8pm, Safe Streets, 2209 SW 29th St. Committed to being alcohol & drug free. Associate with like-minded peers, plan activities & get involved in the community. Youth 12-18 invited. 266-4606.

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

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

 $\label{eq:topekalincoln} \textbf{TOPEKA LINCOLN CLUB} - 1 st \ \text{Tue. of month, 7pm,}$ Topeka Public Library. Discussing our greatest President, Abraham Lincoln, and his times. The public is welcome. For info, contact Kirk Nystrom 235-6977.

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

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 Fa Month 6:45-8:45nm Toneka Public Library, Rm 202. Info: Jeff Landers - 224-5946

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

FRATERNAL ORDER OF EAGLES Aerie 4319: First & Third Tue. 7pm; Auxiliary: Third & Fourth Tue. month 6pm, 2941 SE Fremont Street. The Fraternal Order of Eagles is an international non-profit organization uniting fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and promoting peace, prosperity, gladness and hope. www.foe.com 785-266-7307

O.W.L.S. (Older Wise Loving Saints) - meets the sec ond 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 reserva tions: daddys girlsinc@ymail.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 & completé projects. Call 379-5159.



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PRODUCT	TYPE	QUANTITY	PRICE
Business cards	12 pt, full color, front	500	\$45
Business cards	12 pt, full color, front	1,000	\$60
Letterhead	704 smooth text, full color, front	500	\$95
Brochures	Gloss, full color, two sided triffold	250-999	\$.40 each
Brochures	Gloss, full color, two sided triffold	over 1,000	\$0.35 each
Postcards	12 pt, full color, two sided, 8.5x5.5	500-999	50.20 each
Postcards	12 pt, full color, two sided, 8.5x5.5	1,000-1,999	\$0.18 each
Postcards	12 pt, full color, two sided, 5.5x4.25	500-999	\$0.15 each
Postcards	12 pt, full color, two sided, 5.5±4.25	1,000 1,999	\$0.13 each
Tabloid posters	Glass, full color, 12x18	Committee of the last	\$1.00 each
Color copies		upto 500	50.25 each
B&W copies		upto 500	\$0.10 each
Vinyt Banners	Full color	Salara Salara	\$5,00/sn ft

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Topeka Health and Wellness Magazine depends on our local sponsors and content experts to guide Topekans toward a healthier lifestyle.



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By partnering with us, you can contribute to healthier lives of our loyal readers by sharing your expertise! For more information, contact Kevin Doel at 785-554-5336 or Kevin@topekahealthandwellness.com.

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.

Intentional Mom - 1st & 3rd Thurs., 9-11:30am, Topeka Bible Church Auditorium, 1135 SW College. For all moms, helping them to be intentional! 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 gather to assemble Weekend Snack Sacks for lowincome 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 of the education, knowledge & interest of the member-ship & the public in family history, genealogical records & research. For info: 233-5762 or tgstopeka.org.

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

TOPEKA (Downtown) OPTIMIST CLUB — Every Fri... noon, Top of the Tower. Serving the youth of Topeka Anyone welcome. 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 Charities, free yarn, needles, hooks & patterns. All are welcome. Anne, 272-9249 or kittens812@sbcglobal.net BIBLE QUIZZING - 1st Sat. Learn God's Word & have

MetroVoiceNews.com

fun with area Christian youth age 9-19. YFC/YEA style quizzing & rules. 913-593-6427 or biblequizzer.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 Buchannan. For info: 235-2376.

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

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

SAVING DEATH ROW DOGS ADOPTION & FOLICATION every Sat. 11am-2pm, Petco, 1930 SW Wana **UPPER ROOM COMMUNITY** – second Sat., 10 am,

SUPPORT GROUPS

Canitol Building

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

Every Mon., 4-5pm: 12 Week Adult Group for Recent Loss Ist and 3rd Thu., 10:30am & 5:30pm— Ongoing Adult Group Ist 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 tonekaalanon 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 Chapte (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.

 $\textbf{INCARCERATED PERSONS \& FAMILIES} - 1 st \ \mathsf{Mon.},$ 6:30-7:30pm, YMCA, 421 Van Buren, 286-2329.

COMPASSIONATE FRIENDS/REREAVED 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 — Westminister Presbyterian, south door, upstairs in Library; 233-6724.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

WED. -6:30pm, Topeka Bible Church, 1101 SW Mulvane. Cost: \$15. Child care provided. For info: 3790505 or www.divorcecare.org.

WED. -6.45 - 8.45pm, Walnut View Christian Church, 3634 SE 37th St. (just East of 37th & Croco). Cost: \$10 registration (scholarships available). The video seminar series featuring some of the nation's fore most experts on divorce and recovery topics, combined with support group discussion of the materials. Complimentary child care children up to the fifth grade. Info: 266-7550 or walnutviewcc@att.net.

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

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

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

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

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

TOPEKA NAR-ANON FAMILY GROUP — For families & friends who are affected by someone else's narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.naranonmidwest.org

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

The news and information you want...on-line. metrovoicenews.com &

Facebook.com/metrovoicenews

Larry E. Schneider Attorney at Law

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(785) 233-6704 Fax: (785) 232-3944

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5th ANNUAL TOPEKA ESTER PARADE

AND FAMILY FUN FEST

FREE to the public Sat., March 31, 10 am - 3 pm Police vehicles - 189 units It all takes place at Garfield Park! Firetricks · Antique vehicles (in North Topeka at 1600 N. Kansas Avenue) Parade starts at 10:00 AM

Food Trucks

Fun Fair open 10:00 am - 3:00 pm at Garfield Park! Live music at Garfield Park 11:00 am - 3:00 pm! Parade starts at 10:00 am! (From NOTO to Garfield Park) . Food Trucks located near Garfield Shelter! Easter Egg Hunt following parade at Garfield Park playground! • Vendor Market open 10:00 am - 3:00 pm! Dance troupes, martial arts, gymnastics & more! Craft stations, Facepainting, Easter Photos, Games & more!

For booth, sponsor and parade entry information: info@C5Alive.org or visit www.C5Alive.org

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To be a sponsor or contributors contact: info@C5Alive.org or call 785-640-6399











KINDX MIDWEST* AUHWEDIA First Southern

entertainment

The thirteen best family-friendly films of 2017

movie**news**

by Michael Foust

It's never easy making a "best-of" list for an entire year. I'm always asking: Did I leave anything out? And did I include anything that really didn't belong?

It is, though, a little easier if you narrow it down to family-friendly films. There just aren't that many of them.

Here, then, are my favorite family-friendly films of 2017. An asterisk (*) notes a film that might not be appropriate for young or very young children. (Also: I made this list prior to watching The Last Jedi.)

The Case For Christ* – An award-winning newspaper journalist sets out to disprove Christianity and is surprised with what he discovers. Based on the life of Lee Strobel. Rated PG for thematic elements, including medical descriptions of crucifixion, and incidental smoking.

Cars 3 – An aging Lightning McQueen tries to make a comeback against a field of newer and faster cars. Animated. Rated G.

Despicable Me 3 – Gru, our favorite villain-turned-hero, considers turning

back to villainy after he is fired from his job and meets his long-lost brother. Despite the potty humor, this one has some good life lessons. Animated. Rated PG for action and rude humor.

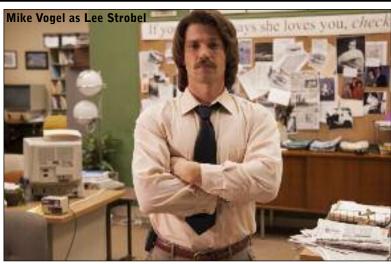
Dunkirk* -- The British live to fight another day in World War II thanks to one of the largest military evacuations in human history. This one's not appropriate for children, even if it is one of the least violent

war movies of the modern era. Contains about eight coarse words. Rated PG-13 for intense war experience and some language. I counted eight coarse words: misuse of "Christ" (2), h-ll (2), misuse of "God" (1), f-



word (2), s--t (1)

Is Genesis History? – Del Tackett interviews more than a dozen scientists and scholars as he examines the science behind the creation account and the



flood. Unrated.

Leap! – An orphan who dreams of being a ballerina escapes to Paris and enrolls at a world-famous dance school. The film's "follow-your-heart" theme doesn't stand up to biblical scrutiny, but the rest of the film is nevertheless fun. Animated. Rated PG for some impolite humor, and action.

The LEGO Batman Movie — Our caped crusader has always been a loner, but in this animated film he sets out to prove that he doesn't need anybody. Animated. Rated PG for rude humor and some action. It has a few pottytype words but also some great lessons.



The LEGO Ninjago Movie – A masked high school-aged superhero discovers that the town's hated villain is his father. Animated. Rated PG for some mild action and rude humor.

The Man Who Invented Christmas* – Author Charles Dickens



is running out of ideas (and money) until he conceives of a character named Scrooge and writes A Christmas Carol, which helps popularize the holiday among the masses. Rated PG for thematic elements and some mild language. I counted one coarse word (a--) and several



instances of "bloody."

The Resurrection of Gavin Stone

- The phrases "good comedy" and
"faith-based film" usually don't mix,



but this movie fills both roles. It's

hilarious – and inspiring. The plot: A washed-up famous actor tries out for a role in a church play. Rated PG for thematic elements, including a crucifixion image. No language or sexuality.

Same Kind of Different As Me* – A homeless man impacts the life of an international art dealer – and helps save his marriage, too. Rated PG-13 for thematic

elements, including some violence and language. The film has about four coarse words: h-ll (1) and the n-word (3).

The Star – The Nativity story as told through the eyes of animals. Genuinely funny. Animated. Rated PG for some thematic elements.

Wonder* – A boy with facial deformities enters middle school after being homeschooled his entire life. Perhaps the best anti-bullying film ever made. Rated PG for thematic elements including bullying, and some mild language (a handful of OMGs and one misuse of "Jesus" by a bully).

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

music**scene**

by Cedric Austin

Happy winter everyone! I hope each of you had an amazing Christmas with your family and friends. Between Thanksgiving and Christmas, my wife and I get to celebrate our 12th anniversary. I can definitely say I am a blessed man. When asked why we chose December, we simply say because it's not hot. There is nothing like celebrating your anniversary while looking at Christmas lights and drinking hot chocolate. Enough about me...

January New Releases
Brooke Robertson - Have My
Heart EP
Eric Birdine & The Messengers The Message Vol. 2 - Bless His
Name

Remedy Drive - The North Star Charity Gayle - Lord You Are My Song (Deluxe Edition) - People & Songs - Independent Rapture Ruckus - TBA EP Rend Collective - Good News Rapture Ruckus - TBA EP Todd Dulaney - Your Great Namet



Ernie Haase and Signature Sound - Clear Skies Cory Asbury - Reckless Love -Bethel Music

Ernie Haase & Signature Sound

From its formation in 2003, Ernie Haase has built Signature Sound into one of the most popular and beloved quartets in all of Southern Gospel music. The group has traveled all over the world, offering energy, excitement and encouragement through its powerful brand of gospel music. EHSS continues to gain fans all around the globe with its unique performances and unmistakable four-part harmonies. EHSS is one of the most celebrated quartets in Southern Gospel History mentioned with the same 'trailblazing" reverence as groups likes The Statesmen Quartet and The Cathedral Quartet.

Signature Sound will be in the area this month with their Inspiration of Broadway tour.—Saturday, Jan. 27 at the Missouri Theatre in St. Joseph. See the ad in this issue for details.

EHSS has sung and sold to mil-

lions worldwide, a feat that has not been accomplished by any other Southern Gospel quartet. From concerts in Latvia and India to South Africa and New Zealand, events all around North America, TV appearances on ESPN with NASCAR, multiple NBA appearances singing our National Anthem, and even a specialty tour of historic American theaters in support of the EHSS Broadway project featuring Les Misérables legend J. Mark McVey, Signature Sound is a world-renowned quartet that spans a wide variety of genres and cultures.

As group founder, Haase is a creative, hard-working tenor whose early roots with the unforgettable and legendary Southern Gospel quartet, The Cathedrals, helped begin his dream to form a powerhouse group of his own. Along with many appearances through the years on the widely regarded Gaither Homecoming Tour, his goal was soon accomplished and then some...as EHSS quickly gained an international platform in gospel music. Check out their latest project "Clear Skies" on all digital music outlets

Todd Dulaney

Todd Dulaney spent most of his life pursuing a baseball career, playing 5 years of professional baseball. Now, his joy comes from serving the Lord in any and every capacity of life. He is steadfast and sold out to God and his eyes are focused on ministry and ful-



filling His purpose. Dulaney's dream is to write music, which ministers to the heart of God and touches the heart of man. Not what's hot, but what delivers, what heals, what restores, music that God inhabits.

Dulaney grew up as a singer and an elite athlete. After graduating from high school in 2001, Dulaney was drafted from Community College in Mt. Carmel, IL, by the New York Mets to pursue a professional baseball career. While refining his athletic skills, Dulaney realized that there was a higher calling upon his life. He accepted an invitation to travel and perform background vocals for gospel artist and Grammy winner Smokie Norful.

Todd has worked and shared the stage with many award-winning artists, including Vanessa Bell Armstrong, Jessica Reedy, Maurette

■ Please see MUSIC page 17

released book, Elizabeth Grace

Saunders tells how as she began

pursuing God's wisdom in time

management, by trusting Him she

could achieve the happy, prosper-

ous, confident life He planned for

her. Filled with practical advice

and biblical and personal encour-

Brown-Clark, Michelle Williams,

continued from page 16

agement!

MUSIC

Gospel Album.

Resolving to Read....

by **Jeanette Gardner Littleton**

As you enter a new year, here are some books that might help you get a great start:

The 10 Minute **Bible Journey** (Answers in Genesis)

Just released by Answers in Genesis, this fast-paced devotional overview of God's Word, written by Dale T. Mason, has an easy-tounderstand apologetics emphasis in 52 illustrated, chronological accounts.



The Summary **First Bible Read-Through Plan Bookmark**

Also released by Answers in Genesis, this free bookmark will help you turn any Bible into a chronological Bible by



giving you daily passages to help you read the Bible through in a year. It accompanies the 10-Minute Bible Journey and is also a stand-alone PDF free download at https://answersingenesis.org/store/product/bible-readthrough-bookmark/?sku=90-4-088

Kids NIRV Devotional (Zondervan)

Help your kids get into the habit of reading God's Word every day! Written by Kansas City author Mark Littleton, this has been a Zondervan best-seller for years.



This offers teaching and stories that are on your children's level. Available on Amazon and in many bookstores.

Divine Time Management (Faith Words/Hatchette **Book Group)**

Trying to get a grasp on your schedule but finding the busyness saps your joy and life? In recently



Donnie McClurkin, Hammond, Dr Bobby Jones, Ernest Pugh, TRIN-I-TEE 5:7, Nicole and David Binion and Tye Tribett just to name a few. God has opened many doors on his behalf allowing him to minister in song at churches worldwide. Dulaney has made appearances on BET's Bobby Jones Gospel, TBN "Praise the Lord", 15th Street Live, Atlanta Gospel Live, BBTV, TCT "I'm Just Sayin", The 2011 Merge Summit and (3) nominations for the 2012 Stellar Awards second round ballot, and recently received a Grammy Award nomination for Best

streaming



'National Treasure,' 'Cars 3' top January streaming releases

By Michael Foust

Ben Gates is an historian and treasure hunter who's a bit like Indiana Jones: He never gives up.

His entire adult life he's been searching for the "Knights Templar Treasure," which legend says contains not only priceless artifacts from history but also the greatest fortune ever amassed. In fact, Gates' great-greatgreat-great grandfather - who lived during the Revolutionary War – also hunted for the treasure and left his descendants clues about its possible location.

But not everyone share's Ben's obsession. In fact, his father thinks he's nuts. That begins to change when Ben (Nicolas Cage) gets a big break and discovers that the original copy of the Declaration of Independence – the one being closely guarded in Washington, D.C. -- likely contains a major clue. His goal: steal the Declaration of Independence, decode the message, and find the treasure. Crazy? Yes! Impossible? Mavbe not!

It's all part of Nature Treasure (PG), the 2004 film that mixed a bit of history with a lot of conspiracies and legends. It also left history teachers across America pondering: What do we do with this? Most of them embraced the film, believing it could whet children's attitude for history and lead them to want to discover the true story. That's what I did with my

National Treasure begins streaming Jan. 1 on Netflix. It is rated PG for action violence and some scary images. It also has a slight bit of sensuality, which means you might want to have a remote handy to skip a scene or two. It also has one instance of h—l and a handful of OMGs.

If you're not a fan of National Treasure, there are plenty of other options:

Cars 3 (G, 2017) -- Remember when Lighting McQueen ruled the Piston Cup – when he won championships at ease and celebrated by doing donuts on the infield? Of course: Everyone does! Sadly, though, time has caught up with him, and his winning days are over. But maybe he can make a comeback. Cars 3 was

one of my favorite movies of 2017, and it had lots of great lessons for the family. Animated. Streaming Jan. 31.

Martin Luther: The Idea that Changed the World (unrated, 2017) - Five hundred years ago, a monk by the name of Martin Luther took a stance that changed not only church history but world history, too. This documentary aired in 2017 on PBS and was directed by David Batty, who also helmed several excellent movies about Christ, including The Gospel of John (2014). Jan. 1.

Llama, Llama, Season 1 (2018) – Based on the delightful series of award-winning books by Anna Dewdney about a llama family. Jan.

Also noteworthy for parents, with warning about coarse language: Apollo 13 (rated PG, but likely deserved a PG-13, 1995 - Jan. 1); The *Truman Show* (PG, 1998 – Jan. 1).

Amazon Prime

A Ghost Story (R, 2017) - A thought-provoking drama that likely should have been rated PG-13 and not R, A Ghost Story is the type of movie that sparks discussions about life, death, grief and love. Rated R for brief language and a disturbing image. Jan. 7.

Also noteworthy for parents, with warning about coarse language and mild sensuality: Freedom Writers (PG-13, 2007 – Jan. 1); Grantchester: Season 3 (TV-14, 2017 - Jan. 19).

The Parent Trap (G, 1961) – The classic tale about twin girls trying to reunite their divorced parents. Camera trickery allowed actress Hayley Mills to play both girls. Jan. 1

The Parent Trap (PG, 1998) – In this remake of the 1961 film, Lindsay Lohan stars as both twin girls. Rated PG for some mild mischief. Jan. 1.

Other notables: Duck Dynasty, Complete Seasons 10 & 11 (Jan. 1); Flip or Flop: Complete Season 5 (Jan.

Also noteworthy for parents, with warning about coarse language and mild sensuality: Freedom Writers (PG-13, 2007 – Jan. 1); This Is Us, Season 2 midseason premiere (Jan.

Michael Foust is a journalist and the father of four children, ages 2-9.

An interview with the author of 936 Pennies

local**author**

by **Jeanette Gardner**

Eryn Lynum, who is ready to welcome her fourth child into the world,

knows that our time of influencing our kids is short. But God has given her a vision on how we parents can use our time wisely. Her book, 936 Pennies (Bethany House Publishers), will be released to bookstores and Amazon in February.

Tell us about the premise of your book and how it came to be.

The Lord used a simple gift, a mason jar with

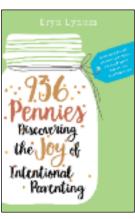
936 pennies, to change how my husband and I viewed parenthood. We received the jar at our second son's child dedication service, along with this challenge from our pastor: "Every week, when you get home from church, remove one penny from the jar. And it will remind you of the time you have left to raise your child before he goes out on their own." Our son was already one-and -a-half years old, so we had to begin by removing 76 pennies. The task was heavy on my heart. I set up a second jar, into which we now deposit our penny every week. This way, as we see the pennies in one jar going down, we see them building up into the second jar, which reminds us that we are not losing this time, rather

we are investing it. Every week this practice causes us to stop and ask ourselves: How are we investing this time?

What do you want parents to learn from reading your book?

I pray that through this book He will

align readers' hearts with Psalm 90:12, "Teach us to number our days, that we may gain a heart of wisdom." I pray that He helps parents to move beyond the nagging guilt, haunting fears, and overwhelming pressures of parenthood and into His freedom and joy. I want parents to gain a new perspective on the time we have been given.



What words of advice do you have for parents who have already used up, say, 800 of the 936 pennies in their child's life?

In the book I share this: "If your jars are half spent, or even empty, and you're lamenting the opportunities you never took, the pennies lost among the couch cushions, or the hurt that has left tarnish on those coins—there is hope. . Time is fleeting. Tomorrow is never promised. And legacies are made today. And that is exactly what we do have:

What would you say to the parent who isn't finding instant reward from following the advice you present in your book?

Take a step back and focus on the grace and peace of God. Don't become overwhelmed by everything you "need to do" in order to invest time well. In 936 Pennies I share a practice I have been doing for a couple of years now called a "Peace Plan." It is based on Proverbs 12:20, which tells us, "Those who plan peace have joy." Every month I take time to write specific habits, circumstances, or practices in my life that steal my peace. And then I pray over and write out specific things I can do that month to uproot those "peace

People make a lot of resolutions and fresh starts this time of year. What kind of resolution do you recommend regarding parenting?

When we address the attitudes of our hearts, our attitudes toward our children change. Instead of vowing to be more patient or to take our kids on more elaborate trips this year, why not focus on writing a Peace Plan each month or praying with your kids each night, or reading them a short devotion from God's Word each day? I truly believe these small, intentional shifts in thinking, and acts that we can do every single day, help us to slow down these 936 weeks, and invest them in more intentional ways.

Learn more at Eryn's blog, www.ErynLynum.com.

-Jeanette Gardner Littleton is codirector of Heart of America Christian Writers Network, based in Kansas City, Eryn connected with her publisher, Bethany House, at HACWN's annual conference.

A Guide to Enjoying Life in the Best Years

healthyliving



Setting eternal goals

By Marjorie Truesdale Heart of America Ministry Women

As I look forward to the New Year, I am thinking through priorities, setting goals and making plans. I take the following seriously:

Already I have scheduled my 6 month physical. I am careful of my eating habits. I am now working out 30 minutes a day, six days a week. And, I plan to floss daily!

My spiritual goals include:

■ Spending time daily "feeding" on the Word of God. Buying my new journal is on my short shopping list. I am just finishing the One Year Bible and I'm planto use Chronological Bible in 2018. (The entire text of the Bible 365 daily readings arranged in the order events actually occurred.)

- Obeying the last words of Jesus before He left earth which were, "go and make disciples..." I have a short list of acquaintances who are not Christ-followers, so I am committed to keep praying for them and asking the Lord, "How can I reach out in a meaningful way?" (Matt. 28:19)
- Teaching which was also part of Christ's commissioning. He said, "teaching them to obey..." (Matt. 28:20) I am already praying for His wisdom about classes He wants me to teach, the schedule, and who to invite.

In order to know His heart for the year, I have found that I need to schedule a day on the calendar to meet with Him – refusing to check email, answer the phone or do the laundry. I spend an extended time worshipping and listening to Him. I can expect an amazing thing to happen:

"He says 'whether you turn to the right or to the left, your ears will hear

Topska and

Staying Mentally Active

We've all heard the saying, if you don't use it vou'll lose it. Studies show that mental decline is not an inevitable part of ageing. People who lead intellectually stimulating lives are more protected against dreadful conditions like dementia.

The more active your brain is, and the greater the variety of the ways in which you use your mind,

the better you'll be mentally as you age. Find something that you enjoy and continue to try new variations and challenges.

- · Enjoy a daily puzzle or the crossword.
- · Opt for mental arithmetic rather than use the calculator.
- Read more The Bible's a great place to start.
- ·Play mind-stretching games, like bingo, bridge, chess or computer games.
- ·Stay socially active.
- •Take up a new interest learn to knit or embroider, even gar dening is good for the brain.
- •Start a day or evening class.
- •Go out more with a friend enjoy the cinema, theatre, galeries
- Start volunteering at your grandkids' school in a reading program.
- Organize those family photo albums.

a voice behind you, saying, 'This is the way; walk in it" Isaiah 30:21

I challenge you to take care of your soul as if you will die tomorrow.

We have openings in our licensed group homes and independent apartments: . Group homes provide meals and medication monitoring Independent apartments include 24/7 phone assistance



Call Theresa at 232-6807 x105 or email tdouthart@breakthroughhouse.org

Does your Loved One

with mental illness need Residential Services?

KNOW WHEN TO ASK FOR HELP

thecaregiver

Mary Ann has been caring for her husband with late-stage Alzheimer's disease for five years. In spite of his diagnosis, he is still relatively independent and helps his wife maintain their 30-acre property. Mary Ann faces some health issues of her own, but she still finds the energy to care for an elderly aunt who resides in a nearby nursing home and a close friend in assisted living.

Care Plan Type: In transition from casual to formal

Care Team: Adult children, family dog, friends, elder law attorney, and cleaning

Planning for the Future: "I am in the process of improving my care plan. My husband has an upcoming appointment for a complete physical at a VA facility to determine if he can get additional help for his Agent Orange exposure in Vietnam. If all goes well, I will call a home care agency to help me put a formal care plan in place. When the time comes, I have found a memory care facility that I think is good. His name is on the

wait list, but I won't place him until the time is right."

Activities: "My husband likes to walk our dog and does that at least twice each day. He has a stent in his heart, and it is important for him to exercise. He really loves our dog. Without her, he would be

Pro Tip: "Do whatever you can to keep your loved one as active as possible-especially as you take over some of their responsibilities. I am hoping that when I do get home care that I can get a male caregiver to tinker with him. My husband has a wonderful workshop and used to build furniture. Although he

doesn't do that anymore, there are small projects that he could work on with proper supervision."



money**matters**

BY LUKE DAVIS Stewardship Capital

I'm all about saving money. I was raised by parents who never paid full price for anything and valued the 'deal" more than the actual item being purchased.

When people ask me how by age 30 I had a "paid off" home mortgage, zero debt and significant savings, my answer is always the same, I learned to spend less than I make.

I could write a book about all of the short-cuts and cost savings techniques I utilize in all aspects of my life, from food, to clothing to entertainment. But today I thought I would focus on a topic that has become all the rage with millennials, "cutting the cord".

For many people the cable bill has become the equivalent to a car payment. I have a friend that was paying nearly \$300 per month on TV and internet. Finally they said enough was enough and starting looking for ways to slim down their overall cost. They were able to significantly reduce their cost, while still keeping the channels and services they really used.

With the advances in technology and increased competition there is no better time to re-evaluate what you are paying for TV service. The internet has opened a whole new avenue to getting media content into your home and as a result, the consumer has never had more options for service. However, with these new options comes a new level of complexity.

First, in order to access internet based content you must have a device that can stream the media from the

web to your TV whether it be Apple, Roku, Microsoft, Google, or Amazon.

It seems like just about every tech company has their own electronic gadget that promises to put world



class entertainment at your fingertips. The services each offer vary, but they all do basically the same thing - which is connect your TV to the internet in order to send content directly to your TV screen. All require high speed internet access as well as an available HDMI port on your TV so please be aware of this prior to purchasing. The prices, available services, and ease of use of these different devices can vary.

but being a techie who has played with virtually all of them, my recommendation as best value are those produced by ROKU. They are easy to use, inexpensive and offer the most variety in the streaming services they make available.

After determining how the content will reach your TV, next you must determine what content you wish to pay for. Many "on demand" services

like HULU, Netflix and Amazon Prime provide countless hours of programming that is available when you want it to be. These services tend to be low in cost and high in quality content. However, they do not provide access to live programming, particularly sports and news both of which are the life

blood of the cable and satellite companies. For live TV service you must subscribe to an internet TV. Sony Vue, Sling, and Youtube TV are just a few of many companies that now offer their own packages of live TV content at greatly reduced prices.

But you can save even more! As antiquated as it might sound my mother and father in law still rely on

■ See CUT THE CORD on page 19



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The Benefits of In-Home Care for Seniors with Dementia

— MetroVoiceNews.com —

BY CAROL BRADLEY BURSACK

Family caregivers are now better able to take advantage of services offered by home care companies. I certainly took advantage of these services throughout my time caring for multiple seniors, including my parents and an elderly

CUT THE CORD

continued from page 18

an antenna for their television service. Before you roll your eyes let me say antenna TV has come a long way over the past few years.

Most content is now broadcasted in HD, and an ordinary antenna provides roughly 25 channels in the KC area, many of which are not available to the average cable subscriber.

Another great source of free entertainment is the public library. They offer the latest movies and shows on disc to rent free of charge. Free online content is also widely available on the web. Most networks offer on demand access to all of their programming online and websites such as YouTube, Vimeo and Metacafe provide thousands of hours of free content.

I have found my greatest weapon in taming my budget is to pay as little as possible for the things I want and need.

neighbor.

The biggest challenge I faced, though, was when I hired professional caregivers for loved ones who had dementia. The caregivers were not always sure how to handle unusual behaviors associated with Alzheimer's or the tricky situations they created. Thankfully, due to increased awareness of the unique challenges that Alzheimer's disease and other forms of dementia present, reputable home care companies across the country are providing their employees with proper training. Experienced and informed caregivers can provide benefits to both seniors and their family members that make in-home care well worth considering.

Care in a Familiar Environment

The biggest value home care offers is the obvious fact that the elder can remain in his or her home. This option is far less disorienting for a dementia patient than a move to an assisted living facility or a nursing home. Familiar environments offer a great deal of security and peace of mind for individuals with dementia. If a company's caregivers are wellversed in dementia care, in-home care can be the ideal starting point for families who need extra help with their loved ones and aren't vet ready to think about placement in a longterm care facility.

Patients Find Comfort in Routines

Just as familiar surroundings are safe and soothing, the same can be said for daily routines. Maintaining a schedule similar to the one a senior followed predementia can help reduce anxiety and confusion. For example, an elder who watched the nightly news after dinner each evening for years may feel a sense of normalcy when it's switched on, even if they don't completely understand what they are watching.

A fundamental aspect of home care is that services are provided for all clients (with and without dementia) according to personalized scheduling tools called care plans. This organizational technique easily translates into a set routine for dementia patients who thrive on familiarity. Professional caregivers are trained to facilitate daily activities at the appropriate times and provide assistance as needed. Humans are creatures of habit, and preserving these very personal and deeply ingrained routines can help them retain some control and understanding of what is going on around them.

Specialized Training for Specialized Services

Home care companies provide assistance with activities of daily living, companionship and many other core servic-

es. In addition, many companies offer professional training in dementia care for their employees. Common aspects of this training include methods for staying engaged with the senior, managing often unpredictable behaviors, communicating effectively, and breaking down activities into smaller steps that are easier to manage. Safety is also a substantial part of this education, since seniors with dementia may be prone to wandering.

There are a number of training programs and schools of thought when it comes to dementia care, so be sure to inquire about the particular education a home care company provides or requires of its caregivers.

Providing Meaningful Engagement

Knowledge of the clinical aspects of dementia allows professionals to better serve their clients and enrich their lives. Perceptive caregivers can provide a positive environment for dementia patients by learning about a senior's interests before they developed the disease and adapting the way they engage in these meaningful activities. For example, if golf is something the elder enjoyed, they may visit a golf course for a walk or to watch others play the game.

Sensory stimulation is another crucial component of dementia care, especially in the later stages of cognitive impairment. Studies show that participating in music, dance, or other art

activities has a positive effect on mental health, physical health, and social functioning in older adults. An experienced caregiver will work to engage clients in activities even as interests and abilities change.

Care That Evolves with the Client

In-home care can be customized to provide as much or as little assistance as a family requires, and changes can be made as often as necessary. Services can be unskilled or skilled in nature and can be provided occasionally for respite or on an around-the-clock basis. This flexibility is a significant advantage for caregivers and seniors who are dealing with progressive diseases such as dementia. As a loved one's condition progresses, professional caregivers offer the adaptability necessary in caring for an individual with Alzheimer's and related

When Home Care Isn't Enough

The time for thinking about a move to assisted living or a nursing home is different for everyone. The decision depends on whether family members and hired caregivers are able to cope with changes in a senior's condition. A competent home care company will closely monitor their ability to provide the best care for their patients. Should a client's needs surpass what is denoted in their current care plan, the company will let the family know that additional services or a change in setting is needed.







sports

6 QUESTIONS WITH STEFEN WISNIEWSKI

Eagles' Wisniewski shares his faith and football career with FCA Magazine.



In his childhood, Stefen Wisniewski experienced the power of Jesus Christ through his family and the passion of sports through football. As a Christ-follower, Wisniewski has developed his relationship with God as his NFL career has progressed. He has become one of the most versatile offensive linemen for the Philadelphia Eagles while being one of the most vocal on the team expressing his faith.

1. My favorite Bible verse is: Ephesians 2:10. We are what God does. He's constantly working on us, constantly shaping us and He does it through our life circumstances and our relationships. It's a lifelong process. I love that.

2. The person who had the greatest spiritual impact on me is: my father, Leo, because he was awesome an example of a Godly man throughout my



life. I definitely would not have the faith I do today if it wasn't for my father.

3. I intentionally bring Jesus into my games by: praying a lot before every game. I really feel that gives me a great sense of peace. During competition, just saying a short prayer to reset my mind on God. Always making sure to thank Him after the game for watching over me and for all that He did for me during that game.

4. Being a Christ-follower means: learning and obeying all of the teachings of Jesus, the ones that are easy to do and the ones that are hard to do.

5. If I wasn't a professional football player, I would be: a high school teacher and football coach because it's a great opportunity to share Christ as a way to minister to kids.

6. One piece of spiritual advice I'd share with kids: is to memorize Scripture. Every day in our life is a spiritual battle. Knowing God's Word is our weapon in

This story appeared in FCA Magazine's November/December 2017 issue. For more information go to www.fca.org

FROM THE CHEAP SEATS

by Rob Mooney

I'm going to say it. Not many people in Jayhawk nation will admit to it although many of them have to know it's bound to happen. I believe that the Jayhawks run of conference championships will end this year at 13, tied with UCLA for the longest string in NCAA history. If that happens, many people will be down on the 'Hawks, however, 13 in a row has only been done one other time in the history of the NCAA.

Head Coach Bill Self's record at Kansas is similar to something you'd see on Xbox. 426-89. As a matter of fact, Self has more conference championships at Kansas than he does home losses. He has only one year at Kansas when he lost double digit games, 2013-2014 when they went 25-10. No Big 12 team has beaten the Jayhawks more than 10 times since he has been at KU. He is currently 161-42 against current Big 12 teams. If you figure in the four that have left, Colorado, Missouri, Nebraska and Tex A&M, that record rises to 222-48.

What Self has accomplished at Kansas is almost unbelievable. Although he has only been to the NCAA Championship twice, winning in 2008, he's guided the Jayhawks to the tournament in all 14 years he has been there.

Why do I think that this year could be the year that the Jayhawks give up the confer-SPALDING ence? First of all, they rely on the three point shot too much. Sure, if they're hitting on all cylinders they can beat anyone. But we've already the outside shots. Secondly, they seem to lack a toughness that Self's teams in the past have displayed. Self himself said that this was the softest team he's ever had at Kansas.

Third, they lack depth, especially in the front court. Adding freshman Silvio De Sousa mid-season will help them a

lot, giving them some depth that they desperately need. They recently added transfer Sam Cuncliffe, who became eligible once the first semester ended. However, everyone's eyes are fixed on freshman Billy Preston, who has yet to be cleared to play. Once he becomes eligible, the Jayhawks become a different

Taking all of that into consideration and realizing that the Big 12 is better than everyone thought it would be, the Jayhawks will have a difficult run to consecutive conference championship

number 14. As of right now, six Big 12 teams are ranked in the Top 25 and two teams are among the others receiving votes. That's eight of the ten teams receiving some love from the pollsters. One thing the Jayhawks have going for them is the fact that they

seen what happens when they can't hit play in Allen Fieldhouse and every team in the Big 12 has to pay them a visit.

They need to protect their home court and win a few on the road, but it is possible. After all, the championship runs through Lawrence until someone takes it away from them. Could this be



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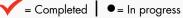
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Upgrades that Boost Your Home's Value

(Family Features) A home is often a family's single largest asset, so making investments with upgrades and home improvements is almost always a good idea. However, knowing when and where to make those improvements isn't necessarily a simple decision. Budget and space most often dictate the direction, but keeping function and your lifestyle needs in mind can help create a space that makes for an allaround smart investment.

Add technology in unexpected places.

With the surge in smart devices, it's becoming increasingly common to add technology throughout the house, and the bathroom is no exception. From heated floors to mirrors with embedded TV screens, the options are plenti-

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ful. A bathroom outfitted with the latest technology can bring function and a whole new level of style and elegance to your home.

Go green for the earth and savings.

Appliances and climate control systems are often the first features homeowners consider when it comes to environmentally friendly upgrades, but windows and window treatments are another way to make a big impact. In a similar vein, skylights are a surprisingly affordable upgrade for the functionality and aesthetic benefits they provide, especially in the bathroom and kitchen where ventilation is as important as ample lighting. You can give your lighting and home value a boost with an Energy Star-qualified option such as Velux solar-powered fresh-air skylights,



which open for air flow, reducing dependence on electrical lights and fans, with the touch of a programmable remote control.

For expanded control over the amount of light and warmth that enters or leaves your rooms, solar-powered skylight blinds are available in more than 100 designer colors and patterns. Like the skylights, Velux solar-powered blinds are operated with the remote. The solar products and installation costs are also eligible for a 30-percent federal tax credit. Learn more at whyskylights.com.

Finish the basement.

Adding finished square footage to your home is nearly always a way to increase its value. For many homes, the basement is the most practical place to gain that space. Instead of using it as a collection ground for dust bunnies and storage, converting it into usable space can bring meaningful value, not only in

dollars and cents, but in overall enjoyment of your home.

When making plans for finishing a basement, keep function first. Adding features like bathrooms can be costly, but having ready access to those facilities may pay off if you plan to spend lots of time downstairs. Also keep climate in mind; in parts of the country basements tend to be damp, so use materials that can withstand the conditions.

Create outdoor living space for all year long.

If a basement renovation isn't practical, you may be able to create additional living space in an area you already have – outdoors. Even small patio spaces can become cozy gathering spots with the right furnishings and decor. For a larger yard, create destinations that make it comfy to congregate,

such as a fire pit or grouping of chairs with overstuffed cushions.

This is another area where climate will play an important role in your plans; adding an enclosure to a patio can make it usable during all but the coldest months, while a pergola can lend necessary relief to an area that bakes in the sun

Add curb appeal.

While you're considering the upgrade options outdoors, don't forget about your home's exterior appearance. Reworking landscaping to highlight architectural features and freshening up paint can make a big impact. Adding decorative elements like shutters or new lighting or doors can also help

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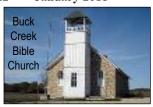
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Capitol City Chiropractic

Dr. John E. Chance

1835 N. Topeka, Ste. 209 Topeka, KS 66608 Phone 234-0900

> Hours MTWF 9am - 6pm Th 9am - 12pm

HEALTH CARE FOR THE ENTIRE FAMILY

North Topeka offers a variety of activities

NOTO Arts Center has some interesting classes upcoming:

CARDBOARD DESIGN - Jan. 13, 9:30-11. NOTO Arts Center, 935 N Kansas Ave. Come learn how to design your own city, park, building, etc. Architect Bryan will show you how to create original concepts for a park design, draw in plan and elevation. 2nd-6th grade. Free. For info: 691-9958

WEAVE WITH PATTY - Feb. 10, 9:30-11am, NOTO Arts Center. Create and weave your own flowing circle of woven texture. Explore new skills with the help of a master teaching artist. Instructor: Patty Kahn. 2nd grade through 6th grade - \$10

Here are a few more sheeduled events in the North Topeka Area:

FIRST FRIDAY PORTRAIT DAY -Jan. 5, 5pm. Topeka Community Photo Studio, 822 N Kansas Ave. Professional Headshot - \$20. Also open on Saturday

ALL ABOUT THE KAW: A SPEAK-ER SERIES - Jan. 10, 12-1pm, Great Overland Station. Barbara Higgins-Dover on "The Kansas Riverkings."

PHOTO IN NOTO SOCIAL - Jan. 11, 6-9pm. Topeka Community Photo Studio, 822 N Kansas Ave. People interested in photography and video hanging out. Lightbox set up for product photography.

SENIOR FIT & FUN PROGRAM every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785286-060 or office@rhcctopeka.org

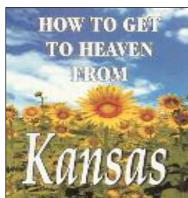
Don't forget First Friday, which has



become a big deal in North Topeka these days, bringing people to the area in record numbers. Besides the Art Walk in NOTO, other North Topeka businesses have begun joining in and coordinating complementary events. Many are making plans to make 2018 better than ever in NOTO and the entire North Topeka area.

Entertainment can also be found on First Fridays, at various venues during the artwalk up and down the Avenue, as well as streetside vendors.

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



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.

 Realize you are a sinner. Everyone starts the same place spiritually. "For all have sinned and come short of the glory of god."

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 And the starts the same place and the starts are starts and the same place and the starts are starts and the same place and the starts are starts and the same place are starts are starts and the same place are starts are starts and the same place are starts and the same p (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 Románs 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 can do. Thank you Jesus! Amen.



3102 NW Topeka Blvd., Topeka, KS 66617 (785) 286-1204 · www.northland.cc

Topeka Rescue Mission

Faith with its sleeves Rolled Up

Main: 785-354-1744

Non-cash Donations: 785-357-4285 Volunteers, Tours: 785-354-1744 ext. 393 Finances: 785-354-1744 ext. 316

Policies, Speakers: 785-354-1744 ext. 315 Thrift Store (1312 N. Kansas): 785-235-9094

www.trmonline.org

600 N. Kansas Ave. Topeka, KS 66608

P.O. Box 8350 Topeka, KS 66608

MERIDEN ANIMAL HOSPITAL

Jeffrey F. Van Petten, DVM

Veterinary Acupuncture & Chiropractic Care Member - AVMA, IVAS, AVCA



Topeka, KS 66608

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7146 K-4 Hwy, Meriden, Ks 785-484-3358 • Phone answered 24 hours staff@Meriden-Animal.com

Ed Popkess

PHONE: (785) 286-2390 MOBIL: (785) 224-6298

FAX: (785) 286-2393 TOLL FREE: (800) 894-2390 EMAIL: RICH@TARWATERS.COM

TARWATER FARM & HOME SUPPLY

RICH TARWATER OWNER



4107 N TOPEKA AVE TOPEKA, KS 66617





Biker Sunday....Every Sunday! Christian Cavalry Ministries Int.

c/o Seaman Baptist Church 2015 NW Buchanan, Topeka, KS 66608

785-224-5419

www.church4bikers.org

Sunday School 9:30 AM Sunday Service 10:45 AM Wednesday Prayer & Bible Study 7:00 PM

All are welcome, casual dress ok!



Grand Opening

January 20th 10am - 5pm



Join us on January 20th for the

GRAND OPENING

of our new facility!

(across from 3120 SW Kansas Ave Briggs Subaru) Topeka, KS 66611 Door Prizes
Giveaways
Dog Food Samples
Kid and pet friendly!



Our Services

- · Doggie Daycare
- · Grooming
- · Boarding

785.431.6694 www.dirtydogtopeka.com