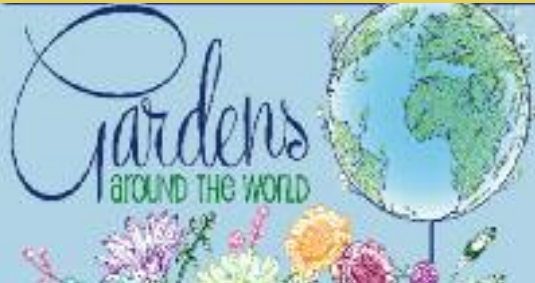


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GARDEN SHOW AT EXPOCENTRE | Page 13

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See inside back cover!

Fifth Annual Easter Parade and Fun Fest to be back at N. Kansas Avenue, Garfield Park



Food Trucks, entertainment & games will add to the fun

After a larger-than-ever crowd last year, EasterFest 2018 will return to N. Kansas Avenue and Garfield Park this year on Saturday, March 31, the day before Easter.

Over three thousand people attended last year 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 activities.

Each year, dozens of churches, businesses and non-profit organizations 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 leadership offshoot of the Capital City Christian Chamber of

■ Please see EASTERFEST page 3



BRINGING BIG CHURCH OPPORTUNITIES TO SMALL COMMUNITIES

Multisite Church Planting in Rural North America

Andy Addis | Christianity Today

"Honestly, I think you're crazy." That was the conversation stopper offered by a friend and colleague. We had gone to seminary together in the Dallas - Fort Worth metro area, served on staff at the same church, and now lived halfway across the country from each other in two different worlds.

Matt chose a more urban ministry setting in northern California, and I had returned home to the wheat fields of Kansas. Even before this

conversation, he had been giving me a hard time about moving back to rural with several statements beginning with, "Why would you...?"

Driving through the redwoods area of northern California where Matt had asked me to speak, the conversation in the car was about an idea I was working on back in the heartland.

We had grown substantially in the four years I had been back in Kansas. We even started a second location across town (a full 3.5 minutes away) in an abandoned Big A auto parts

store to deal with overflow issues from our little neighborhood church. And now we were considering taking our ministry to other communities, reaching smaller and more distant parts of our state.

It was part of a growing passion for reaching rural places.

I was born in a suburb of Los Angeles and went to seminary in the large Bible Belt Buckle City of Fort Worth, but my heart is where I was raised: in the middle of nowhere.

I love knowing what it means to

■ Please see CHURCH PLANTING page 2

Kansas Prayer Breakfast to feature the Chiefs' man behind the mask

This time every year, no matter the weather, about a thousand people show up for a very early breakfast at the Ramada Inn in downtown Topeka.

The occasion is the annual Kansas Prayer Breakfast, sponsored by Topeka Fellowship, Inc. Statewide leaders in government, business, education and industry will be on hand as usual as the program begins at about 6:45 a.m. on Wednesday, March 14th, for the 54th celebration of the annual event. As several buffet lines open for serving at 6:00 a.m., the banquet hall will be filled with Kansans from all walks of life.



This year's featured speaker will be Dan Meers, who goes to work each day like many other men, dressed in a suit. The only difference is that instead of wearing a tie with his suit, Dan wears a tail. You see, Dan is a professional mascot.

Dan began his career in 1986 at the University of Missouri - Columbia. Dressed as the school mascot, Truman Tiger, it didn't take long for Dan to establish himself as one of the top college mascots in the nation. After finishing second in 1988, Dan was selected the nation's #1 college mascot at the 1989 National Collegiate Mascot Championships. As graduation approached, Dan began to receive offers to use his talents at the pro-

■ Please see PRAYER BREAKFAST page 4

Kansas Has a New Governor

Governor Jeff Colyer was sworn in as the 47th governor of Kansas at 3 p.m. January 31 in the Capitol rotunda in Topeka, accompanied by First Lady Ruth Colyer and their daughters, Serena and Dominique. Governor Colyer attended mass in Hays that morning with his classmates from Thomas More Prep-Marian High School. He then visited West Side Alternative School, which is also in Hays.

Governor Colyer said, "This public school is a unique partnership with the High Plains Mental Health Center that ensures special needs

■ Please see GOVERNOR page 4



Jeff Colyer was sworn in on January 31st, after Sam Brownback was finally approved by the U.S. Senate as Ambassador-at-large for International Religious Freedom..

GateHouse Kansas

CHURCH PLANTING

continued from page 1

sing “amber waves of grain.” I love the fact that traffic jams only happen around the co-op during harvest time. I love the reality that rural junior high kids singing “dated” songs like Shout to the North turn and face the right direction because they know North.

God has been more than faithful in the 15 years I’ve been privileged to serve in Kansas. In a combination of church plants, re-plants, and revitalizations, CrossPoint Church has grown from a single church with 127 people in a 40-year-old established church to a multisite church network with nine campuses, additional locations, and around 3,000 in attendance.

Our model is to bring big church opportunity to small communities by establishing CrossPoint churches that are tied together by vision, mission, and video teaching.

The dual concepts of multisite and video teaching often invite a deluge of arguments ranging from personal kingdom building to New Testament ecclesiological heresy to we just don’t like it and it makes us feel itchy.

There is room for debate but, for the rest of this article, I’ll be setting those issues aside to present the reality for what video-driven, multisite church planting has meant to us in rural Kansas.

Big church in small places. One of our early realizations was that even in rural towns there were demographics not being reached. Even the smallest of communities had one or two flavors of three hymns, a turn-and-greet-your-neighbor time, and a highly alliterative sermon. Nothing against that model, but in every small town in America some people have walked away from that experience because they were bored, offended, or just weren’t inspired.

The connectivity of multisite support among a network of churches provides the opportunity to bring bigger church opportunities to smaller communities. Themed

teaching series, joint mission work, print and video pieces, use of technology, and many other things afforded by a connected network give a multisite church unique opportunities.

Video works for farmers. Our first video-only campus in Sterling, Kansas, is a community of 2,600 people, at least when the Presbyterian college is in session. We were unsure if video teaching would work in that environment. But, as they have recently celebrated their 10th anniversary with attendance reaching just 10% of the community, I think they’re doing okay. And how do we know we are reaching rurality there? Annually, the offering plate receives something other than cash and checks: wheat shares from the co-op.

Full-time focused pastors. It’s often difficult to find seminary-trained, vibrant preachers who want to give their lives in small out-of-the-way places. But in almost every rural community, there are pastoral-hearted, administratively-minded people who are desperate to see the church thrive.

Using video teaching and hiring campus pastors whose primary passion isn’t communicating means you redeem at least 15+ hours each week of sermon prep and delivery and give it back to your church planter/pastor for leading, discipling, and growing a congregation. You’d be amazed what hiring a pastor instead of preacher can do for productivity.

Shared resources and one wheel. Imagine the cost savings of centrally producing bulletins for numerous churches. Consider the implications of centrally distributed children’s curriculum. Dream about lists of equipment that are shared instead of being repurchased. And what is the value of energy and time saved in creating once for every location things like teaching series, stage design, web development, centralized accounting/insurance, and a

thousand other pieces instead of reinventing the wheel again and again wherever the church has a different roof?

Understand this is no argument for video or multisite models. It’s not a statement that these are better ways.

I do believe it’s evidence that video and multisite do have relevance in reaching rurality.

Are you thinking about reaching rural this way? Let me encourage you with some final thoughts:

Don’t fear video. Video is not too hard or expensive anymore. You can spend as much as you want, but you don’t have to. Remember, you’re not trying to produce a network television special. You just want a high-quality image and audio that will reproduce well at another location, and that is more than doable.

Relationships matter. The beauty of multisite is that you have built-in relationships for planters and pastors. But, initially, it may be a lonely place. Joining a conversation with those in groups like the Rural Matters Institute is essential. Better ideas, inspiration for longevity, and the reminder that what you’re doing isn’t crazy... well, maybe it is, but at least you’re in good company.

Kingdom focus. We decided to give everything away. We have official campuses, but we have also partnered with congregations who just use our resources as their own. We have helped in revitalization efforts that ended up establishing stand-alone churches. We have watched other churches, denominations, and networks take our model, hollow it out, and pour in their content.

To all of this, we say, “Hallelujah!” So long as the gospel gets to rural America, it’s all good. So, take a risk and step out there. Do something for the kingdom, and let the church growth thing take care of itself.

I believe the need to reach rural America is massive. It’s going to take impassioned leaders, a risk-taking church culture, and way of thinking that may be new to small churches wanting to make a big difference in out-of-the-way places.

But is anything too hard for our Lord?

By the way, my friend from the car ride earlier now serves as the worship pastor of our broadcast campus in Hutchinson, Kansas.

Now that’s crazy.

Andy Addis is the lead pastor at CrossPoint Church. Cross Point is a multisite network of churches with a dozen locations throughout rural Kansas and a congregation of around 3,000. For more information go to www.crosspointnow.net.



Addis



KFL Executive Director Mary Kay Culp welcomes Gov. Sam Brownback.

Marchers Celebrate Life; Praise Brownback’s Record

Rain, snow and wind didn’t stop hundreds of pro-life advocates from gathering January 22, at the Kansas Statehouse to mark the 45th anniversary of the U.S. Supreme Court’s Roe v. Wade decision.

The crowd marched from the Topeka Performing Arts Center to the steps of the Capitol carrying signs reading, “Choose Life” and “Stop Abortion Now.” The Topeka Knights of Columbus led the marchers along the route.

Father Mark Lovett of Our Redeemer Lutheran Church in Herington, described abortion as murder.

“This is a march for the protection and the sanctity of life, and it seems to me kind of obvious that we want to march in support of not ending the life of those who can’t support themselves, or who might be there accidentally,” Lovett said.

Kansans for Life organized the rally. “A lot of people are in difficult situations and may not think that they have someone supporting them or that there is no other option,” said Tyler Supalla, a teacher from Saint James Academy in Lenexa, who came with about 50 students. “People who have an unplanned pregnancy — I think it’s good for them to know that we’re here, giving them an option, praying for them, showing that there are other options, and that we want to support life in any way we can.”

“What’s amazing to me is all of the young people that show up at this event year after year, and that really tells you about what Kansans are,” Lt. Gov. Jeff Colyer said.

Gov. Sam Brownback said the younger generation is the face of this movement. “It’s a young movement. It’s built on young legs and you see most of this crowd here is under the age of 20,” he said.

Attendees at the rally celebrated Brownback’s record on abortion, which includes signing 19 pro-life bills. He has called this the legacy of his tenure as governor. Kansas has seen 17,000 fewer abortions in the first six years of Brownback’s tenure than in the previous six years. Because of this accomplishment, Brownback received 17 red roses at the event. Each rose was presented by a child.

“Now, I didn’t do this. You did this,” Brownback said. “The legislators did this... You’ve made a difference. We have

17,000 fewer abortions in Kansas because of what you have done. Keep doing it. This is important.”

“You are winning the hearts and minds of Americans,” he went on to say. “You have won the hearts and minds of Kansans. Don’t quit! We are so close. Lean in, pray like never before, walk and talk like never before. We will win! God bless you all!”

Mary Kay Culp, Executive Director of Kansans for Life, praised Brownback’s work and talked about a meeting she had with him recently.

“He looked at me and said, ‘You know, it makes all the things I’ve had to endure as governor worthwhile,’ and then he stopped and he looked away and he said, ‘You know, it would have been worthwhile for even one of those lives,’” Culp said.

Also on everyone’s mind was an upcoming State Supreme Court decision that could change the limits on abortions. The case challenges a 2015 Kansas law that banned a common abortion procedure called dilation and evacuation, otherwise known as dismemberment.

“What we fear is going to happen is that our Supreme Court is going to interpret our 1859 state Constitution to include a right to abortion broader than Roe v. Wade and one that wouldn’t even let our Legislature ban live dismemberment or partial-birth abortion,” Culp said. “So it really could be devastating to us, and if it is, we’re going to have to amend the Constitution.”

Melissa Ohden, who survived an attempted abortion, was also a featured speaker at the event. She said her mother got pregnant at the age of 19 and was forced to have an abortion that involved injecting saline into her uterus. Ohden survived the attempted abortion, and was later adopted.

“Today, we are here, unfortunately, to acknowledge such a somber occasion, but at the same time we are here to celebrate the legacy of life that we are all a part of,” Ohden said.

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Adoption, foster care could be more common in churches

The Bible has a lot to say about caring for orphans. Protestant churches in the United States may need to listen a little more.

Almost half of Protestant churchgoers say their congregation has not been involved with any adoption or foster care in the past year, according to a study released by LifeWay Research.

Domestic adoptions becoming commonplace

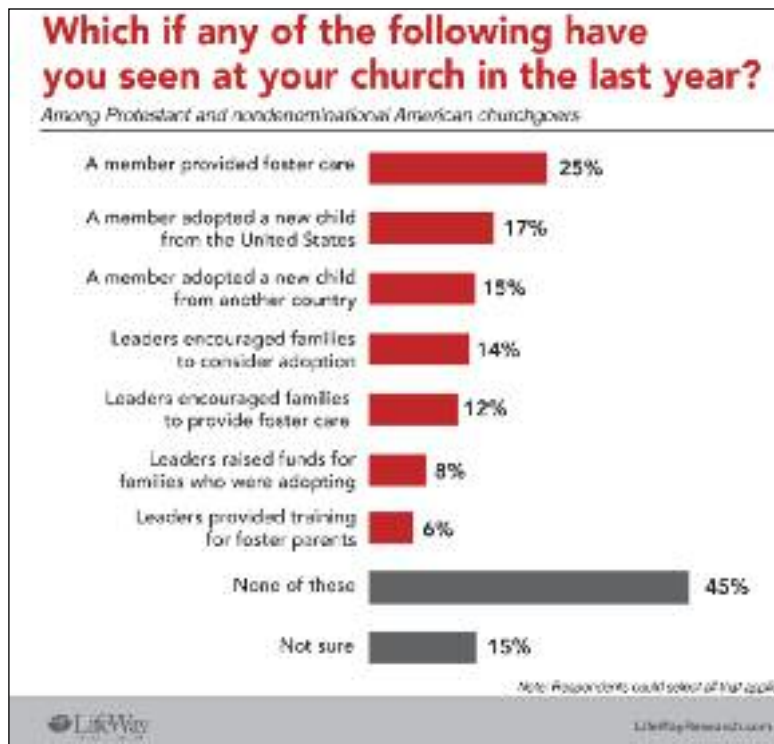
Since the early 2000s, many Protestant churches have commemorated "Orphan Sunday" every November to draw attention to the plight of orphans around the world.

In the past, they've often focused on international adoption and orphanages. But in recent years, foster care -- both in the United States and abroad -- has become a focus as well.

LifeWay Research's survey of 1,010 churchgoers -- those who attend a Protestant or nondenominational church at least once a month -- found 25 percent say someone from their church has been involved in foster care over the past year with non-denominational churches taking the lead.

Seventeen percent say someone from their church has adopted a child from the U.S. in the past year. Fifteen percent say someone from their church has adopted a child from another country.

Churchgoers from nondenominational churches are also most likely to know someone at church who had adopted a child from the United States (25 percent). Baptists (15 percent), Lutherans (12 percent) and Pentecostals (10 percent) are less likely,



Church leaders

Sadly, church leaders in general don't talk much about adoption, according to LifeWay Research's survey.

■ Fourteen percent of churchgoers say church leaders have encouraged families to consider adoption.

■ Twelve percent say church leaders encouraged them to become involved in foster care.

Its even worse news when it comes to church leaders offering practical assistance.

■ Only eight percent say church leaders raised funds for families that

are adopting.

■ And just six percent say church leaders provided training for foster parents.

Overall, about half (45 percent) of churchgoers say their church has had no involvement with or conversation about foster care and adoption. Leaders at smaller congregations are less likely to encourage families to consider adoption (8 percent) or foster care (8 percent), to raise funds for adoptive families (5 percent) or to provide training for foster parents (2 percent).

Leaders at larger congregations are more likely to encourage families to consider adoption (23 percent) or foster care (20 percent) and to raise funds for adoptive families (15 percent) or provide training for foster parents (13 percent) than smaller congregations.

Adoption and foster care are most commonly mentioned among nondenominational churchgoers. Twenty-nine percent say their church's leaders encourage families to adopt. Twenty-six percent say their church's leaders encouraged families to provide foster care. Fourteen percent say church leaders raised money for adoptive families. Twelve percent provided training for foster parents.

The number of adoptions in the U.S. has declined slightly in recent years, according to National Council on Adoption, from 133,737 in 2007 to 110,373 in 2014 while the need for adoption continues to skyrocket.

According to a 2015 report from the Adoption and Foster Care Analysis and Reporting System, 427,910 children were in foster care, with 111,820 waiting for adoption.

"There may be no greater expression of the Christian faith than extending hope and love to children whose birth families are not able to care for them," says Scott McConnell, executive director of Lifeway Research.

More churches need to get the memo.

C5Alive Matchmaker Luncheon to feature speed networking

The monthly C5Alive "POWER Luncheon" will be held February 8, 11:30 a.m. to 1:00 p.m. at Fairlawn Plaza Mall, and will feature a double round of speed networking.

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 March 8, 11:30-1.



GCC to host Tim Tebow Night to Shine

Grace Community Church in Topeka is hosting the Tim Tebow Foundation event "Night to Shine," a prom for people 14 years old and up with special needs. Guests will have an unforgettable night and be given the royal treatment.

The event is to be held on

Friday, February 9th at Grace Community Church, 4300 SW Burlingame Rd.

There is a need for volunteers also. For more information contact Jennifer Eschmann by emailing jenn.eschmann@gmail.com or calling 785-580-3976.



WIBW Photo

EASTERFEST

continued from page 1

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."

The Easter Parade will be on North Kansas Avenue, beginning at 10 a.m. at the railroad tracks in the NOTO Arts District and proceeding to Garfield Park. This will be followed by the Big Egg Hunt in the Garfield Park playground area. From 10 a.m. to 3 p.m., 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 and 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.

Bounce houses, facepainting, pony rides and food trucks are always among the most popular attractions, as well as lazer tag, archery and bubble soccer.

Sponsors are needed for the Vendor Market, Entertainment Stage and Health Fair. Volunteers are also needed to help with the entire event.

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

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Topeka North Outreach seeking partners for 2018

Topeka North Outreach, Inc. is currently looking for partners and raising funds for its 2018 ministry services, according to Theresa Gartner, who has been with TNO for many years.

"Our youth ministry needs partners to help us shine the light of Jesus into this dark & hurting world, and help us feed their mind, body & spirit," Gartner said. "We are reaching out with the love of God to help alleviate childhood hunger in Topeka.

TNO outreaches over the past year included:

- OPERATION BACKPACK distributed 22,000 Weekend Food Sacks to hungry children in the community – 242,000 food items.
- Weekend Food Sacks were shared with 550 children EVERY WEEK of the school year at 11 area schools.
- 200 children received food sacks every week of the summer at 3 locations in the North Topeka & Oakland area.
- Hungry children in East Topeka also received Operation Backpack when attending the Forest Park Summer Camp, & the Kingdom Life Church.



- VBS CLUB, held daily, nourished children with the Word of God and the Love of God through our Summer program held at Garfield Community Center.
- Bible stories, crafts, music, service projects, homework help, after school snacks, an evening meal on Friday.
- HYGIENE MINISTRY distributed close to 200 hygiene kits to area children and ala carte to all area schools.
- BOOKBAGS & SCHOOL SUPPLY GIVEAWAY blessed over 400 children.
- TNO Youth Ministry was instrumental in expanding The Bridge's Lunch Buddies program into the Seaman school district.
- Also included: a community Thanksgiving Dinner, Christmas Field

trip, and a Happy Birthday Jesus Birthday Party.

"We would like to give special thanks to our partners for helping make this happen," Gartner said. "That includes Topeka Active 20-30 Club, Project Topeka, Northland Christian Church, AIM5, Frito Lay, TNO Member Churches, The Gideons, and to each and every one of our 300 Volunteers from over 50 different churches, organizations or groups."

TNO is inviting any person or group to come alongside and help with the various ministries and activities.

"We would be happy to give more information about what we do and how people can help," Gartner said. "Call us to schedule a presentation with your group or church."

For more information about TNO, or to send a donation, please contact:

Topeka North Outreach, Inc. Youth Committee
 210 NW Menninger Rd., Topeka, KS 66617
 Phone: 785-286-1370
 Email: youth@topekanorthoutreach.org
 Website: www.topekanorthoutreach.org

GOVERNOR

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kids have the same opportunities for success as any other Kansan."

TMP Chaplain Father Earl Befort, who has been with the school for 48 years, said he recalls Colyer as a good student academically who was outgoing and friendly.

"He was very much a classmate and friend, and someone you could really count on to do the right thing," Befort said.

Colyer was one student who showed promise to do great things, Befort said.

"I think you always see in certain students that they're going to do well, they're going to have a good profession and be good people. He was one of those," he said.

Befort said those are characteristics he's seen grow in Colyer, citing his volunteer work.

"If anything, it's become more prominent in his life, the importance of honesty and integrity. Those types of things were important then, and I think they still are," Befort said.

When asked about his inauguration, Governor Colyer said, "Throughout my life I've been blessed with the opportunity to serve in a variety of ways including as a doctor, humanitarian and lieutenant governor. I'm excited to begin serving Kansans in an even greater way today as the governor of this beautiful state."

Colyer, 57, is a fifth generation Kansan from Hays who is dedicated to making a difference in people's lives on the personal, state, national and international level. Over the last 25 years, Dr. Colyer has volunteered, as a surgeon, in dangerous war zones such as Afghanistan, Iraq, the Balkans, Libya, and Africa. He was an International Medical Corps volunteer and the only surgeon in southern Rwanda during the genocide that killed 800,000 people.

Colyer also served as a White House Fellow under President Ronald Reagan and President George H.W. Bush in international affairs.

He served two years in the Kansas House and another two years in the state Senate before being elected on Brownback's ticket in 2010.

He's been waiting to assume the role as governor for six months, ever since President Donald Trump nominated Gov. Sam Brownback to be Ambassador-at-large for International Religious Freedom in July. The U.S. Senate finally confirmed Brownback in late January.

Colyer is a pro-lifer who recently expressed dismay that the U.S.



The Colyer family

Congress had not passed the Pain-Capable Unborn Child Protection Act, which would ban abortions after 20 weeks – at which time it has been shown the unborn baby can feel pain. Listing the seven countries in the world that allow abortions after 20 weeks (China, North Korea, Vietnam, Singapore, Canada, Netherlands, United States), he noted "We should not be a part of this list. I call on the US Senate to pass the Pain Capable Unborn Child Protection Act."

He has promised a new tone for Kansas.

"I will set a tone and insist on an environment of openness, honesty and respect and without harassment, especially in this building," Colyer said. "When others blame and complain, I will be busy working for you and finding solutions."

Colyer holds a bachelor's degree in economics from Georgetown University, a master's degree in international relations from Cambridge University, and a medical doctorate from the University of Kansas, School of Medicine.

Colyer and his wife, Ruth, have three daughters, Alexandra, Serena and Dominique.

PRAYER BREAKFAST

continued from page 1

fessional level.

After graduating with honors, Dan decided to trade in his tiger stripes for bird feathers and began his professional career as Fredbird, the mascot for the St. Louis Cardinals baseball team. Although many thought Dan's "bird legs" were a perfect match for his costume in St. Louis, Dan stayed only a short time. He was offered a job in professional football and decided to exchange his bird suit to become a wolf.

Today Dan is widely known as KC Wolf, the official mascot of the Kansas City Chiefs. He travels throughout the United States and

the world entertaining thousands of people both in and out of costume. Dan is in high demand not only as a mascot but also as a humorous and motivational speaker to audiences of all ages. His enthusiasm, optimism and love for life are contagious and makes Dan an inspiration to all those he meets.

In addition to Meers, the audience will hear from a wide array of Kansas leaders, as always. Festivities will wrap up by 8 a.m., just in time for most folks to get to work on time.

The Kansas Prayer Breakfast is held in

March each year, and is patterned after the National Prayer Breakfast, which began in 1953 in Washington, D.C., under the leadership of Kansas Senator Frank Carlson and President Dwight Eisenhower. The Kansas version began in 1962 with the aid and encouragement of Governor John Anderson. Carlson was the first keynote speaker.

Tickets for the breakfast are \$18.00 per person or \$180.00 for a reserved table of ten. For reservations call 785-380-2901 or email info@kansasprayerbreakfast.net.

More information can be found at www.kansasprayerbreakfast.net.

TRM Asks Kansas to Declare War On Human Trafficking

February 1, 2018 marks the 70th anniversary of National Freedom Day – a day set aside to commemorate that our nation outlawed slavery. However, in reality slavery does still exist and is thriving right here on our soil.

In light of this truth, Topeka Rescue Mission Ministries launched a new initiative, Freedom Now USA, to assist states in eradicating human trafficking, which is modern-day slavery. TRM has authored a proclamation, which Governor Brownback signed January 26th, declaring Kansas will once more take action to stand against slavery. It was then sent to the House and Senate for approval.

Barry Feaker, Executive Director of TRM Ministries, will be in charge of making sure that Kansas will once again lead the charge in standing against slavery and seeking freedom for all.





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FINANCIAL PLANNING

Stay Intense!

Dear Dave,

I just accepted a new job that will pay me \$30,000 a year more than my old position. I've got about \$55,000 in debt I've been working hard to pay off, and I know now I need to adjust my budget. Do you have any advice?

Mitch

Dear Mitch,

The first thing I'd say is don't go crazy on any big-ticket items while you're paying off debt. Keep it simple, and go out to celebrate with a nice dinner after you get your first paycheck. Remember, the more you put toward debt, the faster it goes away.

For the time being, I want you to remain passionate about getting out of debt. Your thought process needs to be, "Wow, I got a new job making more money. I can get out of debt even quicker!"

Again, I'm okay with you adjusting a bit that first month and having a little fun to celebrate your good fortune. But after that, I want you to turn around and attack that debt with even more intensity

than before. Then, once you're out of debt, you can celebrate that with something a lot nicer.

Congratulations, Mitch!
—Dave

No electronic access!

Dear Dave,

You say to never give collectors access to your checking account. Does that include debit cards, too?

Sue

Dear Sue,

Yes, it does! Collectors are looking to get as much as they can on a bad, late debt. I've seen numerous situations where collectors have taken more than the agreed-upon amount from someone's account once they gained access. To be fair, the collection business does have a few good people in it. But it also has those who will lie and make threats.

If you're doing something like scheduling utility payments to come through your debit card or out of your personal checking account, that's perfectly fine.



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

davesays

But there are much safer ways to handle situations with debt collectors. You can send a money order overnight, or wire the cash to them. You can also send a cashier's check. Some folks have even used pre-paid debit cards that aren't attached to any of their accounts.

The pre-paid debit card isn't my favorite way to handle these things, but it's a lot better than giving a dishonest collector the opportunity to really mess you up!

—Dave

The past can haunt you

Dear Dave,

My wife co-signed on a loan for an old boyfriend five or six years ago. Now, a collection agency is after her for the remaining \$5,000. We make about \$90,000 a year combined, and our attorney recommended we file Chapter 7 bankruptcy. The idea of filing bankruptcy scares me. Is there a better way to handle this?

Jeffery

Dear Jeffery,

Your attorney doesn't sound very bright. A bankruptcy stays on your record for years. It's just plain stupid to consider trashing your financial life over \$5,000.

This collector bought the loan for pennies on the dollar. It's an old debt, and that means there are very low expectations for collection. At the same time, your wife did co-sign for the loan.

If you have the money, and you can pay it off without hurting yourselves financially, do it. That's the right thing, both morally and legally. If you don't have that kind of cash on hand, try haggling with them. See if you can get them

to agree to settle for \$2,500. Remember to get this agreement in writing before you send them a dime, and do not give them access to your bank account.

Chances are they'll threaten to sue and all that stuff, but my guess is you can work out something on an old loan like this. It may take a couple of weeks and a little patience, but that's a small price to pay if it saves you \$2,500.

Sorry, but you guys will have to pay something to make this go away. And I hope it teaches you both a valuable lesson — never co-sign on a loan!

—Dave

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Significant EITC Tax Benefits Are Available

By Peggy Beasterfeld

Owner, Peggy's Tax and Accounting Service



The Internal Revenue Service and its partners across the country annually remind taxpayers about the Earned Income Tax Credit (EITC) to alert millions of low- and moderate-income workers who may be missing out on this significant tax credit.

Millions of taxpayers who earned \$53,930 or less during 2017 may qualify for EITC for the first time, making awareness critical. Workers, self-employed individuals and farmers who earned \$53,930 or less last year could receive larger refunds if they qualify for the EITC. Eligible families with three or more qualifying children could get a maximum credit of up to \$6,318.

For those without a qualifying child, they could get up to \$510. Unlike most deductions and credits, the EITC is refundable. This means those eligible may get a refund from the IRS even if they owe no tax. In 2017, almost 27 million taxpayers received over \$65 billion in EITC. The average amount of EITC received was \$2,445.

The IRS recommends that all workers who earned \$54,000 or less learn about EITC eligibility and use the EITC Assistant to find out if they qualify. The tool, available in English and Spanish, helps users determine their filing status, if they have a qualifying child or children, if they qualify to receive the EITC and estimates the amount of the credit they may get. If an individual doesn't qualify for the EITC, the Assistant explains why. The worker can print a

summary of the results and keep the summary with his or her tax records.

The IRS reminds taxpayers to be sure they have valid Social Security numbers for themselves, their spouse, if filing a joint return, and for each qualifying child. They must have these SSNs before they file their return and before the due date of the return, including extensions. For most people, the due date of the return is April 17, 2018. Most taxpayers can extend the due date for their 2017 tax return to Oct. 15, 2018. There are special rules for those in the military or for those out of the country.

How to Claim the EITC

To get the EITC, workers must file a tax return and claim the credit.

By law the IRS cannot issue refunds before mid-February for tax returns that claim the EITC or the Additional Child Tax Credit (ACTC). The IRS expects the earliest EITC/ACTC related refunds to be in taxpayer bank accounts or debit cards starting Feb. 27, 2018, if they chose direct deposit and there are no issues with the tax return.

The EITC rules are complicated and the IRS urges taxpayers to seek help to make sure they are eligible by visiting a free tax return preparation site, using Free File software, or from a paid tax preparer wisely. Errors can have lasting impact on future eligibility to claim EITC and leave taxpayers with a penalty.

Beware of scams that claim to increase the EITC refund. Scams that create fictitious qualifying children or inflate income levels to get the maximum EITC could leave taxpayers with a penalty.

IRS.gov is a valuable first step to help taxpayers get it right this filing season. Information on other tax credits are also available, such as the Child Tax Credit.

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opinion

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Franklin Graham: Beware of coup against Trump

Rev. Franklin Graham fears that a deep state coup is being devised to oust President Donald Trump and take control of the White House.

"I believe we are in a coup d'etat," Graham warned on the Todd Starnes Radio Show recently. "There are people in this country who are wanting to destroy the president and take over the government by force."

Concerted takeover from within

As congressional Republicans continue to charge that deep state operatives have been working within the Department of Justice (DOJ) and the Federal Bureau of Investigation (FBI) in a scheme to usurp the current administration, Graham aired out his own concerns during the Starnes interview about an internal job assisted by the mainstream media to depose the president – without giving names.

"They are not going to use bullets," the evangelical leader asserted. "They are using the media to plant thoughts in people's minds that he's incompetent, that he's dangerous, that you can't trust him with nuclear weapons, that he is mentally unstable."

Trump defenders attacked

And those who back Trump are suffering the consequences and being attacked themselves.

"Graham and other Christian leaders have been targeted in recent days by the mainstream media for their unwavering support of the president," Fox News reported. "Many have been accused of hypocrisy for backing a man who is accused of cheating on his wife and using profanity."

Former Republican National



Committee (RNC) Chair Michael Steele did not hold back his own attack on evangelicals for supporting Trump through all of the anti-Trump "fake news" aired by leftist media outlets from coast to coast.

"I have a very simple admonition at this point," Steele told MSNBC's Hardball, according to a report from the Huffington Post. "Just shut the hell up and don't ever preach to me about anything ever again. I don't want to hear it. After telling me how to live my life, who to love, what to believe, what not to believe, what to do and what not to do, and now you sit back and the prostitutes don't matter? The grabbing the you-know-what doesn't matter? The outright behavior and lies don't matter? Just shut up."

Family Research Council (FRC) President Tony Perkins was targeted by the mainstream media after he conceded that Christians and those on the political right gave Trump another chance after his crude

comments came to light before the presidential election.

"Yes, evangelicals, conservatives – they gave him a mulligan," Perkins admitted to CNN. "They let him have a do-over. They said we'll start afresh with you and we'll give you a second chance."

However, two of the nation's influential evangelical leaders were quick to stress that Trump's lewd behavior did not take place while in office, but years before he ran for the presidency.

"Both Graham and Perkins pointed out that Trump's alleged sinful transgressions occurred long before he took the oath of office," Fox's Todd Starnes informed. "On the other hand, Bill Clinton's admitted indiscretions not only happened during his presidential term – they literally happened in the Oval Office."

Graham specifically addressed his own willingness to forgive and forget what Trump has done in the past, reminding

Americans not to cast the proverbial first stone and calling the allegations against the president a distraction that keeps him from focusing on his job.

"We are all flawed people," the renowned preacher from North Carolina explained on the Todd Starnes Radio Show. "The president is a sinner. Franklin Graham is a sinner. We are not perfect people. Has he had scandals in his life? Sure he has. These scandals happened a number of years ago. That doesn't make it right. I don't condone bad language. I don't condone adultery."

Even though the president of the Billy Graham Evangelistic Association (BGEA) does not agree with many of the things Trump has said and done in the past, he still backs the president as he strives to implement an agenda that is grounded in biblical principles, such as his stances on homosexuality and abortion.

"He's not perfect, but he's our president," Graham added. "He said he didn't do it. I have to take his word over that of the media that is trying to lynch him."

Agreeing with Perkins, Graham insisted that he would be the first to condemn the president if he engaged in immoral behavior while serving in the White House, and then urged Americans to pray for God's protection of Trump from Satan's attacks.

"We need to pray for those that surround the president that God will protect them and keep them safe," the president of Samaritan's Purse insisted. "I believe that he's the president of this nation because God allowed it, and I think on election night, God intervened. He wasn't supposed to win – he was supposed to lose,

continued on next page

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WHEN PRIDE BECOMES YOUR DOWNFALL



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Years ago when I was studying to become a minister at MidAmerica Nazarene University, a professor dedicated the class time to teaching on sexual temptation in ministry. It was not for academic purposes, but to prepare us. I am glad he did!

My mind raced back to that class as I reflected on the flood of sexual misconduct stories beginning with Harvey Weinstein. The women that came forward in the film industry, gave courage for others to speak out in the worlds of sports, politics, and media. By no means is it limited to those arenas. I live

in the world of religion. Unfortunately, the problem extends there also.

As we celebrate Valentine's Day, let me be clear, none of this has anything to do with real love. When someone of great influence moves sexually on someone of lesser influence, it is about lust and abuse of power. When a man or woman of a lesser position sexually engages with person of higher position, that he or she might find some advantage, it is for personal gain. When an organization refuses to act on confirmed reports of sexual allegations against its influential leader, they are looking out for themselves. And it does not matter if it is consensual or not. Wrong is wrong. And no one is immune from this. In the Bible, the heralded King David became a victim of sexual sin as found in the legendary story of David and Bathsheba.

David was an honorable man of God, but at the height of His fame and power, he became morally weak. One day, instead of tending to his normal



duties, he strolled onto the roof of his palace to view his expanding kingdom with pride. In that moment, a woman appeared in the distance that captured his attention. He used his position as King to summon her, where they slept together, and she became pregnant.

The story did not end there. For a year, David hid his heinous actions until God sent a messenger to confront him. Finally, David turned from his pride and humbly confessed his evil to God.

After an incident like David had, it would be easy to feel as if life was over because of the consequences. There is no future. There is no hope. Let me say, that with God, there are always second chances.

Because of the death and resurrection of Jesus the evil of your sexual sin can be forgiven. Your shame and guilt can be washed away. In the face of your consequences, you can have freedom.

A prayer for you to pray – Lord God, I can see that what I have done is wrong. I desperately need your forgiveness. I pray David's words who said, "Wash me thoroughly from my iniquity, and cleanse me from my sin" (Psalm 51:2). 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

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and I think it was God who worked in a mysterious way on election night to turn the tables."

Evidence of a coup
Substantiating Graham's fears, Rep. Matt Gaetz (R-Fla.) argued that "elements [of a] palace coup meant to disrupt" Trump on the campaign trail and in the White House were exhibited in FBI officials' actions and behavior.

"These are the elements of a palace coup that was underway to disrupt President Trump, both before and after his election," Gaetz shared on Fox News' The Story with

Martha MacCallum, according to a report published by Lifezette.com. "And I suspect there will be multiple inquiries."

More and more evidence is revealing that a conspiracy against Trump is anything but speculation.

"The FBI admitted last week that it had 'failed to preserve' text messages from two anti-Trump FBI employees during a five-month period," Lifezette.com's Kathryn Blackhurst reported. "Rep. John Ratcliffe (R-Texas) told Fox News on Monday that new text messages between Peter Strzok and Lisa Page showed Strzok implying that

a 'secret society' of anti-Trump federal agents attempted to prevent Trump from becoming president."

Gaetz shared with MacCallum about how the Justice Department had in their possession incriminating text messages, but that the FBI insisted that it did not have them.

"So, we've got conflicting information," the conservative congressman asserted. "Are the texts truly lost or does the inspector general have them? That's what Congress needs to find out immediately. Conflicting information demands

answers. We also need to correct conflicting information."

Gaetz proceeded to call the House Intelligence Committee to make public a four-page memo penned by Rep. Devin Nunes (R-Calif.), who chairs the panel. The document highlights the Obama administration's abuses of targeting Trump during his presidential campaign in 2016.

"Democrats have actually boycotted a review of this memo," Gaetz pointed out. "I think it would be good for every member of Congress to read it and then for us to

have a public vote to release this memo to the American people so that everyone can see what was really going on at the FBI."

The conservative from Florida said contentions that Trump would try to keep the memo hidden are "categorically false."

"I have every confidence [Trump] would allow it to enter the public square," Gaetz concluded. "Because when you pair memo - which I have read - with the purported missing five months of text messages, the overlay of the timeline is very interesting and tells quite a story."



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CHURCH RETREATS HAVE RICH HISTORY, IMPORTANT PLACE

Church retreats are a tradition that goes back to the origins of camping itself and the “Brush Arbor” movement early in the previous century. But why exactly are church retreats so effective? It is the lack of distractions. Retreats are so productive because a retreat provides the opportunity for a concentrated time focused on spiritual objectives and relationships in a setting removed from the distractions of everyday life.

Let me give an example. Not long ago, I was involved in what turned into a protracted process to

work out the details of a lease for some camp buildings. The process took almost nine months, mostly because of the delays in dealing with each message and proposal as they worked themselves between two principals and their attorneys. A message to the principal could wait for hours or days depending on the work load of the principal. After consideration, the message would then be passed to their attorney, who was dealing with it along with his other clients. A response would eventually filter back through the same process in



pressing needs. You are away from it all.

Retreats work for all ages and for a variety of purposes. Adult retreats, especially women’s retreats, are great for building relationships and focusing on spiritual needs. That is why they are so effective for groups like Alpha. Youth groups also benefit especially because of the opportunities for leaders to build relationships with students during the course of a weekend, which is simply not possible two hours at a time with a week in between.

Church retreats are a great way to accomplish many of the objectives of church ministries through a period of time away focused on relationships and spiritual development, without the daily distractions of our busy lives.

Kirk Potter is Retreat Center Director at The Firs Camps and Retreats, Bellingham, Washington

reverse, get passed back to us and on to our attorney. It took months.

By comparison, a good friend of mine’s father was a partner in a major development and construction company, which was involved in building and sometimes owning downtown sky scrapers and shopping malls. When negotiations commenced for a project, they all met in a neutral setting for several days of face-to-face negotiations with all the parties and lawyers at the table. In a matter of days, they processed complexities light-years more advanced than my lease project. The difference; no distractions, no interruptions, no other clients, no other competing priorities, and no family responsibilities during that time period. As well, the productivity resulting from the trust relationships built in these face-to-face settings was not possible at the end of e-mail, telephone calls, and brief meetings.

Retreats are similar. A weekend retreat is worth months of Sundays and mid-week meetings because of the lack of gaps and distractions. Add to this the relationships built as you share the retreat experience with others over a concentrated time, and the effectiveness of the retreat is even more pronounced.

The concept of a retreat is not unlike that of a vacation. You set aside all the distractions of everyday life for a time away dedicated to a particular purpose, which often includes developing and deepening relationships with family and others. Add to this the pleasures of someone else doing

the cooking, serving and clearing tables, taking care of the dishes and child care in some cases. It is almost like going out to eat five times in one weekend with a group of friends. There is ample opportunity to sit around the tables and have a nice chat. There are no

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PLANNING FOR SUCCESS MONTH-BY-MONTH GUIDE

In any endeavor, failure to plan is planning to fail. This is especially true when it comes to a group retreat. The timeline for retreat promotion and registration may be several months. Below is a sample timeline:

Four months: Church establishes a “coordinator.” The coordinator will want to ask for volunteers to be responsible for the areas of finances, registration, promotion, program, site selection, food, etc. There is truth to the sentence: Many hands make light work. Leaders need to remember when asking people to serve that the benefit to serving is the personal relationships that develop within the church.

Three months: Retreat center websites often have a promotional kit on line for their groups to use for newsletter articles and bulletin inserts. Coordinator needs to



publish dates early so people can schedule their schedule around the retreat. The coordinator needs to host a meeting with participants to provide financial deadlines and early bird discounts, schedule, travel details, etc. and provide time for those

interested to ask questions. A coordinator needs to be sure that financial guidelines are clear and offer incentives to register early. Leaders need to promote retreats on social media such as facebook and twitter. and through church literature.



Two months: On a Sunday morning or in Sunday school class, have past attendees share their personal testimonies concerning retreat experience from previous year. This will increase interest and increase the possibility of donations of scholarship money. Pictures are worth a million words. The promotion leader may ask past attendees to email pictures of the previous retreat or camp to the coordinator to organize a power point slide presentation for viewing before, during or after the service. The coordinator needs to make a special effort to personally invite students or adults. This can make all the dif-

ference in their decision to come.
One month: The registration leader may organize a “Retreat Sunday” with someone to take registrations. The leader may also organize a pancake breakfast or a baked potato luncheon on that day to provide awareness for others to pray for the students who are to attend camp.
One Week After: Ask the participants to share about their retreat experience with others. Fellow members will be much more willing the following year to support you in your efforts when seeing how the retreat has revitalized attendees!

HOW TO MAKE A RETREAT PERSONALLY EFFECTIVE

1. Choose a quiet place that offers comfort and the minimum of distractions but that makes it easy to break up your retreat time into short sessions with fun interludes between.
2. Schedule yourself loosely. If we bring the same busy schedule we are addicted to at home into our experience we will get very little out of it. Retreats are like Sabbath, meant to renew our connection to God and revitalize our relationships to each other.
3. Retreat with a friend or spouse. God speaks not just through scripture but also through those around us. Others can help us evaluate the effectiveness of our contemplative practices and their role in stirring our imagination.
4. Spend time in prayer and scripture reading. This can take many forms. You may like to start

- with a familiar psalm or gospel portion, or choose to read through a book of the bible.
5. Keep a journal. What are you grateful for? What was your biggest struggle? Where have you paid attention to God in your life this week? Use this material as foundations for your retreat process. You will find this is a wonderful way to explore the threads God is weaving in your life.
6. Break up your retreat time into “sittings” (or sessions). Normally these should not be for more than an hour; stop while you’re still enjoying it. Consider these sessions “prayer periods”—times of more formal interaction with God.
7. Between sessions, enjoy doing something that doesn’t require concentration such as taking a

- walk or hike. Do not do anything that distracts you like checking your texts or surfing the internet.
8. Use your retreat to create tangible goals for the next few months. Set goals for your spiritual life, personal well being, relationships, ministry, gardening and relaxation.

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Trump's first year better than Reagan's?

The New York Times is reporting that the conservative Heritage Foundation now ranks President Trump as doing even better than the conservative icon Reagan in the first year of his presidency.

The Times reports: The Trump administration has pursued policies that have hewed remarkably close to the recommendations of a leading conservative think tank, the Heritage Foundation, which found in a new review that nearly two-thirds of its ideas had been carried out or embraced by the White House over the past year.

The results, Heritage found in its review, exceeded even the first year of Ronald Reagan's presidency, whose tenure has long been the conservative gold standard.

Heritage began developing in 2016 a list of 334 policy prescriptions that a new Republican administration could adopt. It included a variety of actions, like reimposing work requirements for welfare recipients, ending the program that shields young immigrants brought here illegally as children, withdrawing from the Paris climate accord and eliminating certain gender identity protections.

Heritage said that 64 percent of those items were enacted by the administration either through executive order or another means of enforcement, or included in Mr. Trump's budget, which has not been voted on by Congress.

In Reagan's first year, only 49 percent of Heritage's wish list items were embraced by the president or enacted. At the time, Heritage identified a familiar problem for why the administration's policies were wanting. In almost every federal agency, Heritage said in November 1981, "delayed appointments, unqualified or misqualified appointments, or the



appointment of individuals who are not committed to the President's goals and policies" had delayed or thwarted policy changes."

TUMI to Hold Commencement Ceremony

The Urban Ministry Institute (TUMI) of Topeka will hold a commencement ceremony for 2018 graduates this month.

TUMI Faculty, Staff, Alumni and Students will be on hand to help celebrate and recognize Daryl Hartter, from Wannamaker Woods Church of the Nazarene, and Scott Smith, from Northland Christian Church.

The event will be held on Saturday, February 10, at 4:30 p.m., at Wannamaker Woods Church of the Nazarene, 3501 SW Wanamaker Rd. A reception will follow the ceremony.

TUMI-Topeka began as a single TUMI Satellite serving the urban community. Topeka Rescue Mission & TRM Ministries soon began its own satellite, the Center for Biblical Leadership

Development. Currently, under the World Impact Topeka umbrella, TUMI classes are held in the community, as well as courses and services in the county jail and Topeka Correctional Facility. They have also hosted the Evangel School of Urban Church Planting, which resulted in two new churches. Yearly leadership retreats and quarterly, free, continuing education workshops also help resource urban churches.

TUMI credits are accepted by several schools who offer distance education, such as Tabor College in Wichita, City Vision University and Fuller Theological Seminary.

For more information contact Mary Flin at 785-431-6000 or maryflin@hotmail.com, or visit worldimpactmidwest.org or TUMITopeka on Facebook.

Street Reach finds great struggle

Our team has already had the opportunity to minister to many unsheltered homeless people in 2018. The low temperatures have been -35 degrees with wind chill.



People who don't have a warm home and regular hot meals have really been struggling to survive outdoors. Unfortunately, we've already seen people with frostbite and permanent physical damage from the below zero temperatures.

I always enjoy being outside, regardless the weather. My wife believes that I'm part polar bear since I'm always too warm. I don't know about you, but I enjoy the snow – it makes everything so quiet and peaceful. It also takes some specialized gear and thoughtful preparation to be comfortable outside in cold weather. However, what unsheltered homeless people are up against this winter is far different from an afternoon enjoying the snow.

So many people on the street fight depression and other mental illnesses, are off medicines that help them function, self-medicate, fight an addiction, and are ill with a cold or the flu. Struggling against these temperatures, with these extra hurdles, can mean the difference between life and death for our unsheltered homeless neighbors.

Recently, while helping with the Annual Point-in-Time count, we found more unsheltered homeless people in that one day than our team had ever located before. Every one of them was offered resources and invited in to the Mission for a hot meal and a warm, safe bed.

The theme verse for Street Reach is Philippians 4:13, "I can do all things through Christ who strengthens me." Our team takes that verse to heart. More than that, we regularly encourage folks we are outreaching, over a hot cup of coffee, with that verse. Please pray for our unsheltered homeless, hungry and discouraged neighbors.

Mark DeGroff
Topeka Rescue Mission Ministries

Lifeline announces big changes

The Lifeline Kansas team has announced some big news about how God is working. In the Fall of 2017 Lifeline was approached and asked by the Caring Pregnancy Options board to pray about taking on their ministry in Topeka. That has now happened and Lifeline has taken on the ministry CPO had carried on for over twenty years in the community. Lifeline began as a birth parent ministry in 1981 and is still a birth parent ministry today.

Lifeline is in the process of moving the entire ministry operation to the former CPO location at 2041 SW McAlister Ave. Many families are familiar with this location being a place they can receive help and support and it will be a more central location for Lifeline's ministries.

Some questions may arise upon hear-



Lifeline needs coaches and hosts to be part of our ministry and be willing to do discipleship with women and families it serves. They need people to partner with them so they can serve the greater Topeka area more fully and show the hope of the Gospel to more families. They also are seeking prayer partners to lift up the ministry every single day.

4. Does Lifeline take donations?

Yes! They have a need for new or gently used baby items and clothing, new packs of diapers and wipes, formula, women's maternity clothing, and women's work wear. These are items families need the most.

Harbor Families Needs You

In 2017 Lifeline launched Harbor Families, a coaching and hosting ministry designed to do life with families in crisis. Help is needed in ministering to these families. To register for training or answers to questions contact Jessa Swearingen at jessa.swearingen@lifelinechild.org or 785-783-4577.

Share the Story Dinner

Lifeline will hold its annual storytelling event April 5, 2018, at 6:00 p.m. at Fellowship Bible Church. The Share the Story dinner highlights what God has done in the lives of children and families with Lifeline and is open to anyone. Tickets are \$10 and can be purchased at <https://lifelinechild.org/share-the-story-hope-embraced-topeka-ks/> or at the Lifeline location at 2041 SW McAlister Ave. For more information about tickets and sponsorship opportunities call 785-783-4577.



Lifeline staff

ing about these changes:

1. Are families still able to receive services?

Families will still be served by Lifeline. It is open to families and walk-ins who may need support, parenting skills, resources, pregnancy tests, and more.

2. If Lifeline is an adoption agency, will Lifeline only be able to serve families who choose to make an adoption plan?

Absolutely not. Lifeline is set up to serve and walk with families no matter what situation they find themselves in. They serve families who are seeking to overcome a crisis, families wishing to gain better parenting skills, families who need to know what resources are available to them, families wishing to make an adoption plan, and more. Areas of focus are Family Restoration, Pregnancy Care, Education, and Adoption.

3. What are some of the biggest needs Lifeline is seeing with this new move?

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MEDIA PARTNERS:

"Country Music for Life"



By **Darcy Childs**

Until recently, if you turned on 94.5 FM Country on a Sunday morning you would have heard Scott and Diane Perkins spreading their faith over the airwaves on "The Country Parson & Lil' Miss" show. Scott and Diane have been using this radio show as their ministry to spread their love of God, Family and Country Music to fans all around the world.

"I was always a country music fan, but I wasn't always a Christian," said Scott Perkins, the Country Parson, "I wanted to find a way to reach people who were just like I used to be and Country Music radio has been that way for almost a quarter of a century."

Perkins started out as pastor of a small country church in Cayuga, Texas, about 80 miles southeast of Dallas. He approached a couple of local radio stations to trade his voice talent services for commercial time for his church. A station in Palestine, Texas asked if he wanted to do an on-air church service. Perkins suggested a Christian Country music program to segue from a church program they already broadcast back to their normal country music programming.

"I played them a little of what I wanted to do and the management liked it so much they asked if I could do a two hour show before I ever went on the air," added Perkins.

At the height of his popularity Perkins was syndicated on thirty-five stations in the US, two in Australia, one in the

Philippines and one in Canada.

Having grown up in Topeka (Perkins is a graduate of Seaman High School), he decided to move back to the area. After coming back to his hometown he met his wife Diane, who for the past decade has been "Lil' Miss," his radio ministry partner.

"I tricked her into being my partner," said Perkins. "She used to come to the station with me and she was sitting next to a



microphone one morning and I just asked her a question."

"I didn't want to embarrass him or leave him with dead air so I HAD to answer his question," laughed Diane.

Their radio show is a mix of mainstream country music, folksy humor, good food recipes, scriptural readings and encouraging stories meant to inspire faith in their listeners. Recently, Diane has



been going through cancer treatments. She decided to share that with her audience as a way to encourage others experiencing the same thing. She motivated others to get mammograms, which in turn helped them receive early detection and treatment.

"When I found out I had breast cancer we didn't hide that from our audience," said Lil' Miss. "I shared my feelings, we shared our emotions."

This sharing of real life situations is why the Perkins' use Christian Country Music as the basis for their show. Perkins calls it 'Country Music for Life.' He said that Country music is about real life and that Christian Country Music leads people to Jesus for answers to their questions. An example of that would be Carrie Underwood's "Jesus Take the Wheel" or "Three Wooden Crosses" by Randy Travis.

When they were informed recently that they would no longer be doing their program it was a heavy blow to take. While the Perkins have a ministry, at the Heritage Christian Cowboy Church at Four Corners in Scranton, Kansas, their Radio show has been a major part of their life and ministry.

"It was like losing friends and family," said Diane, "We are going into these people's homes and we are bringing Jesus to them, bringing hope and encouragement, and that is just over."

Not knowing where their next pulpit would be, Scott and Diane were introduced to Brian Short, the owner of TV 25. TV 25 is a free over-the-airwaves television network that reaches over 2.6 million people covering NE Kansas and NW Missouri. TV 25 broadcasts 12 premium cable-like channels covering news, weather, sports, movies and many different entertainment genres.

The Perkins are taking another step into the unknown by moving their ministry from radio to television. Currently they can be seen doing "The Country Parson Minute" on all of TV 25's 12 stations. There is also an hour long "Country Parson & Lil' Miss" television show in the works. The Perkins are hoping to do a format similar to their radio show, hoping to catch lightning in a bottle once more.

"We hope that we can lead many more people to Jesus using television and sharing 'Country Music for Life,' just like we did on the radio," concluded Perkins.

Just a Minute with the COUNTRY PARSON

"Hi friends. Over the years I've been asked how someone can hear God's voice. The problem that most people have is that they are too busy and won't take the time to slow down their life and just listen. You see, God wants a daily relationship with you. In a relationship, you must listen with your ears, brain and heart. While it is true that sometimes God can be heard in the jingle of a spur, the

thunder of hooves and the bawl of a newborn calf, the true reality is that God can be heard every day, if you would just take the time to be quiet. There is truth that since we have one mouth and two ears, we are to listen twice as much as we talk. Have you listened today?"

Be Encouraged,
Scott Perkins
The Country Parson

Local Restaurant to Offer Christian Music and "Down Home" Cooking Every Sunday

Deep in the heart of Topeka's historic arts district, known as NOTO, is a jewel of a restaurant, art gallery and musical escape called Faces by Mayfield. Located at 802 N. Kansas Avenue, Faces is becoming known for its eclectic energy as it hosts a weekly Jazz performance during lunch on Fridays, comic relief on scheduled Saturday nights, and a monthly Poetry Slam.

George Mayfield, owner, is ringing in 2018 offering an All-American Southern Style Gospel Music experience along with "down home cooking" on Sunday afternoons. The idea behind this soulful experience is to provide the community a place where people can gather on Sundays for a traditional meal while enjoying the sounds of encouragement that comes with the old-fashioned Hymns and modern Christian music. The music is provided by a

local DJ, and there will be opportunities for individuals to perform independently with the establishment's sound system. The Mayfield family recognizes the importance of traditional values, and are happy to offer this unique dining experience to the people of Topeka. Soulful Sundays will begin February 4.

George is not only the sole proprietor of the restaurant, he is also the head cook, organizer of events, and primary artist on display. Mayfield's artistic talents started as a youth experimenting with pastels, then oils, and on to ceramics and plaster mediums to name a few. The ambiance of Faces is like no other in Topeka, as it offers a deep cultural experience from a diverse array of sources. More information about Faces by Mayfield and their activities can be found on their Facebook page or by calling (785) 380-1667.



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Are you ready to make your love's heart leap on Valentine's Day? Our guide to a great Valentine's Day will provide you with ideas and tips that will make your Valentine's Day a success.

Tips for a smooth Valentine's Day:

- Tell your special someone how much you care about them
- Be thankful – it's always appreciated
- Plan ahead – babysitters, reservations, and other things that need done
- Turn off your cell phones – enjoy this time together

Gift Ideas:

Candy and Flowers and Jewelry:

- Visit Hazel Hill Chocolate for a unique chocolate treat
- Surprise your special someone with a bouquet of favorite flowers or balloons
- Dazzle him/her with a piece of jewelry
- Make a list of all the things you love about him/her

Gift basket for her:

- Get a gift certificate for a massage or trip to Avenue Hair Styling & Spa.
- Pick up a candle for a candle-lit bath.
- Find her favorite book at one of Topeka's bookshops for her to enjoy during her quiet time
- Buy her a personalized gift from Elk Creek Engraving.

Gift basket for him:

- Buy his favorite candy bars and personalize it with "Udaman" wrappers
- Include miniature bottles or cans of his favorite drink and personalize them with valentine's day labels

- Create a ticket book with tickets for him to use at his leisure
- Include a new favorite movie, CD, or video game he's been wanting

Dinner:

- Avoid the Valentine's Day rush - create a romantic meal at home
- Go to a restaurant where you share



special memories

- Get dinner and a room, and enjoy the indoor pool or lounge

Dates:

- Laugh together at a comedy show.
- Enjoy a romantic movie at home from Netflix, RedBox, or one you already own. While watching, share your favorite treat and glass of wine or sparkling cider. Include a massage.
- Enjoy a night of music before or after dinner at one of Topeka's nightspots.
- Spend uninterrupted time together with a romantic getaway at one of the retreats listed in Metro Voice's Retreat Guide.



Serenade your Sweetheart

Want to do something out of the ordinary for someone in your life? Why not enlist a Harmony Chorus or Barbershop Quartet to make someone's day extra special with an extra special gift? For \$40 or less you can have your sweetheart serenaded with song, a rose and chocolates!

Topeka Acappella Unlimited is part of Sunflower Harmony Chorus and Sweet Adelines International. Call 478-4650 to book your ValentineGram with them.

The Capital City Chorus is once again offering you a chance to give that someone special in your life a unique Valentine this year from a Barbershop

Quartet. This package is offered only on Feb. 14th, and includes 2 songs, a red rose and box of chocolates. You can reach them at 273-9514.

The Madrigals from Cair Paravel Latin School will also be doing Singing Valentines February 14th, which includes a song, a card and a



heart-shaped cookie or brownie. For more information, call 232-3878 or email markcongdon@cpls.org

Heart-Healthy Valentine's Day Tips

Your sweetheart may have the key to your heart, but eating healthy and being physically active can be the key to a healthier heart. This Valentine's Day, indulge your sweetheart with a heart-healthy gift or date.

Rather than tempting your beloved with sweets, consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade Valentine. Or visit www.ShopHeart.org for gift ideas that benefit the American Heart Association.

Quality time is one of the most meaningful gifts. Bundle up and plan an active outing such as sledding, ice skating, gathering wood for a fire, or if you're feeling adventurous, visit an indoor rock wall.

If your kids are having a Valentine's Day party at their school or day care, instead of sending candies, consider raisins, grapes, whole-grain pretzels, colored pencils or stickers as tokens of their friendly affection.

Cooking at home is an excellent way to control what and how much you eat. Take a date to a local cooking class to practice your skills or learn a new technique.

Prepare a romantic candlelit dinner at home using one of our heart-healthy recipes.

Give to one another by giving back. Ask a date to volunteer with you at a local organization. Giving back is a healthy habit that can boost your mood and help beat stress.

Use this day as an opportunity to tell your loved one how important they are to you, and share ways that you can support each other's health and wellness. Get started by taking the My Life Check Assessment.

Craving something sweet? Gift a beautiful fresh fruit basket to your loved one instead of giving sweets with added sugars.

Sharing is caring – if you go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.

Don't forget to love Fido, too! Give your pet a Valentine and remember to walk or exercise them daily – getting active with your pet will benefit your health and your bond with your pets.

Take it slow – if you receive a luxurious box of chocolates from your sweetie, stick it in the freezer and enjoy in moderation over the next several weeks.

Take a long, romantic walk with your beloved – and try to make it a regular habit. Aim for at least 150 minutes of

moderately intense physical activity each week to help keep your heart healthy. You can reach this goal by walking briskly for at least 30 minutes five days each week.

Check out our tips for healthier preparation methods for cooking.

Rekindle an old flame – try preparing one of your sweetie's favorite recipes in a healthier way. These healthy substitutions can help you cut down on saturated fats, trans fats, salt, and added sugars, while noticing little, if any, difference in taste.

Send a **Singing Valentine**

Topeka Acappella Unlimited chorus will present two songs, a rose and a box of candy to your special someone.

Call Evelyn at **478-4650** to make arrangements

New Year Resolution - So Simple!

Drink Coffee, Lose Weight!

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the events calendar

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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!

MITCH MCVICKER CONCERT - Mar. 10, 7pm, Topeka Free Methodist Church, 3450 SE Indiana. Dove award Winner Mitch McVicker in Concert. For info: 785-266-6610 or www.topkafmc.org or topekafmc@gmail.com

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

SKILLET IN CONCERT - Apr. 14, Kansas Expocentre. Joy Unleashed - The Tour; also featuring For King & Country. Ticketmaster.com

SPECIAL CHURCH EVENTS

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

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

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

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

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

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

FINANCIAL PEACE UNIVERSITY CLASSES - Feb. 3, 6pm. Good News Church, 3819 SW Burlingame Rd. And Feb. 11, 4:30pm. Town and Country Christian Church, 4925 SW 29th. For info: fpu.com

CLOTHING EXCHANGE - Feb. 3 & 10, 9-12pm. Topeka Free Methodist Church, 3450 SE Indiana Ave. Clothing donations need to be in good wearable condition and clean. For info: topekafmc.org

CHILI COOK OFF-PIE BAKE OFF-TALENT CONTEST - Feb. 3, 11am-2pm. Crossroads Cowboy Church, Intersection of Hwy 24 and Hwy 59. Over \$1500 in prize money. Cost is \$10.

NAVY SEAL MEN'S NIGHT OUT - Feb. 8, 6:30pm. LifePoint Church, 200 SW 30th St. Former Navy Seal will speak.

AMERICAN RED CROSS BABYSITTER TRAINING COURSE - Feb. 9, 10-4pm. Susanna Wesley United Methodist Church. For ages 11 and up. \$85 to the public, and \$42.50 for SWUMC kids. For info and registration: 478-3697

CENTRAL CONGREGATIONAL BITE OF CHOCOLATE - Feb. 10, 11-3pm. Temple Beth Shalom, 4200 SW Munson. \$5 donation requested.

DADDY-DAUGHTER DRESS-UP SWEETHEART DANCE - Feb. 10, 6-8pm. St. Patrick's Catholic Church of Scranton. \$15 for a dad and daughter, and \$5 for each additional daughter. For info: Louis Shuck 665-6893 or Mary Burgett mev56b87@gmail.com

LEGISLATIVE EVENT FOR ADVOCACY IN FAITH - Feb. 11, 6:20pm & Feb. 12, 7:40am. First United Methodist Church, 600 SW Topeka Blvd. For info and registration: greatplainsumc.org/umw

SUPPORTIVE ADULTS INSPIRING LIVES (SAIL) - Feb. 13, 11:30am. Susanna Wesley United Methodist Church, 7433 SW 29th St. Menu will include fried chicken, a potato dish, rolls, and cherry dessert. SAIL members are asked to bring a salad. \$5. For info: swumc.org/sail-sign-up.html or 478-3697

FRIDAY FISH FRY - Feb. 16-Mar. 23, 4-7pm. Sacred Heart Catholic Church, 312 NE Freeman Ave. Adults \$8.50, kids 12 and under \$4. Take out available. For info: 234-6727 or sacredheartstjosephcatholic.org

FIBER ARTS WORKSHOP - Feb. 17, 8:30am. Prince of Peace Lutheran Church, 3625 SW Wanamaker. Free.

MEN'S BREAKFAST - Feb. 17, 7-9am. Topeka Bible Church, 1135 SW College Ave.

ANNUAL CHILI & VEGETABLE SOUP SUPPER - Feb. 23, 4-6:30pm. Kansas Ave United Methodist Church, 1029 N Kansas Ave. Adults \$8, Kids 10 and under \$3. Includes chili or vegetable soup, relishes, drink & dessert. Chili Dogs \$1.50. Hot dogs \$1.00. Carry Out Available.

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. 816-949-7100.

ANNUAL USHER'S BREAKFAST - Feb. 24, 8-12pm. True Vine Missionary Baptist Church, 307 SE Tefft. All you can eat for \$10.

RENE CLAUSEN AND THE CONCORDIA CHOIR - Feb. 26, 7pm. Grace Episcopal Cathedral, SW 8th, Ave. Students k-12 \$5, adults \$20. Groups of ten or more \$10 each. For info: 235-3457

CHILDREN'S ART WORKSHOP - Mar. 3, 10am. NET Reach Center, 455 SE Golf Park Blvd. For grades 2-6. Free.

THIRD ANNUAL FOOD FIGHT - Mar. 4, 5pm. Rolling Hills Christian Church, 4530 NW Hiawatha Place. Competitors will sign up for Appetizers, Chili, Soup, or Dessert. Attendees vote on their favorites. Concert by And He Walks With Me follows dinner. For info: 286-0601 or office@rhctopeka.org

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, Merri Neff, Kallied Dance Crew. 417-781-2273.

SEMINARS & CONFERENCES

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

MEDICARE EDUCATIONAL SEMINAR - Feb. 13 & 27, 2pm. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare and those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For info or to sign up: centuryinsuranceagencyks.com or 270-4593 or info@century-health.com. Snacks & beverages provided.

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 SEMINARS! 50 Christian Colleges from 15 States! 25 K-12 Schools from Metro KC area MO & KS Homeschool Organizations. Finances. 816-524-4522.

PENNY NANCE AT CWA KANSAS STATE CON-

FERENCE - March 15, Topeka. Penny Nance, CEO of Concerned Women for America in 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.

FAMILY-FRIENDLY EVENTS

SHEPHERDS CENTER PICKLEBALL GROUP - plays Mon. & Wed. Mon. at Countryside UMC, 32nd & Burlingame, from 3-5. Park on the NORTH side & use the furthest

All About the Kaw: A Speakers Series
February 14, 12pm-1pm
"In Love with the Kansas River,"
by Bill Riphahn

Bill is with Shawnee County Parks and Recreation. In Bill's thirty-year tenure as the park planner he has also become the park historian and collector of park artifacts, photos and drawings. He also has a fondness for the Kansas River and its rich history. *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!*

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Feb. 8, 11:30-1 -- "Matchmaker Luncheon" Speed Networking at Fairlawn Plaza Mall

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

Public is welcome!

Save the Dates!
• Mar. 8, 11:30-1, Power luncheon, Details to be announced
• Mar. 31, 10-3 - 5th Annual Easter Parade & Fun Fair
• Apr. 12, 11:30-1, Power luncheon, Details to be announced

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

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BLEEDING KANSAS PROGRAM SERIES 2018
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2 p.m. Sundays • Suggested donation \$3 adults

A series of talks and dramatic interpretations on the violent territorial and civil war of Kansas and of the nation, 1854-1865.

JANUARY 28 "SAVING CONSTITUTION HALL" by preservation architect Dan Beckwith, United States Representative Lynn Jenkins & former state Senator Winston A. Winters, Jr.

FEBRUARY 4 "WEAPONS OF KANSAS AND MISSOURI: GAWW BY CATERPILLARS OF THE CIVIL WAR" by Gary Newell, AAU gun collector and historian.

FEBRUARY 11 "MARCHING HOME: UNION VETERANS AND THEIR FINDING CIVIL WAR" by Brian Matthew Jester, professor, Sam Houston State University Department of History, author of the 2015 Pulitzer Prize Finalist in History book "Marching Home: Union Veterans and Their Unending Civil War" book signing follows presentation.

FEBRUARY 18 "THE BANDIT RIDES AGAIN: JESSE JAMES, WHERKEY-HEAD KANE, & THE GUNFIGHT TRAIN ROBBERY" by Ralph A. Monson, II, Esq., author, historian, living historian, and past president and current treasurer of the Jackson County-Mason Historical Society. Book signing follows presentation.

FEBRUARY 25 "THE WYANDOTS, QUINDARO, AND OTHER IMMIGRANT TREES OF BLEEDING AND CIVIL WAR KANSAS" by Holly Zane, JD and Kristen Zane, co-owners and enrolled members of Wyandot Nation of Kansas, Bear Clan, historians, educators, living historians and forgotten crafts demonstrators.

MARCH 4 "BLACK CIVIL WAR VETERANS BUILD A CHURCH IN 1867" by Deborah Barter, Franklin County Kansas Historical Society, executive director, author. Book signing follows presentation.

LECOMPTON
Civil War State Historic Site
217 E. 1st St., Topeka, KS 66606

Co-sponsors: www.kansas.gov • www.kscongress.com • www.kansas.gov

REAL PEOPLE. REAL STORIES.

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.

SENIOR STRETCHING EXERCISES – each Mon., Wed., Fri.; 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter on the east side of Fellowship Hall. No charge. 785-354-8777 or 785-213-6016

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

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

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

SHEPHERDS CENTER LINE DANCING GROUP – meets 2nd & 4th 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. To walk a shelter dog call Kelsey: 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 Wanamaker. Some Sat. adoption booths are held at PetSmart, 2020 SW Westport Dr. Updates at savingdeathrowdogs.com

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.

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

BLEEDING KANSAS 2018 – Sundays from Jan. 28-Mar. 4, 2pm, Constitution Hall Historic Site, 319 Elmore, LeCompton. A series of talks and dramatic interpretations 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 & younger free. www.lecomptonkansas.com

FROM THE EARTH: WORKS IN CLAY AND WOOD – Feb. 2, 5pm. Creations of Hope Gallery, 909 N Kansas Ave. This exhibit celebrates artists working in ceramics and wood to highlight the therapeutic benefits of sculpting and building as a creative process. For info: 783-7558, cweeks@valetopeka.org, or facebook.com/creation-sofhopear

TOPEKA BOAT & OUTDOOR SHOW – Feb. 2, Expocentre

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 Paul 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 & goal.

THE ILLUSIONISTS – Feb. 2, TPAC, 214 8th Ave. For info: 234-2787

FIRST FRIDAY DOWNTOWN CHOCOLATE WALK – Feb. 2, 5-8pm. Sample free chocolate offerings at various downtown businesses during First Friday Artwalk

POLAR PLUNGE & STRUT – Feb. 3, 9:30-Noon. Swim Beach, 3300 SE 29th St. Registration at 9:30am; 5k at 11am, Polar Plunge at 12pm. Save some time at pre-registration and packet pick-up: Feb. 2 - Noon-7pm at Gary Gribbles, 2130 SW Wanamaker Rd. For info: 620-408-4450 plungeks.org

LAKE DABINAWA GRINDER BIKE RIDE – Feb. 4, Lawrence. Part of the Guru's Gravel Grinders Series. gravelgrinders.blogspot.com

PUBLIC ENGAGEMENT MEETING ON PRESERVING LAKE SHAWNEE BATHHOUSE – Feb. 5, 5:30-6:30pm. Lake Shawnee Event Center, 3025 SE Croco Rd.

HY-VEE SIMPLE FIX – Feb. 8, 5-7pm. Register by Feb. 4. For only \$115 and one hour of your time, you can have SEVEN meals ready to serve your family any night of the week. Save time & money because there's no shopping & no cleaning! Each meal serves 4. Choose 5 meals for \$85, 6 meals for \$100, or 7 meals for \$115.

KANSAS GARDEN SHOW – Feb. 9-10, 10-7 & Feb. 11, 11-5, Kansas Expocentre. Adm. \$8. Children 12 & under free. Free parking. Friday is Senior Citizens Day: 55 & older buy one, get one free. For info: 235-1986

NIGHT TO SHINE – Feb. 9, Grace Community Church. A Tim Tebow Foundation event - a prom for people 14

years old and up with special needs! An unforgettable night of royal treatment! For info: Jennifer Eschmann at jenn.eschmann@gmail.com or 785-580-3976

MUSEUM AFTER HOURS – Feb. 9, 6:30-8:30pm. Kansas Historical Society, 3425 SW 6th Ave. Admission is half price after 5 p.m. The Museum and Store will be open until 6:30 p.m., then George Thompson presents "Seeing Arabia: The First World War Photographs of T.E. Lawrence"

ANNUAL EAGLE HIKE – Feb. 10, all day. 3-5 mile hike along Perry Lake Trail. For info: 843-9453 or adventure@dirtygirladventures.net

CARSEAT CHECKUP EVENT – Feb. 10, 9-12pm. Shawnee Heights Fire District Station 23, 5310 SE California. Bring your child, vehicle owner's manual, child restraint instructions

DADDY DAUGHTER DATE NIGHT – Feb. 10, 6-8pm. Big Gage Shelter House, 635 SW Gage. Fathers, grandfathers, uncles, or stepfathers: bring your special girl and enjoy dinner, dancing, pictures and prizes will highlight the evening. For daughters age 2-16. \$40 per couple, \$14 for each additional daughter. For info: 785-251-6955 or Riley.Shafer@sncs.us

SAMPLE DAY AT HY-VEE – Feb. 10 & 11, Fri. 4-7pm and Sat. 11am-2pm. Stop in and try Valentine's Day favorites.

"IN LOVE WITH THE KANSAS RIVER" – Feb. 14, 12-1pm, Great Overland Station. Bill Riphahn - All About the Kaw: A Speakers Series. (785) 232-5533

COFFEE ON YOUR CORNER – Feb. 14, 10-11am. Paradise Donuts, 1620 SW 6th. Information session for the community to hear from city officials and representatives in an informal setting about city programs, initiatives and operations. For info: Monique Glaude mglaude@topeka.org or 368-4470

VALENTINE DINNER & DANCE – Feb. 14, 6:30pm, Seaman Community Church, 2036 NW Taylor St. A fun night of dinner and dancing. Tickets \$20 a person and include a meal of lasagna, breadsticks, salad, and desert, also music and a rose. 785-354-8777.

ARAB SHRINE CIRCUS – Feb. 15-18, Kansas Expocentre. For info: 235-1986

RV & SPORT SHOW – Feb. 16-18, Kansas Expocentre. For info: 235-1986 www.ksexpo.com

SAMPLE DAY AT HY-VEE – Feb. 16-17, Fri. 4-7pm and

Sat. 11am-2pm. Stop in and try a variety of delicious treats during Sample Fest.

VALENTINE'S MOOSE MARKET – Feb. 17, 9am. 1901 N Kansas Ave. Vendor's Market

RETHINKING APOLOGETICS: FROM WINNING DEBATES TO WINNING SOULS – Feb. 17, 10am. Topeka Community Resource Council, 400 SE Golf Park Boulevard. Workshop is open to anyone who is interested in enhancing their level of confidence and motivation to share the gospel. \$15 reservation fee includes lunch and workshop material. For info and RSVP: 260-7831, thetruthclinic@gmail.com, or thetruthclinic.org/events

EQUIFEST 2017 – Feb. 23-25. Kansas Expocentre. All-breed horse fair and exposition. Rodeo, mounted shooting, etc. For info: 776-0662

KANSAS SILENT FILM FESTIVAL SPECIAL EVENT – Feb. 23-24, White Concert Hall, Washburn University. Friday eve. 7pm & all day Sat. Free. Cinema dinner available on Sat. For details: Kssilentfilmfest.org

SAMPLE DAY AT HY-VEE – Feb. 23 & 24, Fri. 4-7pm and Sat. 11am-2pm. Come try great chip & dip combos

THE CAPPUCCINO RIDE BIKE RIDE – Feb. 24, Baldwin City. Part of the Guru's Gravel Grinders Series. gravelgrinders.blogspot.com

HARLEM GLOBETROTTERS – Feb. 27, Expocentre. 235-1986 www.ksexpo.com

DOORSTEP OPERATION SOUP LINE FUNDRAISER – Feb. 28, 11am-1:30pm, Expocentre Ag Hall. \$10 adults; \$5 children 12 & under.

57TH ANNUAL KANSAS PRAYER BREAKFAST – Mar. 14, 6am, Ramada Inn downtown. Guest speaker: Dan Meers, with leaders in government, business, education and industry. \$18 each or tables of 10 for \$180. Sponsored by Topeka Fellowship, Inc. For info and RSVP: info@kansasprayerbreakfast.net or 380-2901

CPLS KINDERGARTEN ROUNDUP – Mar 16, 9am, Cair Paravel Latin School, 635 SW Clay. Info & registration: 232-3878 or www.cpls.org

5th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Mar. 31, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed north on Kansas Avenue to Garfield Park. Egg Hunt begins right after the parade at the playground in

Garfield Park. Food Trucks will be on hand and the Family Fun Fair will be 10-3 in Garfield Park, in the Shelter House & in the Gym, including vendor booths, children's games, food, facepainting, pony rides, laser tag, bubble soccer and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: info@C5Alive.org or 640-6399.

MEETINGS & CLASSES

C5Alive "POWER" LUNCHEON – Feb. 8, 11:30-1, at Fairlawn Plaza Mall. Featured: Matchmaker Speed Networking.

- 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: Mar. 8, 11:30-1, POWER Luncheon. Details to be announced

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

THE HEAT - Free fitness classes; learn and build healthy social & eating habits. Held at Trinity Presbyterian Church, 4746 SW 21st St. Sun. - 4-5pm Yoga; Mon. - 12-12:45pm Zumba; 5:30-6:15pm Kickboxing; 6:15-7pm Pilates Fusion; Tue. - 12-12:45pm Yoga; 5:30-6:15pm Zumba; 6:15-7pm Cardio Interval; Wed. - 12-12:45pm Kickboxing; Thu. - 12-12:45pm Pilates; 5:30-6:15pm Cardio Interval - Low intensity; 6:15-7:00pm Cardio Interval - Moderate intensity; Fri. - 12-12:45pm Kickboxing; Sat. - 8-8:45am Kickboxing

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

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Brochures	Gloss, full color, two sided trifold	over 1,000	\$3.35 each
Postcards	12 pt. full color, two sided, 8.5x5.5	500-999	\$8.20 each
Postcards	12 pt. full color, two sided, 8.5x5.5	1,000-1,999	\$8.18 each
Postcards	12 pt. full color, two sided, 5.5x4.25	500-999	\$8.15 each
Postcards	12 pt. full color, two sided, 5.5x4.25	1,000-1,999	\$8.13 each
Tabletop posters	Gloss, full color, 12x18	1	\$1.80 each
Color copies		up to 500	\$8.25 each
Black copies		up to 500	\$6.10 each
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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 TROUPE - 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 fithelawn@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.

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

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

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

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

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

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

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

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

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

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

TOPEKA PRAYER GROUP - Every Wed., 6:30pm, 409 SW Buchanan St. Do you believe that God hears and answers prayers? Do you believe Jesus wants to lead His people by His Holy Spirit? Come join us in prayer as we seek His face for answers and direction. 785-845-1948; holmie2@sbcglobal.net

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

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

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

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

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 low-income students. Sponsored by Topeka North Outreach. For info: 286-1370.

TOPEKA GENEALOGICAL SOCIETY - 4th Thurs., 7pm, Topeka Shawnee County Public Library, 1515 SW 10th St. No program in Nov. or Dec. Promotes & stimulates the education, knowledge & interest of the membership & the public in family history, genealogical records & research. For info: 233-5762 or 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, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & patterns. All are welcome. Anne, 272-9249 or kittens812@sbcglobal.net

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

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

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

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

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

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

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

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

SUPPORT GROUPS

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

Every Mon., 4-5pm: 12 Week Adult Group for Recent Loss 1st and 3rd Thu., 10:30am & 5:30pm—

Ongoing Adult Group 1st and 3rd Thu., 5:30pm: Ongoing Young Adult Group (4-18 years of age)

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

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

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

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

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

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

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

FRIENDS WITH M.S. - 3rd Mon., 6:30pm, Our Savior's Lutheran Church, 2021 SW 29th. (Enter East door). A Multiple Sclerosis support group. 266-7383 or 273-0799.

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

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

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

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

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

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

OVEREATERS / UNDEREATERS ANONYMOUS:

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

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

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

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

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

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

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

information contact Sharon at 785-633-7764

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

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

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

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

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entertainment

Inspirational 'Wonder' tops February DVD releases

movienews

by **Michael Foust**

Auggie Pullman is an energetic and smart 10-year-old who is like most boys his age. He enjoys video games, Star Wars and all-things-NASA.

Except that he's not like any other boy his age. He looks different. He sounds different. When he enters a room, people stare.

Auggie was born with facial differences, and even though he's undergone multiple surgeries to improve his hearing and his looks, he still stands out in a crowd. That's one reason he wears a toy-like space helmet. Sure, it conveys his passion for science, but it also hides his face.

But now Auggie is exiting the comfortable confines of homeschooling and entering fifth grade in a public setting—a setting that could lead to stares, scorn and ridicule.

Will his classmates accept him?

The 2017 inspirational hit *Wonder* (PG) will release on DVD Feb. 13 and digital platforms Jan. 30, giving families the opportunity to watch and discuss one of the best films ever made on the subject of bullying. It stars Jacob Tremblay as Auggie, Owen Wilson as his father, Julia Roberts as his mom, and Izabela Vidovic as his teenage sister, Via.

Wonder is not a faith-based movie, but its message is clear: Every person is valuable. The film's focus nearly gets derailed with a pair of fights that seemingly endorse violence, but that can be fixed with a post-movie family talk.

Wonder is rated PG for thematic elements including bullying, and some mild language. It is based on a children's book by the same name.



Cautions: About 5 coarse words -- OMG (3), misuse of "God" (1), misuse of "Jesus" (1). Two teens kiss, twice. We also see two fights.

Also on DVD this month:

Only The Brave (PG-13 – DVD Feb. 6, digital Jan. 23) – Based on a true story of a "hotshot" firefighting crew that lost 19 members during an out-of-control 2013 Arizona wildfire. Only The Brave has a solid pro-family message and a redemptive element, but tons of coarse language (I counted 70 words). Rated PG-13 for thematic content, some sexual references, language and drug material.

Same Kind of Different As Me (PG-13 – DVD Feb. 20, digital Feb. 6) – An art dealer gets a new perspective on life and family when he befriends a homeless man. Based on a New York Times bestseller of the same name, this one spotlights forgiveness in a way that may surprise you. It also puts Romans 8:28 and its implications on display. Recommended for teens and adults. Rated PG-13 for thematic elements including some violence and language (one misuse of h—I and four instances of the n-word).

The Star (PG – DVD Feb. 20, digital

Feb. 6) – A first-century donkey, dove and sheep accompany Mary and Joseph on their journey to Bethlehem. Recommended for the entire family. Rated PG for some thematic elements.

Steve McQueen, American Icon (Unrated – DVD Feb. 20, digital Feb. 6) – He starred in more than 30 films and 20 TV series during the 1950s, '60s and '70s and was the highest-paid actor in Hollywood. But toward the end of his life – sensing a void – he found Christ, as we learn in this documentary. Recommended for older children, teens and the entire family. No language or sexuality. Minimal violence.

Coco (PG -- DVD Feb. 27, digital Feb. 13) – The latest Pixar film is colorful, funny ... and full of theological problems. It's based on *Día de los Muertos* ("Day of the Dead"), a Mexican holiday in which families build shrines within their home to deceased ancestors so as to commune with and remember their relatives. Yes, those dead relatives come to life in *Coco*. Rated PG for thematic elements.

—*Film reviewer Michael Foust is the husband of an amazing wife and the father of four small children.*

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

streaming



By **Michael Foust**

Theologians give the natural world a label: It's called "general revelation." Those animals, mountains, oceans and trees shout to everyone on the planet: God exists, and He is glorious. It's not enough to save you (that comes only through special revelation – Scripture), but general revelation is enough for every person on Earth to be in awe of the Creator.

Are you still awake? Good. Because Netflix now is streaming *Planet Earth 2*, which is one of the best nature documentaries you'll ever see and one that may leave your jaw dropping at the incredible world God made. In other words, *Planet Earth 2* is general revelation on display ... in high definition.

Like its predecessor *Planet Earth* (2006), *Planet Earth 2* (2016) was filmed by BBC Nature and gives you up-close views of obscure and well-known animals doing things you didn't know were possible. It is narrated by David Attenborough, whose distinguished British accent alone makes it worth a watch.

My 9-year-old son and I are in the middle of a *Planet Earth 2* binge, and we have enjoyed every minute: Draco lizards flying through the forest air, grizzly bears tip-toeing across avalanche-prone snow, and sword-billed humming birds – who have a beak longer than their body – hunting for nectar.

There also are plenty of prey-vs.-predator scenes, so you've been warned. Racer snakes chase iguana babies in a deadly game that must be seen to be believed, and lions attempt to corner and eat a giraffe – with the latter doing a little Houdini trick to escape.

Of course, *Planet Earth 2* includes a "millions of years" framework, but that can be fixed with a parent-child discussion. (Although, to its credit, the series includes a reference to animals being "blessed," too.) Even the prey-predator scenes can spark a Bible discussion. After all, Scripture implies (Isaiah 65:25) that animals won't eat each other in the future king-

dom.

Planet Earth 2 isn't faith-based – far from it – but it nevertheless showcases God's masterful creative skills (Psalm 8:3-4, Psalm 19:1-6).

Thankfully, *Planet Earth 2* isn't the only BBC Nature documentary on Netflix. In fact, there are at least 12 of them, led by popular series *Planet Earth*, *Frozen Planet*, and *The Blue Planet*.

That's good news, because it's becoming difficult to find family-friendly content on

Netflix, which spoiled my previous favorite show – *The Crown* – with sexuality and excessive language in season 2. (Although you can filter out the bad stuff with VidAngel.)

Also streaming this month:

Netflix

Lincoln (PG-13, Feb. 21) – Directed and produced by Steven Spielberg, this 2012 film spotlights Abraham Lincoln's push to pass the 13th Amendment that abolished slavery. It makes some historical blunders and includes a bit too much language, but is a fun watch for history lovers. (Its use of the f-word and its inclusion of Lincoln saying s—t is likely inaccurate.) Rated PG-13 for an intense scene of war violence, some images of carnage and brief strong language.

Hulu

Akeelah and the Bee (PG, Feb. 1) — An 11-year-old girl from a rough part of Los Angeles has success in the Scripps National Spelling Bee. Writer/director Doug Atchison said his goal for the 2005 film was to show an African-American girl defying stereotypes and overcoming challenges. Rated PG for some language.

Amazon Prime

Logan Lucky (PG-13, Feb. 16) – A down-on-his-luck father and a few friends decide to rob the Charlotte Motor Speedway. *Logan Lucky* (2016) is one of the funniest comedies I've seen, but it's not without its problems. It contains about 26 coarse words and a character who dresses slightly provocatively. Still, it contains no sex jokes – a rare feat in a Hollywood comedy. Rated PG-13 for language and some crude comments.

Relax after the busy holiday season with new releases

musicscene

by **Cedric Austin**

Happy February, everyone. We made it through Thanksgiving, Christmas, New Year's and my birthday. It looks like we get to take a quick breather before we celebrate Valentines Day. It seems at times we can go throughout our days, weeks and months staying busy, but I would like to encourage you to take a moment to breathe. Take a moment to have God moments in your day-to-day lives. God speaks in the quiet. Make sure you can hear His voice.

February New Releases

Elevation Collective - Evidence - Elevation Worship Records Michael W. Smith - A Million Lights - Fuel Music - New Day Jekayln Carr - One Nation Under God - LMG - New Day



Guy Penrod - Acoustic Hymns - Spring House - Capitol

Kayden Slay - The Mercy of Jesus - People & Songs - Independent Bradley Bridges - Jesus Is King (Single) - Independent

Zealand Worship - Liberated - Word Records - Word Charity Gayle

Charity Gayle is an emerging Christian artist, songwriter, and seasoned worship leader. Currently based in Buffalo, N.Y., working as a worship pastor and music ministry director,

She has led worship for countless churches and congregations throughout her ministry and is a regular clinician at varying worship seminars and schools. She has founded and directed several various music groups including the NY Mass Children's Gospel Choir, the New Life Center Children's Choir and Advanced Children's Choir, the NLC Young Ladies Ensemble, and others. Charity has earned a BA in Music from the University at Buffalo. Charity has just released the full album, "Lord You Are My Song." This entire album is one of my favorites. It's hard to choose which



■ Please see MUSIC page 17



Skillet and for KING & COUNTRY schedule April concert in Topeka

Contemporary Christian artists Skillet and for KING & COUNTRY will perform April 14 at the Kansas ExpoCentre. "joy.UNLEASHED | The Tour" marks the second time these two critically-acclaimed, top-selling acts share the stage for an incredibly theatrical, high energy and laser/pyro-filled show.

"We are very excited to be able to secure this event," said Kellen Seitz, general manager at the ExpoCentre.

Skillet has cemented their place as one of the 21st century's most successful rock bands. Selling more than 12 million units worldwide, the Wisconsin quartet have received two GRAMMY® Award nominations and won a Billboard Music Award for the double-platinum certified *Awake*. Their double-platinum single "Monster" currently has over 118 million plays (and counting) on Spotify, earning the distinction of becoming "the best-selling digital single in the history of Christian Music" and continuous mainstay on Billboard's Year End Chart. 2013's *Rise* bowed at #4 on the Billboard Top 200 upon release and received resounding and eclectic acclaim from the likes of USA Today, New York Times, Revolver, Loudwire and more. Their latest album, *Unleashed*, debuted at #3 on the Billboard 200 and topped Billboard's Top Christian albums chart. The first single "Feel Invincible" went to #1 on the Rock Radio chart, and earned RIAA Gold Certification. The track "Stars" was featured in the soundtrack for the motion picture *The Shack*, released last March. Stemming from *Unleashed*, Skillet was nominated for 3 additional Billboard Music Awards. For more information go to www.skillet.com.

"Very excited to be touring with my friends, for KING & COUNTRY!" shares Skillet's John Cooper. "We have been talking about it for

several years. We have even shared the stage performing songs together. But finally, we are joining forces for our own tour. It will be an uplifting, energetic, exciting show where fans will get to see something they have never seen from both acts before."

Soaring melodies, driving rhythms, personal themes, and theatrical instrumentation & performances are the heartbeat of two-time Grammy Award winners, for KING & COUNTRY. The Australian duo, comprised of brothers Joel & Luke Smallbone, garnered unanimous critical praise with their latest album – *Run Wild. Live Free. Love Strong*, celebrated a RIAA Certified Gold record, #1 debut on iTunes, a headlining tour with 28 sold-out shows and a 60-date arena tour. Two singles from their debut album, *Crave* also achieved Gold status – their crossover hit "Fix My Eyes" and "The Proof Of Your Love." Their music has surpassed 200,000,000 streams. In October 2016 the Smallbone brothers released the indie film, *Priceless*, about human trafficking.

"We have so many memories when it comes to our friendship and history with Skillet," explains Joel and Luke of for KING & COUNTRY. "As teenagers we remember watching their sets from side of stage. They headlined the very first tour we were ever on! It's a real honor and joy for us to have the privilege of touring together."

The duo is also scheduled to perform during Young Christians Weekend in Branson, Mo, on April 7. They are now working on their third full-length, original album set to release in 2018. For more information go to www.forKINGANDCOUNTRY.com. Tickets for the Topeka concert are available at the Kansas ExpoCentre box office or through Ticketmaster.com.

THE PAST SHAPING THE FUTURE...EVEN IN LOVE

by **Jeanette Gardner Littleton**

Books with a romance plot in the hearts of them are consistent favorites among readers. Heart of America Christian Writers Network (HACWN) member Catherine Brakefield has had some short, personal-experience stories printed, but her real love is writing romances. She came to a HACWN conference with a dream in her heart and talked to a publisher about her ideas. That publisher ended up accepting her work, and now Catherine's living her dream. Since February is the month of love, we wanted to ask her about her books, which also point readers to God's love.

Tell us about your books.

I never I thought I'd ever write historical romance. My grandmother gave me the inspiration, and now, I have two historical romances, *Wilted Dandelions* and *Swept into Destiny*. The next, *Into Destiny's Whirlwind*, is scheduled to release April 17.

Can you give us a little taste of each?

Wilted Dandelions takes place during the Second Great Awakening in 1837. Rachael Rothburn, a high-spirited woman who feels she doesn't need a husband, wants to become a missionary in the American West and enters a marriage of convenience to be represented by the missionary alliance. In the process of co-existing, she and her faux-husband discover God doesn't create coincidences—He designs possibilities.

Swept into Destiny is the first book of a four-book series and takes place in Maryville, Tennessee, during the antebellum era. Maggie Gatlan is secretly educating slaves when she meets Ben McConnell, an Irish immigrant. An unexpected chain of events leads her

into choosing where her loyalties lie: conscience and consequence—does she care more for Ben or for her beloved South?

Into *Destiny's Whirlwind*, the second book of the *Destiny* series, begins in March 1898 in Emerald, Kentucky, just before the Spanish-American War erupts. Collina McConnell is trying to get home to her family when her wagon becomes stuck and a dashing Rough Rider offers his help. Set in the Gibson Era, this spellbinding novel of love and hate tells an unforgettable story of the Old South.



Why did you decide to write historical romance?

The only subject in school I enjoyed was history. I would devour American history books. I even wrote two pictorial history books for Arcadia Publishing while writing for a local newspaper in Lapeer, Michigan, and *Images of America, The Lapeer Area*, and *Images of America Eastern Lapeer County*. However, as you know, true stories oftentimes end unhappily, and I am a sucker for a happy ending.

Why did you choose romance as your writing style?

The thought of writing a good romance was always in the back of my mind. After all, God is the inventor of romance and, as you can see with Abraham and Sarah, Isaac and Rebecca, Ruth and Boaz. God loves a good romance, and love just naturally follows behind! Ahh, a happy ending.

You mentioned your grandmother first gave you the inspiration to write?

Through the twelve years my grandmother lived with my family and me, I came to learn by watching her how to survive the challenges of life's trials. Looking back now, she has become my role model throughout the trying years of the publishing race. Patience, perseverance, and tenacity are not just

words. To me they mean conditioning for an endurance race, a race of survival. I didn't realize I was learning this until years afterwards, until my grandmother went to live with Jesus.

What is the most unexpected thing about the process of writing romances?

Learning that writing it is a team effort. Writing consists of research and editing. A writer needs a good agent backing her and a fantastic editor and publisher to make sure the writer's work shines. For your survival kit, you will need plenty of patience, perseverance, and prayer to be among the winners of this publishing world.

What do you hope your readers get out of reading your novels?

Most important thing I hope my readers take from my novels is the truth about the people throughout history who made this nation what it has become. One nation under God. Indivisible. The greatest nation on the earth today.

Why is it the greatest? Because we serve a great God. If my readers get any more than this from my novels, they would have gotten the essence of our loving God toward a stumbling, undeserving nation. The love a good God bestowed upon an imperfect people like the McConnells in the *Destiny* series, imperfect survivors each and every one of them, sinners, but willing to repent. Life may knock them down, but they never quit.

I hope to show my readers to their all-star destination through my characters' ordeals, trials, and highs and lows, and help them hear in the wee regions of their heart their Lord and Savior saying, "Well done good and faithful servant."

Jeanette Gardner Littleton is co-director of Heart of America Christian Writers Network (www.HACWN.org). The next HACWN conference is Oct. 18-20, 2018.



MUSIC

continued from page 16

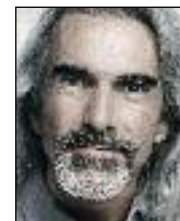
of the songs on this album are my favorites, but I will list a few. The album begins with "Amen" which is a ballad reminding us of the strength of our God. A few others, "Lord, You Are My Song" which is the title cut, Psalm 100 and "Divine Exchange." Charity then takes you right to the throne room with "Cleansed," "Nothing but the Blood" and "Look What The Lord Has Done." I encourage you to not just take my word for it. Go get this album now. You will not regret it. Charity's music can be purchased on all digital media outlets.

Guy Penrod

By appearance alone, Guy has a signature look that is recognized around the world. From hair to height, belt buckle to boots, piercing eyes to engag-

ing grin, Guy is a presence that is easily recognized. Beyond that, there is substance behind the style, because Penrod's authenticity causes

people to listen to what he has to say. Guy's rasp-tinged country style vocals and experience on stage over the years, have given him the ability to be relaxed and confident in every setting. He has a stage presence that few can pull off. In addition, the music industry reflects Guy's popularity. His DVD release, *The Best of Guy Penrod*, was certified platinum by the RIAA, a claim few can match in any genre. The *Best of Guy Penrod* highlights some of Guy's musical history while escorting the viewer into the home and farm of Guy, Angie and their children. Living the country life and being a family man (father to seven sons and one daughter) are a sig-



nificant part of the personality that is Guy Penrod. "Blessed Assurance" is the brand-new release from Guy. Guy chose these hymns because of their power to touch and renew your soul. This album reflects his signature personality while spotlighting Guy's unmistakable rich tones and country-influenced style that graced stages and attracted audiences from The Grand Ole' Opry and The Sydney Opera House to Carnegie Hall. These fresh arrangements invite listeners to sing along to timeless lyrics of eternal truth and hope. "Classics" features some of his most requested hits from his 14-yr tenure as lead singer with the renowned Gaither Vocal Band, where he became internationally known for his powerhouse vocals and broad singing range. Produced by Penrod, the new collection contains "The Baptism of Jesse Taylor," "The Old Rugged Cross Made the Difference," "Yes I know," "Then Came the Morning," "Because He

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

healthyliving



How is that January resolution coming?

By Larry Lewis

A fitness program is one of the best things you can do to lose weight, but it is also essential for good health.

The biggest problem isn't normally getting started on a fitness program but sticking to it. You have to make a commitment to your fitness program every day making it one of your priorities.

It's not as hard or complicated as most people make out. When most people think about losing weight through exercise, they think of taking their body to breaking point and the agony of the after affects, but it doesn't have to be like that.

Here are some tips:

- You lose fat by burning off more calories than you eat. So to burn off the calories you need to do at least 30 minutes of cardiovascular exercise every day.

- Doing the right type of workout you can also elevate your metabolic rate so that your body burns off more calories for the next 23 hours of the day too! This is called the fat afterburner effect.

- The right type of exercise constitutes cardiovascular exercise that elevates your heart rate to 70%-85% of your maximum for at least 20 minutes with a 5 minute warm up and 5 minute cool down.

So my suggestion is aim to do six 30 minute high intensity cardiovascular workouts every single day and then take one rest day this is the type of fitness program to lose weight that you need to do. .

- I find it best to work out heavily in the morning and it gets me pumped for the whole day.

- It's not just cardiovascular exercise that is important, weight training is just as important in my opinion in the pursuit of losing weight. Weight training burns off calories too but more importantly it helps increase your muscle mass which increases your basic metabolic rate so you burn off more calories 24hrs a day.



STAYING MENTALLY ACTIVE

1. Watch your carbs: Processed or rapidly digested carbs (like white flour, white rice, sugar and packaged foods like crackers, cookies and chips) increase the risk of coronary heart disease, according to the Harvard Nurses Study, which followed almost 120,000 female nurses for eight years. When you go low-carb, you control carb intake. By eliminating added sugar and focusing on whole foods, including foundation vegetables, as your core carbohydrates, you are eliminating those processed carbs that put you at risk for heart disease. As you transition to ongoing weight loss, and later pre-maintenance and lifetime maintenance, you gradually reintroduce more carbohydrates. This process allows you to customize the program to your own personal tolerance for carbs.

2. Eat breakfast: Studies also show that people who eat breakfast are more successful at losing weight (and keeping it off) than those who don't eat breakfast. Start off the day with a couple eggs scrambled with diced tomatoes, sliced avocado, shredded cheddar cheese and a little salsa. Check out our Recipes section for even more delicious low-carb breakfast ideas. In a rush?

Help your loved one with loneliness

thecaregiver

Winter is a lonely time for older adults. Sometimes an older adult lacks a network of family and friends; other times he or she may withdraw into isolation as a result of health conditions, depression or mental illness. Physical limitations such as a fear of falling can keep an older adult isolated in her home, as can fatigue, chronic pain or shame over memory problems. Here are several facts about loneliness

Fact: Loneliness Harms Your Brain

Interesting new research is showing that loneliness may speed the onset of dementia. Research found that 13 percent who reported feeling lonely developed dementia over three years, as compared with 6 percent with strong social support.

Fact: Loneliness Harms Your Heart

There's a link between loneliness and fatal heart disease. A Harvard study of 44,000 people with heart disease found that 8 percent of patients who lived alone died after four years, compared with 5.7 of those who lived with a spouse or others.

Fact: Loneliness Kills

A Brigham Young University study of more than 300,000 people and found that loneliness was as strong a marker for early death as alcoholism and heavy (more than 15 cigarettes a day) smoking.

4 Ways to Protect Your Older Loved Ones from Loneliness

1. Help your loved one become more social-media savvy. As younger folks know all too well, you don't need to leave your house to catch up with friends, follow current events and find out about events in your area. Email and news sites are one way to do this, of course, but using a social media site like Facebook makes it even easier for an older adult to feel connected, simply by being able to see what others are posting.

2. Encourage your loved one not to live alone. It's common for older



adults to want to "age in place" in their own homes, and you may hear strong opinions on this topic from your parents and older loved ones. But this may not be such a good idea, experts say; studies show that those who live alone are prone to a host of health issues compared with those who are married or living in a group living situation.

3. Set up transportation options. Ask anyone who works with older adults living on their own: One of the biggest factors behind isolation is lack of transportation. Many older adults no longer drive, or they fear

driving at night or on unfamiliar routes. Call your local Area Agency on Aging and get a list of all the transportation resources in your loved one's area.

4. Help your loved one find support groups. When older adults with health problems find support from others with the same condition, it helps with loneliness and depression. They may also get valuable information and motivation to seek help for their health condition.

By Melanie Haiken writes for WebMD, and the Blue Cross/Blue Shield websites.



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The Benefits of In-Home Care for Seniors with Dementia

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 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 well-versed 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 yet ready to think about placement in a long-term 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 pre-dementia 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 services. 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



When Home Care Isn't Enough

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 dementias.

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.

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sports

Michael Vick Shares Story of Finding His Faith With Liberty University Students



By Jenni Fink | UR.com

Former NFL player Michael Vick spoke at Liberty University's convocation and shared a story about his fall from grace and the subsequent discovery of his faith.

Vick went from having an NFL contract worth \$130 million at 24 years old to serving over 500 days in prison for charges related to dog-fighting.

He explained that at the age of 12, he realized he wanted more out of life and placed a Bible under his pillow.

"I said, 'If I'm going to start somewhere, I'm going to start with God,'" he told the audience. "My family wasn't really into church. We didn't go every weekend ... for various reasons, but I said to myself, 'It's not about being in church, I can bring church to me.'"

Over the years, Vick explained that God was "good" to him, and he saw the Bible as a way to make his dreams come true. However, when he got drafted and went to Atlanta, he didn't bring his faith with him.

"When I left that Bible behind and I got drafted, from that day forward — maybe until the time I got incarcerated — I never picked up the Bible and read it again," he said.

He called the 23 months he served in prison a "deep re-evaluation" of his life that brought him back to the Bible.

"My mom told me before I went in, 'Psalm 23 will get you through,'" Vick told the audience, adding that things that used to be important suddenly became important again.

During the convocation, he said he read Psalm 23 every single night during his time in prison and pointed to it as the passage that enables him to become a "true man of God."

"I believe in this, and I think everyone in this crowd should believe in it, too," he said. "Everyone should sleep with a Bible up under their pillow or mattress in good faith that you are trying to do the right things in the eyes of God."

When asked how the university can be praying for Vick, he asked for

prayers that God will give him the right words to say to make him the best role model, husband, and father he can be.

FROM THE CHEAP SEATS

By Rob Mooney

The New England Patriots made it to the Super Bowl, yet again, where they will play the Philadelphia Eagles, who overcame the loss of their starting quarterback during the regular season and made it to the big game anyway.

I think it's quite comical how everyone hates the Patriots. Ok, I realize that not everyone hates them, but I only know one family that likes them. A friend of mine that I've known since I was in first grade and he was a fan way back then, over 40 years. So I give him a break. One thing about him though, is he never gloats about his team. He's not the "rude" Patriot fan that everyone assumes are out there.

Sure, there a lot of "rude" fans, but why do people think that an opposing team's fans are the worst? Every team in every sport has fans that are jerks. Yeah, I've met many Chiefs fans that I

would consider jerks.

This is his 8th Super Bowl appearance. He's been to the AFC Championship 12 times. He is literally the best quarterback in the history of the league. Here are a few of his records: Most regular season wins by a quarterback (187). Most Division titles (14). Most Super Bowl appearances (7). Most Super Bowl wins (5). Most Super Bowl MVP's (4). Most playoff wins (25). Most playoff touchdown passes (63). Most playoff passing yards (9,094). Most Super Bowl touchdown passes (15). Most Super Bowl passing yards (2,071). They say that a quarterback is judged by his postseason performance. There you go. The most prolific quarterback in the history of the NFL playoffs is Tom Brady.

The guy flat out wins! Maybe it's the

system. Maybe it's the coach. Who knows? Who cares? It still takes a man to throw the ball and run the offense and face it, nobody does it better than Brady.

Don't get me wrong. I'm not a Patriots fan or a Brady fan, but I do recognize greatness when I see it. I don't remember seeing some of the great players of yesteryear; Johnny Unitas, Bart Starr, Otto Graham or Sid Luckman, but I do remember players from the mid 70's on and Brady is better than all of them, even my favorite, John Elway!

Stats don't lie. Brady will go down as the greatest quarterback in the history of the NFL and he'll be a first ballot Hall of Famer. I know that everyone is tired of Brady and the Patriots, but don't hate on them. Hate on your own AFC team that can't seem to beat them. Since 2001, the Patriots have ruled the AFC with an iron fist. You want to get mad, get mad at your team for not doing what's necessary to knock them off.

My suggestion is, just enjoy the ride and realize that when you watch Brady play, you're witnessing history!

GL

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Five Steps for a Home Remodel

(Family Features) As a homeowner, there is nearly always a laundry list of projects with time and budget constraints when it comes to a home remodel.

This step-by-step guide from the experts at the National Association of the Remodeling Industry (NARI) can help ensure you get the maximum return on your investment and make the most of your remodel.

Step 1 – Identify Reasons for Remodeling

Deciding whether to undertake simple aesthetic changes or a full remodel can be difficult. One of the best ways to decide is to figure out why you are remodeling in the first place, whether it's to make your new house feel more like home or to update a 1950s-era kitchen.

Step 2 – Set Your Budget

Every home is unique in structure, age, quality and craftsmanship, which all impact the price of a remodel. Since no one can see through walls before demolition, the quote you receive will likely not be 100 percent accurate. However, a qualified remodeling company will be open and honest about the issues and challenges it might face during the process. Account for these adjustments by planning for any "surprises" with a 10 percent cushion, just in case.

Step 3 – Hire the Right Team

To help ensure you find the right company for the job, you should do



your research. Referrals from friends and family are one way to find a remodeler. National associations like NARI provide unbiased information and resources that can help you find qualified, certified remodelers in your area. With more than 6,000 members, the organization represents professional remodelers who adhere to a strict



code of ethics. Many hold certifications in remodeling, kitchen and bath design and lead carpentry. Find more information and resources at NARI.org.

Step 4 – Understand the Plan

Communication is key in a successful remodeling project. Keep the lines of communication open between you, the remodeling contractor and the work crew. Don't be afraid to ask questions. Let them know your family's schedule and whether you have pets confined somewhere. Make sure to specify the best way to reach you, such as phone, in-person or e-mail, and how often you wish to communicate with your remodeling contractor about your project.

Step 5 – Complete the Project

While the dust is settling and the remodel is almost finished, take a moment to walk through your project and note any adjustments that need to be made while the contractor is still on site. Contractors often provide guarantees of workmanship, so find out what they cover and for how long then include this information

in your work agreement. You should also take another look at the contract and confirm you have signed permits, receipts, change orders, lien waivers, warranties and manufacturers' guides at your disposal.

Remodeling a space can be a major project, but with the right help, resources and information, you can make your dream home come to fruition.

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AROUND THE WORLD

ANNETTE'S TIP

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

- Sunday Services:
8:30 AM Traditional Worship
9:45 AM Bible study--all ages
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- 7. TOPEKA BAPTIST CHURCH**
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 - 8. WANAMAKER ROAD BAPTIST CHURCH**
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 - 9. GRACE COMMUNITY CHURCH**
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Overbrook, KS; 785-665-7117
Elvin Dillard, Senior Pastor
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www.gccinoverbrook.com
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 - 10. LORD'S HOUSE CHURCH**
300 SW Roosevelt, Topeka KS 66606
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www.kawriverkeruv.com
Questions? kawriverlordshouse@att.net
 - 11. COMMUNITY CHURCH**
1819 SW 21st St., Topeka
233-3537 www.CommunityChurchKS.com
Sun. 9:30am - Sunday School for all ages
Sun. 10:30am - Worship & Word, Children
Wed. 6:30pm - Children, Youth, Adult
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- 12. BUCK CREEK COUNTRY CHURCH**
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Worship Service - 9:00 a.m.
Contacts: Logan Barnett 785-597-5498,
Scott Bond 423-0406, Jack Snavelly 760-3513
- 13. WANAMAKER WOODS NAZARENE**
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3501 SW Wanamaker Rd • 273-2248
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www.wwnaz.org
Sun. Worship: 9am (Hymns) & 11 am
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Wed. 6:30 pm Kids University
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- 19. SEAMAN COMMUNITY CHURCH**
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Youth group 1st & 3rd Sundays 4-6pm
- 20. HERITAGE BAPTIST CHURCH**
1937 NE Madison St,
Topeka, KS 66616 • 785-506-4594
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Wed. Evening Worship: 7pm
- 21. HARVEST FAMILY FELLOWSHIP**
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785-220-5418
Pastor Rey Rodriguez
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www.topekaharvest.vpweb.com
- 22. NEW CITY LIFE CHURCH**
5221 SW West Drive
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Pastor Kathy Crofford
- 23. HIGHLAND HEIGHTS CHRISTIAN CHURCH** 785-379-5642
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North Topeka offers a variety of activities

NOTO Arts Center has some interesting classes upcoming:

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 scheduled events in the North Topeka Area:

"IN LOVE WITH THE KANSAS RIVER" – Feb. 14, 12-1pm, Great Overland Station. Bill Riphahn - All About the Kaw: A Speakers Series. (785) 232-5533

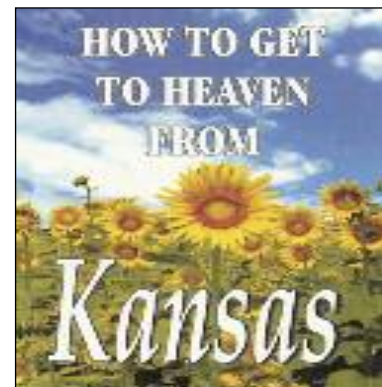
VALENTINE'S MOOSE MARKET – Feb. 17, 9am. 1901 N Kansas Ave. Vendor's Market

VALENTINE DINNER & DANCE - Feb 14, 6:30pm, Seaman Community Church, 2036 NW Taylor St. A fun night of dinner and dancing. Tickets \$20 a person and include a meal of lasagna, breadsticks, salad, and desert, also music and a rose. 785-354-8777.

FROM THE EARTH: WORKS IN CLAY AND WOOD – Feb. 2, 5pm. Creations of Hope Gallery, 909 N Kansas Ave. This exhibit celebrates artists working in ceramics and wood to highlight the therapeutic benefits of sculpting and building as a creative process. For info: 783-7558, cweeks@valeotopeka.org, or facebook.com/creationssofheart

ANNUAL CHILI & VEGETABLE SOUP SUPPER – Feb. 23, 4-6:30pm. Kansas Ave United Methodist Church, 1029 N Kansas Ave. Adults \$8, Kids 10 and under \$3. Includes chili or vegetable soup, relishes, drink & dessert. Chili Dogs \$1.50. Hot dogs \$1.00. Carry Out Available.

THIRD ANNUAL FOOD FIGHT – Mar. 4, 5pm. Rolling Hills Christian Church, 4530 NW Hiawatha Place. Competitors will sign up for Appetizers, Chili, Soup, or Dessert. Attendees vote on their favorites. Concert by And He Walks With Me follows dinner. For info: 286-0601 or office@rhctoepka.org



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

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

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

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

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

SATURDAY APRIL 14

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