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**Celebrating our 13th year!** VOLUME 13 • NUMBER 1

September 2018

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# NEW RESIDENT Churchguide



# **EQUIPPING FOR THE FUTURE:**

What that looks like for young TRM guests



by **Jessica S. Hosman** 

"Train up a child in the way he should go and when he is old, he will not depart from it." (Proverbs 22:6)

Equipping looks different to different people, but Topeka Rescue Mission Ministries believes in starting during infancy and continuing throughout a person's life span. The following gives a glimpse into how the ministry is focusing on instilling the Biblical truths of value and worth at a young age while incorporating Trust-Based Relational Intervention (TBRI©) to increase the likelihood of breaking generational cycles of homelessness and paving a new path.

"Claire" came to the Topeka Rescue

■ Please see EQUIPPING page 2

# Why Americans Go (and Don't Go) to Religious Services



In recent years, the percentage of U.S. adults who say they regularly attend religious services has been declining, while the share of Americans who attend only a few times a year, seldom or never has been growing. A new Pew Research Center survey finds that the main reason people regularly go to church, synagogue, mosque or another house of

worship is an obvious one: to feel closer to God. But the things that keep people away from religious services are more complicated.

Among those who attend no more than a few times a year, about threein-ten say they do not go to religious services for a simple reason: They are not believers. But a much larger share stay away not because of a lack of faith, but for other reasons. This includes many people who say one very important reason they don't regularly attend church is that they practice their faith in other ways. Others cite things they dislike about particular congregations or religious services (for example, they haven't found a church or house of worship they like,

■ Please see POLL page 23



# Awaken the Dawn is coming to Kansas

Last year over 50,000 people went to Washington, D.C., with 1,600 worship teams from all 50 states, for Awaken the Dawn 2017. Every state had their own tent, and they spent 50 hours praying and worshipping for a shift in our nation. The result was a shift in the nation's capital, prayer movements birthed, prayers answered, people healed and lives forever impacted.

This year every state in the nation will meet at their own capitol.

Awaken Kansas, September 27-29, is a movement of worship, prayer and missions, mobilizing a family of believers drawn together around the presence and power of Jesus. The mission is to see a generation mobilized and galvanized with the glory of Jesus and the presence of God, culminating in a revival in the church. This event will be held simultaneously with all 50 states – three days, millions of people, day and night – in public, outdoor worship flooding the nation with the presence of Jesus.

Organizations like Every Home for Christ – Dick Eastman, National Day of

■ Please see AWAKENING page 3

# New GraceMed clinic opens in former Dillon's location

GraceMed has opened a central Topeka community health center in a vacant Dillon's grocery store at 1400 S.W. Huntoon. They have closed their former location at 1615 S.W. 8th Ave.

An Open House was held August 15, and opened with prayer before various city leaders made remarks. Tours of the facility followed.

"We're been working with 9,000 square feet," said Alice Weingartner, director of community development for GraceMed. "This new facility has 23,000 square feet. It's just an amazing difference, to be able to provide

not only access to more providers but also access to more services."

The building provides much more space and more windows, which Weingartner said would have a positive impact on GraceMed's patients and staff.

The newly remodeled building allows GraceMed to add services, including a pediatrician and dental care providers. GraceMed plans to add podiatry and vision services over the next months, Weingartner said. There will also be space to add more primary care providers and pharmacy in the future.

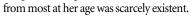


### **EQUIPPING**

continued from page 1

Mission Children's Palace at the age of four months. She and her parents were homeless and residing at the Hope Center for Women and Children when the

opportunity came for Claire to enroll. She had spent most of her short life confined to a stroller; not because her parents were intentionally neglectful, but because they were parents in crisis who had no experience in raising a child. The ramifications on their daughter's development was quickly evident. Not only was she not rolling over, she was unable to hold up her head. Her facial expressions were mostly blank and the cheerful babbling and cooing that come



The Children's Palace staff wrapped around this family with love and, within weeks, began seeing a miraculous transformation unfold. Mom began spending time at the Palace as her schedule allowed and began learning how to interact with her child. She watched as her daughter was exposed to art and sensory projects, movement through music, reading and prayer. She began laughing with her, making eye contact and nurturing. Dad began dancing with Claire, making eye contact while speaking life over her and genuinely enjoying the gift of being a father. The family started participating in the PiG Program which helps parents to see through fun, incentive-based bonding opportunities that Parenting is a Gift as the name implies. By the time Claire's formal developmental screening was completed by TARC one month later, she was completely on-target developmentally and had rapidly progressed beyond what staff could have ever imagined!

Scientific studies show that a child's first three years of life are the most critical



in terms of brain development, perception of themselves and the world around them. If a child develops "secure attachment" early in life, they have a greater likelihood of having positive relationships later in life. This includes social relationships, as well as relationships within the community at-large in arenas such as school, housing, law enforcement and other environments where relational stability is so necessary. The Palace focuses on this secure attachment through a theme of connectiveness tied into everything they do. From day one, they want each child – and parent – to know that

they have value and worth in this world, are loved and treasured, and that they are not alone. Staff members reach out in love to embrace each family and help them see each other as the Lord originally intended — treasures and gifts to each other and this world.

As children age and move through the

n age and move through the various Palace classrooms, that theme of royalty continues with everything said and done. They don't want to just say it with words, they want everything children are exposed to speaking that truth. That's why the facility looks like a Palace and is filled with joyful surroundings at every corner.

Classroom schedules are designed to focus on the reinforcement of value, but also helping children heal from some of the traumas they may have already

endured in their young lives. This is done through rich sensory integration, role play and self-regulation techniques. To assist with these endeavors, the Palace employs a strategy called TBRI© (Trust-Based Relational Intervention), developed by Drs. Karyn Purvis and David Cross from Texas Christian University. TBRI© focuses on bringing healing to the whole child, including brain development which may have been affected by chronic stress and trauma that often accompanies homelessness. The Palace has a goal to not only recognize the trauma and its affects, but also intervene at a young age by daily providing the support necessary for whole-brain and whole-child healing. This takes place through three TBRI© principles: Empowering, Connecting and Correcting (see article in this month's edition for an upcoming TBRI© training opportunity).

The Palace **EMPOWERS** children by recognizing some of the special needs that may exist due to trauma and chronic stress they have been exposed to and developing the surroundings accordingly.

This helps to address the causes behind challenging behaviors and helps to curb some of them before they start. Studies show children with histories of trauma have a higher need for sensory integration and activity. Schedules allow for numerous opportunities throughout the day for senses to be actively engaged. The physiological make-up of children allow here.

also becomes altered which causes them to become hungry more quickly and dehydrated easier than their peers. The Palace recognizes these needs and proactively developed a nutrition focus which provides healthy food every two hours and water bottles to encourage children to stay hydrated throughout the day. They also focus on equipping children with regulation techniques aimed towards calming their bodies and helping them recognize what might be going on inside before it manifests into aggression or other challenging behaviors. Providing children with these tools at a young age prepares them for the future by helping them learn how to take

control of impulses and behaviors that could ultimately lead to challenges later in life

**CONNECTION** is evident in every relationship represented within the Children's Palace. From the first day the family walks through the doors, establishing a relationship of trust and acceptance for both the children and caregivers begins. Children are exposed to daily opportunities for one-on-one attention through prayer, play and positive communication. Staff strive to give each a child a voice by encouraging speech and the verbal expression of feelings, and taking time to make eye contact and listen to what they say. They have seen children so traumatized by past relationships they couldn't come nearer than 3-feet to anyone and would be triggered into hysteria for hours if anyone so much as tapped their shoulder. Yet they have also seen those same children learn how to connect in safe and healthy ways and appropriately initiate healthy touch represented through high-fives, handshakes and hugs. Truly when we allow Christ to love through us regardless of how difficult a person's behaviors may seem, we see His Word ring true that indeed love never fails! (1 Corinthians 13:8)

CORRECTION is never anyone's favorite part of training a child, but it is absolutely necessary if we want to instill into a child the difference between right and wrong, respect and disrespect. Rather than doing this through punitive discipline measures, the Palace strives to proactively teach children through role play and example the most appropriate ways to respond in everyday situations that would historically be met with aggression and hysteria. Their heart is to help children recognize what it means (and looks like) to respect... themselves, God and others. Unfortunately, this may not be something they've ever been exposed to or learned the importance of. But learning this key value is necessary for anyone to positively move forward in life. Without it, many can be destined for futures laced with criminal activity, addiction and abuse. That is not God's heart for anyone who comes through the Palace doors and the ministry believes if they do what He has commissioned them to do well. He can use their efforts to break some of these generational chains and pave that new pathway for a more abun-

"I am come that they might have life, and that they might have it more abundantly." (John 10:10)

Jesus came so that we would all know Him and partake with Him in a life that is abundant. That abundance is not of material possession and treasures. It is a life abundant with purpose, love and meaning. Many of the thousands of individuals who come through the doors of the TRM Ministries every year arrive void of these things. And for many, this can be traced back to their childhoods; childhoods often plagued by abuse, dysfunction and trauma. Staff recognize that they can't go back and erase the past. But they can proactively do their part to provide a fresh start for the children coming through the doors so their parents' stories are not repeated throughout their lives. They introduce them to Jesus and help them to see that they are God's unique creations, treasures and gifts to this world.

# Life Lessons From a Little One EVEN WHEN IT HURTS of Satan know no age boundary

by **Jessica S. Hosman** 

I think back to my childhood and sadly recall those I treated less-than-kindly growing up. As I've grown in my walk with the Lord, He's given me the ability to go back and apologize to some. Though they have offered forgiveness, I know the wounds words can cause and how they try to shape us, for better or worse, throughout our lives. In Zechariah's short seven years, he's already walked on both sides of the spectrum; hopefully learning through both at a young age, versus waiting far beyond it's too late.

Last year he made a pretty poor choice regarding a classmate who was a little different from him. He led some jokes, got caught, and then cried for two days afterwards. We've visited that encounter many times in conversation and talked a lot about how he, and likely the other boy, felt during and after it happened. Along with what he would have done different if he could go back in time.

I recently found out that this summer, he was on the receiving end of other's jests. Boys would slyly sneak under the bathroom stall and crack jokes when he was in one of the most vulnerable of positions. He plowed through bravely but the marks and fears that have tried to attach to him since then are still there and the memory of those encounters hasn't yet gone away. Even I can remember some of the hurtful actions and words spoken over me by peers - and those I spoke to others - over thirty years ago. It's amazing how the negative lodges in our minds and identities trying to constantly compete for our focus and lie to us about who we really are.

"You shall know the truth and the truth shall set you free." (John 8:32)

It's not just second graders who need help discerning truth from a lie. The wiles

of Satan know no age boundary. And just like those boys in the bathroom, it's amazing how stealthily Satan creeps in to try and tear us



down when we're in the most vulnerable of places. It hurts. And he uses other people to hurt us and whisper lies as well. But God's truth will always trump Satan's lies. Jesus said, "My sheep know My voice and a stranger's they won't follow." (John 10:4-5). He didn't say we wouldn't hear the stranger's voice from time to time; He said we just wouldn't follow it. It's our responsibility to follow that voice of the Shephard that speaks truth. The truth He wants to remind you of today is that you are His masterpiece. You were not a mistake. God knew and planned the exact moment you would be born and His purposes for you are great.

He has a plan for you. It is a plan to take all the hurt, the lies and the bad and turn it around for good. These experiences Zechariah has had, on both the giving and receiving ends, haven't been pleasant. But already he's learning from them both. He's learning empathy and compassion. He's learning forgiveness and grace. He's being shaped into who God has created him to be. The same way you and I are today, no matter our age.

We can't go back and erase time, but we can give to God the hurts we may have endured alone the way. Regardless of what you are facing or whatever you've faced, there is hope. Hold fast to God's truth and remember, wherever you've been, wherever you are, you are not alone. When we're at our lowest, He's by our side, catching our tears and urging us on. Let this be your motivation to keep moving forward. Your life is a gift and you can press on today.

They take His words seriously when He said the kingdom of heaven belongs to the children and treat them – all of them – as royalty, and the princes and princesses that God created them to be. They may not be able to stop all the trauma that may still surround the children they serve, but they can help them and their families recognize His love and truth while they are there. We can pray for the Lord to continue to guide their steps and change even the hardest of hearts so that households become transformed and surrendered to God's leading for their lives.

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Even the tiniest of seeds can produce an abundance, and TRM Ministries thankful for all those partnering with them through prayer and believing that in time a mighty harvest of fruit will come forth, one child at a time.

To learn more about how you can partner with the Children's Palace to help change lives, visit trmonline.org or contact 785-730-8810 or childrenspalace@trmonline.org.

– Adapted from Topeka Rescue Mission Ministries newsletter - September 2018





### Two men killed in golf cart

The Dickinson County sheriff says two men are dead after a golf cart they were using collided with a pickup truck.

The crash Saturday night killed Lucas Hicks, of Herington, and Casey Schardein, of Hope. Both men were 28.

Undersheriff James Swisher says the crash occurred on a country road about 3 miles southeast of Hope in rural Dickinson County.

A preliminary investigation indicates the golf cart turned abruptly in front of the truck for an unknown reason.

Hicks and Schardein were pronounced dead at the scene. The driver of the pickup truck, 27-year-old Craig Banman, of Hillsboro, was uninjured.

### DeathS appear to be suicide

Wichita police say the deaths of a woman and her son appear to a murder-

Officers were called to a Wichita home late Sunday by a woman who said her family was concerned because they had not been able to reach her 55-year-old

— MetroVoiceNews.com –

Police found the 55-year-old woman dead from a stab wound. Her 28-year-old son was found dead in a separate room of an apparently self-inflicted gunshot wound. The names were not released.

### Bicycle-riding bandit sentenced

A 57-year-old Kansas man who fled on a bicycle after robbing a bank last year has been sentenced to three years and one month in federal prison.

Richard Armenta, of Overland Park, was sentenced Monday for robbing a Capital Federal Savings Bank branch on November 2017. He pleaded guilty in June.Prosecutors say Armenta got away with cash. Witnesses to the robbery told investigators the suspect was riding a blue bicycle and had a spider web tattoo on his

About a week after the robbery, police responded to a disturbance involving Armenta. He was arrested after an officer recognized the tattoo and noticed Armenta had a blue bicycle in the back of

### Training Opportunity by Texas Christian University

Are you a professional who works with children and are interested in learning about ways to better manage challenging behaviors?

Are you a parent who is interested in learning new ways to connect with your child?

Have you heard about traumainformed care but would like to learn

If you answered yes to any of these questions, there is an upcoming training opportunity for you!

A two-day training on Trust-Based Relational Intervention (TBRI®) will take place on Friday, Sept 14th and Saturday, Sept 15th at Washburn School of Technology (5724 SW Huntoon) from 830am-4pm. The training is hosted by Kansas Post Adoption Resource Center and will be led by instructors from Texas Christian Institute and the HALO Project.

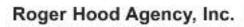
Participants will learn the basics of

how trauma affects brain development and practical ways to intervene and assist with children who have come from hard places. While TBRI® was initially developed for children experiencing foster care or adoption, it has proven effective with all children. TBRI® is a holistic, attachment-based, evidence based and trauma-informed intervention that is designed to meet the complex needs of all children, Created by Drs. Karvn Purvis and David Cross, TBRI® uses the principles of empowering, connecting and correcting to disarm fear and facilitate healing. This training will offer practical tools for parents, caregivers, teachers or anyone who works with children, to help those in their care reach their highest potential.

Registration for the event costs \$40/person which covers the cost of materials, lunch and snacks. To register or learn more, contact Clairissa Maddy: 877-530-5275-x1357 or cmaddy@kcsl.org.



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### **Emergency Services** Showcase is Sep. 8

Helicopters, fire trucks, police cars, ambulances, canine units and much more will be on display on Saturday, September 8, during the 12th Annual Emergency Services Showcase. The event, free to the public, is scheduled from 1 to 4 p.m. in the Kansas Expocentre east parking lot.

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

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

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

### Sep. 8 is National Day of Remembrance for **Aborted Children**

Americans throughout the country will be gathering at the gravesites and memorials of aborted children to honor those precious lives on September 8.

Solemn vigils will be held at these sites to commemorate the more than 59 million children who have lost their lives to legal abortion since 1973, to remind our society of the humanity of the unborn child, and pray for a final end to this injustice in our land.

Heart of America Memorial Wall for the Unborn, 1216 SE Republican Ave, in Topeka, will hold one such memorial service at 1:00 PM that day.

It is suggested to bring lawn chairs, as there is no seating provided.

For more infomation www.heartofamericawall.org, or call Christians for Life at 785-267-5777, or email info@heartofamericawall.org

### **Italian Festival Returns**

Christ the King Catholic Church will host its fourth annual family-friendly Italian festival, "Rome Sweet Home," on Saturday, October 13, from 3-7:30p.m. p.m. on the parish grounds at 25th and Wanamaker.

It begins at 3:00pm with Adoration with Wichita Adore Ministries, an outdoor Mass at 4:30 p.m.; followed by food and entertainment at 5:45, including a sitdown Italian dinner in Parish Center (advance purchase required at CTKtopeka.org), followed by bingo for the adults.

Food trucks and snack/ice cream vendors will be available throughout the evening, along with wine and beer gardens, children's activities and inflatables. Chance Encounter will perform at 7pm, followed by a professional fireworks display shortly after dusk.

For more information, call the Church at 785-273-0710, the School at 785-272-2220 or EEC at 785-272-2999, or visit ctktopeka.org.

# **C5Alive Luncheons to feature Jimmy** Dodd, Lamar Hunt, Jr., Cody Foster

The next monthly C5Alive POWER Luncheon" will be held September 13, 11:30am -1 pm at the Vinewood Venue, 2848 SE 29th St. Featured speaker at the luncheon will be Josh Jones of Advisors Excel.

Upcoming luncheons will feature Jimmy Dodd, 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/Engroff's or other fine caterers.

### Pastor's Luncheon

The annual "Pastors Appreciation Luncheon" will be held Oct. 11 at Great Overland Station, and the featured speaker will be Jimmy Dodd, CEO and founder of PatorServe. 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 items donated by C5



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 organiza-

For more information about C5, go to C5Alive.org, facebook.com/C5Alive, or call 785-640-6399.



### **AWAKENING**

continued from page 1

Prayer - Dr. Ronnie Floyd, Intercessors for America, CWA, Capitol Commission, Aglow, Culture Shield and others believe it's time to awaken the Body of Christ to outreach, and are asking the Father for Harvesters, declaring "The Harvest is ready. The gospel was made to go viral."

Holy Convocation begins at 5 PM Sep.

27 on the South Steps of the Capitol, 310 SW 10th St. in Topeka.

Everyone from each region is asked to bring a cup of seeds from their crops. There will be continual prayer, praise and worship for 50 hours following, to 9:00 PM Sep. 29.

"Never before in the history of our nation has an event like this

taken place," noted Donna Lippoldt, Director of Culture Shield Network, "with every state in the nation, on their capitol property, praising the Lord outdoors, and seeking His Presence, all on the same day, at the same time - crying out for Mercy and Grace."

You can be involved in outreach, prayer, connection with others and spreading the word. Volunteers are needed for setup, takedown, security, welcoming, etc. Financial support is also needed. There is training scheduled by

Evangelism Explosion at 3:30 p.m. on Thursday the 27th at the Dillon House directly west of the capitol.

You can also like and share the facebook page Awaken the Dawn Kansas to help spread the word.

You might also want to consider a tour of the Kansas Capitol and pray through it. There's a prayer room on the 2nd floor. You can schedule a tour by calling 785-296-3966.



There is a block of rooms reserved under Culture Shield for Awaken Kansas at Senate Luxury Suites, 900 SW Tyler St. in Topeka (1 & 1/2 blocks West of the Capitol). The rooms are reasonably priced. Call 785-233-5050 for reserva-

The state leader for Kansas is Donna Lippoldt of Culture Shield. She can be reached at donna@cultureshield.com or www.cultureshield.com for more infor-

# Local media group plans conference to help small businesses make use of modern media

A couple decades ago the way we used media began to change. Technology and the internet have made things that were financially impossible to most people, possible. As branding, advertising and marketing techniques began to change, media companies struggled to keep up. Business owners became confused on how to cover all the many new bases being created in the media world.

The FCC started making big changes in the last few years that would affect the way media companies conduct business. Rules that were implemented years prior were eliminated. Major media is scrambling to take advantage. In many cities the change has been quicker. In Topeka, it seemed that many media people put their heads in the sand. Others took on a second job, knowing that their current job might be eliminated any day. Many people's jobs were eliminated and many are being outsourced.

Regardless, the way we view or listen to media is not going to stop changing and that is why we have to be ahead of the game. The Local Media Collective was formed for just that reason. All members of the collective are locally owned and want to help our community be the best we can be, by keeping as much of our dollars here as possible. It's a matter of local businesses helping other local businesses



The Local Media Collective will host the BAM! Conference from 11:00 a.m. to 4:30 p.m., September 6, for the purpose of helping local small business owners navigate the new media world of Branding Advertising & Marketing (BAM). By helping them to "Know Why Before You Buy" media services, locally owned small media companies hope to help more small businesses succeed, and keep more local money right here in our communi-



Business people who attend the BAM! Conference will learn how to use print, TV, radio and digital media - internet ads, websites, social media, email & mobile marketing...even snail mail.

Through the Local Media Collective they will be able to afford a variety of these media, and know how to use it.

Keynote Speaker for the conference will be Martha Piland with MB Piland. Breakout sessions will also be offered on various topics:

• Radio/TV then and now - Brian Short w/ TV25 & Frank Chaffin w/ Wren Digital Media

w/ Metro Voice & Kevin

Doel w/ Topeka Health & Wellness maga-

• Becoming a Superstar – Kim Schultz w/ Social Butterflies from Kansas & Chris Schultz w/ Gablocal.tv & Talk About Topeka

"A Conduit to Information and Resources: The Washburn University SBDC" - Washburn Small Business

• Using BAM to Grow Your business -Nick Xidis, co-owner, Hazel Hill Chocolates

· Social Media – Dave Navarro, Topeka

A business-to-business vendor fair will be part of the event, and booth space is

available to those who service or sell to other businesses.

Television, radio, and even print will not go away, but the way we use them has changed. All trends come full circle, and Topeka is lucky to have local media in all



• Why Print Advertising Local Media Collective members Lee Hartman, Chris Schultz, is still alive – Lee Hartman Kevin Doel, Brian Short, Kim Schultz and Frank Schultz.

of those categories. By attending the BAM! Conference you can learn how to effectively use these and other media to grow your business.

Location: Topeka Performing Arts

Doors Open 10:30 for registration and vendor fair

Intro: 12:15

Keynote Speaker Martha Piland: 12:30 to 1:15

Break-out sessions 1:30-4:30

This conference is for anyone, even if you don't own a business. Tickets are available at https://tvc-tbr.as.me/schedule.php?calendarID=2393742

Others who service or sell to other businesses can also set up a vendor booth at the conference.

And by using Coupon Codes from an LMC member, you can save 75% on your ticket price and booth price.

You can also order a boxed lunch from Field of Greens at an extra charge, online at https://www.fogreens.com/onlineordering, Event Name: BAM.

Drinks and snacks will also be available during the conference to help keep your brain in learning mode.

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Facebook.com/metrovoicenews



## "Your kids are at risk," trafficking expert says

Human trafficking is a growing problem in Topeka, in Kansas, and across the nation. It's a form of modern-day slavery that includes labor and sex trafficking, organs, and sex tourism.

Illegal border crossings, drug smugglers, human traffickers and the internet are all working together to create a situation that puts more people at risk than ever before.

On August 1, Christine Dolan, International Investigator on Human Trafficking, joined Barry Feaker, Executive Director of Topeka Rescue Mission and Freedom Now USA, at a Safe Streets Coalition meeting to bring human trafficking education/awareness Topeka/Shawnee County.

Dolan is a broadcast and print investigative journalist, photographer, and author. She is recognized as one of the most seasoned investigators of human trafficking in the world. A formal political director at CNN, her career has focused on US and international politics and policy, wars/conflicts, humanitarian disasters, terrorists and criminal networks.

Since 2001, she has focused on human trafficking and terrorism worldwide on the street, and over the internet, as well as international politics and policy. She investigates not just those who are trafficked and trafficking, but also those who have been falsely accused of trafficking. Her reporting and investigations to fight slavery in the 21st century have been acclaimed by Heads of States, and diplomats including President George W. Bush, President Jacques Chirac and others around the world.

Dolan is consulting for Freedom Now USA and will be speaking to coalition members on the different faces of human trafficking and how to identify it in Topeka/Shawnee County. Over the next

year the coalition will undergo a discovery phase as over 120 individuals from all sectors of our community investigate how human trafficking operates in our community. By year-end, Freedom Now USA expects to develop a composite picture and action plan to combat human trafficking in Topeka and Shawnee County.

"The United States is not only losing the battle against human trafficking at home, it is leading with a global model that is doomed to failure. World leaders need to get their heads out of the sand to win this battle in the 21st Century," said Dolan. "Here in Topeka, Barry Feaker and Freedom Now USA have a developing model that stands a real chance of impacting a community, and seriously impeding the traffickers' abilities to exploit the vulnerable. I am honored to partner with them, offering my global expertise to this local battlefield in the fight against human trafficking. It cannot be over-emphasized that what we accomplish here has a trajectory vision far beyond Topeka and Kansas. I stand with Freedom Now USA because they are committed to turning the tide of history yet once again."

"Your kids are at risk. Your grandchildren are at risk," Dolan said, noting that the average age of looking at porn is 8 years old.

To win this war, non-victims need to get involved, Dolan stressed, adding that effectiveness will only come from community involvement. That includes not only community and government leaders, but teachers, doctors, nurses, pastors and

Dolan said that the type of campaign being initiated in Topeka could produce effects "beyond what you can imagine." A new system is needed, she said, "because the way it's being done now is not working."



20 years at Supercuts (17 as a manager) and last year at The Barbershop.

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# FINANCIAL PLANNING

— MetroVoiceNews.com –

# You must pay a price to win

### Dear Dave.

What can someone do if they can't convince their spouse to begin planning and saving? I've tried for years to persuade my wife to join me in following your plan, but I can't get her to start thinking about our financial future and stop living in the moment.

Donald

### Dear Donald,

It sounds like your wife, for whatever reason, is not willing to pay a price for a short period of time. I'm sorry to say it, but that kind of thinking is a oneway ticket to a lifetime of mediocrity. If you're unwilling to pay a price to win, then you're going to end up paying the price that comes with never having paid a price.

In essence, you're asking me how to get her to grow up. I'm not sure there's a way to convince her at this point. If she's not willing to delay getting or doing things she wants, that's a sign of immaturity. You can't change that within another person. It must be a conscious, willing decision on their

Maybe you could try letting her know that being careful with your money and planning for the future doesn't mean vou can't have any fun. It just means you may have to delay certain things for a little while. My wife and I do and have lots of cool things now, because we saved like crazy and sacrificed years ago. We lived like no one else, so now we're able to live like no one else. In other words, we paid a price to win!

—Dave

### Hiring the right person

### Dear Dave,

I own a small business with two employees, and I have a bit of a hiring conundrum. I'm looking at two candi-

dates for a position, and on paper they're evenly matched. I've interviewed each of them four times, and I'm still undecided. I was hoping you had an idea for determining which is best for the job.

### Dear Bryan,

As an entrepreneur, that's a great problem to have. I'm glad you understand the wisdom of interviewing potential hires more than once. Sometimes business owners hire a person after just one meeting. That's a really bad idea.

Have you let your team members talk to them? Sometimes other people - especially those who might be someone's co-worker — will pick up on things you missed during a formal interview. You might also think about scheduling a meeting with each of the candidates off-site. People tend to be more at ease in an informal setting, like a restaurant or coffee shop, and this could lead you to discover new things. Sometimes, a more relaxed setting allows you to see the whole person, and decide if you like who they really are. It can also lead someone to say things that might cause you to hire them — or not hire them.

Something we always do at my company is a final interview over dinner. Spouses are invited to this meeting, and we encourage them to speak into the situation. I'm not talking about a big test, just conversation and a friendly, family atmosphere. You can tell a lot about a person by how they talk to, and interact with, their spouse. And sometimes a spouse, if there is one, will catch things you missed during other inter-

I'm impressed that you're taking this seriously, and devoting some real time and energy to hiring. Your thoughtfulness leads me to think you'll make the right decision!



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

dave**says** 

### Insurance after diagnosis

### Dear Dave.

I started looking at life insurance policies after my wife and I had our daughter. During the screening process, I found out I had testicular cancer. I went through treatments, and the doctors have officially declared me to be in remission. Still, I can't find a life insurance company that will work with me. I have a small policy through my employer, that is equal to double my salary. Do you have any suggestions for finding additional coverage?

### Dear Nate.

It's great news that you're in remission. I'm really happy for you, buddy. I know your wife is thrilled, too.

I would advise conducting a search of every "guaranteed issue" company and policy out there. The term, guaranteed issue, means they don't do a medical check. The problem is these policies generally run 10 to 20 times more per thousand than those where you qualify medically. So, you're not going to get a lot during this time.

Check at work, and see if you can buy more and add it to the coverage they already provide. Some employers provide a double-up option if you're willing to pay for the additional coverage. If you can, and the price is reasonable, do it. If you have a mortgage, call the mortgage company and get mortgage life insurance. It's gimmick insurance — and something I don't normally recommend — but many times you can get it without medical clearance.

Once you get past that three- to five-year window where many insurance companies will work with you again, try to find a good, level term life insurance policy with coverage that's 10 to 12 times your income, and drop all this other stuff. In the meantime, pick up anything else you can find - even if it's those little \$10,000 policies banks sometimes attach to your checking account for \$20. Pile up those little odds and ends, until you get as much coverage as you can within reason.

God bless you and your family, Nate.

—Dave

### Step by step

### Dear Dave,

When is the right time to buy a house when someone is following your Baby Steps plan?

### Dear Samuel,

That's a good question. Let's start by going over the first few Baby Steps.

Baby Step 1 is saving \$1,000 for a beginner emergency fund. Baby Step 2 is paying off all consumer debt, from smallest to largest, using the debt snowball. Baby Step 3 is where you increase your emergency fund to the point where you have three to six months of expenses set aside.

Once you've done all that you can begin saving for a home. I'll call it Baby Step 3b. For folks looking to buy a house, I advise saving enough money for a down payment of at least 20 percent. I don't beat people up over mortgage debt, but I do advise them to get a 15-year, fixed rate loan, where the payments are no more than 25 percent of their monthly take-home pay.

Doing it this way may take a little more time, and delay your dream of becoming a homeowner a bit, but buying a house when you're broke is the quickest way I know to turn something that should be a blessing into a burden!

—Dave

# Tax tips for extension filers

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

The IRS reminds taxpayers who requested an extra six months to file

their 2017 tax [ return that Monday, October 15, 2018, is the extension deadline for most taxpayers.

(Except for business tax return extensions, for which the deadline is September 15, 2018.)

For taxpayers who have not yet filed, here are a few tips to keep in mind about the extension deadline and taxes:

• Taxpayers can still e-file returns for free using IRS Free File. The program is available only on IRS.gov. Filing electronically is the easiest, safest and most

accurate way to file taxes.

· For taxpayers owed a refund, the fastest way to get it is to combine direct deposit and e-file.

· Taxpayers who owe taxes should consider using IRS Direct Pay. It's a simple, quick and free way to pay from a checking or savings account using a computer or mobile device. There are also other online payment options.

· Members of the military and those serving in a combat zone generally get more time to file. Military members typically have until at least 180 days after leaving a combat zone to both file returns and pay any tax due.

• The IRS recommends that taxpayers always keep a copy of tax returns for their records. Keeping copies of tax returns can help taxpayers prepare future tax returns or assist with amending a prior year's return.



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





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Metro Voice is published monthly and serves the communities of Topeka, Lawrence, Manhattan and other communities in NE Kansas. It is available primarily by bulk and subscription distribution to over 500 locations. including grocery stores, churches, schools, restaurants, bookstores, libraries, businesses and other retail outlets. Yearly subscriptions are available by mail at a cost of \$24.95. Written materials submitted become property of Metro Voice. The content of this publication including all stories, advertising or other graph ic symbols, may not be reproduced in any way, shape or form for commercial purposes or added to any web site without the express permission of Metro Voice. Advertising in MV is open to anyone wishing to reach the Christian community and the family market with familyfriendly advertising. MV reserves the right to refuse any advertising deemed unsuitable.

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### DR. JERRY NEWCOMBE

Author, Producer at D. James Kennedy Ministries

# view**point**

When I was a kid, there was an expression: "Stop the world. I want to get off." Glancing at the headlines sometimes make me feel that way.

For example, here are some stories highlighted on Drudge today (8/6/18):

· A crackdown on free speech by Apple. They decide what is and what is not "hate." Consequently, conspiracy theorist Alex Iones is now denied his platform.

• The #MeToo movement continues to speak out against alleged sexual predators, and CBS is working to weather a storm of allegations swirling around their CEO.

· Canada is calling for a boycott of the

- · Sex with robots is a growing fad.
- The president is beleaguered by allegations of collusion with the Russians.
- · Calls are going out for social media censorship of climate change "deniers."
- In Chicago, 63 were shot over the weekend in a city with some of the strictest gun control laws. 44 of them were killed within 14 hours. As a colleague noted, "It's like Fallujah, only worse."
- Parkland victims protest the NRA.. but the former have armed guards.
- · Older Americans have money woes. The New York Times (8/5/18) reports:

"The rate of people 65 and older filing for bankruptcy is three times what it was in

Why is America seemingly sinking into the abyss? We have forgotten God. As a nation, just like as individuals, we reap what we sow.

Alexandr Solzhenitsyn, the great Russian writer and critic of the atheist USSR (who spent years imprisoned in one of Stalin's gulags), once said: "... [W]hile I was still a child, I recall hearing a number of older people offer the following explanation for the great disasters that had befallen Russia: Men have forgotten God; that's why all this has hap-

The Nobel-prize winning writer went on to say that he had read hundreds of books on the godless Soviet state and talked with many people about the murderous disaster it was, and he said no one provided a better explanation than those simple peasants: We have forgotten God.

Not to the same degree, but something

similar could be said about America. We have forgotten God, and are reaping the consequences.

Got an Opinion? Share it with the Metro Voice!

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As a Nation, We Have Forgotten God

About 200 years ago, Yale University president Timothy Dwight (1752-1817) warned us against forgetting God: "Without religion we may possibly retain the freedom of savages, bears, and wolves, but not the freedom of New England. If our religion were gone, our state of society would perish with it and nothing would be left which would be worth

Dwight also added: "Where there is no religion, there is no morality....With the loss of religion...the ultimate foundation of confidence is blown up; and the security of life, liberty and property are buried in ruins."

Why? If there is no God, there is no one to hold us accountable. That is why so many deny God, when they know deep down, "Of course, there is a God."

About 50 years after America's independence, Alexis de Tocqueville, a notable

Frenchman, came to these shores to assess the new nation. He wrote his famous observations in 1835 in Democracy in America, a book that is still in print, in which he noted: "It must never be forgotten that religion gave birth to Anglo-American society."

One of the greatest American speakers in the 19th century was Massachusetts Senator Daniel Webster. He's depicted in statues in DC and is the center character in a large painting in Boston's Faneuil

Webster once declared, "Finally, let us not forget the religious character of our origin. Our fathers were brought hither by their high veneration for the Christian religion. They journeyed by its light, and labored in its hope. They sought to incorporate its principles with the elements of their society, and to diffuse its influence through all their institutions, civil, political, or literary."

The famous orator also opined, "We live under the only government that ever existed which was framed by...deliberate consultations of the people. Miracles do not cluster. That which has happened but once in 6,000 years cannot be expected to happen often. Such a government, once gone, might leave a void, to be filled, for ages, with revolution and tumult, riot and despotism." [Emphasis added]

Revolution, tumult, and riot are becoming almost commonplace in America. We have a Congresswoman, Maxine Waters, declaring people should publicly hound out and shame members of the Trump team.

continued on next page

# **FREEDOM FROM ALCOHOL**

**CLINT** 

DECKER

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# hopefortoday

me, I see the negative effects of alcohol on a regular basis. Most of the time the problem is with men and they either admit they cannot control it and do not know what to do, or they are in denial while everyone else sees it clearly.

long and storied history dating back over 3,000 years to a man named Noah. History records him as being the first person to plant a vineyard, make his own wine and become humanity's first

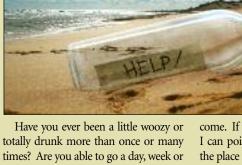
The biblical story recounts Noah as drinking alone in his tent, where the alcohol overtook him, then he disrobed and passed out on the floor without a stitch of clothes on. The incident caused embarrassment and division within the

Let me point out, this was Noah, the one whom God chose to be His voice to the world during the 40-day global flood. He was the one about which the Bible says, "Noah was a righteous man, blameless . . . Noah walked with God." (Genesis 6:9)

It does not matter if you are a wellrespected clergyman, are in constant trouble with the law or somewhere in between, anyone can fall prey to the temptation of the bottle.

I firmly believe no one takes the first drink with a strategic plan to do something stupid. In most cases there are innocent motives and stupid just happens. "I like the taste." "It goes good with my burger." "I just want to have some fun with a few friends." "It's been a stressful day and I want to relax." Then one drink, turns into two, three and soon you are feeling tipsy, buzzed, then drunk.

God says about alcohol, "Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise." (Proverbs 20:1)



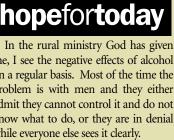
totally drunk more than once or many month without a drink and have no physical symptoms? After drinking have you ever quietly passed out like Noah, or became loud, obnoxious and abusive around others?

I urge you to please stop. The practice of drunkenness is condemned by God. And according to Him, drunkenness is when alcohol hits the blood stream and it begins to intoxicate us, affecting our mind and body. God's view of drunkenness is much different than ours.

You do not have to be a slave to the bottle. You can be free, and freedom begins with Jesus. He died and rose again that through Him you might overcome. If you need help, contact me and I can point you to some resources, but the place to start is with Jesus.

A prayer for you to pray-Lord God, I confess that I have let alcohol affect me. I have become drunk and have violated your Holy Word. Forgive me. I also confess I am a slave to alcohol. Thank you for opening my eyes to this. I cannot end it on my own. I need your help. Come and rescue me from this sin that is controlling my life. In Jesus' name. Amen."

Listen to Clint Decker's radio broadcast, The Unbreakable Truth, at 2:50am & 10:50am on Upper Room Radio, KFGB 97.7FM, Topeka's local Christian radio station. He can be reached at cdecker@greatawakenings.org



The millions who drink are part of a drunk.



### Collusion of Lies or the Real Russian Collusion

by George Ismael Feliu Jr.

"If you tell a lie big enough and keep repeating it, people will eventually come to believe it. The lie can be maintained only for such time as the State can shield the people from the political, economic and/or military consequences of the lie. It thus becomes vitally important for the State to use all of its powers to repress dissent, for the truth is the mortal enemy of the lie, and thus by extension, the truth is the greatest enemy of the State." - Joseph Goebels

Every story has its beginning. For nearly a hundred years, Russia has meddled in our elections. FDR was enamored with Communist Russia and its leader Joseph Stalin, a man who butchered millions of his own people. FDR surrounded himself with Russian spies and communist sympathizers. Whenever one of his people was accused of being a spy, he would promote them and give them more power. Truth be told, FDR had no problem with Hitler until he turned on Soviet Russia and his pal Uncle Joe. Surrounded by communist sympathizers and Russian spies, FDR sold out Europe by giving Stalin Eastern Europe and setting the stage for the Cold War. Truman continued the practice started by FDR empowering traitors like Alger Hiss and the Rosenberg's. He used our enemies to create the United Nations which would be the Soviets greatest weapon in keeping America in check during the Cold War.

During this time, the communist party funded by the Soviets infiltrated Hollywood, the media, and most importantly our college campuses. This was the time of McCarthyism and the House of Un-American Activities Committee which are two separate entities despite what Hollywood says. The sad part is Sen. McCarthy was wrong. Thanks to the declassifying of Russia's Verona Project in 1995, we now know that the Soviet infiltration was far greater than what Sen. Joe McCarthy could ever believe.

In the 60's and 70's, the American left made sure we could not win in Vietnam giving Southeast Asia to our Communist enemies and allowing them to kill millions of Asians. Their philosophy was, "It is better to be Red than dead." In the 80's, Senator Ted Kennedy, who got away with murder, colluded with the Soviets in order to stop Reagan from winning the cold war but more importantly winning reelection. In the 90's after getting a large donation from China to the Clinton Library, China (communists) was allowed to steal military secrets that endanger us to this day. Throughout the early 2000's, the left has consistently sided with our nation's enemies by accepting their propaganda and publishing to the American people as

By 2008, they had won their war with

### CONTINUED FROM PREVIOUS PAGE

The minority leader in the House of Representatives, Nancy Pelosi, is wondering why there are not more "riots in the streets" against this administration.

During the days of the Civil War, our nation faced worse challenges. But Abraham Lincoln called for a national day of repentance and prayer in 1863, in which he warned us to stop forgetting God as a nation and to remember this truth: "those nations only are blessed whose God is the Lord."



propaganda and took control of Congress and the presidency. The Clintons continued to sell out our nation with the Uranium One deal which gave Russia 20% of our uranium deposits for a measly \$145 million to the Clinton Foundation from which the Clinton Family receives 90% of the income. During the 2012 reelection campaign, Obama unknowingly spoke through a hot mike to Putin promising that things will be much easier for Russia once he was reelected and would not have to worry about it. Obama had already betrayed Ukraine and allowed Russia take the Crimea without a fight.

By the 2016 election, the Clintons had received hundreds upon hundreds of millions of dollars in donations from foreign powers through the Clinton Foundation. The extent of the Clinton crimes cannot be known because HRC (Hillary Clinton) used unsecured servers at her house and had them cleaned so that no one could found out about what was done The FBI before ever interviewing HRC had exonerated her after the Loretta Lynch had a meeting with Bill Clinton which in itself was illegal. So many laws were broken by the DOJ in order to make sure no one was punished for breaking the law. Directed Comey admitted that she broke the law but would not prosecute because he felt she did not know she was breaking the law. Ignorance of the law until now has never been something to exclude someone from

Now begins a look into the fourpronged attack against our constitution and the election system.

During this time, the FBI infiltrated the Trump campaign in order to entrap low level operatives in a Russia collusion scandal that they would use in case Trump actually won to discredit him. Whether you like Trump or not, you must understand that he ran a campaign against the swamp (deep state). If elected, he might actually go through with his campaign promises which would greatly threaten their power. Trump in essence declared war on the Federal bureaucracy. They would not allow him to go unchallenged.

HRC hired GPS to create some opposition research who in turned hired former British spy Steele to get it. The Steele dossier was filled with unverifiable information or in essence fiction. The FBI took the dossier with some help from another deep state lackey, Senator John "You either die a hero or live long enough to become the villain" McCain and presented it to the FISA court as facts without verifying anything in order to spy on the Trump campaign. Remember McCain is the very definition of what a RINO is as well as a swamp dweller and Never-Trumper. This gave the dossier the only legitimacy it had as everything in the dossier was either unverifiable or blatantly false. Remember both James Clapper and John Brennan (a

communist) were heads of intelligence departments at that time. Both along with Comey were in the tank for HRC.

The FBI used the Steele Dossier which they knew was forced to get a warrant from the FISA court to spy on Trump and his campaign. They already had a few patsies in Flynn, Papadopoulos( who the FBI plant fed information and after getting drunk spread that same information to Australian HRC supporting diplomat), and Manafort to use hopefully against Trump

A reminder, President Obama came out and assured everyone that Russia could not rig the elections. Our system was secure. It was impossible for Russia to change election results. To add to Obama's assurance, the purpose of Russian meddling is to cause the voters to doubt the winner. That has only happened twice since the fall of the USSR; and one party and the media are guilty of helping Russia accomplish their goal 2000 and 2016.

The day after Trump won on Election Day, Russia bought ads on Facebook for the purpose of saying they meddled in our elections. Clinton, who barely campaigned during the final months before election, and the media accused Trump of colluding with Russia to steal the election. Remember, Clinton and the Democrat Party had just stolen the nomination from Bernie Sanders using the super delegates who are not chosen by the voters.

Trump accused the FBI of spying on him. The media and the swamp mocked him. Brenan tasked Comey to tell Trump about the Steele Dossier in order to leak the dossier to the media. The circle of collusion was complete.

All that was left was to setup the investigation to stop a Trump administration. First the Democrats got Jeff Sessions to recuse himself from any investigation using a meeting between him and some Russians setup by Obama. This made sure only the deep state had control of any investigation. Then came Comey. Despite several private assurances from Comey that Trump was not under investigation, he refused to tell the media which got him fired. This paved the way for Comey's mentor Robert Mueller to take over the investigation.

For the first time in history, a special counsel was created by Rod Rosenstein to investigate without any crime being selected which basically gave the power of the Attorney General to Mueller. The honorable Mueller has proven to be results oriented kind of investigator. He ran his own mafia in the northeast. He allowed four innocent men to go to prison for murder that one of his people committed in order to protect his "investigation" which when the truth came out cost taxpayer millions of dollars. Over a year has pass and millions more dollars have been spent and all Mueller got were some token charges against Russians which was never sup-

# Awaken the Dawn event to be held at the Kansas Capitol

by **Donna Lippoldt** 

# AWAKEN KANSAS September 27th 5 p.m., through September 29th 9 p.m. Day and Night Worship – 50 Hours

Never before in the history of our nation has there been an event like the one that will take place in Topeka, Kansas September 27-29th. On the South Steps of the Capitol of Kansas we will join forces with every capitol across the nation for 50 straight hours of prayer and worship. Imagine, Jesus being lifted up in the capitol of every state. This event is called Awaken Kansas, in connection with Awaken the Dawn that took place last October in Washington, D.C. There, over 50,000 believers gathered to boldly proclaim the gospel and ask the Lord to move mightily in our land. Many leaders believe there was undoubtedly a shift in the atmosphere. There were no denominations, no walls to divide, just believers crying out to the Lord of Angel Armies for mercy and grace. We prayed for the next generation and that we would hand them a rod of righteousness. We are calling for transformation and the Body of Christ to Awaken.

"Awake oh sleeper, arise from the dead and Christ will shine on you." Ephesians 5:14

This year, we will once again gather, but at each of our on Capitols to pray that the gospel be boldly pro-

claimed in our own state. Ezekiel was told by the Lord to speak life into dry bones. We will be doing the same... Out with the religious spirit and in with the intimacy and fellowship with our living Savior who shed His blood that we might live for Him.

In 2015, on May 30th, the first Statewide Holy Convocation was held in Pretty Prairie, Kansas at the Buffalo Jump. Over 500 believers gathered to unlock and establish his Kingdom, submitting in a spirit of unity and repentance. We prayed for an eruption and flow of his Spirit's life-giving power. We gathered soil from each county to be blessed. The soil gathered from each county in Kansas remains in the Meditation Room of our capitol as a symbol of unity as we blessed the land of Kansas.

This year we're asking you to bring one cup of seeds from every region in Kansas. We will pray for the tearing down of any religious spirit or division, the transfer of wealth for our state, our farmers and ranchers. We will combine the seeds and pray into the next generation. We'd like to send you home with a small packet of seeds to continue to pray over.

Please come and join us at 5 p.m. for the Holy Convocation on September 27th. Pray with us that we will see His Glory! Show us Your Glory Lord!!! Pastor Sam McVay will speak at the Holy Convocation and an African Brother Marcdonald Ndlovu from Virginia. There will be a prayer tent and opportunities for outreach. George Whitefield in 1730 said that he was sent to

"Set all America ablaze before God." Come Lord Jesus!

posed to go to trial and Manafort who Obama's FBI felt not necessary to prosecute. To make matters worse, one of the Russians indicted are fighting it and demand evidence be shown of their crime which Mueller refuses to give because more than likely he has none.

Russia collusion does exist. Remember, if

Putin wanted Trump as president, the Steele dossier never would have existed. It's not the collusion of lies the left and media have been feeding us. The Russia collusion is the left (both Republican and Democrats) and the media's concerted effort to discredit the 2016 election. Don't fall for it.



# MercyMe's Bart Millard reveals complex emotions of watching 'I Can Only Imagine'

Seeing his family's life portrayed the first time on the big screen – warts and all – was "odd" for MercyMe's Bart Millard but, perhaps surprisingly, not too difficult.

The story of Millard's child-hood and young adult years was the focus of this year's hit movie I Can Only Imagine (PG), which shocked Hollywood by finishing in the top four during its first three weekends and ending its run with more than \$83 million, making it the sixth highest-grossing movie of all time. It was released on DVD and streaming platforms in June.

Millard said he's been public about the relationship between he and his father, who abused him as a child before coming to Christ later in life. He died shortly thereafter.

"It wasn't hard [to watch on screen] just because I've been sharing my story and using the stage as therapy for 23 years, and I've told some version of this story for at least 18 years," Millard told a room of faith reporters, referencing the 2001



single release of the song I Can Only Imagine.

\_\_\_\_\_\_ MetroVoiceNews.com \_\_\_

That song and other MercyMe tunes, such as Dear Younger Me, helped him work through those complicated emotions. At one point in his life, Millard hated his dad. But they became great friends after his father repented – to the point that Millard could say he truly loved him.

Yet that doesn't mean it was easy for Millard to watch the movie being filmed. The first scene he watched on set involved his father – played by Dennis Quaid – being told he has cancer.

"I just wasn't ready for it," Millard said. "And it really hit hard for me. And when they would say 'cut,' Dennis would lock eyes on me and

come find me. He would go: 'Are you okay?' And I was like, 'Yeah.' And I said, 'Well, luckily it didn't happen exactly this way."

Advice from Quaid helped Millard grow comfortable with the film. Millard said Quaid told him: 1) keep some stories about his father's life private – that is, don't reveal everything in the movie about his personal life, and, 2) let the filmmakers do their job so that the movie flows and is entertaining.

"As long as the spirit of the movie is there and the redemption story [is there], let them do what they need to do," Quaid said, according to Millard.

"When he told me that, I was OK," Millard said. "In fact, I was more than OK. It allowed me along the way to separate myself and in some ways to be able to watch as a

an."

The "harsher things" in the movie – the arguments and battles with his dad, for example -- are "pretty much incredibly true," Millard said.

Wanting accuracy with the character, Quaid would approach Millard on set and say about a specific line or scene: "What would your dad think?

"He knew there were some [scenes] that were more emotional than others for me," Millard said.

Other parts of his life had to be rearranged in the film to compact the timeline and make it fit within two hours.

Millard has enjoyed the impact the movie has had on others. After he screened it the first time with an audience, male moviegoers approached him.

"[Several] men came up to me and said, 'I feel like I was given permission to deal with issues that I've had for a long time.' And so that was really good."



"Awake oh sleeper, arise from the dead and Christ will shine on you." Ephesians 5:14

Holy Convocation begins at 5 PM, Sep. 27
South Steps of the Capitol, 310 SW 10th St. in Topeka

Continual prayer, praise & worship for 50 hours following, to 9:00 PM Sep. 29, 2018

Everyone from each region is asked to bring a cup of seeds from their crops.

Awaken Kansas is a movement of worship, prayer and missions, mobilizing a family of believers drawn together around the presence & power of Jesus. The mission is to see a generation mobilized and galvanized with the glory of Jesus and the presence of God, culminating in a revival in the church.

This Awakening the Dawn event will be held simultaneously with all 50 states — three days, millions of people, day & night — in public, outdoor worship flooding the nation with the presence of Jesus.

Partnering ministries include Every Home for Christ — Dick Eastman,
National Day of Prayer — Dr. Ronnie Floyd, Intercessors for America,
CWA, Capitol Commission, Aglow, Culture Shield and others
believe it's time to awaken the Body of Christ to outreach,
and are asking the Father for Harvesters.

"The Harvest is greaty. The greened was greated to greating."

"The Harvest is ready. The gospel was made to go viral."

Volunteers and financial support are needed. For info: donna@cultureshield.com • 316-516-0777 • cultureshield.com

Tours of the Capitol: 785-296-3966

Block of rooms available at: Senate Luxury Suites, 900 SW Tyler Call 785-233-5050 for reservations.



# "Jesus Told Me to Talk to You': Chris Pratt Reflects on the Incredible Moment He Was Saved

Chris Pratt continues to be one of the most sought-after actors in Hollywood. We have seen his celebrity status soar in the years since we were introduced to him on the small screen on the NBC sitcom "Parks and Recreation."

Pratt has since become a bankable leading man due to his breakout success in Guardians of the Galaxy and Jurassic World. While many fans know that Pratt is a Christian, many don't know that he came from humble beginnings or the remarkable story of how he was led to Christ. Pratt recently opened up to Vanity Fair about the moment he turned to Jesus and was saved.

It all began when a man named Henry came up to him and said, "Jesus told me to talk to you."

During this period in his life, Pratt was in his early 20's, working at a Bubba Gump Shrimp Co. in Hawaii and living out of his van. At the time, he was homeless and in survival mode.

"I was sitting outside a grocery store. We'd convinced someone to

go in and buy us beer," Pratt said. "This is Maui, and a guy came up and recognized something in me that needed to be saved."

He asked Pratt what he was doing that night. He replied, "My friend's inside buying me alco-

He then asked Pratt if he had plans on drinking, doing drugs and fornicating and Pratt admitted that he hoped

so. Though this man was a complete stranger and asking him some pretty personal questions, the man didn't make Pratt nervous. In fact, he felt a sense of calm

Curious about the man's intentions, Pratt said, "Why are you ask-



The man replied, "Jesus told me to talk to you."

At that very moment, Pratt knew he needed to go with this man. Henry took him to church. Pratt's friends were completely caught off guard when he declared that he change his life.

Not long after the encountering, Pratt was cast in Cursed Part 3, the movie that got his foot in the door of acting, which eventually led to Hollywood success. The rest is history.

Since then, his faith has really shaped his life. He and his wife, actress Anna Faris, relied on their trust in the Lord when their

son was in the intensive care unit for the first month of his life after being born nine weeks premature.

"We were scared for a long time. We prayed a lot," Pratt said. "It restored my faith in God, not that it needed to be restored, but it really redefined it...'

Even though doctors said their son, Jack, would live with disabilities due to premature birth, God healed him in the NICU.

Pratt is also very vocal about his Christian faith on his social media accounts. He frequently quotes Bible verses and shares bits of his testimony. Last year, he posted a picture on Instagram of him and his friends building a giant steel cross and mounting it on a hill. He recently shared this powerful verse on social media:

"Anyone who loves their brother and sister lives in the light, and there is nothing in them to make them stumble. But anyone who hates a brother or sister is in the darkness and walks around in the darkness. They do not know where they are going, because the darkness blinded them." -1 John 2:10-

It's incredible to see that fame and the spotlight have not uprooted Pratt from his faith. In fact, it only seems to be growing stronger. In an industry scare in devout Christians, Pratt is refreshing.

# Catholic Charities of Northeast Kansas announces their new CEO

Catholic Charities of Northeast Kansas and the Catholic Charities Foundation of Northeast Kansas has made an announcement identifying the next leader for the organization. Lauren Solidum will be the organization's incoming President & CEO.

"Lauren is a proven leader with skills in organizational operations, program development, and project management. She has a keen business vision and the ability to bring people together around purpose. A life-long learner and a strategic thinker,

Lauren has over 10 years of pro-

fessional experience serving from the frontlines and leading organizations as a member of the executive team," the announcement stat-

Solidum's professional experience includes working with Alternative Opportunities, Inc.; Enactus United States: Catholic Charities of Fort Worth; and, most recently, as the Vice President of Mission Advancement Goodwill of Western Missouri and Eastern Kansas.

Solidum holds a Bachelor's degree in Cultural Anthropology and is currently pursuing her Master's in Business Administration from Missouri University in Springfield, Missouri.

Lauren, her husband Drew, and their children, Owen (7) and Ophelia ("Phe"(2)), will be relocating to the Archdiocese of Kansas City in Kansas from their current home in Liberty, Missouri.

Solidum will begin as President & CEO on August 13, 2018.

metro









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The August 15 dedication of the Brown v. Board of Education mural on the wall of Hill and Co.'s building at 1424 S.E. Monroe St. drew about 700 people. It's just across the street from the Brown v. Board of Education historic site. The mural was completed by area artists and student artists. "This wall is the voices of our youth, our community, our collective humanity that has been brought together through art," said Sarah Fizell, executive director of ArtsConnect and a founder of the mural project.

## Kansas to cover ACT exam fees for high school juniors

— MetroVoiceNews.com –

All Kansas high school juniors will be able to take ACT exams and assessments for free next school year, according to state education officials.

Department of Education spokeswoman Denise Kahler told The Wichita Eagle that the free tests are being financed through additional funding from the state Legislature as part of its new school finance plan.

"We're excited about it," Kahler said. "We think it's a great opportunity for our kids, and we're very appreciative of the Legislature for allotting funding for us and providing this for our students."

The ACT exam gauges a student's readiness for success in college and covers English, math, reading and science. The



ACT WorkKeys assessments measure essential workplace skills such as mathematical reasoning and comprehending work-related reading materials. The exams will be administered statewide in

Some Kansas school districts have previously funded ACT exams for students.

The ACT also waives fees for students who can show an economic need. Students otherwise pay \$50 for the ACT exam and an additional \$16.50 for an optional writing assessment.

State officials said they'll recommend, but not require, that all juniors take both tests. Officials are also encouraging seniors who didn't take the tests last year to do so this year.

Students' ACT scores last year fell to their lowest point in five years. About 29 percent of Kansas high school graduates who took the ACT in 2017 scored at the college-ready benchmark on all four subjects, down from 32 percent in 2013. The national average is 27 percent.



# What you didn't know about prayer in schools

The right of religious expression, especially the right to pray, for students attending public schools is alive and well. Most people just don't realize it.

Titled "It is Legal to Pray in School," the campaign officially began Monday and has the backing of multiple prominent conservative groups and individuals.

"The United States Supreme Court rulings and subsequent media reporting in recent years confused

school administrators, students and the general public. The Supreme Court makes no laws and has never ruled limiting prayer by students or anyone in school," noted the campaign's website.

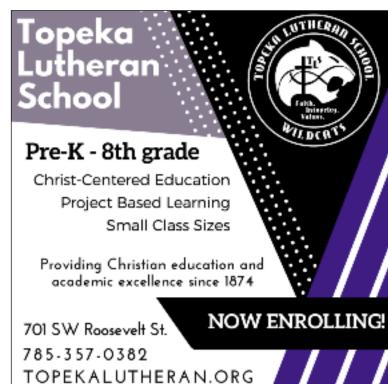
'Students and teachers are free to pray at their desk, with friends, coworkers and classmates, during free time, sports activities and special events, provided it does not interfere with normal class/school activities and lessons.'

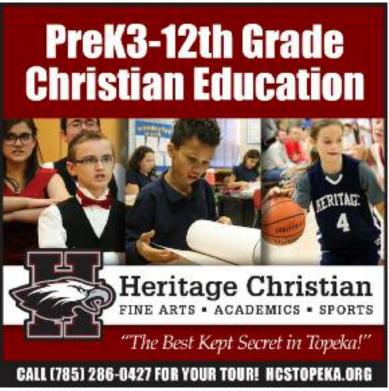
Iim Schmidt, author and founder of the campaign, told The Christian Post that the inspiration for the "It Is Legal" campaign came last year during the annual national observance "See You At The Pole."

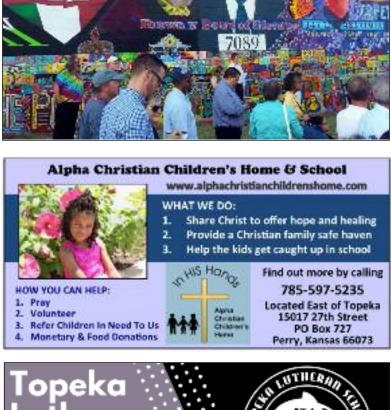
"I discerned an inner voice almost asking, 'isn't every day legal to pray in school.... not just this day?" explained Schmidt, whose wife designed the campaign logo.

'Then at the National Prayer Breakfast and then at the NRB convention in later February we engaged some of the members and friends about the subject. There seemed to be a growing

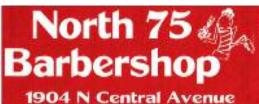








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**Ed Popkess** 

# **NOTO** to feature art & movies

The NOTO Arts Center, 935 N. Kansas Ave., will feature Carol Emert's work in the Morris Art Gallery starting September 7 with a reception at 5pm. Carol's work is a combination of colored pencil drawings combined with collage. The collection is titled "From Heaven to Earth." She will also show her "Mirror Series" of small collage pieces and colored pencil images onto mirror frames.

The movie "Batman" will be

screened September 15 at 8pm on the 800 block of North Kansas Avenue as part of the series "Movie Nites in NOTO. Bring your chairs, blanket and beanbags for a free movie screening:

Don't forget First Friday, which has been bringing people to the area in record numbers. Besides the Art Walk in NOTO, other North Topeka businesses have begun joining in and coordinating complementary events.

Entertainment can also be found on



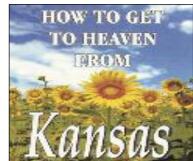
First Fridays, at various venues during the artwalk up and down the Avenue, as well as streetside vendors. The restaurants, locally owned shops, art galleries and studios have also become favorite art walk destinations.

### More North Topeka events:

HOLY SMOKIN' JAMBOREE – Sep. 8-9, Mother Teresa Catholic Church. Car show, BBQ competition, Live Music. mtc-

ctopeka.org
CBMC QUARTERLY BUSINESS
CONNECTION – Sep. 12, 7-9am, Pad Restaurant. Connect with other likeminded business & professional men seeking effective ways to become an ambassador for Christ in the marketplace. Guest speaker: Rick Betenbough. Info: Gary Tenpenny 913.219.9064

OUTDOOR KANSAS FOR KIDS DAY - Sept. 22, 10am-12pm. Shawnee North Community Park Nature Trail, 300 NE 43rd St. Free. For info: 785-286-0676



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

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

death." (Rev. 20:14).

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

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

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

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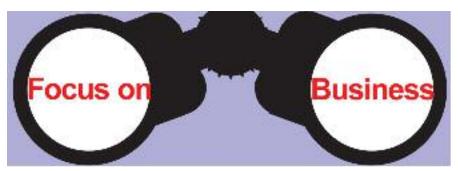
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# What can CAGE Gymnastics do for your child?

The management team at CAGE Gymnastics is there because they love the sport of gymnastics, love the athletes and are thrilled to pass on their knowledge and passion to the next generation of future coaches and athletes. CAGE is now offering a variety of Summer Camps for ages 3 to 10 years old, for all skill levels.

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

learning contribute to a positive self-image and personal success.

From beginners to advanced students, the friendly staff will help you find the class or activity to meet you and your children's goals.

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

Once your child enters Kindergarten, they will be part of CAGE Gymnastics'

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

If you are looking for a way to get your child to engage with others in a fun, physically active environment, then CAGE Gymnastics is the answer for you. Call them now at 785-266-4151.

## Seven Signs You Should Take the H&R Block Income Tax Course

This fall, students will fill H&R Block offices across the country several nights a week. Yes, students and not taxpayers, will head into offices to study the tax code. H&R Block is not only the expert in tax return preparation, but also makes taxes easy to understand and applicable to the needs of individual taxpayers with the Income Tax Course.

Whether you've been thinking about signing up to learn taxes from the nation's expert or usually only think about taxes on April 15, here are seven signs the course is right for you.

# 1. Your refund was reduced last year, or less than what you expected.

When your refund amount changes, you might be left wondering what hap-

pened. Taking the ITC means you don't have to wonder. Diving into the tax code and learning how changes in a taxpayer's life and in the tax code can impact the tax refund

builds your tax muscle. This year taxes are changing for virtually everyone because of the impact tax reform makes to the tax benefits of homeownership, parenthood and more. Keeping up with those changes can help taxpayers make the best financial decisions for themselves and their families.

# 2. You have a quest for financial knowledge.

Taxes and your financial decisions are intertwined. In the ITC, students connect where money is spent, how it can be saved and what are the results of decisions

"The class teaches about taxes but adult learners always take that knowledge back to their personal situation," said Roshelle Fetzer, regional director for H&R Block. Fetzer's own ITC experience changed how she looked at expenses. "I learned so much more

about my financial life in general. I learned what a mortgage was. And I realized I could buy a house for less than what I was paying in rent."

Not only that, but she started saving for retirement and went back to school. While the ITC is not a financial planning class, the tax code touches on nearly every aspect of life – from marriage, homeownership and health insurance status to moving for a job, starting a small business or saving for retirement.

### 3. You are not a math nerd.

You may not be a math nerd, but helping others with their taxes is about more than math. Some of H&R Block's most knowledgeable tax professionals

deftly use their communications skills. Natural communicators can talk to taxpayers and learn about their lives, their goals and translate those to numbers. Karen Orosco, senior

vice president of U.S. retail leads the thousands of H&R Block tax office professionals. She looks to hire people who have a "passion" for providing an outstanding client experience and who are "hungry for growth."

"Being good at taxes isn't enough," said Orosco. "I am looking for people with humility, because I think with that comes the willingness to learn and to truly listen to your clients to know what they are needing in that moment."

### 4. You are a math nerd.

If your history includes being the kid that loved math, learning about tax, it is a number system after all, can be enjoyable. If you studied accounting or worked for an accountant, ITC is an opportunity to learn new skills from an industry leader.

### 5. You are inquisitive or curious.

If you like to know how things work,

studying the tax code can get you a behind-the-scenes look of a tax return. ITC Instructor Gay Sanchez has an unexpected style of feedback during the course. When a student completes a practice return and asks if it is right, Sanchez asks students to explain the return.

"It isn't about right or wrong but about learning the tax law, the process of a return and how to take the information a client provides and use it to apply the tax code."

# 6. You are considering going to college but not sure the brain will fire up again.

"We have all heard the advice that employees need to be building skills and pursuing education," said Fetzer. "If you have been out of the classroom for a while and you are hesitant to jump into a college program, the ITC is a low-cost investment in education allowing the opportunity to test your learning ability. You can see if you still have what it takes to be a student."

### 7. You like to help.

We all have a friend that can answer nearly every question. If you are that person or want to rival their knowledge, knowing taxes can give you a leg up in the friend's circle. Imagine drinks with friends and conversations about starting a business, having a baby, or getting married come up. You'll be the one with the tax answers.

Annual enrollment for H&R Block's Income Tax Course is now open. The course is conducted at different times throughout the day.

H&R Block offers classes Mon, Wed, Fri 9:30 am - 12:30 pm (begins 9/19); Tues, Thur 6 pm - 9 pm (begins 9/6); Sat 9 am - 4 pm (hour lunch) (begins 9/15). Classes are held at 1947 SW Gage. Contact Robbie Arney at 785-272-5577 or arneyb@gmail.com.

The Area's Most Complete Guide to the Family-Friendly Events You Want to See!

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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!

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!

**GRAND O' OPRY** - 2nd & 4th Saturday, 6:30PM-pre-show, 7PM showtime, Ottawa Memorial Auditorium, 301 S Hickory, Ottawa KS. Ph. 785-214-0013

KANSAS PRAIRIE PICKERS - Fourth Sun. ea. Month, 1pm, Auburn Commu-nity Center. Foot-stomping, handclapping 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 avail-

MARY JAMES - Oct. 3, 7pm, Family of God Church, 1231 NW Eugene St. Award-wining Country Gospel Artist. Free. FamilyOfGodChurch@hotmail.com (785) 234-1111

DANNY GOKEY AND TAUREN WELLS - Oct 27 7nm The "Hope Encounter" concert tour with special guest Riley Clemmons. Tickets start at \$25. vw.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@rhcctopeka.org

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

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

### 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.

FIRST SATURDAY BREAKFAST BUFFET - 7:30 AM -10:00 AM, Shawnee Heights United Methodist Church, 6020 SE 44th

"WHY NOT WEDNESDAY" - every Wednesday 6:10 -7:30pm from Sep 5 through December 5, Susanna Wesley United Methodist Church, 7433 SW 29th St. For children three years through 6th grade (as of Sep 1). Explore the Bible, cooking, games, missions, art, science, storytelling/drama. Free program. Children can join at any time during the session. hot meal at 5:30. 478-3697 jaymieg@swumc.org.

RIB, FISH AND CHICKEN WING DINNER - Sept. 1, 11:30am. True Life Ministries, 2046 se California. \$9-\$12. Delivery is available for three or more orders by calling 785-220-1592

NINE-WEEK FINANCIAL PEACE COURSE — Wednesdays beginning Sept. 5, 6:30pm. Northland Christian Church, 3102 NW Topeka Blvd. For info and registration: fpu.com/1071049

GARAGE SALE - Sept 6 & 7, 8am-1pm. First Christian Church, 1880 SW Gage.

WINNING WOMEN CONFERENCE — Sep. 7-9, Faith Temple Church, 1162 SW Lincoln. Theme is "Mighty Miracles...Healing, Deliverance, and Set Free!' Special guests will include evangelist Kiena Hackworth, evangelist Linda Garrett and apostle Paula Reed. 235-1834.

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. Discounted zoo tickets. Presented by First Southern Baptist Church. 272-0443, fsbctopeka.org

NINE-WEEK FINANCIAL PEACE COURSE — Wednesdays beginning Sept. 10, 6pm. Grace Point Church. 5400 SW Huntoon. For info and registration: fpu.com1069186

**FOSTER THE CAUSE INFORMATION MEETING** — Sept. 10, 6:30-8:30pm. Topeka Bible Church, 1135 SW College Ave. Learn about becoming a foster or adoptive parent or volunteer. For info: 785-615-0077 or jared@fosterthecause.org

**FALL THRIFT SALE** - Sept. 14th, 8:30-2pm, Sept. 15, 8:30-12pm. University United Methodist Church, 1621 College

**BETH MOORE SIMULCAST** — Sep 15, 8am, Grace Community Church, 310 E. 8th St, Overbrook, Ks. Registration is online at www.gccinoverbrook.com/beth-

**TASTE OF CHOCOLATE** — Sept. 15, 1-3pm. Pleasant Hill United Methodist Church, 4525 NW Button Rd. Suggested \$7 donation requested per person.

JOSH RADFORD — Sept. 17, 7pm. Family of God Church, 1231 NW Eugene St. For info: 785-234-1111 or revival-life.net FamilyOfGodChurch@hotmail.com

MOVIE ON THE LAWN - Sept. 21, 6pm. Cornerstone Community Church. Bounce house, food trucks, and the movie Wonder. Activities start at 6, movie at 7:30. For info: 785-478-2929

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

ANNUAL HOMEMADE CHICKEN & NOODLE DINNER -Sept 22, 3-7 pm, Shawnee Heights United Methodist Church. Also a silent auction and bakery. Adults \$8, Children 12 and under \$6

HARPISTS FOR PEACE - Sept. 22, 7:30pm. Crestview United Methodist Church, 2245 SW Eveningside Dr.

**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.

**HOE-DOWN** - Sept. 29, 4-6:30pm. Kansas Ave UMC, 1029 N Kansas Ave. Music and dance shows featuring the Heartstrings duo group, Washburn Dancing Blues, and more. Free hot dogs, chips, sodas, children's activi-ties, games, and door prizes. Bring lawn chairs.

FALL BAZAAR - Oct. 6, 7:30am-12pm. Shawnee Heights United Methodist Church. For info: 785-383-7738

GREEK FOOD FESTIVAL - Oct. 6, 11-3pm. Sts. Peter & Paul Orthodox Church, 2516 SW Huntoon. Dinners \$16, desserts and baklava \$1-4.

For info and pre-orders: 785-221-1563

CITYWIDE FALL CAMP-MEETING – Oct. 7-12, 7pm. City Wide Fall Campmeeting with Evangelist Chad MacDonald. Sunday, 10:30am & 6pm, Monday, 7pm @ Family of God Church, 1231 NW Eugene St., Tuesday & Wednesday, 7pm Topeka Harvest Foursquare, 522 SW Polk, Thursday & Friday, In God's House 1616 NF Seward For info: 785-234-1111 or mira clerevivalfire.com FamilyOfGodChurch@hot-

**SPOKEN** – Oct. 14, 6pm. Sunflower Ballroom of Capitol Plaza Hotel, 1717 SW Topeka Blvd. Presented by Trash Mountain Project. For info and tickets: 785-246-6845

### **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 nhonl@tscpl.org

MEDICARE EDUCATIONAL SEMINARS - Sep. 11 & 25, 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 kansaspreventioncollaborative.org or KPCTeam@wichita.edu.

 ${\bf AWAKEN\ THE\ DAWN-Sep.\ 27-29,\ Kansas\ Capitol}$ 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,

EAST TOPEKA FARMERS MARKET - Tues. 3-7pm, TopekaHousing 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)

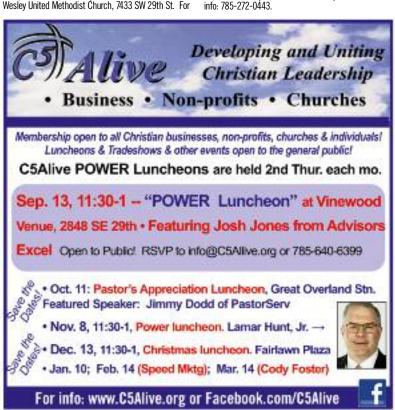
CAPITOL MIDWEEK FARMERS MARKET - Wed. 7:30amnoon, May 16-Oct. 10. Jackson & 10th. No market on July 4th.

**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









### **DOWNTOWN TOPEKA**

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 Javhawk 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.

**SQUARE DANCE LESSONS** - Saturdays starting September 15th, 10:30am to 12:30pm, Fellowship Hall of Trinity Presbyterian Church, 4746 SW 21st Street. Beginner, Intermediate, or Advanced Dancers come join in FREE dance lessons lead by a certified caller of 20+ years. Questions: 272-2620.

**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

LAKE SHAWNEE ADVENTURE COVE open through Sep at the former swim beach location. Canoe. kavaks. paddleboats, paddle boards & water bike rentals

SEP. CYCLING EVENTS - Various cycle rides areoffered by Kansas Cyclist, www.kansascyclist.com/

SEP OUTDOOR ACTIVITIES — Various outdoor events and activities in Kansas. www.getoutdoorskansas.org/calendar

**TOPEKA ACAPELLA UNLIMITED AUDITIONS** — Anv Monday 7pm, at Seaman Community Church, Fellowship Hall, 2036 NW Taylor. More female singers are needed to sing four part acapella harmonies Come be our guest any Monday night. Topeka Acapella Unlimited is a Chapter of Sweet Adelines, International. Call Cindy Patton at 785-640-7403

**GRIEFSHARE** - Thursdays, 6:30pm Aug 30 - Nov. 15 at Susanna Wesley United Methodist Church, 7433 S.W. 29th. A Christ-centered program for people who

have lost a loved one. Sessions include a video, sharing of stories, and a free workbook. 785-478-3697 www.griefshare.org

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.KCRenFest.com. 913-721-2110.

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

KANSAS WINTER FXPO - Sep 5 - 6 Expocentre Exhibition Hall. Learn about the latest trends, equipment and techniques in the industry. Returning this ear are panel discussions, flagger certification and truck roadeo. www.kansaswinterexpo.com

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-beforevou-buy-conference-tickets-40047778985 Use discount code MetroVoice for 75% on registration fee!

THAT'S ENTERTAINMENT! A TRIBUTE TO BROADWAY Sep. 7, 6-9pm, Jayhawk Theatre. Performance by Loving Hearts Training Center Choir. Silent Auction, refreshments from Hazel Hill and Celtic Fox. Tickets \$5 in advance, \$10 at the door. Advance tickets available at www.jayhawktheatre.org.

KANSAS STATE FAIR - Sept. 7-16, Hutchinson. www.kansasstatefair.com

**MOVIE ON THE LAWN** - Sept. 7, 7:30-9:15pm. Southeast lawn of the statehouse at 10th and Jackson. Movie will be An American Tail. Activities and food vendors an hour before showtime.

KANSAS BOOK FESTIVAL - Sept. 8, 9-4pm. Kansas State Capitol. Free. 20-25 authors make presentations about their recent books. Children's activities, food trucks, and local entertainment

FIRST RESPONDER DAY — Sep 8, 9am — 4pm, Lake Shawnee, South Boat Ramp (West Edge Road). Lunch will be served. Drinks will be provided. Event Coordinators: Brett Fox (785-231-4645) and Jane Welch (785-213-1228) Email questions regarding event to: kansaschapter@heroesonthewater.org. Follow Heroes on the Water Event signs to the parking area. Children under the age of 12 must be with a parent at all times. Dress appropriately for the weather; wear clothes that you don't mind getting wet; pack extra dry clothes for the way home

**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 all night Friday and Saturday.

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

R(UN) FOR ONE 5K & 1mile - Sep. 8. 8am. Lake Shawnee Shelterhouse #2. Help our (un)adopted ministry where we serve children across the globe who will unfortunately never be adopted. We work with churches in other countries to provide training, life and job skills to young people while sharing the gospel so they have a brighter future! Runforone5k.org 783-4577

NATIONAL DAY OF REMEMBRANCE FOR ABORTED CHILDREN – Sep. 8, 1pm, Heart of America Memorial Wall for the Unborn, 1216 SE Republican. For info call Christians for Life at 785-267-5777 or email info@heartofamericawall.org

**HOLY SMOKIN' JAMBOREE** — Sep. 8-9, Mother Teresa Catholic Church. Car show, BBQ competition, Live Music. mtcctopeka.org

12th ANNUAL EMERGENCY SERVICES SHOWCASE -Sep 8, 1-4pm, Expocentre. Helicopters, fire trucks. police cars, ambulances, canine units, etc. Free event

HILLSBORO ARTS & CRAFTS FAIR — Sep. 9, 9am 4pm. Over 300 vendors from across the nation, bake sale, German food & Kaffeehaus, Midwestern Creative Art Market. Hillsboroartsandcraftsfair.org.

TAX PREP CLASSES - H&R Block offers classes Mon, Wed, Fri 9:30 am - 12:30 pm (begins 9/19); Tues, Thur 6 pm - 9 pm (begins 9/6); Sat 9 am - 4 pm (hour lunch) (begins 9/15). Classes held at 1947 SW Gage. Call for details 785-272-5577 or email Robbie Arney at arneyb@gmail.com

PERRY SENIOR CITIZENS LUNCH - Sept. 10, 12pm. Perry Community Building. Bring a dish to share and \$1. Fried chicken and mashed potatoes and gravy provided. Program is "Head 'em Up and Move 'em

CBMC QUARTERLY BUSINESS CONNECTION — Sep. 12. 7-9am. Pad Restaurant. Come connect with other -minded business and professional men see like-minded business and professional men seeking effective ways to become an ambassador for Christ in the marketplace. Guest speaker will be Rick Betenbough. Info: Gary Tenpenny 913.219.9064

**HY-VEE SIMPLE FIX** — Sep. 13, 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. Deadline to register is 4 days prior. 272-1763

TOPEKA SWING DANCE LESSONS - Sent 13 & 27 and Oct. 4, 11 & 18, 7-8:30pm. Jayhawk Theatre. \$5. Wear shoes that will allow you to slide. No partner or prior dance experience is needed. For info:785-233-4295

**2018 KANSAS SENIOR GAMES** - Sept. 13-23. Ages 50+. admin@sunflowergames.com or 785-235-2295

VA EASTERN KANSAS MENTAL HEALTH SUMMIT — Sep. 8am-4:30pm, Washburn University- Union Hall, 1700 SW College Avenue. The purpose of this year's summit is to enhance the mental health and well-being of Veterans and their family members through increased collaboration between the VA and the community. Register at Eventbrite.com

**3RD ANNUAL TEE OFF FORE CHILDREN** – Sep. 14, 11am-6pm, Shawnee Country Club, 913 SE 29th St. 3rd annual fundraising event benefitting TFI Family Services. Participants will enjoy an 18 hole, four-per son scramble, golf tournament. Prizes, contests, catered lunch, drink tickets, golf swag, award. This event is open to golfers and non-golfers alike. (785) 271-6657 x1194 or (806) 440-2680

TRUST-BASED RELATIONAL INTERVENTION (TBRI®) **TRAINING** — Sep. 14-15, Washburn Tech, 5724 SW Huntoon, 830am-4pm. The training is hosted by Kansas Post Adoption Resource Center and will be led by instructors from Texas Christian Institute and the HALO Project. Learn the basics of how trauma affects brain development and practical ways to intervene and assist with children who have come from hard places. 877-530-5275-x1357 or cmaddy@kcsl.org.

SQUARE DANCE LESSONS - Saturdays starting September 15th, 10:30am to 12:30pm, Fellowship Hall of Trinity Presbyterian Church, 4746 SW 21st Street. Beginner, Intermediate, or Advanced Dancers come join in FREE dance lessons lead by a certified caller of 20+ years. Questions: 272-2620.

**6TH ANNUAL SCSPC 5K RUN/WALK** — Sep. 15, 7:30am reg.; race at 8:30am, Crestview Shelter. \$25/\$30. Shawnee County Suicide Prevention Coalition will host. scspcoalition@gmail.com

TOPCON GEEK EXPO 2018 - Sept. 15-16, 9-6pm. Kansas Expocentre. \$12 adults, \$10 children. For info and registration: topcon.us

GREAT TOPEKA DUCK RACE - Sept. 15, 11am. Lake Shawnee Cove near swimming beach. Vendors and

PAXICO BLUES FEST - Sept. 15, 11-8pm. Top talent. Free. Music, food, and antiquing.

**MOVIE NITES IN NOTO** — Sep. 15, 8pm. The movie "Batman" will be screened on the 800 block of North Kansas Avenue. Bring your chairs, blanket and beanbags for a free movie screening:

CHRISTIAN WORLDVIEW FINANCIAL SEMINAR - Sep.



Enjoy the beauty of the chandeliers, the painted ceilings, the beautiful woodwork and carvings in the lovely Main Waiting Room and Balcony. This space is available for weddings, receptions, corporate events, trade shows, luncheons, reunions, proms, anniversaries, fundraisers, all-day meetings and more



701 N. Kansas Ave., Topeka, KS 66608 • 785-232-5533







20, 5:15-6:15, forum Room, 3rd floor, 515. S. Kansas Ave. (Topeka Tower). A Christian world-view of stew-ardship and your financial life. Hosted by Jim Hanna, Financial Advisor. RSVP by Sep. 14 to barbara.hughes@ampf.com.

**HY-VEE SIMPLE FIX** — Sep. 20, 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 \$85, 6 meals for \$100, or 7 meals for \$115. Deadline to register is 4 days prior. 272-1763

GARY'S PUMPKIN PATCH & FALL FESTIVAL — Sept. 21-Oct 29, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and more. Admission \$12.95; Season Pass - \$27.95 at garysberries.com

**CIDER DAYS FALL MARKET** — Sep. 22-23, 10am, Expocentre. Handmade and vintage finds! Explore over 250+ makers, creators, artisans and pickers at this year's market. Mark your calendar for a weekend filled with amazing shopping, unique food and live music & entertainment. Craft/DIY demonstrations, Food truck and food alley, Cider slushes & apple cider and pumpkin donuts, Historic cider pressing. www.ciderdaysmarket.com hello@zachevents.com

FREE NATIONAL TEEN DEFENSIVE DRIVING SCHOOL -Sept. 22-23, 8am, Heartland Motorsports Park, For info and reg.: putonthebrakes.org (704) 720.3806

JAZZ & FOOD TRUCK FESTIVAL - Sept. 22, 3:30-9:30pm. Downtown Topeka. http://bit.ly/2GfWnjm

3RD ANNUAL RWC 5K SUPERHERO RUN/WALK - Sept. 22, 8-1pm. SW Lawrence Trafficway Trail, 5100 W 27th St. More Info: EventBrite

OUTDOOR KANSAS FOR KIDS DAY - Sent 22 10am-12pm. Shawnee North Community Park Nature Trail, 300 NE 43rd St. Free. For info: 785-286-0676

40TH FALL FESTIVAL & SWAP MEET - Sep. 22-23. Meriden Antique Engine & Threshers Association, 1 mile east of Meriden on K-4 Hwy. Flea Market, Arts & Crafts, antique engines and tractors, corn shucking demonstration. Working displays, garden tractor pull, barn dance and more! \$3 per day, children under 12 free with paid admission. www.meridenthreshers.org

MIDWEST GATHERING OF THE TRIBES - Sep. 28, 9-5. Forbes Field near KS National Guard Museum Free bike and car show. Families welcome. Free tent camp ing. Food and merchandise vendors. Free candy, food, prizes & fellowship. MIA Vets Ceremony at nearby Combat Air Museum. Patriot Guard, American Legion Riders, Military planes, tanks and vehicles, Live music and special guest speakers.

KANSAS CHOCOLATE FESTIVAL — Sept. 29, 10am-3pm. Downtown Topeka. Free. For info: 785-234-9336

KANSAS CHOCOLATE FESTIVAL WINGED FOOT 5K/10K **RUN & 4K WALK** - Sept. 29, 8-9:30am. Combat Air Museum. \$28. For info: 785-862-3303

GREAT TOPEKA RIKE FEST - Sent 29-30 9-4nm State Capitol. Free and pet friendly. For info: 785-730-8615

**WALK TO END ALZHEIMER'S** - Sept. 29, 8-11am. Lake Shawnee Shelter House 1. Free. 913-831-3888

RABC 27TH 5K RUN/WALK FUNDRAISER - Sept. 29, 11am. Topeka West HS, 2001 SW Fairlawn rd. \$20-35. For info and registration: rabctopeka@juno.com

RIBS AND BIBS MUSIC FESTIVAL - Oct. 5-7. Heartland Motorsports Park, Big and Rich, John Michael Montgomery, and Craig Morgan with others. For info: heartlandpark.com (785) 861-7899

NEIGHBOR HELPING NEIGHBOR WALK/5K RUN - Oct 6, Lake Shawnee. Shelter Houses 1 & 2, walk starts at 9:30am. Topeka High Drum Line will entertain before the walk! Register by September 10th to guarantee an event t-shirt. Registrations taken up to the start of the walk! \$30 per person. Fundraiser for Doorstep, Inc. www DoorstepTopeka.org

**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, cake walks. https://www.facebook.com/events/1022466951237315 /, info@gbc-topeka.org 785-267-0738

MetroVoiceNews.com

39TH ANNIIAI APPLE FESTIVAL - Oct 6-7 10-5pm Old Prairie Town at Ward-Meade Historic Site, 124 NW Fillmore, \$5-10. Arts and crafts, rail ride hand car rides, food, petting zoo, etc. For info: 785-251-6991

FAMILY HISTORY CELEBRATION - Oct. 7, 1-4pm. Topeka Genealogical Society, 2717 SE Indiana Ave. Information on researching your family history, light refreshments and door prizes. For info: 785-233-5762 www.tgstopeka.org

TOPEKA GEM AND MINERAL SHOW — Oct. 13-14, Ag Hall at Expocentre. Featuring dealers from around the world, demonstrations, kid's activities, jewelry, cut & polished stones and more

### **MEETINGS & CLASSES**

C5Alive "POWER" LUNCHEON — Sep. 13, 11:30-1, at Vinewood Venue POWER Luncheon featuring Josh Jones from Advisors Excel.

- Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door
- \$15 for non-members & repeat guests.
- Please RSVP to info@C5Alive.org, so we know

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

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

**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 IIP 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.flocritkansas.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 Re

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.

**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

**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: daddys girlsinc@ymail.com or 785-969-0491

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

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

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

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

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

**TOPEKA PRAYER GROUP** - Every Wed., 6:30pm, 409 SW Buchanan St.Do you believe that God hears and answers prayers? Do you believe Jesus wants to lead

His people by His Holy Spirit? Come join us in prayer as we seek His face for answers and direction. 785-845-1948; holmie2@sbcglobal.net

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

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

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

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

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

WELLS FARGO FINANCIAL EDUCATION EVENTS - Blue Moose Bar & Grill. 11:30 AM on the third Thu & Fri each month. Free, but RSVP required. On Thu Brian disc**xxxx**ses 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 professi financial planners, accountants, attorney's & insurance agents invited. For info: kingdomadvisors.org or Jim Hanna, james.c.hanna@ampf.com or 357-6278 x19.

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

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

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

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

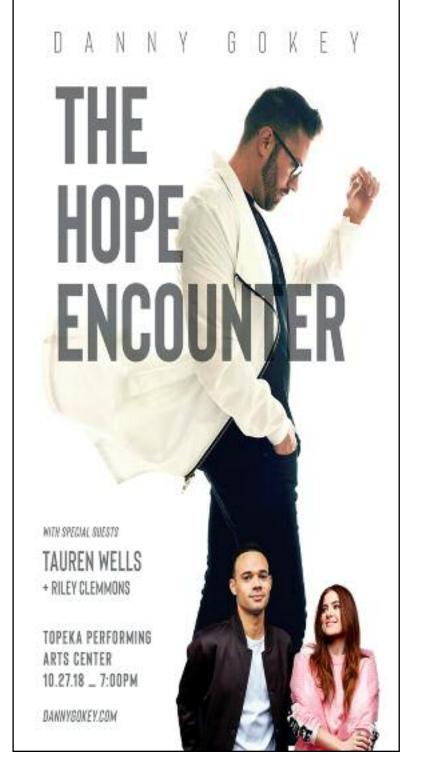
BIBLE QUIZZING - 1st Sat. Learn God's Word & have fun with area Christian youth age 9-19. YFC/YEA style quizzing & rules. 913-593-6427 or biblequizzer.org.

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

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

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

■ CALENDAR CONTINUED ON PAGE 16





# entertainment

# Danny Gokey's First Headline Tour Coming to Topeka

Danny Gokey is gearing up for his first-ever headline tour with this fall's Hope Encounter. Also featuring GRAMMY® nominee Tauren Wells and breakout artist Riley Clemmons, the tour will hit 29 markets across the country. Produced by general market powerhouse Outback Concerts, the tour will play mostly theaters and performing arts centers.

"It's been a dream of mine since American Idol to headline my own major tour," says Gokey. "That platform opened my eyes to the power of mixing hope with entertainment. Hearing a message of hope at just the right time can truly make an impact in someone's life. Getting this opportunity is a dream come true! I love touring, being with fans, and seeing first-hand how the music can encourage people in a time in our society where hope (mixed with a little fun) is so desperately needed."

"The process of creating the tour has really been awesome," continues



Gokey. "I can't wait to hit the stage with Tauren and Riley – they are both crazy good and I love their fresh sound. We've also brought in ubercreative director Laurieann Gibson, who has worked with everyone from Michael Jackson to Katy Perry, to design the show and help me take it to another level."

Gokey continues, "My purpose with this tour is that people walk away entertained, inspired, empowered, and that hope invades every area of their lives."

Gokey became a favorite of millions of fans as a Top 3 finalist on Season 8 of American Idol. His first album, My Best Days, debuted at #4 on the Billboard Top 200 album chart. Since then, the Wisconsin native has celebrated a series of #1 album debuts, including his first award-winning holiday album, Christmas Is Here, as well as singles including the recently Gold-certified "Tell Your Heart to Beat Again" and "Hope In Front of Me." Gokey's latest album, Rise, reached #1 on the Billboard Top Christian Album chart and garnered his first Grammy nomination. Its title track, marked his third, multi-week, multi-chart #1

Tauren Wells and Riley Clemmons are guest artists on the tour.

They will play in Topeka October 27 at Topeka Performing Arts Center.

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



## streaming

### **Black Panther'** leads September's streaming lineup

### **By Michael Foust**

We've grown accustomed to superheroes misbehaving in the Marvel and DC universes – whether that's Iron Man acting like a playboy, Wonder Woman spending the night with a companion, or the Avengers constantly making snide remarks about one another.

Then there's Black Panther. He's not a womanizer, and he doesn't ridicule his friends on a whim. He's also altruistic and wants his country to share its knowledge and riches with the world.

In other words, he's the kind of superhero you'd want to speak to your child's

The movie Black Panther (PG-13) rightly received rave reviews when it was released in theaters earlier this year as the first Marvel movie with a largely African-American cast.

But the film – which makes its Netflix debut Sept. 4 - stood out for other reasons, too. For example, the film's primary character -- T'Challa/Black Panther – is more mature and serious than the average superhero. As the leader of the fictional African country of Wakanda, he doesn't have time for juvenile jokes. The movie itself differentiated itself by having less language (about eight words and no profane uses of God's names) and less sexual content (unless you count belly-revealing costumes) than most Marvel films. It's one of my favorite superhero movies of all

This doesn't mean, though, that the film is for small children. The violence is excessive, with more gun fights, close-up punches, and deaths by spearing than seen in many superhero movies. Black Panther also includes ancestral worship. Families who watch it can discuss what God requires: He alone is to be worshiped (Exodus 34:14). Jesus is our lone intercessor (1 Timothy 2:5-6).

The film offers tons of positive messages, including ones on self-sacrifice, mercy and helping the poor.

Also streaming this month:

### affected by an other-worldly black goo that makes him aggressive and mean. Eventually, he junks his "good guy" reputation and seeks revenge on an enemy.

It's darker than other Spider-Man films. Rated PG-13 for sequences of intense action violence. It has mild language, Call the Midwife: Season 7 (TV-14

Sept. 10) - The BBC/PBS series spotlights a group of midwives serving the public during the 1950s and 60s and has been applauded by some pro-lifers for its storylines. But a few of the episodes – including one in Season 7 – involve illegal abortions. Caution is advised.

Grace Unplugged (PG, Sept. 12) – An 18-year-old Christian singer drifts from

A Turtle's Tale: Sammy's Adventures

### Hulu

Field of Dreams (PG, Sept. 1) – This

Grace Unplugged (PG, Sept. 12) – See

Michael Foust is the husband of an amazing wife named Julie and the father of four small children.

### **■ EVENT CALENDER CONTINUED**

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

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

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

**UPPER ROOM COMMUNITY** — second Sat., 10 am,

### 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 Adult Group 1st and 3rd Thu., 5:30 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 -Sun-days 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-

**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

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-

 $\label{eq:MON.7pm-Westminister} MON., 7pm-Westminister Presbyterian, south door, upstairs in Library; 233-6724.$ 

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

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

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

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

**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  $-3 \mathrm{rd}$ Tue., 7-8:30pm, Faith Lutheran Church, 17th St. & Gage Blvd. Open to Multiple Myeloma patients, their family members & friends. Share support, information & friendship. For info: Donna, 903-918-9553.

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

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

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

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

DIVORCECARE PROGRAMS — (For undates check www.divorcecare.org) locations and times:

WED. — 6:30pm, Topeka Bible Church, 1101 SW Mulvane. Cost: \$15. Child care provided. For info: 379-0505 or www.divorcecare.org.

WED. -6:45-8:45pm, Walnut View Christian Church, 3634 SE 37th St. (just East of 37th & Croco). Cost: \$10 registration (scholarships available). The video seminar series featuring some of the nation's foremost experts on divorce and recovery topics, com-bined with support group discussion of the materials. Complimentary child care children up to the fifth

grade. Info: 266-7550 or walnutviewcc@att.net.  $\label{eq:WED.-6:30pm} \begin{tabular}{ll} WED.-6:30pm, Northland Christian Church, 3102 NW \\ Topeka Blvd. No Cost. 286-1204, www.northland.cc \\ \end{tabular}$ 

GRIEFSHARE- Every Thur. 6:30 pm to 8:30 pm at Susanna Wesley UMC, 7433 SW 29th St., Mar 1 thru May 24. A Christ-centered program for those who have lost a loved one may be struggling and have questions on how to go forward. The class include video, sharing of stories, and a workbook (free). Call Shari Combs at 785-478-3697 for more information.

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

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

NICOTINE ANONYMOUS - Every Fri., 6:30pm, Town &

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides an opportunity for care-givers to get together and share their ideas and feel-

1st Wednesday of the month, 1pm, Baldwin Methodist Church, 708 Grove... Baldwin City.

2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm. 3rd Thursday of the month, 2-3pm, Topeka Library,

Perkins Room 3rd Friday of the month. 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.

Christian Church Renaissance Room, 4925 SW 29th St., use west doo,r cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

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

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

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

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings.

1st Wednesday of the month, 1pm, Baldwin Methodist Church 708 Grove Baldwin City

2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm. 3rd Thursday of the month, 2-3pm, Topeka Library,

3rd Friday of the month, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.

Disney's A Wrinkle in Time (PG, Sept. 25) - This fantasy film was based on the Madeleine L'Engle book that featured several Christian themes. Sadly, though, the movie removed all the Christian elements. The film tells the story of a girl who crosses the universe looking for her long-lost father. Rated PG for thematic elements and some

Also notable: Nacho Libre (PG, Sept. 1), The Ant Bully (PG, Sept. 1), Disney's Lilo & Stitch (PG, Sept. 2), Disney's The Emperor's New Groove (G, Sept. 2).

### **Amazon Prime**

her parents and her Christian background to try and become a Hollywood star. It's a faith-based modern retelling of the Parable of the Prodigal Son. Rated PG for thematic elements and brief teen

(unrated, Sept. 1), A Turtle's Tale 2: Sammy's Escape from Paradise (unrated, Sept. 1) – In the first film, a sea turtle hatchling is abandoned by his companions and must learn to survive. In the sequel, he gets stuck in an aquarium. Both movies received the Dove Seal of approval for all ages. .

baseball fantasy classic follows a farmer who builds a field to attract baseball stars from the past (that is, ghosts). Starring Kevin Costner, it includes several good lessons but is marred by some strong language.

Spider-Man 3 (PG-13, Sept. 1) – This



## family-friendly spotlight

## Unbroken' sequel leads September's family-friendly spotlight

### By Michael Foust

The 2014 film Unbroken opened at the box office in the top three, ended its run with a gross of more than \$110 million, and inspired countless moviegoers with its story of American Louis Zamperini, who was tortured in a World War II Japanese prison camp but had the courage and determination to make it

The movie, though, ended before the Christian side of the story began, even if it did give a glimpse. An upcoming film will tell that next chapter.

Unbroken: Path to Redemption, which will release in theaters Sept. 14, picks up where Unbroken left off, showing a revenge-filled Zamperini falling apart and drowning his sorrows in alcohol until a visit to the 1949 Billy Graham Crusade in Los Angeles changed his life. Zamperini became a Christian at that crusade and then did the unthinkable, traveling back to Japan to forgive his captors. He eventually became an evangelist and founded a camp for at-risk boys.

Unbroken: Path to Redemption fills the No. 1 position on this month's edition of "5 Family-Friendly Things."

The movie shows a single Zamperini falling in love and getting married but also battling PTSD and thoughts about the war. With their marriage steering toward a separation and possible divorce, his wife invited him to the crusade

Matthew Baer, who produced both movies, said Zamperini's life story was too complex to be told in one movie. Indeed, the 2014 movie spanned more than two hours

"It was always my wish that we could tell the entire story, and that wasn't possible in the first film for a variety of reasons," Baer said. "And so in the case of Unbroken: Path to Redemption, it allows for Louis' tremendous postwar journey to be told in a fully rendered way -- be that in his marriage, his struggle with PTSD, his battle with alcoholism and ultimately his finding his faith."

Universal 1440 Entertainment partnered with faith-based companies PureFlix and The WTA Group on the movie, which stars Samuel Hunt (Chicago Fire, Chicago P.D.) as Zamperini and Merritt Patterson (The Royals) as his wife, Cynthia. Billy's Graham's grandson, Will Graham, plays the famous evangelist.

The movie is rated PG-13 for thematic content and related disturbing images, although it doesn't contain any language or sexuality. Yet with themes involving alcoholism and possible divorce in the movie, parents may want to think twice about taking small children.

Also worth watching this month:

2. The Wild Brothers' new videos. YouTube is filled with trivial and even trashy videos, but there is plenty of content worth watching, too. Such is the case with the channel by the Wild Brothers four missionary kids who live on an island in the Pacific and who regularly post videos about nature, animals and faith. They recently posted several new videos. Learn more at WildBrothers.com or on their YouTube channel.

3. Dry Bar Comedy. Laughter is a gift from God. Unfortunately, most of the comedy in movies and on television is too filthy and juvenile to watch as a family (or as a couple, too). Not so with VidAngel Studio's Dry Bar Comedy, which has amassed 40 million YouTube views since its launch in February 2017 and features some of the nation's cleanest comedians once again proving that the funniest and most original comedy is the cleanest comedy. New content is added weekly. Visit Dry Bar Comedy's YouTube channel or DryBarComedy.com.

4. 'Little Women.' Set to hit theaters Sept. 28, this modern rendition of Louisa May Alcott's classic novel tells the story of four sisters - Amy, Beth, Jo and Meg who are coming of age. It's being released during the 150th anniversary of Alcott's book and has the endorsement of the Parents Television Council, which calls it a "wholesome portrayal of women that is so rare in today's media." It's rated PG-13 for some thematic elements and teen drinking.

5. 'Brothers of the Wind.' Now on DVD and streaming video, this film follows a boy named Lukas who lives with his father in the mountains and raises an injured eagle chick. Unrated, the movie features the best wildlife cinematography I've ever seen on the big screen. It contains no sexuality or violence and only one coarse word. (d—n).

Michael Foust is the husband of an amazing wife named Julie and the father of four small children. Follow his blog, MichaelFoust.com.

# 2 Faith-Based, Military-Themed Films Coming to Theaters

### movie**news**

by Michael Foust

'Unbroken: Path to Redemption' and 'Indivisible' spotlight war's consequences on families

Two faith-based, true-to-life films spotlighting the consequences of war on those who serve will debut in theaters this fall.

The first movie, Unbroken: Path to Redemption, will open Sept. 14 and tells the story of how Olympian and World War II hero Louis Zamperini struggled to cope with post-war life until he found Christ at the 1949 Los Angeles Billy Graham Crusade. Rated PG-13, the film picks up where the 2014 movie Unbroken stopped.

The second faith film, Indivisible, will open Oct. 26 and follows the story of Army Chaplain Darren Turner, who returned home from Iraq in 2008 with mental and emotional scars from what he had experienced. It is not yet rated.

Both movies tackle similar issues: post-traumatic stress and the pressures that military life and war can place on a marriage.

Filmmaker Matthew Baer, who produced the 2014 Unbroken film and the newest one, said little was known about post-traumatic stress when Zamperini came home.

"One of the most tragic aspects of what happened after World War II was the lack of proper psychiatric care," Baer said. "If you look at some of the actual World War II medical videos, the expectation from the psychiatric community was basically that this would be something that they would just be able to get over by trying to move forward. So there was a fundamental lack of understanding about what PTSD actually was. And so many of the vets suffered an endless amount of difficulties."

Unbroken: Path to Redemption stars Samuel Hunt (Chicago Fire, Chicago P.D.) as Zamperini and Merritt Patterson (The Royals) as his wife, Cynthia. Will Graham, the grandson of Billy Graham, plays the famous evangelist.

"The minute you heard [Will] say

the lines, it was uncanny how much he sounds like his grandfather,' Baer said, "and having listened to the videos of Billy Graham speak all these years, I was so blown away by how much the cadence of their voice was similar."

Indivisible stars Justin Bruening (Grey's Anatomy) as Chaplain Darren Turner and Sarah Drew (Grey's Anatomy, Mom's Night Out) as his wife, Heather. David Evans, who directed the 2010 faith film Card, also directed Grace Indivisible.

The movie shows Darren meeting the spiritual needs of soldiers and Heather launching a ministry for spouses, but both of them struggling to keep their marriage strong while separated. When Darren returns with post-traumatic stress, their relationship worsens.

The real-life Heather said she hopes moviegoers will get a glimpse of the pressures faced by military families each day.

"Before they deploy," she said, 'you have to have conversations with the lawyers — writing up your will and filling out paperwork to decide, you know, do you want their clothing back if your spouse is killed? When do you want to be contacted [if they die]? Do you want to be contacted in the middle of the night? These are questions that are very real and very detailed."

The daily reality, Heather added, is that in the midst of "single parenting" and conducting daily chores, you "could get a knock on the door" learning your spouse is dead.

The lessons in Indivisible, Darren

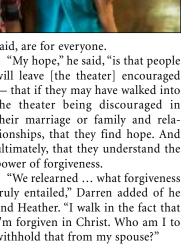
said, are for everyone.

will leave [the theater] encouraged — that if they may have walked into the theater being discouraged in their marriage or family and relationships, that they find hope. And ultimately, that they understand the power of forgiveness.

truly entailed," Darren added of he and Heather. "I walk in the fact that I'm forgiven in Christ. Who am I to withhold that from my spouse?"

Unbroken: Path to Redemption is rated PG-13 for thematic content and related disturbing images.

Indivisible is not yet rated.



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

# Fitness After 50: Tips for Healthy Aging

We don't stop moving because we grow old, we grow old because we stop moving.

Many people assume that they're too out-of-shape, or sick, or tired, or just plain old to exercise, so they avoid it completely. Others believe they should lower the intensity of their exercise due to compromised balance, coordination and strength that come with age.

They're wrong. The real danger to your health is not exercising at all.

At any age, you can increase muscle strength, preserve bone density, improve balance and improve your overall health. However, only a combination of regular exercise and sensible eating can help you achieve this, so don't let your age scare you away from the gym.

Before you join a health club, know what to look for and ask about. Here are some helpful tips for starting and/or maintaining your path to healthy aging:

Add strength-training to your workout routine

Most folks hit the gym and head straight for the treadmill. And while cardio exercise is vital to long-lasting health, it's the strength-training that helps you maintain and regain strength and improve metabolism so that you burn calories for much longer after workouts. (Adults over 50 can lose around a half a pound of muscle mass every year). Before joining a gym, ask how the staff will help you get into a routine. Give preference to clubs that help create a workout program based on your goals.

### Don't overlook stretching and balance

As we get into our 50s and beyond, it's even more important to include stretching and balance exercises in our routine. As age increases, bodies don't start up or wind down as quickly. Prior to a full workout, adults over 50 need to warm-up for at least five minutes in order to increase blood flow to muscles and loosen tendons. Your club should show you how to include stretching and balance exercises as part of your workout program.

### Get help learning to eat healthy

It's easy to say eat more spinach and less cookies, but the fact is most people don't know where to start when it comes to devising a healthy diet - or how to sustain healthy eating habits beyond a couple of weeks. That's why you should give serious thought to working with a registered dietitian who can not only put you on a nutrition and meal plan that speaks to your needs and goals, but can provide ongoing counseling to keep you motivated, accountable and on the path to success. Some clubs offer this service, though most charge extra. Ask before you join.

### Recruit a workout buddy

You're more likely to stick with an exercise program if you work out regularly with a friend. This helps keep each of you accountable and motivated - you're likely to look forward to hitting the gym on a regular basis. That's why it's important to ask a health club about its guest policies. You'll want to introduce potential partners to your gym -- but some of



them will charge you a guest fee and many won't put your guests through sample workouts; they'll be on their own. The easier a club makes it for guests to "sample" your club, the more likely the two of you will start and stick to a routine together.

### Keep learning and connecting

How do you learn to exercise more effectively, eat right, get more and better sleep, keep your brain sharp and so on? Some health clubs put on a regu-

lar series of wellness seminars and workshops to address topics like these and provide information that can help you live healthier. Social events too may be offered, helping you connect with others and get more enjoyment from your membership. When evaluating health clubs, ask if these types of workshops and social events are part of your membership.

Suzy Boerboom - blogsger for huffingtonpost.com

# Exercise and Fitness as You Age: Tips to Get Fit and Stay Fit

As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for your body, it's also good for your mind, mood, and memory. Whether you are generally healthy or

are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness

Starting or maintaining a regular exercise routine can be a challenge as you get older. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. Or, if you've never exercised

before, you may not know where to begin. Or perhaps you think you're too old or frail, or that exercise is boring or simply not for you.

While these may seem like good reasons to slow down and take it easy as you age, they're actually even better reasons to get moving. Exercise can energize your mood, relieve stress, help you manage symptoms of illness

and pain, and improve your overall sense of well-being. In fact, exercise is the key to staying strong, energetic, and healthy as you get older. And it can even be fun, too, especially if you find like-minded people to exercise with

No matter your age or your current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't have to involve strenuous workouts or trips to the gym. It's about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness—even if you're housebound—there are many easy ways to get your body moving and improve your health and outlook.

### 5 Myths about Exercise and Aging

Myth 1: There's no point to exercising. I'm going to get old anyway.

*Fact:* Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity.

Myth 2: Older people shouldn't exercise. They should save their strength and rest.

**Fact:** Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

**Myth 3: Exercise puts me at risk of falling down.** *Fact:* Regular exercise, by building strength and stamina,

prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth 4: It's too late. I'm already too old to start exercising

**Fact:** You're never too old to start exercising and improve your health! In fact, adults who take up exercise later in life often show greater physical and mental improvements than their younger counterparts.

### Myth 5: I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics, chair yoga, and chair Tai Chi to increase range of motion, improve muscle tone and flexibility, and promote cardiovascular health. Many swimming pools offer access to wheelchair users and there are adaptive exercise programs for wheelchair sports such as basketball.



### How to Get Better Care from Your Doctor

(StatePoint) Have you ever wanted to ask your doctor a question but didn't because you felt uncomfortable? Experts say that an impersonal relationship with your doctor could be preventing you from receiving the best care possible.

"Your doctors should feel like valued members of your family -- and you a part of theirs. That's how I operate in my practice and what I aim to foster in my patients," says Dr. Ken Redcross, who brings nearly 20 years of experience to his new book dealing with this subject, "Bond: The 4 Cornerstones of a Lasting and Caring Relationship with Your

Whether you have a new doctor or you've been at the same practice for years, your patient-doctor bond may be on faulty ground. But it doesn't have to be, suggests Dr. Redcross. He believes that by establishing these four essential qualities in your patient-doctor relationships, you'll pave the way to receiving better care:

- Trust. Trust is essential in any relationship, including the one with your doctor. There is no sharing without trust, and sharing is crucial when it comes to receiving the best possible care.
- Communication. No relationship can be sustained without open and honest communication on both sides, but developing healthy communication habits takes practice, effort and willingness.
- Respect. Respect is treating others with common courtesy, good social manners and appreciating each other's humanity. This means respecting each other's experience, knowledge and time.
- Empathy. Empathy is the ability to sense another person's emotions and to be

able to place yourself in his or her shoes, which is a valuable quality in a doctor. However, many physicians strive for a state of "concerned detachment," which is the opposite of empathy. At the same time, patients can be more empathic, too, taking the time to consider everything their doctors may be dealing with on the day of their visit.

Building a great relationship with your

doctor leads to practical benefits, says Dr. Redcross. In dealings with his own patients, he finds that great communication paves the way for better treatment.

"Recently, a patient of mine was dealing with muscle pain and we had a long conversation about different options. Initially, I recommended that she take traditional pain reliever with naproxen sodium every morning. However, by talking through all

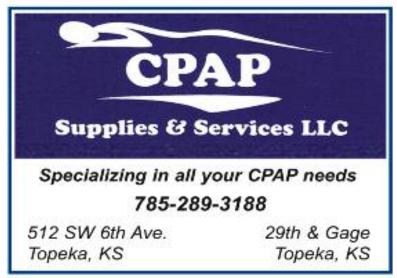
the options and what best fit her situation, including her overall medical history, preferences and more, we settled on using Arnica montana, a lower-risk plant-based pain reliever instead," says Dr. Redcross. Feeling comfortable enough with your doctor to challenge a suggestion and have a long and complete conversation is key. Unfortunately, such discussions between

patients and doctors are rare."

To learn more about the book, as well as about building better relationships with doctors, your BondByDrRedcross.com.

Experts say that receiving individualized care is possible, and it all starts with building strong relationships with your health care providers.









# MEDICARE OPEN ENROLLMENT AND MEDICARE SUPPLEMENT PLANS

Most Medicare beneficiaries are familiar with the annual Medicare open enrollment period. Also known at the Medicare Annual Election Period (AEP), it occurs October 15 through December 07, and is the time when individuals evaluate their current Medicare Part C Plan (Medicare Advantage) and Medicare Part D Plan (Prescription Drug) coverages. Beneficiaries can stay enrolled in their current plan, if still available, change to another insurance carrier, or select another plan. Medicare annual open enrollment does not apply to Medicare Supplement Plans in the State of Kansas, also known as "gap" policies.

Medicare Supplement Plans are available to new Medicare beneficiaries during an initial six-month open enrollment period. This six-month open enrollment period begins the first day of the month when the beneficiary has enrolled into Medicare Part B. Most individuals become eligible when they turn age 65, but those who continue to work may become eligible when they retire and lose coverage under an employer-sponsored group health plan. Disabled Medicare beneficiaries under age 65 have the same open enrollment period upon qualification and a second open enrollment period when they turn age 65.

Once a beneficiary has Medicare Part B coverage, insurance carriers must offer supplement plans to anyone who applies, regardless of current or past health history. After the six-month open enrollment period, insurance carriers generally apply medical underwriting to individuals applying for coverage.

For most individuals, consulting with an insurance agent who specializes in Medicare and Medicare Supplement Plans is the best strategy. The agent can discuss the different insurance carriers and plans available, including customer service experience and history of rate adjustments. It is important to note all insurance carriers must offer the same Medicare Supplemental Plans, but the plan premiums may vary. An experienced agent can help you find the best plan for you.

Century Health Solutions is a subsidiary of Stormont Vail Health, Topeka, and provides free Medicare Educational Seminars. We are your local expert in Medicare insurance planning and will help you find the best option for your personal situation.

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# sports

# Billy Graham Association joins others on behalf of coach

The Billy Graham Evangelistic Association is joining famed college football coach Bobby Bowden, members of Congress and 12 State attorneys general and in calling on the United States Supreme Court to protect a high school coach's right to pray on the field after games.

Coach Joe Kennedy of Bremerton High School in Washington State was suspended in 2015 for kneeling in prayer after the end of football games.

This week, multiple amicus briefs were filed on behalf of Kennedy to the U.S. Supreme Court, asking the high court to take up the coach's case.

The amicus brief filed by 15 members of the Senate and the House argued that a decision from a three-judge panel of the Ninth Circuit Court of Appeals against Kennedy "cannot be reconciled with this court's precedent."

"Kennedy's conduct does not implicate any valid Establishment Clause concerns," read the Congressmen's brief. "It is undisputed that Kennedy did not encourage or even invite players to join him in prayer, as the only students who participated were those who voluntarily joined Kennedy.

According to his amicus brief, Bowden felt an obligation to intervene because he believed "no coach should have to set down their faith when they pick up a whistle."

"To be sure, this is an issue that resonates deeply with coach Bowden; it brings together three subjects that are the cornerstones of his life: faith, football, and freedom," read the Bowden brief.

"In coach Bowden's view, the Circuit Court's opinion jeopardizes an observant



\_\_\_\_\_ MetroVoiceNews.com -

coach's ability to impart these life lessons and otherwise strips them of their spiritual identity while in the presence of their student-athletes by categorically eliminating at the public schoolhouse gate their First Amendment rights to engage in any form of religious expression."

While coaching Bremerton High School's football team, Kennedy developed the practice of praying on the 50-yard line of the football field immediately after each game. Initially praying alone, members of the high school team later decided to join him on the field in prayer.

In September 2015, Bremerton School District Superintendent Aaron Leavell sent a letter to Kennedy telling him that the prayers violated the Establishment Clause.

When Kennedy refused to halt his practice, he was placed on administrative leave in October 2015 and was eventually suspended.

Kennedy filed a complaint in December 2015 with the Equal Employment Opportunity Commission against the Bremerton School District, which granted him a right-to-sue.

In June 2016, with the aid of the conservative law firm the First Liberty Institute, Kennedy filed a lawsuit against the school district.

In September 2016, U.S. District Judge Ronald B. Leighton rejected the coach's request for an injunction and in August of last year a three-judge panel of the Ninth Circuit affirmed the ruling.

Judge Milan D. Smith Jr. authored the panel's opinion, stating that by being a coach for a public high school football team, Kennedy's practice of praying constituted a government endorsement of a



# FROM THE CHEAP SEATS

by Rob Mooney

The Washburn Ichabods opened the 2018 season on the road in St. Charles, MO against Lindenwood. Coming off a 7-5 season which concluded with a 41-25 victory over Angelo State in the 2017 C.H.A.M.P.S. Heart of Texas Bowl, the 'Bods are poised for yet another successfully season.

They return 21 starters off of last year's squad that finished 6th in the ever tough MIAA Conference, which looks to be just as tough as last year with three teams in the AFCA Top 25 and five others receiving votes. Fort Hays State and Northwest Missouri State are tied for 5th with Central Missouri coming in at #18. Pittsburg State received 21 votes, Missouri Western received 14 votes, Emporia State received 11 votes, Central Oklahoma received 9 votes and Washburn received 1

particular religion.

"We conclude that Kennedy spoke as a public employee, not as a private citizen, and therefore decline to reach whether BSD justifiably restricted Kennedy's speech to avoid violating the Establishment Clause," wrote Judge Smith.

"Kennedy accordingly cannot show a likelihood of success on the merits of his

vote.

Head coach Craig Schurig leads the team in his 17th season at the helm. He is Washburn's all-time winning coach with a record of 110-74-0, including 12 winning seasons. He has coached 196 Al-MIAA

selections and 2 NFL draft picks. In 2011, Washburn went 10-3 in route to their third NCAA playoffs in school history. The 10 wins was a school record.

Heading down the highway to Manhattan, we see that the Kansas State Wildcats are gearing up for another season under head coach Bill Snyder. The Cat's finished 8-5 last year after defeating the UCLA Bruins in the Cactus Bowl last year. Kansas State had a tough stretch last season, losing to Texas, TCU and Oklahoma in three straight weeks, which saw their record drop to 3-4. A win against

Kansas righted the ship as they finished the season on a 5-1 tear.

Kansas on the other hand, wrapped up their 2017 season on an 11 game losing streak after winning their opener against Southeast Missouri. Their only close game during that stretch was a 30-20 loss to Kansas State. It will be interesting to see what the Jayhawks do this year. How long will the new athletic director put up with losing football? Will he pull the cord during the non-con section of the schedule or does head coach David Beatty survive the

I'm always amazed that Bill Snyder was able to turn around the Wildcat program. It just shocks me that Kansas has yet to maintain any type of momentum with their program. Snyder not only turned the program around he has maintained it for several years. He is definitely one of the top coaches in the country. KU, meanwhile, has had a carousel at the head coaching position and it appears as though they'll have another one fairly soon. I hope so, because hearing the phrase "wait until basketball season" has gotten old!

First Amendment retaliation claim, and is not entitled to the preliminary injunction he seeks"

Americans United for Separation of Church and State, which filed a brief in support of the school district, celebrated the panel's decision.

"Teachers and coaches don't get to pressure students to pray," said Richard B.

Katskee, Americans United's legal director, in a statement released last year.

"Students and families have the right to decide whether and how to practice their faith. Public schools should be welcoming places for all students and families, and no student should feel like an outsider at his or her school."

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# 3 Unexpected **Upgrades to Add Beauty and Comfort** to Your Home

(StatePoint) While a simple home upgrade once meant a new area rug or fresh coat of paint, these days, there are new and unexpected ways to update your space in order to add beauty and comfort to your home.

• Think Smart: New technology can add unexpected convenience and luxury to your everyday life. Virtual assistants like Amazon Alexa, Google Assistant and Apple HomeKit, can help make your space cozy, comfortable and secure, giving you the ability to control light bulbs, door locks, blinds, music and more with voice commands. Companion apps also allow you to control home elements through your phone from anywhere.

Particular about shower? Create the perfect experience every day by programming temperature and water flow settings to your liking.

Enjoying family movie night and don't want to get off the couch? With WiFi-enabled SIMPLEconnect smart fan from Hunter Fan Company, for

example, you can turn the light and breeze on and off with simple voice commands.

• Living gallery wall: Add vital-



ity and beauty to your space with a living gallery wall, whereby plant life becomes a work of art. Known as a vertical garden, there are many ways to go about it, whether it's affixing planters in a pattern to your wall or hanging a flat panel of succulents and moss and bordering it with a picture frame. This will create a lively visual and a healthy one at that -- adding oxygen to the rooms of your home, or even nutrition, should you choose to plant

Add a breeze: Whether you live in an old house where central air is non-existent or you just want to add some ventilation to your space with a low-key upgrade, there's no need to call in an HVAC team. Adding a ceiling fan to the landing of your staircase, for example, can help pull and circulate cool air into the upstairs space. Or, consider transforming the traditionally neglected laundry room into a space that's comfortable for getting chores done. The addition of a ceiling fan can create a breeze and alleviate the heat created by the dryer. Low-profile versions like the Cranbrook from Hunter Fan Company, are a good fit for the small square footage of a laundry room.

For more design or upgrade tips, follow Hunter Company on instagram at @Hunterfanco visit itsaHunter.com.

Thinking outside the box when updating your space can go a long way toward adding beauty and comfort to your home.







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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.ora

### 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. Praver & 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.fsbctopeka.org Sunday Services: 8:30 AM Traditional Worship 9:45 AM Bible study--all ages 11 AM Contemporary Worship

### 7. TOPEKA BAPTIST CHURCH

"Finding NEW LIFE in CHRIST" Sunday Worship 9:15 & 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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### 9. GRACE COMMUNITY CHURCH 310 E 8th St (E. US 56 Hwy)

Overbrook, KS; 785-665-7117 Flyin 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 ~

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### 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 Snavely 760-3513

### 13. WANAMAKER WOODS NAZARENE

Serving Christ - Loving People 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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### 15. OAKLAND UNITED METHODIST

801 NE Chester, Topeka, KS 66616 235-1010 • oumc@att.net Shawn O'Trimble, Pastor Sunday School 9:15am, Worship 10:30am Children's worship time 10:30am Hear us on WREN Radio Sun. 10-11am Like us on Facebook! All are welcome - Come and see us!

### 16. HOUSE OF THE LORD CHURCH

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### 17. EAST SIDE BAPTIST CHURCH

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

### 20. HERITAGE BAPTIST CHURCH 1937 NF Madison St

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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

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### 23. HIGHLAND HEIGHTS CHRISTIAN

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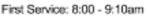


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### POLL

continued from page 1

or they don't like the sermons). Still others name logistical reasons, like being in poor health or not having the time to go, as very important reasons for not regularly attending religious services.

By their own description, those who cite reasons other than a lack of belief for avoiding church are a fairly religious group. About seven-in-ten identify with a religion (including six-in-ten who are Christian), and most say religion is either "very" or "somewhat" important in their lives. To be sure, they are not as religious as Americans who report going regularly to religious services. But by several standard measures, they are much more religious than those who say, "I am not a believer."

Demographically, more than half of those who do not attend church or another house of worship for reasons other than nonbelief are women, and they tend to be older, less highly educated and less Democratic compared with those who do not go because of a lack of faith. Meanwhile, those who refrain from attending religious services because they are nonbelievers are more highly educated and largely male, young and Democratic.

The survey also asked U.S. adults who say they attend religious services at least once or twice per month about 10 possible reasons they may do so. In response, eight-in-ten regular attenders say becoming "closer to God" is a very important reason they go to religious services.2

Additionally, roughly two-thirds say they attend religious services to give their children a moral foundation, to become better people, and for comfort in times of trouble or sorrow. Smaller majorities say that valuable sermons and being part of "a community of faith" are very important reasons for their regular religious attendance.

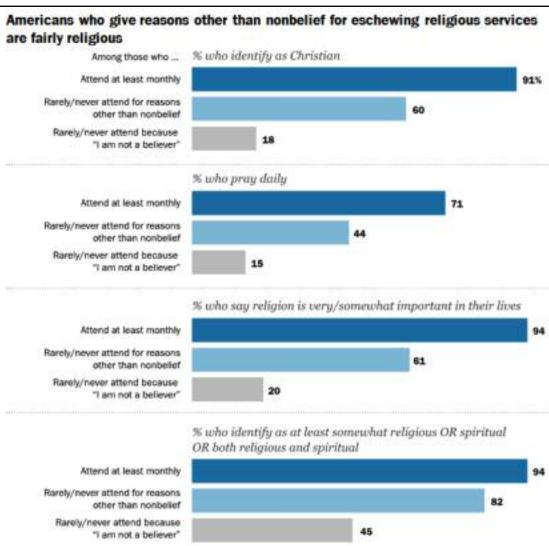
Far fewer cite their family's religious traditions (37%) or a feeling of religious obligation (31%) as reasons for their steady religious attendance, while even fewer say socializing and meeting new people (19%) or pleasing their spouse or family (16%) are key reasons they attend church regularly.

Other findings from the new survey include:

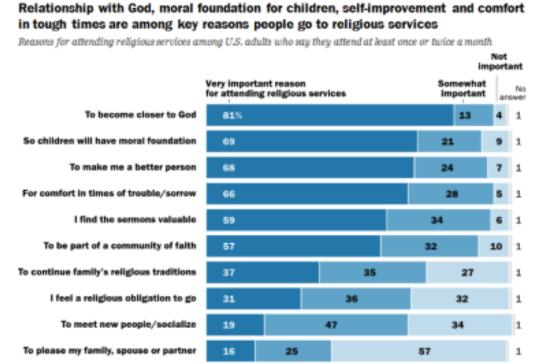
- Eight-in-ten regular attenders say they "always" or "often" experience a sense of God's presence when they attend worship services. Nearly three-quarters say they "always" or "often" feel a sense of community with people who share their religion when they attend religious services, and six-in-ten say they feel a sense of connection to a longstanding tradition
- Catholics who attend Mass regularly are significantly less likely than other Christian churchgoers to say that the sermons they hear are what keeps them coming back. Indeed, among those who attend church regularly, Protestants are roughly twice as likely as Catholics (71% vs. 36%) to say valuable sermons are a very important reason.
- · While the survey does not include measures of every conceivable way in which a person might put their religious convictions into practice (e.g., through environmental stewardship, social justice activism, etc.), those who avoid religious services because they "practice their faith in other ways" are less involved in a variety of community, charitable and social groups than are those who attend religious services regularly. Among those who cite practicing their faith in other ways as a very important reason for not attending religious services, 50% say they are active in at least one of several types of such groups measured by the survey, compared with 63% among regular attenders. And the people who say they practice their faith in other ways are far less religious, by a variety of traditional measures beyond worship attendance (including frequency of prayer, assessment of religion's importance in one's life, etc.), than those who attend religious services regularly.
- One-in-four respondents who rarely or never attend religious services (26%) give no specific reason why they do not select any of the eight factors mentioned in the survey as very important reasons for not going to church. This group is considerably more religious than those who say they do not attend religious services because of a lack of faith, but somewhat less religious than those who cite other reasons (e.g., logistical difficulties or that they "practice their faith in other ways") for not going to church.

– Pew Research Center

# Top reasons U.S. adults give for choosing to attend or not attend religious services Among U.S. adults who attend religious services at least once or twice a month, % who say \_\_\_\_\_ is a "very important" reason they ATTEND religious services To become closer to God 81% So children will have moral foundation 69 To make me a better person 68 For comfort in times of trouble/sorrow 66 Among U.S. adults who attend religious services a few times a year or less often, % who say \_\_\_\_\_ is a "very important" reason they DO NOT attend more often I practice my faith in other ways I am not a believer 1 haven't found a church/house of worship I like 23







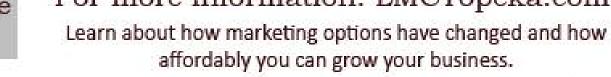
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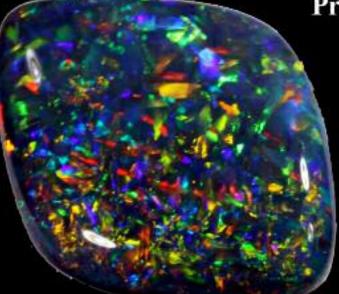
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