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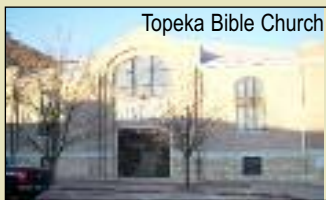
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NEW RESIDENT churchguide



Topeka Bible Church

See inside back cover!

10 Biblical tips for a happy marriage



With summer comes broken air conditioners, long trips in the car, projects that are started but not completed, visiting relatives and other activities central to every family and marriage. Sometimes the summer fills up quickly, causing stress on a relationship. A quick look at the scriptures will show you what true happiness in a marriage really means.

Here are just 10 Bible verses that clue us in on how a godly marriage should work:

- **Never bring up mistakes of the past.**

Stop criticizing others or it will come back on you. If you forgive others, you will be forgiven (Luke 6:37).

- **Neglect the whole world rather than each other.**

And how do you benefit if you gain the whole world but lose your own soul in the process? (Mark 8:36)

- **Never go to sleep with an argument unsettled.**

And don't sin by letting anger gain

■ Please see MARRIAGE TIPS page 3

Serving your neighbor



Bill Eberting prepares to cook up burgers and hot dogs for the residents of Timberlee apartments and the Ripley Park area

Many people wonder "What can I do? I'm just one person, and I don't have much money." But one person can make a big difference to a lot of people.

Bill Eberting is 69 years old, disabled, and lives on \$800/month social security and \$200/month in food stamps – and yet on a recent Sunday he served 140 hamburgers, 120 hot dogs and gave away 130 pounds of chicken to the underprivileged residents of the Timberlee apartment complex. Eberting spent his dad's

small inheritance on a used school bus, trailer to haul tables and supplies, with a grill mounted on the back, and three freezers to hold the food that he believed would be donated.

A few weeks ago, Eberting invited Joe Weir to drive by Ripley Park to see and experience what he loves to do. Weir showed up only to find that none of his help made it, and he was alone with his propane cooker leaking gas. Weir drove home and loaded up his grill in the pickup and they cooked and served eighty hot dogs,

chips and Kool-Aid that Sunday afternoon.

Since then a benefactor has donated 4,000 hamburgers and over 1,000 hotdogs, several cases of burritos, buns, chips, condiments, paper plates, cups and a sundry of other goods have been donated to help out with Eberting's Sunday outreaches.

Eberting and Weir, along with a few friends and relatives, have been helping serve the people around Ripley Park ever since. Several of the residents have also pitched in to help.

■ Please see NEIGHBOR page 2

Half of Kansas at high risk for West Nile Virus



The Kansas Department of Health and Environment (KDHE) has issued a high-risk warning for West Nile virus infections (WNV) for northcentral, southcentral, and southwest Kansas. Northeast, southeast, and northwest Kansas are at moderate risk for WNV infections.

West Nile virus can be spread to people through mosquito bites, but it is not spread from person to person. About one in five people who are infected develop a fever and other symptoms. About one out of 150 infected people develop swelling of the brain or brain tissue, that in some cases, can result in death. There are no vaccines or medications to treat WNV. People who have had WNV before are considered immune.

"Know your risk and take action to prevent mosquito bites to protect yourself and your family against West Nile virus", said Dr. Greg Lakin, State Health Officer."

KDHE recommends the following prevention measures:

When you are outdoors, use insect

■ Please see VIRUS page 3

Fighting Human Trafficking by Cutting Demand for Prostitution

A new awareness campaign in Kansas is aimed at cutting the demand for prostitution as a way to fight human trafficking.

The campaign involves state agencies and local advocacy groups teaming up to push the Demand an End initiative. Kansas has joined 10 other states in the campaign, which involves education and announcements warning people that buyers of sex face charges, as well as the sellers.

Kansas Attorney General Derek Schmidt, at a press conference at the Capitol building, said that the campaign

wants to create a culture where buying sex is not acceptable. He said it's not a victimless crime. The aim is to curb the cultural appetite for enslaving and purchasing people for sex.

"The money goes somewhere," he said. "It fuels a marketplace."

"That in turn enables traffickers and exploiters to do to human beings things that are unlawful and wrong."

Barry Feaker, executive director of the Topeka Rescue Mission, has been at the forefront of the orchestrating of a plan to understand the extent of the sex market-

■ Please see SEX TRAFFICKING page 4



Life Lessons From a Little One

SING, DANCE & BE SILLY

by **Jessica S. Hosman**

Words of wisdom from a seven-year-old: "Sing, dance and be silly... because God wants you to!" I think he has a valid point. Life is way too short to be serious all the time. Why do we as adults have such a hard time taking the time to breathe and just be goofy every once in awhile?

My son sings all the time. While he's starting to be a bit more inhibited as he gets older, when he's behind closed doors he knows no constraints. He sings songs he knows and invents silly songs no one knows. He doesn't care. Singing brings him joy and to him, that's a priority in life. Oh, how our lives would be brighter if we prioritized the same!

The Bible says that Christ came that we might have life, and life more abundantly (John 10:10). More abundantly than what? Right before that verse, Jesus was talking about the thief coming to steal, kill and destroy. Therefore, I think it's fair to conclude that Christ came to give us a life that's more abundant than one void and robbed. And when we are robbed of joy, we are robbed of the fullness of life that can be ours.

Have you ever seen a child twirling and dancing in a random locale? They don't care if they're in the park, at the grocery store or in line at the DMV; kids have this amazing ability to dance and care less if anyone is watching. (I'm not sure what would happen if we started twirling around gleefully the next time we're waiting to get our driver's license renewed, but I do venture to say it would bring a few smiles and added joy to an otherwise

dreary room!)

It wasn't the motor vehicles office, but Zechariah and I were patiently waiting for what seemed like hours for a fireworks show recently. While we waited, he wanted to play. We didn't turn to video games and facebook... we turned to each other and started to dance, laugh and play tag. I was cognizant after-the-fact that I was only one of few adults in a crowd of hundreds that wasn't tuned into my cellphone during the wait. Instead, I was tuned into my son. And I was captivated by his joy, wrapped up in his silliness, and eager to become more like him in the process.

"Unless you become like a little child, you cannot enter the Kingdom of Heaven [which is] righteousness, peace and joy in the Holy Spirit" (Matthew 18:3, Romans 14:17).

I want to experience the fullness of God's Kingdom here on earth and He's used my silly little son to help me recognize some of the keys to entering in. It's not about figuring everything out and having every duck in a row. It really is about being free like a child. And allowing ourselves that freedom in a world of weights that seems to want to rob us of it everywhere we turn. I pray the next time those weights start bringing you down, that the Lord sends a child across your path. A child with a smile, a dance, a song, a silly gesture that reminds you of a joy that can also be yours. Then let your hair down so-to-speak. Open your mouth, let out a song; lighten your step, let out a dance. When no one is watching, when somebody is. Be free. Be you. Be young. You'll be so glad you did.



Jessica Hosman

Bob Dole's Final Mission: Greet Each WWII Vet Who Visits Memorial He Helped Build

by **Kim Davis**

After a lifetime of serving his country, Bob Dole, a former U.S. senator and presidential candidate, has a final mission: continue to serve his country. At 94, his service looks a little different these days, but the World War II veteran still has plenty left to give.

Every Saturday, Dole suits up and heads to the National World War II Memorial. It's not a quick and easy journey — just getting dressed takes roughly half an hour, as a nurse helps clothe the veteran's battered, injured and aging body.

Dole has worn battle scars nearly his entire life after a World War II battle in Italy left him with permanent physical disabilities. His left arm has some function, his right arm and shoulder have none.

But as Dole arrives at the memorial and makes his way from the car to his wheelchair, people start to notice.

"Oh, my gosh, Bob Dole!" visitors exclaim, eager to meet the man who has spent a lifetime serving America.

Dole finds a shady spot to shield him from the summer heat, and smiles as busloads of World War II veterans stop to say hello. Most of the aging veterans arrive at the memorial at no cost, thanks to the nonprofit Honor Flight Network.



Dole remains at the memorial for as long as his body can stand the heat and humidity. He greets each veteran, finding out where they are from and where they served.

"It's just about the one public service left that I'm doing," Dole said. "We don't have many of the World War II vets left. It's important to me."

Dole led the campaign to raise the \$170 million for the World War II Memorial that opened in 2004.

Sometimes, Dole's wife, former Sen. Elizabeth Dole, joins him. "It's great, all these tremendous men and women," she says.

"Bob has a goal," Elizabeth Dole says. "He wants to make a positive difference in one person's life every day."

As Dole trades stories with veterans, he finds himself energized, eyes sparkling with life.

Dole tends to leave politics out of his chats, choosing instead to focus on cultivating national unity.

"I tell them it doesn't matter where you're from, what war you served in, whether you were wounded or not wounded," Dole says. "We're all in this together."

St. John African Methodist Episcopal Church celebrates 150 Years

St. John African Methodist Episcopal Church, 701 SW Topeka Boulevard, will be celebrating its 150th Anniversary on Sunday, August 19, at 3:00 p.m. Celebration keynote speaker is The Right Reverend Clement W. Fugh, Presiding Prelate of The Fifth Episcopal District.

This is a milestone in the history of St. John A.M.E. Church and a very special anniversary celebration. From an

"Alley Barn" to where it is now, it is one of the oldest African American Methodist Episcopal Church in the State of Kansas.

St. John has been designated a city (January 2004), state (May 2008), and national (October 2008) historical site.

"We are exceedingly thankful for God's church, and the values, endeavors, and triumphs it has supported

over the years," said Pastor Pamela Myrtis Hughes Mason.

"We welcome your attendance and hope you can join us in sharing this blessed anniversary celebration," she said.

There will be a special section reserved to acknowledge government, state and city leadership.

For information call the church office at 785.233.3656.

NEIGHBOR

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Worship teams from the Topeka area churches have been invited to provide live music. Face painting for the kids along with popcorn and a movie are other activities that have been offered.

Eberling himself would love to do more but would never ask for support. He is one of the true servants of Christ, humble and completely dependent on the Lord to meet his

needs. However, he is limited by his finances and physical disability. Anyone wanting to help out can find him in Ripley Park on Sundays, or on his Facebook page (William Eberting).



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Brownback, Pompeo Roll out the Welcome Mat for World Leaders

The State Department's first-ever ministerial on religious freedom doesn't begin until Tuesday, but the event may have already been a success! That's because, as FRC's Travis Weber points out in a new column, the most important thing may not be what happens at there, but that it happened at all.

"The very fact that the Ministerial is being held sends a signal that the United States is taking religious freedom seriously," he writes. "Let us not underestimate the power of this message." The rest of the world certainly doesn't. As State Department gears up to host government officials, representatives of international organizations, religious leaders, rights advocates, and members of civil society organizations from around the world, the significance of the moment isn't lost on anyone. After all, Ambassador Sam Brownback points out, "This has not happened ever in the world."

Three months into his new job as secretary, Mike Pompeo has put his stamp on plenty of foreign policy. But this decision to bring the world together on one of the greatest human rights crises of our time might be a turning point for millions of people. "The human dignity, the human right attached to religious freedom I feel personally, and I know President Trump does as well," Pompeo has said in the lead-up to this week's summit. Of course, just because leaders sit down and talk about it doesn't mean the problem of religious persecution will just magically disappear. But it could go a long way to starting a dialogue in some countries that, until now, have been very unwilling to discuss the topic.

"Not every country will achieve the



level of religious freedom that we have here in the United States," Pompeo explained. "But we think we can advance it all across the world by bringing together folks from all faiths, and frankly, those who have no faith, but their capacity to practice religion in the way they choose is important for the world." Although the complete list of participating nations hasn't been released to the public, Brownback says he was pleasantly surprised by some of the names on the list - including some countries who don't exactly have a stellar record on the topic. This event, he points out, gives the U.S. a chance to do more to engage them.

"We've had a process of more of a name-and-shame process where we would identify bad actors and we would shame them and that's about [all] that would end up happening. What we're trying to do - we are still going to name bad actors -- but we want them to come and say, 'Let's work together to get off of this [watch] list. We'll put in effort and you put in effort toward this.' Considering that religious freedom cuts against instability and decreases the like-

lihood of terrorism, everyone in the world has a stake in the ministerial succeeding.

"For years," Brownback said, "the foreign policy establishment has really not wanted to engage on the issue of religion... not being sure how to handle it or what to do. But now, you are seeing more people saying that it is a key component for what is taking place in the world today, and we've just got to deal with this." Behind closed doors, the Trump administration is already prioritizing the issue more than anyone knows. As Pompeo told CBN, "I want your viewers to know that the United States rarely has an encounter with a country where we don't raise human rights concerns where they exist."

After the eight years of the Obama administration, we're more appreciative than ever for President Trump's emphasis on religious liberty. With all of the issues competition for the world's attention, Travis explains, Americans are grateful the White House isn't overlooking one of the most important.

— FRC.org

C5Alive Luncheons to feature Lamar Hunt, Jr., Cody Foster, Barry Feaker

The next monthly C5Alive "POWER Luncheon" will be held August 9, 11:30am - 1 pm at Avondale East, 455 SE Golf Park Blvd. Featured speaker at the luncheon will be Rev. Barry Feaker.

Upcoming luncheons will feature Josh Jones, Cody Foster and Lamar Hunt, Jr.

The cost to attend the luncheons 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.

Luncheon meals are high quality, usually catered by Aboud's or other fine caterers.

The Sep. 13 POWER Luncheon will feature Josh Jones of Advisors Excel.

Pastor's Luncheon

The annual "Pastors Appreciation Luncheon" will be held Oct. 11 at Great Overland Station, and the featured speaker will be Lamar Hunt, Jr. Members and guests are invited to invite or bring their pastors. All pastors are invited and welcome and will be prayed over, as well as treated to lunch and a gift bag of



Jones



Feaker



Foster



Hunt, Jr.

items donated by C5 members.

Cody Foster of Advisors Excel and the Cyrus Hotel will be the featured speaker at the March 14, 2019, POWER Luncheon, and will also host the event at the Advisors Excel facility at 29th & Fairlawn.

For more details on these and other luncheons, stay tuned to the C5Alive facebook page and website: www.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.

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.

VIRUS

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repellent containing an EPA-registered active ingredient on skin and clothing, including DEET, picaridin, oil of lemon eucalyptus, or IR3535. Follow the directions on the package.

Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times, or consider staying indoors during these hours.

The elderly or those with a weakened immune system should consider limiting their exposure outside during dusk and dawn, when the Culex species mosquitoes are most active.

Make sure you have good screens on your windows and doors to keep mosquitoes out.

Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the

water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

Horses can also be infected with WNV. Talk with your veterinarian about vaccinating your horse to protect them against WNV.

Most WNV infections occur in the late summer and early fall. Although there have been no cases of WNV reported to KDHE in 2018 there have been more than 600 cases of the most severe form of WNV and 30 deaths in Kansas from 1999-2017.

The Centers for Disease Control and Prevention provides this webpage with additional information about West Nile virus and preventing mosquito bites: www.cdc.gov/features/StopMosquitoes/ For questions about West Nile virus or other Arboviral diseases contact the KDHE Epidemiology hotline at 877-427-7317.

MARRIAGE TIPS

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control over you. Don't let the sun go down while you are still angry (Ephesians 4:26).

• At least once a day, try to say something complimentary to your spouse.

Gentle words bring life and health; a deceitful tongue crushes the spirit (Proverbs 15:4).

• Never meet without an affectionate welcome.

Kiss me again and again, your love is sweeter than wine (Song of Solomon 1:2).

• "For richer or poorer" - rejoice in every moment that God has given you

together.

A bowl of soup with someone you love is better than steak with someone you hate (Proverbs 15:17).

• If you have a choice between making yourself or your mate look good, choose your mate.

Do not withhold good from those who deserve it when it's in your power to help them (Proverbs 3:27).

• If they're breathing, your mate will eventually offend you. Learn to forgive.

I am warning you, if another believer sins, rebuke him; then if he repents, forgive him. Even if he wrongs you seven times a day and each time turns again and asks forgiveness, forgive him (Luke 17:3, 4).

• Don't use faith, the Bible, or God as a

hammer.

God did not send His Son into the world to condemn it, but to save it (John 3:17).

• Let love be your guidepost.

Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand its own way. Love is not irritable and it keeps no record of when it has been wronged (1 Corinthians 13:4, 5).

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The Age Gap in Religion Around the World

By several measures, young adults tend to be less religious than their elders; the opposite is rarely true

In the United States, religious congregations have been graying for decades, and young adults are now far less likely than their elders to identify with a religion or engage in a variety of religious practices. But this is not solely an American phenomenon. Lower religious observance among younger adults is common around the world, according to a new analysis of Pew Research Center surveys conducted in more than 100 countries over the last decade.

Although the age gap in religious com-

mitment is larger in some nations than in others, it occurs in many different economic and social contexts—in developing countries as well as advanced industrial economies, in Muslim-majority nations as well as predominantly Christian states, and in societies that are, overall, highly religious, as well as those that are comparatively secular.

While this pattern is widespread, it is not universal. In many countries, there is no statistically significant difference in levels of religious observance between younger and older adults. In the places where there is a difference, however, it is almost always in the direction of younger adults being less religious than their elders.

Overall, adults ages 18 to 39 are less likely than those ages 40 and older to say religion is very important to them in 46

out of 106 countries surveyed by Pew Research Center over the last decade. In 58 countries, there are no significant differences between younger and older adults on this question. And just two countries—the former Soviet republic of Georgia and the West African country of Ghana—have younger adults who are, on average, more religious than their elders.

Similar patterns also are found using three other standard measures of religious identification and commitment: affiliation with a religious group, daily prayer and weekly worship attendance.

Age gaps are more common in some geographic regions than others. For instance, in 14 out of 19 countries surveyed in Latin America and the Caribbean, adults under 40 are significantly less likely than their elders to say



religion is very important in their lives. This is also the case in about half of the European countries (18 out of 35), and in both countries surveyed in North America (the U.S. and Canada; Mexico is included in the figures for Latin America).

Age gaps are also more common within some religious groups than in others. For example, religion is less important to

younger Christian adults in nearly half of all the countries around the world where sample sizes are large enough to allow age comparisons among Christians (37 out of 78). For Muslims, this is the case in about one-quarter of countries surveyed (10 out of 42). Among Buddhists, younger adults are less religious in just one country (the United States) out of five countries for which data are available.

Other key findings from the report:

- Age gaps in religious commitment may be the result of more-devout older generations being replaced by less-religious younger generations, who may grow up with increased material comforts and security. Age gaps may also reflect increases in levels of religious commitment that occur as people age.

- The countries with the highest shares of people who say religion is very important in their lives are in Africa, the Middle East, South Asia and Latin America, while those with the lowest shares are in Europe, North America, East Asia and Australia.

- The most religious areas of the world are experiencing the fastest population growth, due to high fertility rates and relatively young populations.

- The United States is an outlier among rich countries due to the high frequency of daily prayer in the country.

This study, produced with funding from The Pew Charitable Trusts and the John Templeton Foundation, is part of the Pew-Templeton Global Religious Futures project, a broader effort to understand religious change, including the demographic patterns shaping religion around the world. Previous reports have focused on links between gender and religion, religion and education and future population growth projections for major world religions.

The findings can be found at www.pewforum.org/2018/06/13/the-age-gap-in-religion-around-the-world.

Dennis Quaid Says His Faith Saved Him from Addiction

Dennis Quaid is not your average actor. He has accepted Jesus Christ as his savior and put it all on the line to star in the hit Christian movie I Can Only Imagine. The actor's embrace of Christianity has recently paid off big time — this movie was a surprise blockbuster. His story of faith is incredible — it changed his life and helped him defeat the demon of addiction.



Quaid claims he used cocaine daily during his early days in Hollywood. Those cocaine-fueled days led him to only sleep about an hour every night and he cried out to God for help.

"I was basically doing cocaine pretty much on a daily basis during the 80s. I spent many, many a night screaming at God to please take this away from me, I'll never do it again because I've only got an hour before I have to be at work," Quaid said. "Then about 4 o'clock in the afternoon, I would be 'oh that's not so bad'. I had a white light experience where I saw myself either dead or losing everything that meant anything to me."

He also had another experience with a bright white light while performing

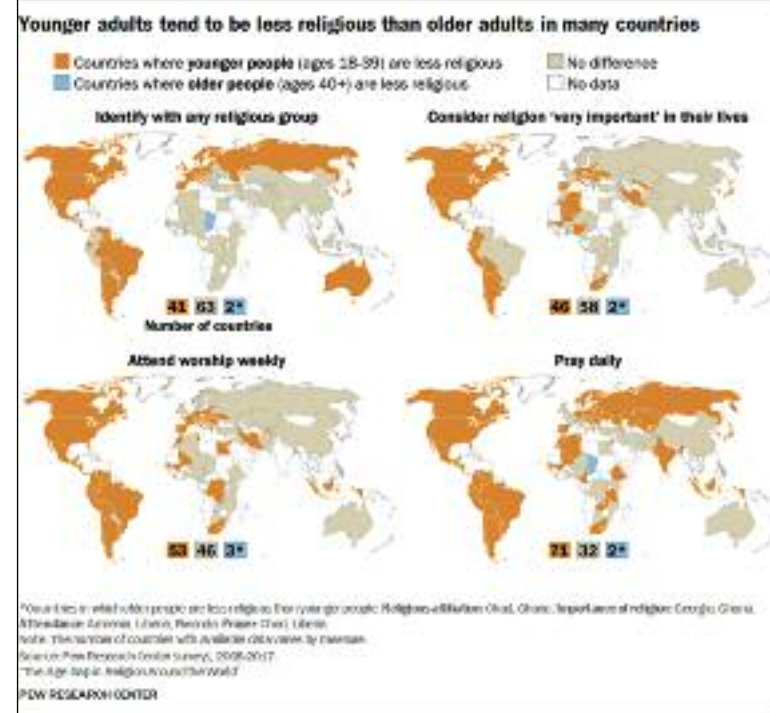
with his band in LA. This time, it came with a premonition that caused him to change his lifestyle of addiction.

"I had one of those white-light experiences that night where I kind of realized I was going to be dead in five years if I didn't change my ways. The next day I was in rehab," the Houston native said.

Quaid said the 1990s helped define him as he recovered from his addictions. He's changed his life and has embraced his faith. He's stepped out as a Christian in Tinsel Town, which is a risky move, but Quaid is winning against the haters.

It was announced earlier this year that he will be starting as Ronald Reagan in a biographical movie about the 40th President. He also released a Christian song.

—Erin Perri / tmn.today



SEX TRAFFICKING

continued from page 1

place in Shawnee County and how to deal with it. He hopes the effort will become a model for other communities. He joined other civic leaders and state officials at the press conference as they called for public awareness for the victims of human trafficking.

"There are people getting ready tonight, or being made ready, to service people who are going to use them for labor or sexual exploitation," Feaker said. "Right now, there are young women and some young men who are being shot with methamphetamine to numb their pain, so they will just serve."

"Right now, there are some who are saying, 'Nobody is there for me. There is nobody.' They don't know what we are doing here today because they are isolated. Some are in basements. Some are even in boxes. Some are in vehicles. Some are at homes within walking distance of this room, right now, as we speak."

Feaker said the rescue mission rescued 131 victims of sex trafficking last year but then had to transport 17 of them to safe houses around the country because of the lack of a restoration program here in Shawnee County. These victims need therapy and rehabilitation, he said.

It's time to demand justice, Feaker said,



noting that the foundation has been laid and now the heavy lifting must begin.

Kristy Childs founded the group Veronica's Voice, based in Kansas City, Kansas, which helps victims of human trafficking. Childs said people might not understand that buyers of sex encompass a wide variety of people, including people from higher-income communities.

"Every time I would go out and speak in a church, any kind of mixed crowd, I know I'm speaking to some buyers," she said.

An example in the Kansas City area, she said, is that many buyers come from Johnson County, people she hopes the campaign can reach.

"The people that have the disposable income," Childs said. "They have the choice in the matter."

Karen Countryman-Roswurm, executive director of the Center for Combating

Human Trafficking at Wichita State University, said educational campaigns like this are needed to help shift perceptions. She said it could start with simple changes in how people act.

"It takes men and women saying, 'Hey, let's not make a joke about that person and what they're wearing,'" she said.

However, there needs to be more work done to make sure victims of human trafficking aren't also charged with crimes. By a large margin, she said, people selling sex face more penalties than do buyers of sex.

"The reality is right now there are people losing their lives behind bars even though they were victimized by this crime," Countryman-Roswurm said.

Kansas has made changes to state law in recent years to help victims of human trafficking fend off criminal charges. Schmidt said they could offer a defense that they aren't criminally liable because they are victims of human trafficking.

He said more training for attorneys could help put the law to better use.

"I think there's a great opportunity to make progress," he said, "by ensuring the tools already available are well used."

Schmidt said it is imperative that we create a culture where the buying and selling of human beings is not tolerated.

—Stephen Koranda / Kansas Public Radio/Kansas News Service contributed to this report

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FINANCIAL PLANNING

It's Baby Step 1 for a reason

Dear Dave,

I'll be receiving my income tax refund soon. It will be enough to completely pay off my two smallest debts, or get my starter emergency fund of \$1,000 for Baby Step 1 in place. What should I do?

Brandy

Dear Brandy,

I love that you're excited about using your refund to start the Baby Steps, and begin gaining control of your finances. But we call the beginner's emergency fund Baby Step 1 for a reason.

Bad things can happen while you're working to get out of debt. That's why I want people to get a little money set aside before they start Baby Step 2, which is the debt snowball. What if the alternator on your car goes out, or your refrigerator dies? Life happens, and things go wrong. When this kind of stuff pops up, and you don't have any money set aside, you're likely to quit the plan and wind up going even deeper into debt.

I know you want to get out of debt. I want you to get out of debt, too. But I want you to stick with the plan, and actually get out of debt, instead of falling off the wagon the first time you hit a bump in the road!

—Dave

Take care of the basics

Dear Dave,

I just graduated from college, and I'll be starting my first real job soon. What can young adults, who are just getting started, do to avoid money problems now and in the future?

Ben

Dear Ben,

Congratulations! I'm glad you realize the importance of being responsible with your money and planning for things down the road.

There are three or four important things a recent college graduate — or anyone, really — can do to make the most of their money and protect themselves financially. The first is to always live on budget. When you write down a budget on paper, and give every dollar a name before the month begins, it helps you know what your money is doing instead of leaving you in a situation where you're wondering where it went.

Two more important practices are saving money and staying out of debt. Your income is your biggest wealth-building tool. When you're saddled with debt, your money goes to creditors instead of into your pocket. Saving money prepares you for all the things life will throw at you — both good and bad.



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

davesays

One more thing I'd include is investing. I know you're young, but you still need to think about life after retirement. If you start investing just a little bit each month now in good mutual funds, you could easily retire a millionaire.

These are all very simple, basic things, Ben. But they'll make a huge difference in your financial situation now and in the years to come!

—Dave

Creativity is the key

Dear Dave,

How do you have a wedding without debt?

Brooklyn

Dear Brooklyn,

It's pretty simple. To have a wedding without debt you must be creative and think within your budget. In other words, you pay for a wedding with the money you have.

There's absolutely nothing wrong with a small, inexpensive wedding. Once you realize and understand that fact, and start thinking about things with a budget in mind, you'll realize you can scrimp and save and still have a great small wedding. Lots of people have beautiful ceremonies, and even small receptions, for well under \$1,000.

Sure, you can go into debt by renting the fanciest venue, and buying a \$9,000 wedding dress to wear for just a few hours on one day. Or, you can realize it's not the place and the clothes that make a wedding special. What about an outdoor wedding at a friend or family member's house? When it comes to a dress you can opt for something simple and inexpensive, or even one that has been worn once, for just a few hundred dollars. If you think that's awful, let me tell you something that's worse — going tens of thousands of dollars into debt for an event that lasts just a few hours!

Most people don't have lavish, expensive weddings, and guess what? Years down the road they're still happily married, very much in love, and they look back on their wedding as the best day of their lives.

—Dave

No obligation here

Dear Dave,

My father died recently. He walked

out of my life 25 years ago when I was a teenager, and he never wanted anything to do with me after that. His brothers, who have already paid for some of his final expenses, asked if I wanted to pay to have his body cremated. They didn't ask for money, they just offered it as a chance to be part of things. I'm in good shape financially, and I could easily afford the cost. Morally, I wonder if I have a responsibility to help with things. Do you feel I'm obligated in any way?

Julie

Dear Julie,

I'm sorry for your loss. I'm sorry, too, about what happened with your father. I can't imagine the mixed emotions you must have in your heart.

When someone asks me a question like this, I try to put myself in their shoes. Under the circumstances, I don't think you have any obligation whatsoever — morally or legally — to help pay for anything. If you want to help, and you can afford to do so, then follow your heart. At the same time, I don't think you should lose one wink of sleep over this if you decide not to contribute.

Twenty-five years is long, long time. I don't know your dad, and I have no clue about his situation or state of mind back then and in the time since. I can't imagine doing that to a child of any age, though.

Do what you feel in your heart is best. But in my opinion, there's no obligation here. God bless you, Julie.

—Dave

Looking for Work May Impact Your Taxes

By Peggy Beasterfield

Owner, Peggy's Tax and Accounting Service

If you are looking for a job in the same line of work, you may be able to deduct some of your job search costs. Here are some key tax facts you should know when searching for a new job:



- **Same Occupation.** Your expenses must be for a job search in your current line of work. You can't deduct expenses for a job search in a new occupation.

- **Resume Costs.** You can deduct the cost of preparing and mailing your resume.

- **Travel Expenses.** If you travel to look for a new job, you may be able to deduct the cost of the trip. To deduct the cost of the travel to and from the area, the trip must be mainly to look for a new job in order to deduct all costs.

- **Placement Agency.** You can deduct some job placement agency fees you pay to look for a job.

- **First Job.** You can't deduct job search expenses if you're looking for a job for the first time.

- **Time Between Jobs.** You can't

deduct job search expenses if there was a long break between the end of your last job and the time you began looking for a new one.

- **Reimbursed Costs.** Reimbursed expenses are not deductible.

- **Schedule A.** You normally deduct your job search expenses on Schedule A, Itemized Deductions. Claim them as a miscellaneous deduction. You can deduct the total miscellaneous deductions that are more than two percent of your adjusted gross income.

- **Premium Tax Credit.** If you receive advance payments of the premium tax credit, it is important that you report changes in circumstances — such as changes in your income, a change in eligibility for other coverage, or a change of address — to your Health Insurance Marketplace. Advance payments are paid directly to your insurance company and lower the out-of-pocket cost for your health insurance premiums. Reporting changes will help you get the proper type and amount of financial assistance so you can avoid getting too much or too little in advance.

For more on job hunting refer to Publication 529, Miscellaneous Deductions, available at [IRS.gov/forms](https://www.irs.gov/forms) at any time.

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

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opinion

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5 Reasons I Changed My Mind About Donald Trump

by **Eddie Hyatt**

Donald Trump was not my first choice for president. He wasn't even my second choice. In fact, when the presidential campaign began he was far down the list. Ted Cruz, Scott Walker, Ben Carson, Mike Huckabee and Carly Fiorina were all ahead of Trump on my list of candidates.

However, after almost two years in office, I am now totally convinced that Donald Trump was God's choice. There is no question in my mind that he is in the White House because of prayer and Divine providence.

Here are five reasons I have changed my position on Donald Trump.

Reason No. 1: I Now See His Temperament as a Plus

Like many others I was concerned about Trump's temperament. He seemed overly brash, bombastic and rude. I didn't like how he labeled people, even his fellow Republicans, with derogatory names like "Little Marco," "Lying Ted," "Low Energy Jeb" and so on.

With the advantage of hindsight, however, I now see that the temperament of a combative, New York businessman is just what was needed. With political perversion and corruption so deeply imbedded in Washington, D.C., a businessman from Queens, who had spent years battling corrupt New York politicians, the mafia and other competitive business people, is exactly what was needed at this time in history. A "nice" person would never do.



As a historian, I see a parallel in this regard with Martin Luther, who was relentless, crude and bombastic in his attacks on the pope and the Roman Catholic Church. Even some Protestants thought he went too far. At his funeral, his colleague and fellow-theologian, Philip Melancthon, addressed this, saying, "Some have complained that Luther displayed too much severity. I will not deny this. But I answer in the language of Erasmus, 'Because of the magnitude of the disorders, God gave this age a violent physician.' I do not deny that the more ardent characters sometimes make mistakes, for amid the weaknesses of human nature no one is without fault. But we may say of such a one, 'rough indeed but worthy of all praise'" (Hyatt, *The Charismatic Luther*, 52).

When this era of American history is written by future generations, when hindsight is 20/20, it may well be acknowledged that because of the deep

political and moral corruption of the times, Donald Trump was exactly the one needed to save the American Republic from utter ruin.

Reason No. 2: His Commitment to Individual and Religious Liberty.

In my book, *Pilgrims and Patriots*, I document how America was founded on the principles of freedom of conscience and religious liberty. The Founding Fathers and/or their parents and grandparents came to this land to escape government-empowered religious persecution in the Old World. They came here with a vision of being free to live out their faith according to the dictates of their own conscience.

Under the previous administration, those fundamental liberties were sacrificed for the modern LGBT agenda. Left wing politicians and activists used governmental force in their attempts to coerce Christians into conforming to their novel belief system. Small business

owners, such as florists and bakers, were targeted and then sued when they politely declined to violate their consciences by participating in same-sex weddings with their artistic gifts.

The Trump administration has returned to those founding values of individual and religious liberty. They agree that no one should be forced to violate their conscience and sincerely held religious beliefs. They recognize that same-sex marriage is not a fundamental, constitutional right, as are individual and religious liberty, which are guaranteed in the First Amendment.

This is another reason I have changed my position on Donald Trump and now believe he was God's choice for this time in American history.

Reason No. 3: His Fight for Persecuted Christians Around the World

In his campaign, Trump promised to help persecuted Christians in the Middle East and around the world. He has followed through on his promise. ISIS, which perpetrated such terrible atrocities on Christians in the Middle East, has been decimated and many Christians are now returning to their homes.

Trump appointed Sam Brownback, former governor of Kansas and a devout believer, as "ambassador at large for religious liberty." Brownback and Secretary of State Mike Pompeo, who is also a devout believer, are putting pressure on oppressive nations and promoting the American ideal of religious liberty

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metro VOICE

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THE DANGER OF THINKING YOU'RE A GOOD PERSON



CLINT DECKER
President and Evangelist with Great Awakenings, Inc.

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Jesus once told a story about two men who went to pray. One was a high standing religious man, the other was a tax collector that had extorted money from people. The religious man prayed saying, "God, I thank you I am not an extortionist, immoral or an evil person like so many, including this man next to me. And I praise you that I regularly fast and pray and give 10% of all my income to the church."

Then the other man prayed. He stood far off by himself with his

head hung low against his chest. He could not bear to lift his eyes heavenward. Instead he wept and cried out, "God, please show me mercy! I am a sinful man!"

The differences between the two men are startling. The religious man saw himself as a good person because of the good things he did. He was not like everyone else. He was better. Meanwhile, the tax collector saw himself as nothing. There was an admission of all he had done wrong. A sense that he was undeserving, so in brokenness he called out for mercy.

When I view the landscape of the American church and society, I see a nation filled with people like the religious man. Multitudes feeling generally good about themselves because of their attempts at doing good things. They admit they have done wrong, but counter with efforts that are akin to moral insurance to sooth their conscience.

They also view themselves as better than the other guy, like the religious man did. They are better than the drug dealer or corrupt politician. They see "those people" as the ones who need the



help and religious saving, not themselves.

These attitudes are dangerous. They can lead to a moral and spiritual obnoxiousness that will produce a sterile church, empty of spiritual power. It can also divide a nation among the upright elites and the downright immoral.

We all are sinners with evil lurking in our hearts. All of us. Regardless of our religion, political party or standing in our community. All of us have done wrong. No exceptions. Who has

never told a lie, never had a bad thought about another person or never has done something from a selfish motive? Who? We! Are! All! Sinners! God affirms this saying, "None is righteous, no, not one . . . no one does good, not even one" (Romans 3:11,12).

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 cdecker@greatawakenings.org

Topeka Police Officer's Lip-sync Tribute to Fallen LEO's Goes Viral

A Topeka Police officer is going viral in recent weeks with a lip-sync challenge video with a unique spin. The video, which was posted July 6, has over 10.7 million views.

Law enforcement officers across the country are caught up in the latest online craze - posting videos of themselves lip syncing. Most are fun or humorous but a Topeka Police Officer has gone viral for a very different approach.

Sgt. Steve Block chose Cole Swindell's "You Should Be Here" as a tribute to fallen officers.

His daughter edited it together with photos and videos. Since his wife posted it online, it's had more than 10.7 million views and been shared nearly 260,000 times!

"As I watched the others I realized I wanted to do something different and unique," said Block. "As an Honor Guard member and member of our Pipe and Drum Corps, it is a passion of mine to recognize and honor the sacrifice of fallen officers. So, I knew I had to do a tribute video."

"I wanted the video to be less about me and about the fallen officers, hence the photos. My daughter added the photos and graphics for me," said

Block. "She nailed it."

There have also been over 12,000 comments on Facebook since the video was posted, from all over the country.

"The most powerful messages have been from surviving family members of fallen officers expressing how much it means to them to make sure their fallen officers sacrifice is not forgotten," Block said. "I'm amazed by its reach and humbled by the response."

Here are a few samples of the Facebook comments:

Tiffany Fling This is by far my favorite. Thank you!!! Much love from Kansas City, KS. ♥♥

Deb Stephenson You moved the world with this

Nicole Geyer (Lower Burrell, Pennsylvania) Robin block and steven block. I want to personally thank you. My home has been hit twice in 6 years with losing one of our own. Officer Shaw we lost right before last Thanksgiving. I pray for you all. I'm bawling this hits home for me. My sons bestfriends father is a local detective. God bless you all. I know

I'm a complete stranger but thank you from the bottom of my heart xoxo stay safe

Teresa McElwee Greber please thank your husband for posting this. I lost my brother in law in 1992 in a drug raid here in Shreveport Louisiana. I still grieve daily for him.

He's missed so much. He should be here. My husband is an officer as well. I live daily with the threat and the reality that he may not be here. I love the lip-sync challenge, but am so happy that your husband and you chose to use it to remind us of the danger and the ultimate sacrifice that they make. Thanks for this beautiful video.

Julie Myers Maring Awesome job! We back the blue! Great job from Fla.

Lori Vance Osborne What a beautiful tribute. My sister was killed in the line of duty last year in Abilene Texas.. Thank you for sharing. ♥

Jamie Butz Hi Robin. Would you



please forward this video to North Las Vegas Police Department? Thank you so very much. Beautiful Tribute.

Mike Mullins All have gone a long way to add some fun and good spirit to the thin blue line. My son is an officer. You state right away you took a different approach. It was a nice tribute and a needed look at the life of an officer who has seen the loss of a friend and brother. I was a 40-year career fire fighter and Honor Guard member. I have seen too many myself and could no longer present flags

because of the emotion of giving one to a dear friend on the loss of her husband. Great job and thanks for the prospective. it was a needed reminder. God Bless you and your service!

Sgt. Block's wife Robin says the video has won the first round of voting, and asks fans to keep voting and spreading the word through the next round.

Block says any prize won will go to the Kansas Chapter of Concerns of Police Survivors (C.O.P.S.).

CONTINUED FROM PREVIOUS PAGE

around the world.

To cite one example: On July 24-26, these two Christian statesmen, both appointed by Trump, will host the first-ever ministerial on international religious liberty. Some of the most powerful dignitaries, activists and faith leaders from around the world are attending. Pompeo told Tony Perkins on "Today's Washington Watch."

The enthusiasm of other countries to this has been remarkable. As I was traveling this past week—I think I was in six or eight different places—I had foreign ministers say, "I'm going to be there." They're excited to come and be around other people who think religious freedom is important. I was in Muslim countries; I was in places with religion very different to my own Christian faith, but every one of those leaders was excited about the opportunity to gather with like-minded individuals who share their desire—their quest—for every individual to practice their faith in their country in the way that they wish to do.

What Trump is doing for persecuted Christians is huge, and I doubt it would be happening with any other candidate. This is another reason I have changed my opinion of Donald Trump.

Reason No. 4: His Favorable Attitude Toward Christian Values

In my book, Pilgrims and Patriots, I also document that it was Christian values that made America great. Despite his sordid past, Donald Trump has turned out to be the boldest witness for Christ in the White House that I have seen in my lifetime.

For example, in a recent Cabinet meeting that was broadcast live, Trump sent the mainstream media into a tizzy

when he asked Ben Carson to open the meeting in prayer. Mike Pence has said it is normal for Trump, at the beginning of a Cabinet meeting, to turn to him or one of the Cabinet members and ask them to open in prayer.

I know many of you doubt the integrity of his actions in this regard. I once shared those same concerns. I now believe it is real. According to James Dobson, Trump was led to Christ in early 2016 by a Christian businessman. Dobson says he prayed a prayer committing his life to Christ. Perhaps this is why he has formed a council of spiritual advisers made up mostly of evangelical Christian leaders. Perhaps this is why he has surrounded himself with devout Christian statesmen such as Mike Pence, Ben Carson, Mike Pompeo and others.

At a large Trump rally in Florida, his wife, Melania, opened by leading the crowd in reciting the Lord's Prayer. There are many indicators that Trump has made a turn toward the Christian faith and is promoting Christian values.

This is another reason I have changed my position on Donald Trump and now believe he was God's choice to lead America at this time in her history.

Reason No. 5: His Unequivocal Support for Israel

The "Jerusalem Embassy Act," overwhelmingly passed by both the House and Senate in 1995, recognized Jerusalem as the capital of Israel. It also stated that Jerusalem should remain an undivided city and authorized funds to be set aside for moving the U.S. embassy from Tel Aviv to Jerusalem.

Despite this authorization, no president has been willing to face the criticism from the Arab world and its allies that such a move would provoke. Enter Donald Trump. During the campaign, he

promised to move the embassy to Jerusalem, and he followed through on his promise.

Israel is important to evangelical Christians because it is the land of the Bible that God promised to Abraham and his descendants (Gen.13:15). We see the restoration of the modern state of Israel as a fulfillment of biblical prophecy. It is also the only functioning democracy in the Middle East and America's only trusted ally in that region.

Donald Trump's unequivocal support for Israel is another reason I have changed my position concerning his presidency.

Who Is on the Lord's Side?

During the Civil War, it was well known that both sides were fasting and praying for God's assistance. In a conversation with President Lincoln, a northern minister expressed his hope that, "the Lord is on our side." Mr. Lincoln replied, "I am not at all concerned about that, but it is my constant anxiety and prayer that I and this nation should be on the Lord's side."

I am not a politician. I am not a Democrat or a Republican. I recognize that Trump has faults. However, I am a believer who aspires to always be on the Lord's side in every situation. That is why I am praying for this president and supporting his presidency. I can do no other, for I am now convinced that Donald Trump was God's choice to be the president of these United States of America.

Dr. Eddie L. Hyatt is on a mission to reconnect America with her severed Christian roots and help ignite another national, spiritual awakening across the land. His books on the topic can be found on Amazon and on his website at eddiehyatt.com.



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a. First, you can give in. Give in to the peer pressures that others apply to you. By doing that, you just become a drone to fulfill someone else's life. Living that way is not living at all. Far too many folks are just being robotic in their life.

b. Secondly, you can give up. Throwing in the towel isn't good either. You have great Godly worth and value. You might not see it or feel it now, but that just tells me that you aren't looking in the right direction.

God has a plan for your life. Let Him show it to you!

c. The final answer is the best answer! Give it all you got! This is the only way to truly live your life! Using the Bible for direction, you can live your life to the fullest! By living this way, you won't have any regrets. So, go ahead, give it all you got! Be Encouraged!

*Be Encouraged,
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Not your parent's VBS! Summer tradition makes a comeback

Vacation Bible School — better known as VBS — is back as one of the most popular church programs in America after a few years of decline.

Back in the 1890s, a pair of Sunday School teachers — D.T. Miles of Hopedale, Ill., and Virginia Hawes of New York City — both had the same idea.

School kids were off for the summer. Why not invite them to church to study the Bible? And maybe sing a few songs and have some fun along the way?

The idea was a hit.

Six in 10 Americans say they went to VBS growing up. Two-thirds of American parents say they plan to send kids to VBS this summer — even if they skip church themselves.

And almost everyone involved had a positive experience, according to a new survey from Nashville-based LifeWay Research, which surveyed 1,200 American adults about VBS.

"Each week of the summer there are thousands of VBS programs going on around America," said Scott McConnell, executive director of LifeWay Research. "It's one of the things that people love about church."

VBS attendance & memories

Twenty-two percent say they went every summer growing up, while 14 percent said they went most summers. Another 13 percent went occasionally. Five percent went more than once. But 40 percent never went.

Many went because of a family tie. Forty-two percent say they went because their family attended that church. Twenty-five percent went because their parent or another family member was one of the leaders. Twenty-six percent went because the church was near their home. Twenty-five percent went because a friend invited them.

Among their memories: spending time with kids their own age



The 2017 VBS theme, "Galactic Starveyors," emerged from stacks of survey cards filled out by youngsters attending LifeWay's CentriKid summer camps. Kids' questions were deep, serious, and sometimes tough: How old is God? Where did He come from? What does God look like? If God loves us, why do bad things still happen? LifeWay photo.

(46 percent), learning Bible stories (45 percent), singing songs (40 percent), creating crafts (37 percent) and playing games (34 percent).

One in 6 (17 percent) remember

cent). Twelve percent disagree.

Americans who didn't go to VBS as a child also didn't go to church at all (31 percent) or went to a church that did not offer VBS (31 percent), were too busy (10 percent), weren't

invited (7 percent) or didn't go for some other reason (15 percent). Five percent say their family went to a church that offered VBS — but they weren't interested in going.

More than half (61 percent) of American adults who did not go to VBS agree they have some positive thoughts about the program. That includes 28 percent who completely agree (14

percent) or mostly agree (14 percent). Thirty-three percent slightly agree. Thirty-nine percent dis-

agree.

A majority of Americans (57 percent) who did not go to VBS also believe the program could have helped them better understand the Bible — at least a little. Forty-three percent disagree.

About half (52 percent) agree the program could have impacted their spiritual growth. Forty-eight percent disagree.

The survey's results are a great reminder why VBS matters, said Jana Magruder, director of LifeWay Kids.

"It's a strong affirmation of the work that churches put into VBS programs," Magruder said. "I hope churches are encouraged by this research to continue to host VBS for their communities."

Popular with parents

About half (47 percent) of parents with kids under 19 say their child has been to VBS.

The most common reasons: The family attended the church where the program was held (38 percent) or the parents were also taking part in VBS (33 percent). Twenty-nine percent say they valued their child's spiritual growth; 27 percent valued studying the Bible.

A fourth (26 percent) say their child went to VBS because someone — other than family — invited them.

Most parents (95 percent) say VBS was a positive experience for their child. A similar number say VBS helped their child better understand the Bible (94 percent) and influenced their child's spiritual growth (95 percent). Most (95 percent) also say that VBS is one

of their child's most meaningful church experiences.

Among the reasons parents didn't send kids to VBS: The family didn't go to church (29 percent), the family was too busy (14 percent) or the child was too busy (13 percent).

Still, parents who didn't send their kids to VBS have a positive view of the program (83 percent) and say it would have helped their child better understand the Bible (69 percent) or grow spiritually (71 percent).

And this summer, Vacation Bible Schools may be packed again, according to LifeWay Research.

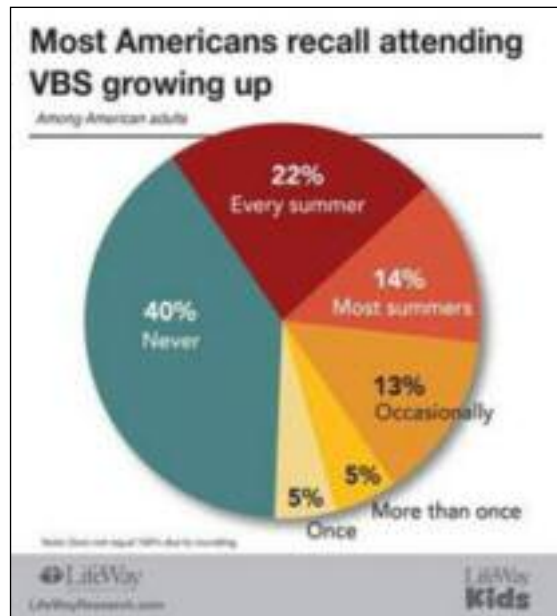
Two-thirds of parents (64 percent) say their child is likely to go to VBS this year — including about half who completely agree (29 percent) or mostly agree (18 percent). A third (36 percent) disagree.

More than half (58 percent) say their child may go to more than one VBS. Forty-two percent disagree. Most parents (60 percent) say they'll encourage their kids to attend VBS even if it's held at someone else's church. More parents will encourage their child to attend VBS at another church if they get invited by a friend (69 percent).

"Two-thirds of American parents," Magruder noted, "are eager to send their children to a church activity where they will have fun experiences centered on what churches care about most: Bible stories, the Gospel and worship."

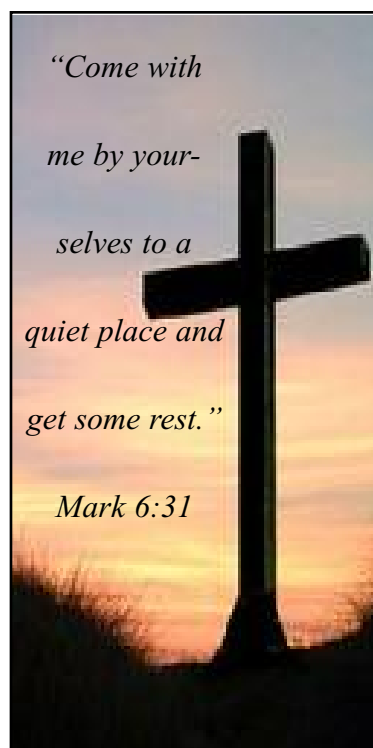
"People still believe Vacation Bible School is good for kids," McConnell said "Even parents who don't go to church want their kids to go to VBS."

— by Bob Smietana / BP



making a spiritual commitment at VBS.

Most (88 percent) say VBS helped them better understand the Bible. That includes two-thirds who either completely agree (37 percent) or mostly agree (26 per-



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Long weekends are great opportunity to explore

by **Anita Widaman**

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

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

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

Graduates of K-State will enjoy meandering and grabbing a meal in Aggieville. Other expeditions are the Kaw Mission in Council Grove and overnight in the quaint Grand Central Hotel in Cottonwood. If you plan in advance you can attend the Walnut Valley Festival, a little farther away in Winfield, known for featuring the best in bluegrass and acoustic musicians. This event



takes place September 12 – 16.

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

St. Louis. You can splurge on lodging or the theater because of all the free activities. In fact, all four of our favorite outings are free: The Saint

Louis Art Museum, Saint Louis Zoo, Saint Louis Science Center and the Missouri History Museum.

The Muny, an outdoor theatre, is also a great place to catch a show.

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



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



Walnut Valley Festival

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

Here are some other opportunities to look for as you travel:

County Fairs. One of the oldest traditions of summer is the fun and entertainment to be found at state and county fairs! From the livestock to music to crafts and demonstrations, there is something for everyone at the fair!

Baseball and more. Even if you're

not a baseball fan, who doesn't love eating a stadium hotdog and people-watching?

Picnicking. Choose a beautiful location you happen across to celebrate summer with a picnic at a local park. The kids are always happy playing on the playground equipment and Mom gets a break.

Museums and art.

Experiencing learning first hand through a field trip or camp experience is a wonderful tool for home-school families. Many museums are free or inexpensive. At a young age, children can learn by describing and verbalizing about the exhibits and asking questions. The younger the child, the shorter the attention span, so looking at a variety of historical paintings and displays can be a delightful



and memorable experience for the whole family. Children can learn history, art and culture simultaneously.

Be original. What is your favorite weekend getaway trip?

National Night Out Kick-Off Party Scheduled

Excitement is building as neighborhoods are preparing for the 22nd year of National Night Out in Topeka/Shawnee County on Saturday, August 11. This annual event brings neighborhoods together to connect with one another and local law enforcement. The simple act of getting to know your neighbors is the best form of crime prevention.

The Topeka Kick-Off party will be Friday, August 10th, 5:30-7:30 PM at the Hy-Vee parking lot at 29th & Wanamaker, and will feature first responders, food, music, games, giveaways, fun and more for all ages, coordinated by Alpha Media. Everyone is invited to come for a good time and to help take a stand against crime!

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

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

As of July 16, there were 84 neighborhoods regis-

tered! Neighborhoods activities vary – some may host an ice cream social, cook-out, pot luck dinner or a pool party. Some will have a pancake feed, while others focus on games for the kids. Some events are smaller, around 25 people, and others are larger with more than 300 attending.

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

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

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



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Sunday (Gate Only)	---	\$15

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Back to School Guide

Top 10 ways to launch a successful school year

by **Jessica Bullard**

As an educator, I see and hear from numerous families regarding the struggles of heading back to school. While some parents



rejoice at the idea of returning to normalcy, others have difficulty adapting and often wonder how to equip their children for success. Here are some helpful tips to ensure your family is on the right track.

10. Establish a routine.

Studies show that students who follow more structured routine tend to feel safer and more secure, which enables them to engage their curiosity to explore and learn. Experts recommend

having at least one meal together daily to allow everyone to share ideas and thoughts about their experiences from the day



9. Give children responsibilities.

As children grow, it is imperative to provide them with opportunities to be independent and accountable for themselves. Many websites offer age-appropriate lists of tasks for which children may be responsible. This training at a young age will equip your child to function and succeed as an adult later in life.

8. Read with your children.

This step is imperative with elementary-aged children, as well as any who struggle with reading. Reading aloud to your children or taking turns reading will increase your child's oral vocabulary, which will in turn increase reading comprehension, as they begin to recognize words they have heard. Studies show that individuals who read develop increased cognitive abilities and critical thinking skills. In addition, children who read with their families (or are read to) have a substantially higher likelihood of finishing school and furthering their education.

7. Teach your children to problem solve.

This skill encompasses so much more than merely building mathematical proficiency. Children must be taught to be independent, critical thinkers to adapt to every circumstance in life. Furthermore,

they must be permitted to identify these problems, generate solutions, and persevere until the obstacle has been overcome. One certain facet of life is that of continual problems. Children must be equipped to solve these problems independently and take responsibility for their actions and decisions.

6. Allow your child to fail.

Gasp I know this is an unpopular idea. We all want our children to be the best athletically, academically, artistically, etc., but few of us are willing to allow them to make mistakes to achieve this premier status. The fact is that we learn best from the mistakes we make. "Helicopter parenting" often leads to feelings of inadequacy within our children, while limiting the joys inherent within parenting. While it is often incredibly difficult to watch our children fail, it is absolutely vital that children identify those mistakes that led to the failure and recognize methods to prevent its recurrence. By not allowing them to experience the disappointments associated with failure, you render them helpless. They become incapable of solving issues on their own, which greatly debilitates them throughout life. So, although difficult, let them fail. In doing so, you empower them to succeed.



5. Partner with your child's school teacher.

Your child spends the majority of their day at school with their teacher. Because of this, you and your child's teacher form a unique partnership. Foster open communication with this teacher. Trust in her ability to teach your student and recognize that she has your child's best interests at



often manifest as behavioral within the classroom, as kids struggle to battle problems they are not prepared to handle. According to Family Systems Today, children become "symptom bearers" of their home environment. They tend to mirror the problems occurring at home because they cannot effectively process and address them. Randy Withers, a professional counselor, states, "When adults start behaving as adults, problems like these tend to go away." Be the adults and let your children be children.

2. PUT AWAY THE TECHNOLOGY!

Whew! We could write an entire dissertation on this topic—in fact, that's not a bad idea. In January, two of Apple's largest investors cited concerns regarding the growing epidemic of technological addiction. Yes, that is the term used by professional clinicians: addiction. We are a society that is absolutely obsessed with our gadgets. Adults and children, alike, constantly stare at screens—and it is absolutely destructive to our kids. According to research conducted by Harvard and San Diego State Universities, "Teens who spend 5 hours per day on a device are 71% more likely to have a risk factor for suicide, while 8th graders who use social media heavily have a 27% higher risk of depression." Further, more than 85% of teachers report witnessing greater emotional and social struggles in students due to the ubiquity of technological sources. These statistics are absolutely staggering! Another recent study presented at the annual meeting of the Radiological Society of North America reported a chemical imbalance in teens who were described as "smart-phone addicted." Again, the data is just beginning to scratch the surface of the pandemic we are witnessing. While some technology may be beneficial and perhaps necessary, the detriment to our children's very lives seems to be irrevocable and catastrophic. I implore you to limit and monitor their use closely. It may save your child's life.

1. Pray as a family.

One thing is absolutely certain: parenting is HARD. You cannot do it alone. You cannot be with your child every moment of every day. You must trust that you have equipped them with necessary skills to succeed and that those in authority over them have their best interests at heart. Above all, you must trust that God has a unique plan for your child and that He will accomplish His will in his or her life. Proverbs 4:7 states, "Wisdom is the most important thing. So get wisdom. If it costs

■ See **10 WAYS** on next page

TRM to Host 20th Annual Back-to-School Fair

For the past 20 years, the Topeka Rescue Mission has been hosting a Back-to-School Fair benefitting homeless children residing at the Mission, as well as families in need from the community. This year's event will provide backpacks loaded with grade-appropriate school supplies. Children residing at the Mission will also receive new clothing and shoes. The only eligibility requirements for a family to participate are that they are not already receiving school supply support elsewhere... and they are in need.

TRM Ministries wants every child to feel prepared and ready for the new school year. That's what makes the backpacks and supplies received from the Back-to-School Fair even more special – the items are all brand new and will help them feel equipped for the classroom. Each face lights up with delight as they pick out their bag and then examine the new "treasures" inside. Children will arrive at school on the first day with confidence because they have everything they need and feel as though they fit in. Simple things like this truly make all of the difference in the world to starting school off right.



How you can help

If you need help with school supplies, please contact the Distribution Center at 357-4285 or stop by 401 NW Norris to fill out an application. Check out the TRM needs list if you would like to help with School Supplies:

- Backpacks
- Plain pocket folders (without brads)
- Pencil Boxes/Pencil Pouches
- Big pink erasers
- 3 ring binders (1 or 1 1/2 in)
- Composition Notebooks
- Colored Pencils (12 ct.pkg.)
- Colored Markers
- Pointed & Blunt Scissors (Kids Size)
- Scissors (Regular Size)
- Hi-lighters (yellow)
- Dry Erase Markers (Black)
- Kleenex (Large Box)
- Antibacterial Wipes / Hand Sanitizer.

All donations should be taken to the Topeka Rescue Mission Distribution Center, 401 NW Norris, between the hours of 8am-4pm Monday-Friday & 9am-1pm on Saturday.

heart. Know that teachers have high expectations to propel your child to success in and out of school. One of our favorite expressions as educators is this: "If you don't believe everything your child tells you about us, we won't believe everything they tell us about you." You undoubtedly hear stories of occurrences at school. Trust me—we hear all kinds of things about incidents that allegedly transpire at home. We recognize that these narratives are not always 100% accurate, and we endeavor to give you the benefit of the doubt. We ask that you do the same. Remember, this is a partnership. Let's encourage one another.

4. Be positive about learning.

Children feed on the feelings and beliefs of the adults, particularly their parents. They recognize the unspoken cues as well. If you have a problem with a teacher, administration, school, or another child or parent, your child will distinguish this. This in turn affects his or her learning ability and overall academic success. Children cannot compartmentalize their feelings. Negative feelings originating from adults often render the students confused, disheartened, and apathetic towards learning.

3. Allow them to be children.

They are impressionable, innocent, and have a much different view of the world than adults do. Children need to have fun, play outside, and solve age-appropriate issues with their peers. It is during these moments of play that creativity, social responsibility, and interpersonal relationships are developed and nurtured. Far too often, children are exposed to the trials facing adults. This places an unmitigated amount of stress on children, as they are not yet equipped to process the more complex difficulties of life. These issues

Top 4 reasons to choose Christian education

by **Jim Drexler | WNS**

August is almost here and stores are already filling up with bright colored school supplies. For many families, they've spent the summer months thinking about the fall and where their children should go to school. Are there reasons to send your kids to a Christian school? Check out our four top reasons to help you, or someone you know, make the right decision.

Misconceptions about Christian education

A Christian school is not a place where a few "ornaments" like prayer, chapels, and Bible classes merely complement an otherwise secular education. Genuine Christian education seeks to integrate God's Word into every facet of the curriculum as well as all co-curricular activities. As the Puritan theologian Charles Bridges wrote in his commentary on Proverbs, "The religious training must not be the border of the garment, which might easily be cut off. It must be the pervading substance throughout."

Second, the phrase "Christian education" should encompass more than the study of religion. Unfortunately, many evangelicals have too narrow a definition. Christian education, they think, takes place only in Sunday school, during Bible studies, or at home during family devotions, but this view is too limited. The apostle Paul exhorts us to "take captive every thought to make it obedient to Christ" (2 Corinthians 10:5). Saint Augustine wrote that "every good and true Christian should understand that wherever he may find truth, it is the Lord's." Reflecting the same conviction, John Calvin wrote, "We shall neither reject the truth itself, nor despise it whenever it shall appear, unless we wish to dishonor the Spirit of God." True Christian education relates God's Word to every aspect of life.

Third, a Christian school is not a "safe house" from the world. Many well-meaning parents think that the Christian

school offers protection from the evils of the world. A Christian school is not a guarantee against sin. The difference, however, is that the Christian school disciplines by teaching students about God's demands, and His forgiveness, grace and mercy.

Finally, the Christian school is not a reform school for families who have exhausted other options to solve their problems. The Christian school should be their first choice, the place where Christian families, the church, and the Christian school can prepare students for effective lives of service in God's kingdom.

The necessity of Christian education

We are living in what some have labeled a "Post-Christian Age." In *Against the Night*, the late Charles Colson described our "barbaric" and "decadent" times as "The New Dark Ages." The church itself is reeling under the onslaught of secularism as noted by the late Francis Schaeffer in *The Great Evangelical Disaster*. Waging an all-out attack in order to win people's hearts and minds, secular forces are winning on many fronts, including education.

How should Christian families respond? Clearly, we should never despair, for the Bible teaches that "the earth is the Lord's" (Psalm 24:1), that

God's Word will "not return ... empty," (Isaiah 55:11), and that the "gates of Hell will not overcome" His church (Matthew 16:18). God's purposes and plans cannot be thwarted!

We can do more than just hope and pray—this is the role of Christian education. We in Christian education do not want to destroy public schools. Their efforts involve Christian students, teachers, and administrators, and we need to support them. However, an educational philosophy that does not explicitly declare Christ as Lord, that does not integrate God's Word into every action, that does not acknowledge God as the source of all truth, can only, in the words of Jesus Christ, "scatter."

The Bible clearly states that the unregenerate mind cannot please God because it places man at the center, assumes that human beings are basically good, actively suppresses the truth about God, and denies the supernatural realities of heaven and hell. The regenerate mind, from which Christian education flows, affirms the opposite: God is the creator and ruler of this universe; human beings, sinners from birth, are in need of redemption; all truth is God's truth; and, man is not dependent on human reason alone.

The question, therefore, is this: Does a



secular education enable a student to think biblically about the world? Consider the reasoning of Charles Bridges: "To expand, without soundly enlightening, the mind, is but to increase its power for evil. Far better to consign it to total ignorance, inasmuch as the uninstructed savage is less responsible, less dangerous, than the well-furnished infidel." Similarly, John Calvin believed that "a knowledge of all the sciences is mere smoke where the heavenly science of

Christ is wanting."

The basics of Christian education

A genuine Christian education provides a quality liberal arts education that glorifies Jesus Christ and prepares students for lives of faithful and obedient service to Him. The Bible is the integrative force, and all administrators, faculty, and staff personally know Jesus Christ as Savior and Lord.

■ See **REASONS** on next page

Christian Schools: Are they right for you?

The academic needs of your child.

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

What opportunities are there for your child?

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

Will your child be encouraged to grow spiritually?

The Christian school effectively supports Christian homes and churches as children and teens travel the road of their spiritual journey. Most Christian schools start and end

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

What is the long-term goal for your child?

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

—From *whychristianschools.ca*

10 WAYS

continued from page 10

everything you have, get understanding." Parenting is a lifelong commitment, so we are bound to mess up at least a million times (let's be honest). Do your best by teaching the principles of God's Word, pray for your children constantly, and then



trust God to do the rest. It may be difficult to believe, but He loves them far greater than you possibly can. He will sustain them (and you).

May God bless you and yours as you seek that which is best for your child. They are our future, so invest in theirs.

— Jessica Bullard serves as principal at Outreach Christian Education and is a Metro Voice contributor.

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'The Waltons' leads August's family-friendly spotlight

Some children try to sneak a peek at movies they shouldn't watch. That sometimes happens at my house, too, but more recently, it's been something far more vanilla – "The Waltons."

Yes, the wholesome show from the 1970s set during the Great Depression has become a nighttime staple in my home, and my 10-year-old son has gone so far as to tip-toe out of his room late at night and catch a few minutes while I'm watching it.

But I'm not complaining. It's cleaner than 99 percent of modern-day TV – and more entertaining, too.

Here's the best news: All 200-plus episodes of "The Waltons" are now streaming on Amazon Prime, giving you and your family a chance to go back in time to a day when there were no cell phones or video games.

"The Waltons" fills the No. 1 position on

this month's edition of "5 Family-Friendly Things."

The series aired from 1972 to 1981 and followed the adventures of a teenager/young adult named John-Boy, his six younger siblings and his parents and grandparents – all of whom lived in the Virginia Appalachian mountains. The series' timeframe – the early 1930s to the mid-1940s – is an historical goldmine, covering not only the Great Depression but the presidency of FDR and World War II. The show gives children a chance to learn about a time when things were simpler, the pace was slower, and families were closer. Most shows also have a moral theme, too – if not an outright biblical one.

Some of the episodes contain adult themes, so minor caution is advised. Thankfully, Amazon Prime's episode descriptions give parents a hit at the con-

tent.

Also worth watching this month:

2. Kirk Cameron's 'Connect' – If you're a parent who is trying to navigate through our tech-crazed world, then this DVD is for you. In "Connect," Cameron interviews experts on technology, social media and parenting while answering one question: How can we live in a smartphone-dominated world while avoiding the pitfalls? "Connect" also is available on video on demand platforms.

3. 'Faith Counts' Video Contest – Yes, modern technology has led to multiple problems but it's also provided one helpful benefit: the ability to make our own professional-looking "movies." Earlier this year FaithCounts.com sponsored a contest challenging filmmakers (amateurs included) to grab their smartphone or video camera and tell "in two minutes or less

how faith changes lives, relationships and communities for the better." The contest has been narrowed down to 10 videos, and they're all available at FaithCounts.com.

how faith changes lives, relationships and communities for the better." The contest has been narrowed down to 10 videos, and they're all available at FaithCounts.com.

4. 'God's Not Dead: A Light In The Darkness' – The third film in the "God's Not Dead" series, "A Light In The Darkness" (PG) releases to DVD Aug. 21 and tells the story of a pastor who has a crisis of faith after his church is destroyed by arson. It's the best "God's Not Dead" yet – and it has an ending unlike the other two. Also available on streaming platforms.

5. Answers in Genesis Content On PureFlix – If you've never visited the

Creation Museum or the Ark Encounter – or you did and want to keep learning -- then here's your chance to catch a glimpse of the videos you'd see. Answers in Genesis entered a partnership in July with PureFlix's streaming service that eventually will place 500 Answers in Genesis videos on the service. Some of the best ones already are on it. Visit PureFlix.com.

Michael Foust is the husband of an amazing wife named Julie and the father of four small children. He has covered the intersection of faith and entertainment for more than a decade.

REASONS

continued from page 11

Specifically, Christian education is an acknowledgement, an attitude, and an ambition:

- Christian education is an acknowledgement about God's world. He created it, He holds it together, He rules it, and we have an obligation to learn all that we can about it. We aren't simply learning about math, science, and history; we are learning about God's world. Christian education seeks to produce competent graduates who know the world as well as the One who created it.

- Christian education is an attitude related to God's Word; therefore, studying God's world from the perspective of the Word is critical. We can understand life only as we view it through the "spectacles of Scripture." "For with you is the fountain of life; in your light we see light" (Psalm 36:9). Seeking to bring all thought and activity under the lordship of Christ, we want our students to be passionate about their God, their lives, and their call to service.

- Christian education is an ambition to do God's will. Because it is a lifelong process of transforming our minds, Christian education spans "the cradle to the grave." We want our students to be "mal-adjusted" to this world, to see the sin in themselves and in the world, and to commit their lives to the pursuit of justice, compassion, and integrity.

As students study God's world from the perspective of the Word, it will enable them to do God's service. "We want to serve our culture," writes Harry Blamires in *The Secularist Heresy*, "we want our culture to work—not because it is the only good we can conceive, and not because we are finally and securely at home in it—but because it is a great drama that we have been staged in, and it is good that we should play our parts well."

There are those who object to Christian schools saying:

- "We want our children to be in the 'real' world." What is the "real" world for Christians? Is it a world informed by secularism, or one dominated by the love, reconciliation, and forgiveness of Jesus Christ?

- "We don't want to abandon the public schools. We want our children to be a witness there." Should the youngest mem-

The mission of the Christian school

The psalmist, writing to God's people, summarizes the mission of Christian education:

"We will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done. He decreed statutes for Jacob and established the law in Israel, which he commanded our forefathers to teach their children, so the next generation would know them, even the children yet to be born, and they in turn would tell their children. Then

they would put their trust in God and would not forget his deeds but would keep His commands" (Psalm 78:4-8, NIV).

The Christian school, working together with the Christian home and the church, exists to fulfill these scriptural promises. The Christian school longs to introduce its students to the source of all truth. Therefore, the decision for a Christian education is the best choice a family can make.

More than 450 years ago, Martin Luther preached a powerful sermon encouraging his listeners to stand firm in their faith and reminding them of the nature of the conflict:

"Christendom must have people who can beat down their adversaries and opponents and tear off the devil's equipment and armor, that he may be brought into disgrace. But for this work, powerful warriors are needed, who are thoroughly familiar with the Scriptures and can contradict all false interpretations and take the sword from false teachers. ... Each Christian should be so armed that he himself is sure of his belief and of the doctrine and is so equipped with the sayings from the Word of God that he can stand up against the devil and defend himself, when men seek to lead him astray."

This is the mission of the Christian school.



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FREE LISTINGS! E-mail your events to: Voice@cox.net; mail to Metro Voice, P.O. 5724, Topeka, KS 66605; fax to 785-235-3340 or enter online at metrovoicenews.com
Get your event in [Highlighted in Blue](#) in print, our online calendar and promoted in social media for only \$29!

CONCERTS

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

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

KANSAS PRAIRIE PICKERS - Fourth Sun. ea. Month, 1pm, Auburn Community Center. Foot-stomping, hand-clapping tunes. Concessions available

SPECKS SUNDAY FUNDAY JAM - Every Sunday 7-11pm, Specks Bar and Grill, 21st and Mission. Musicians / Bands of all ages and genres welcome! Family Friendly and Dog Friendly when jam is held outside. Food available.

THE DIPLOMATS QUARTET - July 28, 3pm, Berryton UMC

DOUBLESTUF QUARTET - July 28, 2-2:30pm, Shawnee County Fair, Expo centre

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

SUMMERTIME BLUES - Aug. 15, 7-9pm, Gage Park Amphitheater. "The Symbols." Admission is free. Seating available or bring your own chairs/blankets.

TRIBUTE QUARTET CONCERT - Aug. 30, 7pm, Wanamaker Woods Church of the Nazarene, 3501 SW Wanamaker Road. No tickets needed, freewill offering. Doors open at 6pm. (785) 273-2248 www.wwnaz.org wwoodsnaz@wnnaz.org

DANNY GOKEY AND TAUREN WELLS - Oct. 27, 7pm, TPAC. The "Hope Encounter" concert tour with special guest Riley Clemmons. Tickets start at \$25. www.topekaperformingarts.org.

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.

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

FIRST WEDNESDAY WESLEY CAFE - First Wed., 6:15pm, Susanna Wesley UMC, 7433 SW 29th. A worship service will follow at 7:00. 785-478-3697 or www.swumc.org/wesley-cafe-sign-up1.html.

BACK TO SCHOOL FAIR - July 29, 5-6:30pm, Crestview UMC, 2245 S.W. Eveningside Dr. Backpacks with school supplies for elementary school-age students. And middle and high school students, along with hygiene kits and children's books. Also an indoor picnic.

FAMBLITZ LIVE! VBS - Aug. 2-4, 6PM, Wanamaker Woods Church of the Nazarene, 3501 SW Wanamaker Rd. A fast-paced, high-octane event for the whole family. Kids, moms, dads, grandparents, aunts and uncles alike actually get to DO something. In a high energy atmosphere, families will participate in fun challenges, while hearing music parodies of familiar tunes everyone will enjoy. FREE admission. www.wwnaz.org wwoodsnaz@wnnaz.org 785-273-2248

FREE MOVIE NIGHT - Sat. Aug. 4: FREE movie night Highland Heights Christian Church, 2930 SE Tecumseh Rd. Showing "God's Compass" and Veggie Tales for the kids. Doors open 6 pm, movie at 6:30 pm. Free snacks provided. nancy@highland-heightsccc.com, 785-379-5642

25th ANNUAL FAMILY OF GOD CONVENTION - Aug. 7-10, 7pm nightly & Aug. 12 at 11am, Faith Temple Church, 1162 SW Lincoln

12TH ANNUAL TENNESSEE TOWN BASKETBALL TOURNAMENT - Aug. 11, 9am, King's Court, Lincoln & Munson. Registration is Free. Call 235-1834 to register your team! Lots of fun, fellowship, and food (while it lasts)

BACK TO SCHOOL FAIR - Aug. 8, 4-8pm, New Mount Zion Missionary Baptist Church, 2801 SE Indiana Ave. Free haircuts for boys kindergarten through 12 years old. Free backpacks, school supplies and food will be available.

150TH ANNIVERSARY - Aug. 19, 3pm, St. John African Methodist Episcopal Church, 701 SW Topeka Blvd. Keynote speaker is The Right Reverend Clement W. Fugh, Presiding Prelate of The Fifth Episcopal District.

MEET ME AT THE PARK - Sep. 9, 10 am, Gage Park Amphitheatre. A taste of worship and food in the park. A complimentary BBQ lunch will be served following the service. Free carousel and train rides. Presented by First Southern Baptist Church. 272-0443, fsbctopeka.org

BETH MOORE SIMULCAST - Sep. 21, 7-9pm, and Sep. 22, 9am - 12:15pm, First Southern Baptist Church. For info: 785-272-0443.

TECUMSEH HERITAGE DAY - Sep. 22, 10am-3pm, Tecumseh United Methodist Church. Free admission. Live entertainment. Homemade pie and ice cream. Wagon rides, obstacle course, games, and family fun.

Homemade pie contest with \$200 in cash prizes. See www.tecumsehkiwanis.com for rules and details.

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 nhorl@tscpl.org

MEDICARE EDUCATIONAL SEMINARS - Aug. 21 & 28, 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: centuryinsuranceagen-cyks.com or 270-4593 or info@century-health.com. Snacks & beverages provided

KANSAS PREVENTION COLLABORATIVE CONFERENCE - Sep. 19 & 20, Capitol Plaza Hotel. Behavioral health prevention conference, an initiative of the Kansas Department for Aging and Disability Services (KDADS). The purpose of the conference is to empower prevention coalitions to redouble their efforts in the community. For info kansaspventioncollaborative.org or KPCTeam@wichita.edu.

AWAKEN THE DAWN - Sep. 27-29, Kansas Capitol building, Topeka. Holy Convocation at 5 pm, praying and worshipping for a shift in our nation. We want Jesus to be greatly known, undeniably revealed, vastly followed and lavishly honored in Kansas. We're asking each region of the state to bring a cup of seeds from their crops. www.cultureshield.com for more information

FAMILY-FRIENDLY EVENTS

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

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@safestreets.org

LIBRARY'S LEARN & PLAY BUS - Every Tuesday 1-3pm, Auburn Community Center.

EAST TOPEKA FARMERS MARKET - Tues. 3-7pm, Topeka Housing Authority, 2010 SE California.

SILVER LAKE FARMERS MARKET - Tuesdays 6-8pm, June 5-Sep. 4, Silver Lake Library

SENIORS NUTRITIONAL LUNCH - Weekdays, except holidays, at noon at Auburn Civic Center, 1020 N. Washington Street. Minimal cost per person. Reservations/cancellations required 24 hours in advance by calling Meals on Wheels of Jefferson & Shawnee Co. at 295-3980. Each meal includes 1% milk & sugar-free items for diabetics. 215- 0064.

SHAWNEE SWINGERS SQUARE DANCE LESSONS - Wednesday's, 7pm, Croco Hall, 6115 SE Hwy 40, Tecumseh. Call 785-845-2357. (1st two lessons free)

CAPITOL MIDWEEK FARMERS MARKET - Wed. 7:30am-noon, May 16-Oct. 10, Jackson & 10th. No market on July 4th.

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 785-249-3258. .

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.

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

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

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

HEALTHY STEPS MONTHLY MEETUP - Mar. 6 - Dec. 4, West Ridge Mall. Mall walking; log each time you walk - at the kiosk near the lower level, northwest mall entrance. Each visit gives you another entry into monthly prize drawings. Monthly Meetups 9-10am, First Tuesday of every month - special speakers, free blood pressure checks and prize drawings. Mall Walking hours: Mon-Sat 7am. - 9pm; Sun 11am - 6pm

COME TO THE Elmont Opry! Two Great Shows! Fri, Aug. 10, 7 pm & Sat. Aug. 11 at 1 pm Great Gospel Music by all your favorites! Doors open 90 minutes early for snacks/meals/desserts! Elmont Methodist Church • 6635 NW Church Ln. (1 mile East of North Highway 75 on NW 62nd St.) Just \$10/ticket! Call John at 246-0156 for reservations

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

Aug. 9, 11:30-1 - "POWER Luncheon" Avondale East. 455 SE Golf Park Blvd. Featuring Barry Feaker

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

• Sep. 13, 11:30-1, **Power luncheon.** Speaker: Josh Jones of Advisors Excel, location to be announced

• Oct. 11: **Pastor's Appreciation Luncheon**, Great Overland Stn. Featured Speaker: Lamar Hunt, Jr. →

• Nov. 8, 11:30-1, **Power luncheon.** Details to follow

• Dec. 13, 11:30-1, **Christmas luncheon.** Details to follow

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

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JULYCYCLING EVENTS – Various cycle rides are offered by Kansas Cyclist. For details: www.kansascyclist.com/

JULY OUTDOOR ACTIVITIES – Various outdoor events and activities in Kansas. www.getoutdoorskansas.org/calendar

NOONTIME BROWN BAG CONCERT - Wednesdays 11-1 at Westar Pocket Park, 818 S Kansas. Local performers entertain during lunchtime

FARMER'S MARKET - Sunday mornings July 22 to August 12, 9am-noon, Susanna Wesley UMC, 7433 SW 29th. Homegrown vegetables and fruits. Proceeds support children and youth ministries

SHAWNEE COUNTY 4H FAIR – July 26- 29. Kansas Expocentre. All the usual fare, plus pancake feed, Acappella Unlimited Chorus, model railroad layout set up and running. Friday concert features Rachel Louise Taylor and Rusty Rierson with Ernie Rodina. For info: 785-235-1986 or shawneecountyfair.org

LAKE SHAWNEE ADVENTURE COVE opens July 26 through Sep 15, at the former swim beach location. Canoe, kayaks, paddleboats, paddle boards & water bike rentals and more.

POETRY SLAM - July 27, Jayhawk Theatre, 720 Jackson Ave. Sponsored by the Topeka and Shawnee County Public Library, registration for slam performers is at 6:30, and the performances are from 7:00 PM to 9:00

PM. All levels are welcome to participate and the winner will be awarded a cash prize of \$50.00 from the Topeka and Shawnee County Public Library. Three-time award winning slam poet Matt Spezia will host a showcase of slam poets and featured hip-hop performers Sauce and DJ Alphabeta. This event is free to the public, donations accepted.

HAWGS FOR DAWGS AND CATS – July 28. 9am-2pm, Helping Hands Humane Society, 2720 SW 21st St. Annual Christian Cavalry Motorcycle Ministries (Kansas Charter) benefit motorcycle ride through scenic Flint Hills to Wamego and back will help support the shelter pets at HHHS. Kickstands up at 11am.

ROCK & FOOD TRUCK FESTIVAL - July 28, 3:30-9:30pm. Downtown Topeka. Vendors, entertainment. Dogs on leashes welcome. For info: bit.ly/2gfwrijm

PETER & THE WOLF - July 28, 5-8pm, TPAC. Kansas Ballet's 6th Annual Summer Showcase will feature Prokofiev's famous Peter & The Wolf ballet as well as performances from professional guest artists from The Washington Ballet and The Kansas City Ballet. The Summer Showcase is a fundraising event for Kansas Ballet's non-profit community outreach and performance programming. Tickets: \$35 Adult, \$15 Child. www.tututix.com/tickets/ For info visit www.KansasBallet.com or email Information@kansas-ballet.com or call 785-383-7918

CHRIS CAKES PANCAKE FEED – July 30, 7:45-10:30am, Aldersgate Village, 7220 Southwest Asbury Drive. Pancake Feed with Chris Cakes, the pancake-flipping pros. also a bake sale and bazaar, with many wonderful items available. Find out how many high-flying hot cakes you can catch and eat!

CWA OF KANSAS FEISTY & FEMININE WORKSHOP - Topeka Library, 1515 SW 10th, July 31, 7-8:30pm. The topic is "NOW does not Speak for Me." The National Organization for Women has never, and will never, represent us — feisty and feminine women. We defend the unborn, support the traditional family, and we stand on Biblical principles. This workshop is based on one of the chapters in the book Feisty & Feminine: A Rallying Call for Conservative Women by Penny Nance, CEO and President of Concerned Women for America. For info: Barbara Saldivar, State Director, CWA of Kansas at director@kansas.cwfa.org, ks.cwfa.org or 785-260-5659.

AUG. CYCLING EVENTS – Various cycle rides are

offered by Kansas Cyclist. For details: www.kansascyclist.com/

AUG. OUTDOOR ACTIVITIES – Various outdoor events and activities in Kansas. www.getoutdoorskansas.org/calendar

BALLET & TAP CAMP - July 30- August 3. Kansas Ballet is currently enrolling for our July 30- August 3. Class size is limited and students will be accepted on a first come, first serve basis. www.kansasballet.com

COMMUNITY ACTION BACK-TO-SCHOOL FAIR - Aug. 1, 1-6pm, Salvation Army, 1320 SE 6th Ave. Free School supplies for eligible families. Haircuts, immunizations, oral screenings & more. Registration & info: 785-235-9296.

COMMUNITY DINNER – Aug. 1, 5 to 6:30 pm, Tecumseh United Methodist Church. BBQ Beef, baked beans, potato salad, dessert and drink for a free will donation. Proceeds benefit community projects and programs.

CREATIONS OF HOPE GRAND REOPENING DOWNTOWN – Aug. 3, 4pm, Creations of Hope Gallery, 727 S. Kansas Ave. A ribbon cutting will be held at 4pm with the First Friday Art Walk to follow including live music, art, and fun for all. The gallery is a partnership of artists dedicated to the mission of mental health awareness. Through exhibits and events we celebrate the power of the arts as a force for healing and hope. Hours: Thurs. 11-4, Fri. 12-5, Sat. 11-4, open till 8pm the first Friday of every month. 785-783-7558 www.facebook.com/creationsofhopearthcweeks@valeotopeka.org

OPEN HOUSE – Aug. 4, 4-7pm, Soldier Township Fire Dept., 600 NW 46th. Come see the fire department and meet Fire Chief Doug Schmitt, learn about our two new engines, and enjoy some hot dogs and hamburgers! Fun activities for the kiddos. 5PM pinning ceremony for our newest hiring class. 785 286 2123.

FLAPPERS AND MOONSHINE - Aug. 4, 7-10pm. Jayhawk Theatre and Gallery, 720 Jackson Ave. Learn the iconic dance of the era. All ages and ability levels welcome. Hazel Hill and The Celtic Fox will have treats and drinks for purchase and 785 Big Band will be playing music from the 20's, 30's, and 40's. \$12 advance general admission, \$20 advance VIP, \$18 general admission at the door, and \$25 VIP at the door. For info and tickets: jayhawktheatre.org

FUNDRAISER/DINNER/ AUCTION/FASHION SHOW – Aug. 5, 2-5pm, 4020 NW 25th St. In remembrance and

for prevention of drowning incidents. See Even A Child Will Lead on facebook.

CAR SHOW - Aug. 5, 5-9pm. Topeka Bible Church, 1135 SW College Ave. This event is for anyone and everyone. Feel free to bring your own car. For info: joshua.faulk@washburn.edu or 785-338-6406

PRIMARY ELECTION DAY – Aug. 7. Don't forget to vote!

HY-VEE SIMPLE FIX – Aug. 9, 5-7pm. For only \$115 and one hour of your time, you can have SEVEN meals ready to serve your family. Each meal serves 4 people. You can choose to make 5 meals for \$85, 6 meals for \$100, or 7 meals for \$115. 272-1763

TOPEKA KIDS CLOSET BACK 2 SCHOOL SALE – Aug. 9-11, 10am, Sunrise Optimist Club, 720 NW 50th St. [www.kidscloset.biz/Topeka topekakidscloset@outlook.com](http://www.kidscloset.biz/Topeka%20pekakidscloset@outlook.com)

NATIONAL NIGHT OUT KICK OFF PARTY – Aug. 10, 5:30-7:30pm, at the Hy-Vee parking lot at 29th & Wanamaker, and will feature first responders, food, music, games, giveaways, fun and more for all ages, coordinated by Alpha Media

CRUISIN' THE CAPITAL CAR SHOW – Aug. 11, 6-9pm, 12th & Jackson. Live entertainment, food trucks and beer gardens. Second Saturday Concert Series in front of the Celtic Fox at 8th and Jackson, featuring Nucklehead Jones.

NATIONAL NIGHT OUT EVENTS – Aug. 11. National Night Out events throughout Topeka and Shawnee County. For info call Judy at Safe Streets, 266.4606 or email jwilson@safestreets.org.

KANSAS TACO FESTIVAL – Aug. 11, 12-8pm, Vinewood, 2848 SE 29th St, Topeka. Sampling from dozens of Mexican eats, while they battle it out for title of "Best Taco". Featuring live music & entertainment, fun inflatables, games & activities, contests, Taco Trucks and Vendors, Taco Eating Competition. For ticket and info www.kansastacofestival.com or hello@zachevents.com

MUSIC FOR WELLNESS LEARNING CIRCLE – Aug. 15, 4-6pm. Free online class Music for Wellness together. During our meetings we will watch instructive videos,

have group discussion, and complete course assignments. The course lasts for 4 weeks and is available from edx.org. Register at tsctl.org/register

ANNUAL HARLEY PARTY - Aug. 18, 6-11pm, 6410 SE Forbes Ave, Suite 2. Silent Auction, concert featuring Departure, and at the end of the night we are giving away a brand new Harley Davidson. Benefitting Boys & Girls Clubs. Tickets at www.bgctopeka.org. 785-234-5601 or katiebeach@bgctopeka.org

WALK FOR APRAXIA – Aug. 18, 9am-12:30pm, Sunflower Soccer Association, 4829 NW 17th St. Fundraising event for children with Apraxia of Speech, helping children find their voice. While most children almost miraculously learn to speak without effort, children with apraxia struggle mightily to accurately produce and sequence sounds, syllables and words. Adult Registration: \$20; Student Registration (Age 18 and up): \$15; Child Registration (Under 18): \$10. You can participate even if you are unable to be at the Walk by making a donation. Cindi Bramlage: m. See Topeka Walk for Apraxia on facebook

BACK TO SCHOOL BASH – Aug. 18, 12-4pm, Ebenezer Baptist Church, 2535 SE Ohio. Free eyeglass and dental clinic at 10am, music & entertainment, arts & crafts, bounce house, fire truck, school supplies giveaway, clothing bank, raffle and more

TOPEKA CLASSIC STRENGTH FESTIVAL – Aug. 18, 10am-1pm, 3315 SE Tinman Circle at Lake Shawnee. Including a strongman competition, 5k, a cross-training competition and food vendors, too. www.topekagames.com www.facebook.com/events/185231398835089

CREATIONS OF HOPE EXHIBIT - August 21- 31, M-F, 8am-5pm, Heritage Bank, 3024 SW Wanamaker Rd. A collection of artwork from the Creations of Hope Gallery, a community outreach project and art gallery sponsored by the Expressive Therapies program at Valeo Behavioral Health Care. Artists from across the community, from professional to emerging, exhibit artwork at the gallery to raise awareness of the healing power of the arts. 785-783-7558 www.facebook.com/creationsofhopearthcweeks@valeotopeka.org

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HY-VEE SIMPLE FIX — Aug. 23, 5-7pm. For only \$115 and one hour of your time, you can have SEVEN meals ready to serve your family. Each meal serves 4 people. You can choose to make 5 meals for \$85, 6 meals for \$100, or 7 meals for \$115. 272-1763

2018 FOPA RUN TO REMEMBER — Aug. 25, 8:30-11:30am, Lake Shawnee Shelterhouse #1. Law Enforcement - Run to Remember 5K, 10K, and 1 Mile Fun Run supporting our heroes and honoring our fallen! Contact President Megan Green at fopauxiliary3@gmail.com. Hosted by Fraternal Order of Police Auxiliary,

ANNUAL DENIM TO DIAMONDS — Aug. 25, 5:30pm-12. Downtown Ramada. Dinner & auction. Benefits Ronald McDonald House. For tickets and info: 235-6852 or www.rmhcotopeka.org

INDIA FEST — Aug. 25, 10-2, Big Gage Shelter House. Indian cuisine, jewelry, art, music & entertainment. For info: indiansoftopeka@gmail.com

DART & DARTINI ADVENTURE RACE - Aug. 25, 8am-2pm, Downtown Topeka. A benefit for Let's Help. Register at www.dothedart.com

FREE KIDNEY SCREENING AND HEALTH FAIR — Aug. 25, 10am. CRC CARE Center at Avondale East, 455 SE Golf Park Blvd. At-risk survey, blood pressure check, body mass index (BMI) measurement, an opportunity to speak with a healthcare professional, free education materials, ACR urine test for albumin (a type of protein.) Must be 18 years of age or older to participate.

CARNIVAL GUY SUMMER OPEN HOUSE — Aug. 30, 5:30-8pm, The Vinewood, 2848 SE 29th. All of the Carnival Guy's most popular inflatable rides, games, and special attractions. Gourmet mini donuts, cotton candy, shaved ice, popcorn.

KANSAS CITY RENAISSANCE FESTIVAL - Sep. 1 - Oct. 14, 10am-7pm; Weekends only plus Columbus Day and Labor Day. 628 N 126th St., Bonner Springs, KS. www.KCReFest.com. 913-721-2110.

TOUCH - A - TRUCK — Sep. 1, Downtown Topeka, 8th - 10th Street. Free Admission. (785) 234-9336

BAM - KNOW WHY BEFORE YOU BUY CONFERENCE — Sep. 6, 12-5pm, Topeka Performing Arts Center, 214 SE 8th Ave. A day of speakers and break-out sessions to learn more about Branding, Advertising and Marketing for any size company. Lunch, snacks and beverages will be provided. Registration & vendor fair begins at 10:30am. Register: <https://www.eventbrite.com/e/bam-know-why-before-you-buy-conference-tickets-40047778985> Look for discount codes from any of the sponsors and save up to 75% on your registration fee!

HUFF 'N PUFF — Sep. 7 & 8, on an 80 acre open pasture at Mount Hope Cemetery grounds, 17th & Fairlawn. Families and friends get together to enjoy the sport of hot air ballooning. Food, drinks, music, and activities for the kids are going on all night Friday and Saturday.

PERRY FALL FESTIVAL - Sept. 8, 9am to 4pm

FALL FEST — Oct. 6, 5pm, Grace Bible Church, 4021 SE 37th. For fall fun just blocks away from beautiful Lake Shawnee, join us for Shawnee County's best annual Fall Fest! Free admission, games, hot dogs, fall drinks, cotton candy, inflatable fun, sack races, ring toss, corn hole, bean bag toss, crafting, and cake walks. 785-267-0738 <https://www.facebook.com/events/1022466951237315/>, info@gbc-topeka.org

MEETINGS & CLASSES

CSAive "POWER" LUNCHEON — Aug. 9, 11:30-1, POWER Luncheon featuring Barry Feaker at Avondale East, 455 SE Golf Park Blvd.

• Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door

• \$15 for non-members & repeat guests.

• Please RSVP to info@C5Aive.org, so we know how much food is needed!

Open to the public — Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

SAVE THE DATE: Sep. 13, 11:30-1, POWER Luncheon featuring Josh Jones from Advisors Excel.

SAVE THE DATE: Oct. 11, 11:30-1, PASTOR APPRECIATION Luncheon at Great Overland Station. Featured speaker: Lamar Hunt, Jr.

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.

HEAT UP TOPEKA - Free fitness classes; learn and build healthy social & eating habits. Held at Trinity Presbyterian Church, 4746 SW 21st St. Florence Crittenton: 785-233-0516 www.flcrictrkansas.org
Sunday: 4-5pm Yoga
Monday: 12-12:45pm Kickbox Fusion
Monday: 5:30-6:15pm STRONG by Zumba
Monday: 6:15-7:00pm Pilates Fusion
Tuesday: 12-12:45pm Yoga
Tuesday: 5:30-6:15pm Zumba
Tuesday: 6:15-7:00pm Cardio Interval
Wednesday: 12-12:45pm Kickboxing
Thursday: 12-12:45pm Pilates
Thursday: 5:30-6:15pm Cardio Interval
Thursday: 6:15-7:00pm Zumba
Friday: 12-12:45pm Cardio Strength
Saturday: 9:00-9:45am Cardio Remix

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

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

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

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

LADIES' SMALL GROUP — Every Sun., 6pm, Bethel Baptist Church, 4011 N. Kansas Ave. Studying the book of Esther, using the DVD series "It's Tough Being a Woman" by Beth Moore. All welcome. 286-0467.

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

TOPEKA MANKIND PROJECT — Mondays, 6:30pm, 2112 SW Morningside Rd. Supports men in becoming their best selves, including physical, mental & emotional health & wellness. Open to any man. Brian Thomas: brian.thomas01@gmail.com or 785-727-9439

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 ourladyofthefaithful@gmail.com. Facebook: "Ourladyof theFaithful."

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

MENNINGER BIBLE CLASSES - Tuesdays 11am-12:30. 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. (The Bible study is also taught on Sat. mornings on 101.5 FM radio.)

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 Fri. 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. 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 birth-day celebrations the 4th Friday. For Info: 286-1370.

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

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

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

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

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

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

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

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

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

SUPPORT GROUPS

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

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

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

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

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

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

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

"HEALING HEARTS" support group/Bible study — Sundays 6-8pm. For women whose husbands struggle with pornography addiction or have had affairs. Video & workbook will give you hope for your marriage &

emotional healing. For info: Janet Mitchell, 633-4294.

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.

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.aa.org.

EMOTIONS ANONYMOUS: a 12-step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets every Tues. at Grace Episcopal Cathedral, Noon-1pm. For info: Sharon 785-633-7764

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

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

THE GREATER TOPEKA MULTIPLE MYELOMA — 3rd Tue., 7-8:30pm, Faith Lutheran Church, 17th St. & Gage Blvd. Open to Multiple Myeloma patients, their family members & friends. Share support, 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, Pozee Education Center of Stormont Vail Hospital, 1505 SW 8th St. Serving anyone who has lost a loved one by suicide.

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

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

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

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



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entertainment

'Incredibles 2' shows parenting really is a superhero power

movienews

by **Michael Foust**

It stinks when you have superhero powers and can't use them.

But that's the situation that Bob Parr (Mr. Incredible), Helen Parr (Elastigirl) and their three children find themselves after they tried to catch a bank robber – the Underminer – and ended up destroying a city street instead. The bad guy got away with the cash, and the Incredibles made the front page of the newspaper for all the wrong reasons.

The money was insured, so what did they have to gain by chasing the villain?

"If you had simply done nothing," an official says, "everything would be proceeding in an orderly fashion."

Of course, superheroes already were banned in their world. This just made things worse.

Now living in a cheap motel, Bob and Helen Parr seem destined for a life in the real world, with a genuine job and actual responsibilities. That is, until two mysterious and wealthy people – the brother-sister tandem of Winston and Evelyn Deavor – enter their lives, promising a return to superhero fame. The Deavors blame politicians for the negative perception of superheroes. Their solution: body cameras, which will record the brave actions of superheroes. The footage then will be fed to the media, which will subsequently change the public's perception for the better. Politicians will be forced to change the law!

It's a good plan, but the Deavors want to test it on only one superhero: Elastigirl. This will require Mr. Incredible to be a stay-at-home dad and raise three kids: the moody Violet, the energetic Dash, and the gets-into-everything baby Jack-Jack.

Will it work?

Pixar's *Incredibles 2* (PG) opened several weeks ago, some 14 years after the first installment – which still ranks in the Top 20 all-time in animated film gross. It stars Craig T. Nelson (Coach) as Bob Parr/Mr. Incredible, Holly Hunter (The Big Sick) as Helen Parr/Elastigirl, Sarah Vowell (This American Life) as



Violet, and Huck Milner as the new voice of Dash. Samuel L. Jackson returns as Frozone.

I took my 10-year-old son with me to watch *Incredibles 2*, and we laughed as much during the two-hour film as we did during the first one. It's just as funny as the original, and the family-centric message is back, too.

Still, it's not as clean as *Incredibles* was, and it contains some elements that might prevent parents from taking small children.

Warning: minor spoilers!

Like the first *Incredibles*, it has bloodless animated violence, but the film contains more punching and kicking than most animated films. There also is a flashback scene in which we learn a father was shot and killed in his bedroom. (We see the robbers and the gun but don't see the bodies.)

The film's most disturbing moment involves a villain named Screenslaver who uses hypnosis (through television and special glasses) to turn people into his subjects. It's eerie and emblematic of the power the screen has over our society today.

But the family is more powerful than the screen. The *Incredibles*, as we learned in the first film, are a close family that supports one another. That's the case in *Incredibles 2*, also.

Theologians call the family God's first institution. Before He designed anything else – the church, the government – He created the family. Thus, it must be important!

And in *Incredibles 2*, family is preeminent. Bob and Helen love each other.

They love their children. And the kids love their parents. In fact, everyone is willing to risk their own lives for everyone else.

But the bigger message in *Incredibles 2* concerns parenting. It's as important as being a superhero! Some moviegoers even may see a message about the traditional role of moms and dads. After all, Helen is great at being a superhero, but she misses her kids. Her children, in turn, miss her, too, and they want her back. (Her absence means she misses a key moment in Jack-Jack's life.) Mr. Incredible struggles mightily at being a stay-at-home dad. It's simply not his forte.

At one point, a fellow superhero asks Helen/Elastigirl, "How do you balance superhero stuff with the life stuff?" She never answers the question, but the answer is obvious: She doesn't balance the two. She spends 100 percent of her time in the superhero world, and her family suffers. In the end, Elastigirl learns she can't save the world by herself, and Mr. Incredible learns to respect his wife's motherly skills.

Incredibles 2 is filled with messages about parenting and family. Such as children need a mom and a dad plus sometimes we need a little help as in when we see when Edna assist Mr. Incredible.

"Parenting is a heroic act," Edna says.

Incredibles 2 teaches us a lot about the family. Not bad for an animated film.

—Michael Foust writes for *Metrovoicenews.com* and several other news outlets.

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



REVIEW: 'Won't You Be My Neighbor?' is a must-watch for our uncivil society

By **Michael Foust**

If you believe what the experts say about success in television, then Mister Rogers' Neighborhood never should have been a hit.

It had a low production value, a simple set, and an unlikely star.

But from 1968 through 1991, millions of American children grew up watching the soft-spoken and thoughtful Fred Rogers teaching them everything under the sun -- from how to make friends, to how mail gets delivered.

His underlying message: You are unique and loved.

"It worked because he was saying really, really important [things]," the show's producer, Marge Whitmer, said.

The documentary film *Won't You Be My Neighbor?* (PG-13), which is showing in select theaters nationwide, gives Americans a behind-the-scenes look at one of the most unique people the country has produced.

Rogers graduated from Pittsburgh Theological Seminary and was set to be a Presbyterian pastor until he had a change of heart, believing he could use his ministry skills and his knowledge about child development to help America's children. He rarely discussed his faith on the program but brought many of the teachings of Scripture into nearly every segment, especially its commands on love and forgiveness.

Won't You Be My Neighbor? isn't 100 percent kid-friendly, although adults (like me) who watched it growing up will find every scene fascinating. It follows his trajectory, from a humble man of the 1960s who wanted to redeem television, to a man who retired in 1991, having seen his likeness parodied on *Saturday Night Live*.

He believed "love is at the root of everything" in a child's life. The more love a child receives, the more likely he or she would be to have a successful adulthood.

"Fred's theology was love your neighbor as yourself," said his friend, the Rev. Fred Wirth, in the documentary.

The film includes interviews with Wirth, family members (Rogers' wife and sons Jim and John), crew members, and cast members, too: the actress who played Mrs. McFeely (Betty Seamans), the actor who played Handyman Negri (Joe Negri), and the actor who played

Officer Clemmons (François Clemmons).

Rogers was ridiculed by society's cynics, but my guess is that Jesus would want us to learn a few things from Mister Rogers.

He stood up for civil rights. When he learned that black families weren't being allowed to swim in pools with white families, he added a subtle-yet-brilliant segment to his show. It showed Rogers washing his feet in a kiddie pool on a hot summer day and inviting Officer Clemmons – an African American – to do the same. Clemmons did.

He taught children they were special and loved. Rogers famously invited Jeff Erlanger – a quadriplegic child in a wheelchair – on the show to teach kids about disabilities. They sang a duet, *It's You I Like*.

He taught kids about grief. Rogers had special programs following RFK's assassination, the Space Shuttle Challenger explosion, and 9/11. He was so discouraged after the terrorist attacks of 2001 that he initially didn't know what to say – and didn't know if it would make a difference – but after a pep talk from his producer he told the audience that we all are called to be "repairers of creation."

Rogers, though, wasn't always right, and eventually rejected the Bible's teachings on homosexuality – that is, if we believe his family.

The documentary details how Rogers told a gay cast member to stop visiting a gay bar. If the cast member went back to the bar, he would be off the show. Rogers, though, eventually "came around" on the issue, his wife says, although the film doesn't quote him on the subject.

Still, we can learn a lot from Mister Rogers – about civility, about friendship, about forgiveness, and about love, too. His theology wasn't perfect, but millions of children got a small glimpse of Jesus' teachings, even if the Bible wasn't quoted. That's light years ahead of what's on television these days.

Content Warnings:

Violence/Disturbing – Minimal. We hear the Vietnam War discussed, and we see soldiers and war planes. We see the aftermath of RFK's assassination and hear discussion about it. In TV clips,

■ Please see *NEIGHBOR* page 17

Get Your Spirits Lifted at the Elmont Gospel Opry

Twice each year, in November and March, the Elmont Opry brings great country music to the folks in Northeast Kansas, at Elmont United Methodist Church, 6635 NW Church Lane, in North Topeka. It is located a mile east of US-75 highway off of NW 62nd Street. The 300-seat venue usually sells out as people return time after time to laugh, listen, and sometimes sing along with the Opry band and guest performers.

The third show during the year is



held in August. This performance is entirely focused on gospel music, bringing favorite hymns and country

at 785-246-0156. Reservations are recommended as the opry shows often sell out.

Netflix series features Jesus as 12-year-old American boy

"He can turn water into wine, make the crippled walk, and, perhaps, even raise the dead," according to the network's description of the show, which is based on a 2009 comic book series.

Mark Millar, the comic book creator of hits like Kingsman, wrote the story that inspired the series as part of his Millarworld empire, which was purchased by Netflix in August 2017.

"As creator and re-inventor of some of the most memorable stories and characters in recent history, ranging from Marvel's The Avengers to Millarworld's Kick-Ass, Kingsman, Wanted and Reborn franchises, Mark is as close as you can get to a modern day Stan Lee," said Netflix chief content officer Ted Sarandos last August.

"We can't wait to harness the creative power of Millarworld to Netflix and start a new era in global storytelling," he said.

The new Netflix lineup includes two TV Millar shows: Jupiter's Legacy and American Jesus, along with three Millar feature films — Empress, Huck, and Sharkey the Bounty Hunter.

Netflix has reportedly been developing other projects with Millar and his wife Lucy Millar, including The Magic Order, which has been published as Netflix's first comic book and was "the biggest selling new comic-book franchise in nearly 20 years."

"My wife Lucy and I are 11 months into our jobs at Netflix and it's everything we hoped for to the power of ten," Millar said. "To see a movie based on your work every



couple of years is incredibly exciting, but to see them all happening at once like this and with talent this good is just off the scale."

"These are writers and directors I've privately been sending fan-mail to over the last eighteen months so to be working with them all is just enormously exciting," Millar said. "This really is the greatest creative environment I've ever worked in. I can't wait to switch on my computer every morning."

"American Jesus" will be run as a multilingual (Spanish/English) series and will explore how a modern-day Jesus deals with "the destiny to lead the world in a conflict thousands of years in the making."

The show's IMDB page describes American Jesus as "an exploration of Christianity in every faction of American Life, from the bread line to the yoga studio, from the humble churches of snake handlers to the mega churches of the exurbs."

"Populated by an array of religious and secular characters offering candid, often illuminating testimonials, American Jesus is a vivid mosaic of personalities and conflicting points of view that emerges as a portrait of an America yearning for solace and meaning in the modern world," the site reveals.

Summer's new music releases sizzle

I hope everyone is enjoying summer. When I think of summer I think of lemonade, watermelon, kids out of school and vacation. I know we all have busy schedules but I would like to encourage you to take time to have a true summer with your family, kids or simply for yourself. There is nothing wrong with taking a breather. Family time and or quiet time is beneficial to being productive. Although it's a scorcher, get outside and have some summer sizzle fun. Now lets head into music news and new releases for July.

NEW RELEASES

Planetshakers – Heaven On Earth Part 2 – Independent

NEEDTOBREATHE – Forever On Your Side EP – Word/Atlantic – New Day

Koryn Hawthorne – Unstoppable – RCA Inspiration – Provident

The Martins – Still Standing – Gaither Music Group – Capitol

Jonathan Nelson – Home Again – eOne – New Day

Greater Vision – Life Is a Song – Daywind Records – New Day

Highlands Worship – You're Here EP – Independent

Brian Campbell – Born Again – Independent

Neon Feather – Between U and Me (Single) – Centricity Music

Pat Barrett – Pat Barrett – Independent

MARANADA CURTIS

Born and raised in Miami, Fla. to Reverend W.S. Curtis and Darlene Curtis, the fourth of seven children, Maranda quickly found singing to be a source of comfort. Curtis has had the opportunity to share the stage with such gospel artists as Pastor John P. Kee, Kurt Carr, Youthful Praise & more. Known for her sizzlemelodic tones and her natural flow in worship, Curtis continues to soar as a leading voice in the gospel music industry.

Her signature sound has been featured on various music projects as a lead vocalist



and audiences have taken to her style very well.

Maranda lives by the belief, "Worship is not a matter of skill; it's a lifestyle!"

She started singing as a child, eventually going professional as an adult. She released her debut single, "Don't Take Your Love Away," in 2012. Curtis released her debut EP, The Maranda Experience, Vol. 1, in 2017, debuting at number one on Billboard's gospel chart in August of that year. The concert album, Open Heaven: The Maranda Experience Live, released in June of 2018. Her style of worship leadership takes you directly into the presence of the Lord. You can purchase her new project on all digital music outlets.

CHRIS AUGUST

After becoming a Christian at the age of 15, August sought out to pursue God and the musical calling he had on his life. August received his first piano/keyboard at the age of 15 and began to play for his youth group and later for himself. At the age of 22, August wrote his first independent single. A singer/songwriter named Ryan Cabrera had gotten a hold of it and wanted to work with me. Within two weeks of Ryan hearing his music, he signed a management deal with Joe Simpson, father of Jessica and Ashlee, and a record contract with Geffen Records. August moved to Los Angeles in January of 2005 to work on his first album with Geffen. While there, he was able to work with such notables as Brian McKnight, Jessica Simpson, Ryan Cabrera and many more.

"I was working on music for my album, as well as writing and producing for other artist's projects. In the fall of 2005, Ashlee Simpson asked me to go on tour with her. I would open for her, and play keys during her performance," says August. "I ended up playing with her for a year traveling



around the world doing what I loved."

In January of 2008, after restructuring at Geffen Records, August ended up back in his hometown of Garland, Texas.

"It had been 2 years since I was involved with a church. I missed leading worship. I missed writing Christian songs. I missed the feeling of conviction," he says.

He started playing keys at a nearby church called Lake Pointe Firewheel. As he got involved with their ministries, August ended up leading their worship pretty frequently.

"It felt great to be playing Christian music again. I had been back in Dallas for a year when I realized how long it had been since I had written a Christian song. Sure I had worked on some inspiring type of music while on Geffen, but nothing overtly Christian. I wanted to write a song that was a rededication of my music and my life to Jesus. On January 18, 2009 I wrote 'Starry Night.' Little did I know this song would change my life."

I am pretty sure we have all heard "Starry Night" on the radio. August new project is titled "Seasons." Do yourself a favor by purchasing this new project. August is a gifted writer. This project is not like any of his previous efforts. You can purchase it on all digital music outlets.

—By Cedric Austin, Metro Voice Music

Rethinking the Christian music culture

Music and film producer Mark Joseph knows a thing or two about the entertainment industry, having worked for decades in both the Christian and secular worlds. Rethinking both industries is the focus of his new book, "Rock Gets Religion: The Battle for the Soul of the Devil's Music." In it, Joseph makes the case for Christians to "make their music in the middle of popular culture."

Joseph recently told "The Billy Hallowell Podcast" that he believes it's important for Christian artists to speak to the broader culture by having a presence in the mainstream. He also expressed worries about attempts to keep Christians out of the secular music arena.

"American culture thrives when all different voices are at the table," he said. "When one group suddenly evacuates, that creates a problem in the culture."

Joseph explained how he came to love both secular and Christian music during his younger years, but soon came to question why Christian music was contained in its own isolated genre — a dynamic that kept great talent from being heard in the mainstream.

"I began to really question, 'Why are they walled off?'" he said. "I just felt bad that there were so many amazing artists that were in Christian music who never got to be heard by the outside world."

Joseph soon started working in record distribution overseas and met some of those Christian artists. His concern only intensified.

"I realized that people of faith, devout

Christians were not being heard," he said, noting that he soon found himself wondering how this trend could be reversed. "It's like Christians were at the kiddie table, not being taken seriously."

The music and film producer soon set out on a mission to try and change that dynamic, writing three books on the subject over the years. Joseph has plenty of ideas about how Christians can take their music into the mainstream.

Ideally, he wants to see Christian music "function like a normal part of the industry," with insiders pitching to mainstream media. A smaller portion of Christian singers, he argued, should focus on church worship music.

"My hope was that a smaller percentage of them would really focus on ... songs that are for worship," he said.

When asked about the separate Grammy categories that currently exist for Christian and gospel artists, Joseph said that these categories can't be eliminated and integrated into general music categories until Christian artists take a stand on the issue.

"It has to be the Christians themselves saying, 'You know what? We are tired of sitting at the kiddie table at Thanksgiving. We want a seat at the normal table,'" he said. "When the first artist declines their Grammy and says, 'You know what? I am an artist defined by my category of music' [then there will be change]."

Joseph added, "Right now, Christians are being treated like second-and third-class citizens."

NEIGHBOR

continued from page 16

chemicals are poured into a swimming pool to force black citizens out of it. We see two people in a boxing ring.

Sexuality/Sensuality/Nudity – Minimal. A cast member discusses divorcing his wife and coming out as gay.

A friend discusses whether Rogers himself was gay. (He wasn't.) We see a picture of a male cast member's bottom when, as a joke, he "mooned" the camera.

Language – Minimal: a-- (3), misuse of "God" (2), f-gs (1), "negroes" (1), ba—ard (1), d-ck (1), b—ch (1). (If you're curious, we never hear Rogers curse.)

For a list of theaters where it's playing,

visit focusfeatures.com/wont-you-be-my-neighbor.

Entertainment rating: 4.5 out of 5 stars. Family-friendly rating: 3.5 out of 5 stars.

Michael Foust is the father of four small children and has covered the intersection of faith and entertainment for more than a decade.



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Getting Enough Vitamins After 50

If you think of vitamins as the chewable cartoon characters of childhood or overhyped by the supplement industry, you may wonder if they really matter.

The answer: Yes, in a big way.

Humans can't survive without the 14 vitamins — A, C, D, E, K, choline and B complex — and 15 minerals. Fortunately, our bodies are designed to extract the nutrients we need from the food we eat.

Most people can get all the vitamins and minerals needed from a diet of vegetables, fruit, protein, dairy, healthy oils and whole grains.

But "most people" is not everyone. After age 50 the absorption of some vitamins begins a slow decline. A system that works like a well-oiled machine at 50 may continue to do so or it may be squeaking by at 65 or 75. Along with age, vitamin deficits can also be caused or exacerbated by a number of issues, including:

- Some medications
- Diminished appetite
- Forgetting to eat due to memory loss or depression
- Poor food choices
- Food insecurity
- Too much alcohol
- Illness

So how can you tell if the person for whom you care has a vitamin deficit?

You can't. The only way to find a vitamin shortage is a lab test.

The signs of low vitamin levels can be subtle and seem unrelated, or dramatic and still seem unrelated. Serious symptoms — including pain, memory loss and a downturn in cognitive function — may be falsely attributed to normal aging or an already diagnosed illness.

And the consequences of a vitamin deficiency can be serious. For example:

- A vitamin D deficit can cause cognitive impairment and raise the risk of death from cardiovascular disease.
- Too little folate (B9), vitamin B12 and vitamin C can cause vitamin deficiency anemia, a condition that can



cause weight loss, muscle weakness, personality changes, unsteady movements, confusion and forgetfulness.

- A severe B12 deficit can mimic dementia.

Sometimes a single change in the body — one that seems unrelated to vitamin levels — can interfere with vitamin absorption and launch a domino effect, triggering symptoms that can lead to a misdiagnosis.

For example: Ten to 30 percent of Americans over age 50 don't produce enough stomach acid. While that may sound great to heartburn sufferer, stomach acid is key to absorbing vitamin B12, a powerhouse that helps produce red blood cells and DNA, and maintain nerves.

The result: People without enough stomach acid, and the many more who take medication to suppress heartburn, are courting a B12 deficiency, a shortage that can produce a variety of symptoms, including:

"prickly" feet, impaired cognitive ability, muscle weakness, loss of taste and smell, shakiness, low blood pressure, incontinence, hallucinations, paranoia, confusion and psychosis.

Take away tips:

- The best way to get vitamins is through food.
- If you suspect your loved one's vitamin levels are low, talk to the doctor about ordering lab tests.
- Never add supplements without a medical OK.
- Too much of certain vitamins can harm the body or promote a different risk.
- Some supplements interfere with prescribed medications.

Amy Grant shares her story as caregiver for aging parents

Recently, Amy Grant again found herself facing what many face—losing a parent for whom you were a caregiver. Dr. Burton Grant died Saturday at the age of 86 after an extended illness. The well-known oncologist passed away at his Nashville home surrounded by family members, including daughter Amy.

Sharing the news with fans on social media, the singer who has sold 30 million albums during her career, posted a sweet story about her dad when he was just a young man at the beginning of his career.

"My grandfather passed away when my dad was a teenager," she explains alongside the photo of her and her dad. "When my dad decided to become a doctor it was his mother, my grandmother, who paid his way through school. Years after my grandmother passed, I found his graduation program in a box of her things with a note from my dad. It said, 'Mother, I hope I will serve mankind in such a way as to justify your faith in me. Love, Burton.'"

But the loss of her dad is the end of a journey of care giving for both her parents that began 10 years ago. The acceptance that her mom had dementia involved a memory of her and her mom when Amy was just a teenager.

On one ordinary school night, a 16-year-old Amy Grant was in her room, putting the finishing touches on her first original song, which she would later sing for the first time for an audience of one—her mother, Gloria.

"I picked her because she was always there for me—she made me feel comfortable," Amy recalls.

But a few decades later, the same woman who put Amy so at ease would no longer remember that her daughter sang at all, let alone recall the details of a storied career that encompassed six Grammy wins, multiple platinum-selling albums and the title of best-selling contemporary Christian music performer in history.

Growing Concerns, Cancelled Concerts

It was during a visit home in 2008 that Amy first recognized things weren't quite right with either of her parents.

Gloria was exhibiting extreme confusion, which would later reveal itself to be a symptom of Lewy Body dementia, while Amy's father, Burton, was making uncharacteristically bad financial decisions.

The singer cancelled her 2009 plans in order to help her father and three sisters—Carol, Mimi and Cathy—take care of Gloria. Two years later, once she had resumed performing, Amy and her mother had an especially profound exchange.

Amy was saying goodbye to her parents before embarking on a tour when her mother asked where she was going. When she heard her daughter was leaving to perform, Gloria replied with a simple, heart-wrenching question: "Oh, you sing?"



The memories of all the songs she'd played for her mother over the years coursing through her mind, Amy responded: "Yes ma'am, I do."

"Would you sing something for me?" Amy lifted her voice, singing "Revive Us Again," a hymn beloved by Gloria. The older woman couldn't remember the song, but she enjoyed Amy's singing and asked to come with her. When Gloria realized she couldn't accompany her daughter, she offered one simple directive: "When you get on that stage, sing something that matters."

After assuring her mother that she would do exactly that, Amy managed to make it to the car before losing her composure. Gloria died two months later, in April of 2011.

Amy's last album, "How Mercy Looks From Here," is dedicated to the mother who continued to guide her, despite dementia. "At some point in life you realize that some things really matter and some things don't. Living matters. Celebrating life matters. Seeing the value in hard times matters. Relationships and people matter. Faith matters."

Like her songs, Amy's insights echo the unexpressed emotions of millions of men and women on caregiving jour-

neys. "I think it goes back to why people become songwriters to begin with—we've always felt compelled to tell stories, or find a story in something. What you're really hoping for from a song is that someone is going to feel moved by it. You don't have to make up much when you're writing—there's so much inspiration in life."

Conquering the Great White Elephant

Communication is the main factor Amy cites when describing how her clan managed to stay together while watching two much-loved family leaders decline into dementia.

In fact, it was an exchange with her daughter, Corrina, which enabled Amy to handle her own mother's inability to remember her singing career with such poise.

When Gloria was still alive, Amy came across Corrina one day, crying in the hallway. "I'm so scared that one day Grandpa won't remember who I am," sobbed the youngest of Gloria's 17 grandchildren.

Despite her daughter's youth, Amy knew that honesty was the appropriate approach. "I just sat her down and said, 'When that day happens, remember that it has absolutely nothing to do with love—Grandpa loves you, she just needs your help. Remind her of who you are and tell her that you love to dance, you love to sing.' We walked through the whole scenario together."

A few months after that pivotal discussion, the whole family was gathered around the dinner table when Corrina's fear manifested itself. Gloria, a confused look on her face, started shifting her gaze between her daughter and her granddaughter. After a few moments, she leaned towards Amy, saying, "Who is that?" gesturing towards Corrina.

Amy turned to her daughter, saying

■ Please see AMY GRANT next page



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AMY GRANT

continued from page 18

simply, "This is the time we talked about."

Corrina gathered her courage, rose from her seat, went to stand next to Gloria and, much like her mother did all those years ago, began to sing a song meant for an audience of one—for Gloria. The tune wasn't one she'd written herself, but one she'd learned at school for Grandparent's Day.

"There are always going to be things we're afraid of," Amy remarks. "Sometimes we need to have someone tell us not to be afraid—we're going to handle it together. Our family made it a point to talk through these situations ahead of time, we didn't just wait for the white elephant to appear."

The Sisters Create a Caregiving Tag-Team

Faith and family kept Amy and her sisters together as they looked after their father, whose dementia rapidly worsened in the wake of his wife's death.

Burton's impairment advanced to the point where he spoke infrequently and couldn't remember his daughters' names; but, as a former Sunday school song leader, music still maintained the power to move him. Amy describes an instance where he sat down at the piano and began playing a perfect rendition of the Tennessee Waltz—an especially remarkable feat given that she didn't even realize he knew that song.

Burton took much of the financial burden of elder care off his daughters by purchasing long-term care insurance years ago. They had the means to hire in-home caregivers to assist with some

daily tasks.

But the Grant sisters all took turns providing hands-on help for their father. "It goes in cycles," says Amy, who admits her caregiving duties were not as strenuous as some of her other siblings, mainly because she was the only one with a young child still living at home at the time. She said towards the end much of the day-to-day care fell to her sisters because of her own travel schedule.

Caregiving challenges caused both conflict and growth in the siblings' caregiving quartet.

"All I can say is there is a weird dynamic in every family. No two children are cared for in the same way by a parent. There's unspoken hurt and drastic differences in individual relationship dynamics. In the beginning, my sisters and I were a therapist's dream—the important thing was that we didn't walk away from each other. We prayed a lot. We let our guards down, and we tried to be respectful and caring, not just to our parents, but to each other as well."

Indeed, handling family conflicts while caregiving can be tricky. It took years for Gloria's daughters to be able to go through the things she'd left behind after she passed away. Just recently, the foursome gathered at a sister's house, prepared a big meal, and sat down to sort through the earrings, necklaces and bracelets that their mother—a former jeweler—had left to the family. As they exchanged fond memories of Gloria, Amy's brother-in-law poked his head in the room, an astonished look on his face, and said, "If I didn't know better, I'd think you guys were shooting craps together in here."

"We've come a long way," Amy

admits. "Because of this whole process, we've left pettiness in the dust. I guess that's my take on all of the craziness that surrounds dementia and dying. There's so much to be gained by sharing things with other people who are as invested in caregiving as you are."

Communication and creativity are the two tools Amy brought to the caregiving table—a natural fit, given her songstress roots. "Whenever we had tough things we needed to talk to mom and dad about, my sisters would always say, 'Amy, you go talk to them.' I think that's because they knew I was accustomed to singing and saying vulnerable things."

She admits that her background does help when it comes to talking about tricky caregiving issues. "It probably does give me sort of a decent toolkit to talk about things that are hard, because what you're really hoping for from a song is that someone is going to feel moved by it. You don't have to make up much when you're writing a song—there's so much inspiration in life. You just need to figure out a way to say things that are honest, simple and not posturing."

The Importance of Being Honest

Honesty, simplicity and vulnerability are three keys to effective communication that are so hard for so many caregivers.

The men and women who assume the selfless duties of taking care of a loved one are more wont to deny and bury their feelings, not wanting to share their burden with others, even though sharing stories and experiences with each other is a major way many care-

givers find support.

Celebrities often shy away from speaking candidly about the difficulties in their lives, but Amy knows first-hand the invaluable impact that honest communication can have when one is going through a challenging life experience, a fact which has compelled her to share her stories with other caregivers.


"I have had the benefit of the companionship of my three sisters and close friends to talk through things with," she says. "Whatever you're going through in life, you tend to gravitate towards people who are going through the same things. You can't fix it, but you don't have to go through it alone."

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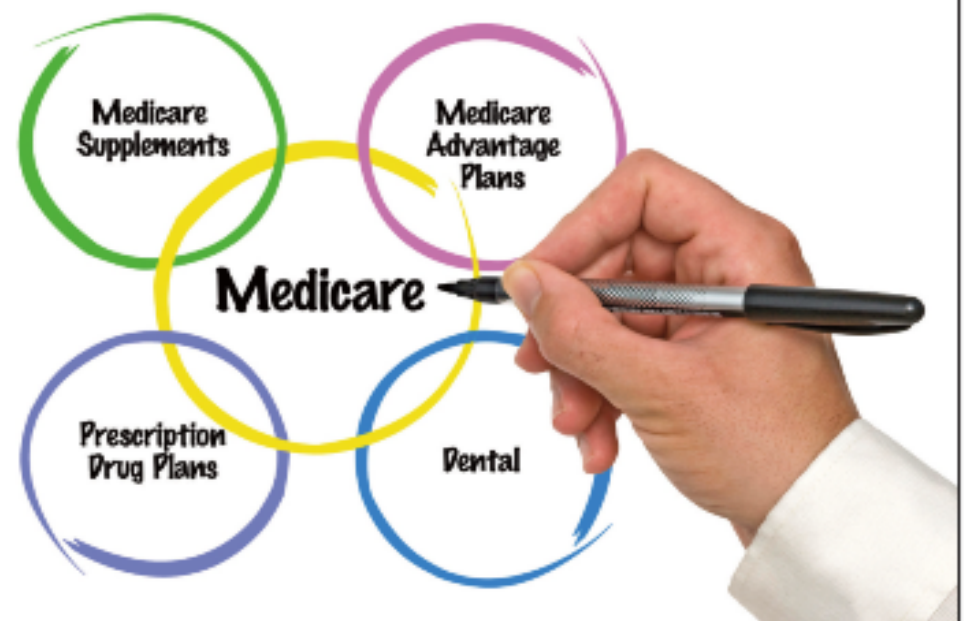
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sports

Terry Bradshaw Reveals How Jesus Saved His Life in Heartfelt Testimony



Anyone under the watchful eye of the media knows there's often a price to be paid for voicing certain opinions. Oh, you're allowed to believe what you wish, just as long as it's politically correct, mind you.

Many celebrities crumble under the pressure. They either give in, go with the flow and follow their peers, or they remove themselves from the spotlight altogether.

Which is why it's always refreshing when someone famous chooses to be outspoken regarding their faith, despite what some might say or do. Terry Bradshaw is perhaps most famous for his sports career, but there's much more to appreciate about the former Pittsburgh Steelers quarterback.

Co-host for "Fox NFL Sunday," Bradshaw has also been seen gracing the silver screen on more than one occasion. But it's not his TV and film career that's ruffled more than a few feathers.

Rather, it's his views on faith and politics that have left some with crossed arms and sour expressions. But Bradshaw hasn't let the bad blood get him down.

In fact, about a decade ago, Bradshaw spoke out about his faith in Jesus. In a one-on-one interview with CBN's Scott Ross, the sports guru chatted about his upbringing, criticism from the media, and the power of prayer.

"You have to understand, I got hammered pretty good by the media," Bradshaw shared. "They called me stupid. They called me dumb. That's pretty powerful."

Yet the media's harsh words didn't

stop Bradshaw. He may have dealt with depression, and he even cried out to God and pleaded, "just get me out of here."

However, the NFL icon pushed through and is now one of the most well-known sports commentators on television. "...everything that I've done, everything that I do, is to this day, all major decisions are all through prayer," Bradshaw explained.

"I had one of those great, wonderful, salvation moments in my life," he said. "It was one of those moments that I knew that God's spirit had moved into my heart ... I couldn't escape it. Because I learned that God forgave me."

And it's his faithfulness to his beliefs that have continued to show up in interviews. When the national anthem protest became a controversial issue in the NFL starting in 2016, Bradshaw didn't shy away from his views about the matter.

"I do have a problem when people in this country don't respect our flag and national anthem," he said in an interview with Fox News. Bradshaw also expressed his frustrations with not being able to talk about Jesus.

"We can't talk about Jesus. We can't mention that anymore," he said. "So we say 'I'm religious,' because if we say 'Jesus,' you automatically are pigeon-holed and kicked off the desk."

Powerful and sobering words from a man of faith. No doubt we can continue to expect Bradshaw to do what he does best — to live the life, morals, and faith he believes, despite what the media might think.

— Sara Carri | westernjournal.com

FROM THE CHEAP SEATS

By Rob Mooney

Looks like the Kansas City Royals are playing to not finish last in their division, and don't be surprised if they're able to catch the Chicago White Sox and leapfrog them in the standings.

They are currently 31-69, the 2nd worst team in the major leagues. They are 38 games under .500. However, they play in the worst division of all of baseball. The Cleveland Indians, at 54-46, are the only team in the division with a record over .500. The Twins are 7 games under .500. The Tigers are 17 games and the White Sox are 28 games under. The Royals are currently 5 games behind the White Sox in the standings so catching them isn't out of the question.

With the Royals at the beginning of a long rebuild, how much would it help the confidence of their younger players to not finish in last place? I would think that it

would help the rebuild quite a bit. I've said it before and I'll say it again, General Manager Dayton Moore has earned the benefit of the doubt when it comes to the rebuild. He did it before in Kansas City and if you look at the talent in the lower levels of the Royals minor league system, it appears as though it's going to happen again.

I love the direction this team is going and I am excited about the future, especially in about 2 or 3 years when all of these players begin to make their way to Kansas City. When they experience winning at the lower levels that will translate to winning at the big level!

Speaking of excitement, I can't believe how excited everyone seems to be about the Kansas City Chiefs this season. For a team that got rid of its' starting quarterback in Alex Smith and one of their top

defenders in Marcus Peters, it seems to me like they're ready to take a step back.

A lot of people are excited about the offensive firepower the Chiefs will possess this year, but I can't wonder if having a 2nd year quarterback will limit them a bit. I saw that someone actually mentioned



Patrick Mahomes, who took over for Smith, as an MVP candidate. Really? I hope that he's as good as advertised but to say that he's MVP material already is an absolutely ludicrous statement! Let the guy play in a few meaningful games and succeed and then maybe we'll have that discussion.

The Chiefs schedule is front loaded with 6 difficult games. Four of them are on the road at the Los Angeles Chargers, the Pittsburgh Steelers, the Denver Broncos and the New England Patriots. The other two are at home against the San Francisco 49ers and the Jacksonville Jaguars. If the Chiefs can get through at 3-3, they may be able to hit the 11 or 10 win threshold. However, if they slip up this could be a very long season!

The Gospel heard by thousands of coaches and athletes, thanks to FCA

The Fellowship of Christian Athletes (FCA) is on a mission to see the world transformed by Christ through the influence of coaches and athletes.

One way they're making that happen is by hosting hundreds of summer camps around the world that train students spiritually and athletically. The camps have already begun and more than 113,000 athletes and coaches in 45 states and 41 countries are expected to participate.

"FCA staff is in a unique place to be able to meet with coaches and athletes — meeting them in their sports, helping them at camps get better in their sports," FCA Director of Ministry Advancement Kellen Cox says.

The athletes and coaches attend the camps to become better players, but also get to hear the gospel while they're there.

"Faith in Jesus Christ has changed literally thousands of coaches and athletes' lives even this year," Cox shared. "We see coaches and athletes give their lives to Christ, put their faith and belief in Jesus, and it truly has changed everything."

Dozens of athletes and coaches recently responded to the gospel message at a football camp in Georgia.

"In a room full of a thousand plus people where the gospel of Jesus was shared, 46 athletes and coaches gave their lives to Christ," Cox said.

Last year, several thousand coaches and athletes did the same.

This year's theme for the sports camp is "strong." It is based on the Bible verse from 2 Timothy 4:7: "I have fought the good fight, I have finished the race, and I have remained faithful."

"God calls us to be solid in our faith, to fight the good fight with perseverance, and surround ourselves with a firm support system in order to finish strong," said FCA President and CEO Shane Williamson. "With Jesus Christ and His Word transforming us daily, we can be strong 24/7!"

FCA, headquartered in Kansas City, Mo., is taking that message beyond the United States to countries in Africa, South America, and Asia.

"Sports is a universal language," Cox explained. "We're bringing resources, we're bringing tools, we're meeting needs and providing great coaching, great competition, great camps for them to get an experience they normally don't get to experience."

FCA's ministry does not end when camps end. The coaches and athletes return to their schools and communities equipped with resources to implement what they learned at camps.

Some athletes even get to take what



they learn to the world of professional sports.

Philadelphia Eagles MVP Nick Foles, who helped his team win the Super Bowl this year, has co-led Bible studies through Fellowship of Christian Athlete's Community Huddles initiative.

Minnesota Vikings quarterback Case Keenum was a member of Fellowship of Christian Athletes in high school and also periodically shares devotional messages with high school student-athletes.

At the end of the day, wherever the athletes and coaches end up in their career, Cox says "it's all about making disciples."

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Room-by-Room Refresh

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Entryway

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

the mess.

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

Home Office

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

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



paper you're likely to encounter, from bills and to-do lists to the kids' school work. Separate other items by category, such as medical records and financial documents or art supplies and books, into piles of their own. An option such as the 3M Weighted Desktop Dispenser and Organizer can help keep supplies like pens, tape, paper clips and sticky notes neat and tidy.



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



For archival materials, such as tax returns and insurance policies that you're likely to consult infrequently, a secure but separate storage



solution makes more sense. Drawer labels and colored hanging file pockets paired with a categorical or alphabetical organization system can make it easy to dispose of unwanted clutter without tossing important papers.

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

Kitchen

Because it's likely the most used room in the house, the kitchen sees a fair bit of cleaning year-round. However, in



any busy household it's easy to let deeper cleaning slide. While you're tackling the rest of the house, take time to give the kitchen its due. Mop the floors, disinfect all surfaces and remove clutter that has accumulated, including old and out-of-date food from the refrigerator and pantry.

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

Bedrooms

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

Beyond the typical chores like vacu-

uming and dusting, don't forget dusty baseboards and make sure to wipe down any glass or mirrored surfaces for extra shine. Another way to make a big difference is organizing items that exceed the storage capacity of your furniture. In the bedroom itself, a trunk at the foot of the bed or a wardrobe organizer that complements your other furnishings is a smart bet.

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



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Clearance Days Continue at Jackson's

Annette's Tip:

Drought warning! With the continuing heat and drought conditions, it is important to begin watering perennial beds and shrub plantings, as well as evergreen trees. For established beds, lay the hose down and allow it to soak an area for 10 minutes or so before moving it to another area. Frequent shallow waterings usually do more harm than good because the moisture only waters the top 1" of soil or so, which is not where perennial shrubs or tree roots absorb moisture. Further, if you water in the evening, leaf diseases will proliferate, causing more problems for your beds.

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Sun. 10:30 - 4:30

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New Resident Church Guide

- 1. SOUTHWEST TOPEKA BIBLE CHURCH**
4141 SW 53rd (53rd and Gage)
Topeka, Ks 66610
785.266.0100
Sun. Services: 9:30 Bible Study Classes
10:45 Worship Service
www.swtbc.org
- 2. CHRISTIAN CAVALRY MINISTRIES INT.**
Pastor Beaux Bryant
c/o Seaman Baptist Church
2015 NW Buchanan, Topeka Ks 66608
785-224-5419 • www.church4bikers.org
Sun. School 9:30 am
Sun. Service 10:45 am
Wed. Prayer & Bible Study 7pm
- 3. TOPEKA BIBLE CHURCH**
1101 SW Mulvane St., Topeka
785-234-5545
Worship: 8:00 - 9:30 & 11am
Sunday School & Bible Studies:
9:30 & 11am
www.discovertbc.com
- 4. NORTHLAND CHRISTIAN CHURCH**
3102 NW Topeka Blvd., Topeka
286-1204
Worship Sun. 8:00, 9:30 & 11am
www.northland.cc.
- 5. INDIANA AVENUE CHURCH OF CHRIST**
"Grace has dispensed, because Grace has redeemed"
3510 SE Indiana Ave., Topeka, Ks. 66605
785-266-7788, www.Indianaavecofc.org
Bible University – Sunday - 9:30 a.m.
Classes for all ages.
Morning Worship – Sunday – 10:45 a.m.
Midweek Bible University – Wed. – 7pm

- 6. FIRST SOUTHERN BAPTIST**
1912 SW Gage, Topeka, KS
272-0443 www.fsbctoepka.org
Sunday Services:
8:30 AM Traditional Worship
9:45 AM Bible study—all ages
11 AM Contemporary Worship
- 7. TOPEKA BAPTIST CHURCH**
"Finding NEW LIFE in CHRIST"
Sunday Worship 9:15 & 10:45am, 6pm
~ Sunday School for all ages ~
4500 SW Gage Blvd., Topeka
785-862-0988
www.topekabaptist.org
- 8. WANAMAKER ROAD BAPTIST CHURCH**
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2700 SW Wanamaker Rd., Topeka
(785) 272-9323 www.wrbctoepka.com
Traditional Sunday Worship 10:30am & 6pm
Sunday School 9am • Wed. Prayer 7pm
- 9. GRACE COMMUNITY CHURCH**
310 E 8th St (E. US 56 Hwy)
Overbrook, KS; 785-665-7117
Elvin Dillard, Senior Pastor
Sunday School 9 am; Worship 10 am
www.gccinoverbrook.com
office@gccinoverbrook.com
- 10. LORD'S HOUSE CHURCH**
300 SW Roosevelt, Topeka KS 66606
Pastor Marilyn Hahn McGinnis
10 a.m. Sunday (Non-traditional Service)
See "About Us" at our website
www.kawriverkeruv.com
Questions? kawriverlordshouse@att.net
- 11. COMMUNITY CHURCH**
1819 SW 21st St., Topeka
233-3537 www.CommunityChurchKS.com
Sun. 9:30am - Sunday School for all ages
Sun. 10:30am - Worship & Word, Children

- Wed. 6:30pm - Children, Youth, Adult
~ Nursery care for all services ~
- 12. BUCK CREEK COUNTRY CHURCH**
Meeting at Buck Creek School House
5 mi. east of Perry on Hwy 24, 13th & Phillips Rd.
Childrens Sunday School - 8:30 a.m.
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
Dr. L.D. Holmes, Sr. Pastor
www.wwnaz.org
Sun. Worship: 9am (Hymns) & 11 am
Children's Worship 9 & 11 am
Sunday School 10 am, all ages
Sun. Evening Various Children's Programs
6 pm Life Groups; 6:30 pm Teen Service
Wed. 6:30 pm Adult & Teen Life Groups
Wed. 6:30 pm Kids University
~ Nursery care at all services ~
 - 14. GRACE LIFE CONNECTION**
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in an upside-down world
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Papan's Landing Senior Center
621 NW Paramore St. Topeka, KS
Pastor Pete Whitebird
 - 15. OAKLAND UNITED METHODIST**
801 NE Chester, Topeka, KS 66616
235-1010 • ourmc@att.net
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Children's worship time 10:30am
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 - 16. HOUSE OF THE LORD CHURCH**
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 - 17. EAST SIDE BAPTIST CHURCH**
4425 S.E. 29th St., 379-9933.
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AWANA Sunday at 5:45 p.m.



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Student Ministries & Kid City
www.esbcks.org

- 18. CHRIST THE KING CATHOLIC CHURCH**
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Sunday 7:30, 9, 11am, 6pm
www.cktopeka.org
Fr. Matthew Schiffelbein, Pastor
Fr. Jaime Zarse, Associate Pastor

- 19. SEAMAN COMMUNITY CHURCH**
Independent Christ-Centered Bible Church
2036 NW Taylor, Topeka, KS
354-8777 • www.seamanchurch.com
Adult Sunday School - Sun. 9:30am
Sunday Worship: 10:30am

Children's Sunday School: 10:30am
Youth group 1st & 3rd Sundays 4-6pm

- 20. HERITAGE BAPTIST CHURCH**
1937 NE Madison St,
Topeka, KS 66616 • 785-506-4594
Pastor Dale Stockburger
Sunday Worship: 10 am and 6pm
Junior Church for kids: Sun 10am
Wed. Evening Worship: 7pm

- 21. HARVEST FAMILY FELLOWSHIP**
Meets at 522 SW Polk
785-220-5418
Pastor Rey Rodriguez
Sun. Worship 10 am
www.topekaharvest.vpweb.com

- 22. FAMILY OF GOD CHURCH**
1231 NW Eugene St.
Topeka, KS 66608
Pastor Roger Randel

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Wednesday Bible Study 7pm
234-1111 • FOGchurch.com

- 23. HIGHLAND HEIGHTS CHRISTIAN CHURCH** 785-379-5642
Sunday Services: 8:30 and 10:00 AM
2930 SE Tecumseh Road
Tecumseh, Kansas 66542
www.highlandheightsccc.com
Jars of Clay Children's Ctr 785-379-9098

- 24. TRINITY REFORMED BAPTIST CHURCH**
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Operation Backpack is Back!

Topeka North Outreach, Inc. Youth Ministry is set to begin its 13th year providing Weekend Food Sacks to area children in need through its Operation Backpack program. To start the new school year, backpacks and school supplies are being collected for eligible children whose families are: working poor, single or widowed, foster or adoptive, disabled, or grandparent parents.

The TNO school supply giveaway will be August 4th from 9:00am – Noon at the

Indian Creek elementary school, 4303 NE Indian Creek Rd, Topeka, KS (the corner of 43rd Street and Indian Creek.) No application necessary; supplies will be given out on a first come, first served basis until gone. Please bring your school's supply list with you.

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

The desire is to look after orphans and



widows, the poor and needy. TNO is currently raising funds, collecting school supplies and backpacks, and collecting snack type food items in order to reach 600 children every week at ten local schools.

71.95% of children in Topeka Public Schools fall in the "economically disadvantaged" category according to the Kansas State Department of Education website (2016-2017 statistics.) That's close to 11,000 children right here in Topeka!

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

School Supply donations can also be taken to our pantry at 4303 NE Indian Creek Rd. no later than Thursday, August 2nd 6 p.m. Gideon's will be distributing bibles.

Volunteers are always welcome to help assemble the Weekend Food Sacks the first Thursday of every month at 6 p.m. beginning September 6 and continuing thru June 2019 at Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers are also needed on Fridays to distribute sacks to the children at school. Over 100,000 Weekend Food Sacks have been distributed to needy children in Topeka since the program began. TNO distributes food sacks to children in need that attend Chase Middle school, Quincy & State Street elementary7, Elmont, Logan, North Fairview, Northern Hills, West Indianola elementary schools, Pleasant Hill Learning Campus, Seaman Middle School, Seaman High School

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

If you are needing help with School Supplies then visit the website: topekanorthoutreach.org.

Also, VBS Club is held every day after school at Garfield Community Center offering bible stories, crafts, music, service projects, homework help, after school snacks, mentoring, tutoring.

The TNO Hygiene Ministry also distributes hygiene kits to area children in need.

More North Topeka events:

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

OPEN HOUSE – Aug. 4, 4-7pm, Soldier Township Fire Dept., 600 NW 46th. Come visit and meet Fire Chief Doug Schmitt, learn about the two new engines, and enjoy hot dogs, hamburgers & fun activities for kids. 5PM pinning ceremony for newest hires. 785 286 2123.

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Craig is an accomplished US Army Infantry Officer and Combat Veteran of the wars in Iraq and Afghanistan. His service includes deployments throughout the Horn of Africa, Southwest Asia, and Eastern Europe and is the recipient of the Bronze Star Medal Combat Infantryman Badge, among others.



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