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NATHAN HARMON | Page 13

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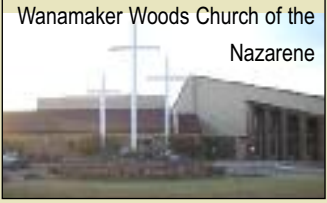
MOVIE REVIEWS
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See inside back cover!

For Steven Curtis Chapman, it's personal



Most of our memories are connected in one way or another to music. Remember when you took your car out for your first solo ride, the radio blaring? Slow danced with someone special? Wept at a funeral? Or perhaps, when you gave your life to Jesus at an altar call? They likely all had one thing in common. Music.

Music keeps score. As Michael Jackson said, "Music is the soundtrack to life."

For the past 30 years, many Christian music fans have marked their milestones to the music of Steven Curtis Chapman. Now, on Nov. 15 at the Folly Theater in Kansas City, his fans can get a personal tour through Chapman's own soundtrack.

"SCC Solo: A Night of Hits, History and Influences" is a culmination of 31 years of the music and life of this multi-Grammy Award-winning singer-songwriter and author. His

■ Please see **CHAPMAN** page 2

BEING THE BEST
A HEART CONDITION
 BY BARRY FEAKER



What is God's "best" for you?

It has been a season of humbling recognition for TRM and we are grateful; recognition calling us out as the "best." TRM Ministries has been recognized locally and nationally for the innovative way we approach those we serve and our role in the community. God has given all of us here at TRM the amazing opportunity to serve those who find themselves in very difficult circumstances. With this gift comes the responsibility to always, with God's help, do the very best we can to serve those who are in need. So, receiving these awards caused us to pause and ask "What does it mean to be the 'best' or do our 'best'?"

We see inconceivable brokenness and hopelessness every day. Despite this, we believe the Lord has blessed us with the responsibility, ideas and resources to glorify Him by serving those around us in the very best ways we can by daily doing our best.

I am reminded of the parable of the talents in Matthew 25:14-30 where the master said to his servants "I am going to go away for a while. To this one I am going to give five talents, to this one I am going to give two and to this one I am going to give one. I will be back - take care of what I have entrusted to you."

So, the one that had five, invested it and he had ten when the master got back. The one who had two had doubled his and had four. To the one who was given one, he didn't do anything with it because he was afraid of his harsh master. So, the master said to the one who received five, "Well done, my good and faithful servant." To the one who doubled his two talents he said, "Well done." To the one who took the one talent, just the one, and didn't do anything with it at all - he had less to lose, he had less risk, but didn't do anything with it - the master said, "You are not worthy to be a part of the company anymore; you're banned to outer darkness."

■ Please see **BEST** page 2

Top comedian comes to YFC Comedy Cafe

Michael Joiner is undoubtedly one of today's most popular entertainers and comics. Whether it is nationwide sold-out comedy tours, films, hidden camera pranks or YouTube skits, Joiner demonstrates an extraordinary ability to connect with a wide and diverse audience.

A true "comic's comic," Joiner, often referred to as "God's Smart Aleck," has been performing his own sarcastic style of observational stand-up comedy for over 25 years, becoming one of the best known and respected clean comics working today. His crowd interaction and unequaled ability to improvise with audience members has gained him respect among fans and Comedians alike.

Audiences around the country may recognize Michael from one of his many starring roles in films like Sony Pictures theatrical sleeper hit, "The Grace Card" or the more recent Comedy hit "Heaven Bound," as well as his scene-stealing roles in movies such as "My Name is Paul," "Rumors of wars," "Love Covers All" and most recently "Kudzu Zombies." He's written for dozens of stand-up comedians, as well as "The Tonight Show" and "Politically Incorrect." Joiner's many TV appearances have included "Bananas" & Chonda Pierce's "Stand up for Family's" on the Dove Channel. He was actor Bruce Willis' full time photo-double for

■ Please see **COMEDIAN** page 3



Annual Red Kettle Campaign Begins



The season of giving is right around the corner, and the familiar sound of bell ringing will announce the beginning of The Salvation Army's annual Red Kettle Campaign. The Salvation Army kicks off this year's Campaign Monday, Nov. 19th at 11:30 a.m. on their front lawn at 1320 SE 6th Street. Major Brian Burkett of The Topeka Salvation Army and Captain Kettle will be joining this year's Red Kettle Chair for the event.

Bowls of chili will be served along with sandwiches and hot chocolate - free to the public.

They are now accepting applications until December 14th at their headquarters. All that's required is a resume, ID and a Social Security Card.

To see what times are needed for bell-ringers, go to www.registertoring.com

Money collected during the campaign supports Salvation Army programs throughout the year, such as utility assistance, disaster relief and food programs, which have gotten a head start thanks to last year's campaign.

"We help more and more folks," said Core Officer Brian Burkett. "Monday through Friday, 4 o'clock we're feeding anyone in town who's hungry. Our pantry program, the numbers have went up, but we know the people of Topeka will continue to help us meet that need."

PARTNERS TO SHARE THE WARMTH

You may not know it judging by current temperatures, but winter will be blowing into Northeast Kansas sooner than many care to admit.

The change in seasons has many digging out their winter coats - however, some aren't so fortunate.

For those in need of outerwear as the

■ Please see **WARMTH** page 3

CHAPMAN

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book, "Between Heaven & the Real World: My Story," is somewhat the script behind the music on this tour.

"It's really a unique kind of thing that I've been, over the years, kind of creating — this little bits and pieces of just telling my story, using music to kind of take people on this journey," he said during a recent phone interview. "... There have been a lot of songs that reference the journey that I'm on — and others — that we're on together."

Chapman's memoir chronicles growing up, his faith journey, his marriage and family, the death of his daughter, Maria, in an accident in 2008, and adopting children. He lays it out story by story, song by song.

"This tour and these concerts are really that set to music," he said. One story is about how he grew up in a musical family and that the very first song his dad taught him how to play on the guitar was Johnny Cash's "Folsom Prison Blues."

"I play a bit of that in the concert," Chapman said. And then he talks about how that song evolved into his own music.

"That's really what this concert is," he said.

For those who haven't read the book, don't worry. "They'll get the Reader's Digest version," Chapman joked.

He said to think of his concert as a book that's been turned into a movie. If the movie is done really well and a person hasn't yet read the book, they might go, "Wow! It's a great story!"

"Then you'll want to go read the book," he said.

Since his first album came out 31 years ago, "there have been a lot of seasons in life that I have shared with people," he said.

"The amazing thing is ... so many people will tell me, 'You know your songs have been kind of the backdrop or soundtrack to my life,'" — raising kids, getting married, getting a first job, losing a job or losing a family member or sadness and joy and grief in those songs have been all kind of part of the soundtrack for a lot of people," he said. "It's just amazing to me and humbling. It just blows my mind to think how many people will say, 'We had your song sung at our wedding.'"

The other day someone said they walked out of their wedding to his upbeat song "Dive" — representing how they were diving into life together.

"Just having those kinds of connections with people through the years, I feel like with this concert I've had a lot of people who said, 'Man, I've never laughed harder and cried harder at a concert,'" Chapman said. "It's just a lot of memories and a lot of shared journey together, which is a pretty remarkable thing and a great gift."

Chapman wants to take concertgoers on a journey of remembering, knowing the power of music can send a 60-year-old back to high school. The intentional act of remembering is how he fell in love with his wife all over again.

"You can hear that song again and it takes you back," he said. "In my experience and the shared experience I have with so many listeners to my music, it's a lot of remembering our journey of faith, too. Music can do that. It can help us remember when we really need that."

"On this road we're traveling, sometimes we forget, it gets dark and we feel like gosh I'm alone. I don't even know if God is hearing my prayers or cares about me. And I know that feeling," he said.

But, Chapman pointed out that it's at those times that a person has to stop and remember — "Remember when God did this in my life, and we shared this together?"

"We go back and revisit that and retell that story, because if you look at the Bible, God told his followers in the Old Testament — the Israelites — to do that, to build memorials where they would go and remember," he said.

These "remembering stones" would be stacked and were a visible pause: "Hey, remember what happened here."

Chapman said, "It's a powerful, important thing in our journey. It's kind of what these songs can be and really what this night is."

He also wants people to "remember into the future." Christians trust in something they haven't fully seen or experienced yet. "We trust by faith that God has made these promises and so there's also a lot of remembering into the future, this is how the story is going to unfold and we believe in that and trust in that."

"That is kind of the hope for the night."

BEST

continued from page 1

Those are pretty harsh words, but the bridge to TRM is that the master gave the talents according to each one's ability. That says a lot. The master in our case is the Creator of all. He made each one, so he knows what they are able to do. And He knows what we are able to do and not do.

Are we honoring the Lord in the best way we can? Wisely investing our "talents" isn't about how we compare to other organizations either locally or across the country. It isn't about receiving a plaque. It's really about helping those we serve to feel safe and well cared for, the best we can. It's about acknowledging that they are also doing the best they can. It's about being the best reflection of our Lord we can be.

While working to do our "best" there are many challenges. At the urging of the Lord, and the ongoing needs in the community, our ministry has grown. We responded to His call and transitioned into transformational community stabilization work, NET Reach. We began addressing the need to reach the youth of our community and expanded the ministry of Doxazo. The Lord placed on our hearts to care for the littlest in our community, thus the Children's Palace began. Education and mentoring programs sprang forth. The human trafficking concern was expanding, so our response was Restore Hope and Freedom Now USA. All these works are "talents" our master and creator entrusted to us. Our response was to do our very best.

I think when you look around and see staff who have been here for years and years, and then see newer folks who have joined the team, you see people who want to be on God's journey; people who want to do their very best and honor Him. We have not played it safe. We haven't been content with taking the easy road. We could be "just" the shelter, the food and the clothes. But God entrusted us with a vision to do "more" and we trusted Him to go beyond basic needs and do our best. "Best" is really HEART. What the Rescue Mission has done in relationship to what God's heart is, is to trust Him without reservations.

So, then "What is God's best for each of us, what does He want us to be?" In the world, whether you are in business, non-profits, the church, whatever; we measure based on numbers, success stories, on budgets, on number of volunteers, in some rescue missions they measure on conversions for Christ. We measure, measure, measure, but do we really think about the "best" as what God's best is for us? Do we consider doing our "best" to glorify Him?

We see the "best" every day. We see it in people who are coming into our shelter for a meal. The guy or gal who walks into the Rescue Mission who doesn't have good teeth, maybe walks with a limp, maybe has brain damage from being a crack baby, maybe has never been able to hold down a job, maybe is addicted to methamphetamine to soothe their pain. If they come into the rescue mission and they are attempting to survive the day; just survive the day, that may be their "best" — the best they can do for that day. So, the best we can do is to help them become their best. We see the best in those who are waking up in a bed in our men's dormitory or the Hope Center or in someone in one of our programs. They are doing the best they can today, and we stand beside them to help.

You may find yourself in the middle of a

Life Lessons From a Little One

INTEGRITY

by Jessica S. Hosman

"But I don't wanna do my homework, Mommy!" Looking around the messy kitchen and lacking the motivation to clean it or cook dinner, I made my son a deal. Mommy does the homework; Zechariah empties the dishwasher, loads the dirty dishes, cleans off the counters, makes dinner and sets the table. The strong-willed twinkle in his eye gleamed and he accepted my offer. Stunned, I watched as he rolled up his sleeves, pushed over a chair to stand on and began doing everything I asked of him with a smile on his face.

I, in turn, sat down at the table with his second-grade math.

Zechariah kept an eye on me the whole time, multitasking between his chores at hand and coming over to "teach" me how to do the math problems. (He didn't know that I had planned on sending his teacher an email that evening explaining our little family project and why his work was done in my writing.) Each time Zechariah came over to see how I was coming along, he seemed to be getting more and more nervous. He had finished everything but the dinner preparation when he stood next to me with his head down and a very solemn look on his face. "Mommy," he said softly, "I don't feel good." When I took him into my arms and asked what was wrong, he went onto explain that he didn't think I should really do his homework because it wasn't honest. He said that his teacher wants him to do his own homework and it didn't feel good inside knowing that someone else was doing it for him. He said he still wanted to cook dinner (aka microwavable leftovers), but he really wanted to do his own homework too.

For years he and I have been talking about the word "integrity" and what it

means to walk it out in everyday life. And for years, I have wondered if any of those conversations have fallen upon anything but deaf ears. Yet today, I couldn't stop the water from filling my eyes when my son began counseling me on what it means to walk in integrity regarding his homework and the beautiful conversations and lessons that flowed from there.

Truthfulness is not always easy and doing the right thing even when no one is looking can be tough. How many of us can recall that first conscious brush with something we knew was sin or a lie and the sickening feeling that filled our stomach as a result? But how many of us stayed sensitive to that feeling through the years and used it as a guide that would teach us right from wrong for decades to follow?

It's a simple truth we teach to kids — thou shall not lie — but it's an easy one for us to reason our way out of as adults. We convince ourselves that "little white lies" and "small exaggerations" can't hurt a thing but, in reality, it hurts our ability to hear from God and remain sensitive to His Spirit's leading in our lives.

I want my son to live a life of integrity and righteousness, but I want that for myself as well. I want to be sensitive to those nudgings of the Lord when He's using my gut to tell me something is amiss. I don't want to reason my way out of it. I want to grow and learn through it. In the big things, and the seemingly small. I want to walk in integrity. I want to walk in truth.

Lord, help us all to be sensitive like little children and return to the simplicity of Your truth. We're never too old to learn, start afresh and yield to You. Help us, we pray, and show us the way to walk in integrity in all we do. In Jesus' Name. Amen.



Jessica Hosman

struggle. You may be questioning your value or the value you bring to others. God just wants you to focus on doing your best for TODAY. It may be sharing a kind word with someone at work or sharing your resources with TRM, your church or

another helping organization. It may be simply offering a smile to a stranger on the street. The "best" isn't the shiniest thing. It's a heart condition. The best is what God has equipped us to do and faithfully stepping forward to do our best.



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Magazine readers.

At the same time, visitors can also tour Constitution Hall, a National Landmark. Lecompton is the "Birthplace of the Civil War, Where Slavery Began to Die." Lecompton was recently named one of the "Best Small Towns in Kansas" by Kansas

The display will be offered from November 1 to January 1. The display and museum is open 10 am to 4 pm Monday through Saturday and 1 to 5 pm Sunday. A Christmas Vespers will be offered December 2 at 2pm. For more information go to lecomptonkansas.com.

COMEDIAN

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the hit TV show "Moonlighting" and he appeared on many TV shows including "21 Jump St." and "30 Something." He was the 1st place winner of the Hollywood Improv's "Funniest Comic in LA," and Nashville Christian Music Hall of Fame "Comedian of the Year" nominee 2013.

Now Joiner brings his top-rated show to Topeka for the 2018 Topeka Youth For Christ Comedy Café on Friday night, November 9th, starting at 6:30 p.m., at Fellowship Bible Church, 6800 SW 10th Ave.

The YFC Comedy Café is a perfect blend of food, fellowship, fun, and laughter, with a purpose that inspires people to make a difference with teens. You can expect a quality event that includes a combination of the following elements: Time for social interaction over delicious coffee and desserts, a creative program that highlights young people and tells the YFC story, and a hilarious professional comedy act from an internationally known comic.

The Comedy Café is a fundraising event that helps fund the ongoing ministries of Topeka Youth For Christ. There will be a free will offering at the end of the program and an invitation to partner

with YFC to touch the lives of teens in the greater Topeka area.

Admission is free, but tickets are required. The Comedy Café is underwritten by individual table sponsors so seating is limited. For tickets, call the YFC office at 785-232-8296 and leave a message with your contact information and a Comedy Café team member will call you back.

People who love to laugh and love helping teens with needs will love this event! You don't have to be religious to attend because YFC's Comedy Café does a great job involving people from all walks of life.

YFC's mission is to reach young people everywhere, working together with the local church and other like-minded partners to raise up lifelong followers of Jesus who lead by their godliness in lifestyle, devotion to prayer and the Word of God, passion for sharing the love of Christ and commitment to social involvement.

Every day at thousands of community centers, high schools, middle schools, juvenile institutions, coffee shops, and local hangouts, YFC staff and volunteers meet with young people who need Jesus. We are rural and urban and we are always about the message of Jesus.

For more information visit www.topeka.yfc.net.

Kansas sued over gender and birth certificates

A federal lawsuit is challenging Kansas policy that prohibits changing the gender designation on birth certificates for people with gender dysphoria. The current law bases determination of gender on biology rather than personal preference.

The American Psychiatric Association describes gender dysphoria as involving "a conflict between a person's physical or assigned gender and the gender with which he/she/they identify. People with gender dysphoria may be very uncomfortable with the gender they were assigned, sometimes described as being uncomfortable with their



body (particularly developments during puberty) or being uncomfortable with the expected roles of their assigned gender."

The organization believes the condition is psychiatric and not biologically based. But that has not stopped the movement from changing state laws to reflect their preference rather than biology.

Kansas is one of three states, along with Tennessee and Ohio, that also rely on science to determine sex, rather than feelings.

The lawsuit was filed Monday on behalf of four people and the Kansas Statewide Transgender Education Project. It seeks an order forcing state officials to provide birth certificates that reflect a transgender person's sex consistent with their gender identity.

"Frustrating. Frustrating, very frustrating. I want to be male across the board. And my birth certificate is the only situation where I'm not male," plaintiff Luc Bensimon said.

Issue already settled by law?

The Kansas Department of Health and Environment said in an email that the issue was previously litigated in a state court. In that ruling, the state's science-based method of determining biological sex was upheld.

Its spokeswoman said the department does not have the authority to change a birth certificate except to make minor corrections or by a court order. Gender identity is not considered a minor correction.

Some states have moved to add up to 64 different gender identifications to birth certificates and drivers licenses which has been too much even for liberal state legislatures. The most notable, in Massachusetts, shot it down after Democrat legislators admitted the problems it would create.

Sherriff's Chaplain to speak at Nov. C5-Alive Luncheon

The C5Alive "POWER Luncheon" will be held Nov. 8 at The Peak, 1920 SW Gage Blvd., and the featured speaker will be Paul Taylor, an author and currently chaplain at the Douglas County Sherriff's Department.



Taylor

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.

On December 13 the Christmas Luncheon will be held at Fairlawn Plaza, with



Hunt, Jr.

Christmas music and games.

Lamar Hunt, Jr., will be the featured speaker at the January 10 luncheon.

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

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

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

C5 members may also sponsor luncheons and other events as a way to promote their organizations. For more information about C5, go to C5Alive.org, facebook.com/C5Alive, or call 785-640-6399.

WARMTH

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thermometer drops, the Salvation Army and Scotch Cleaners are lending a helping hand.

The 32nd annual Share the Warmth coat drive will kick-off on October 22 and will run through November 16.



During this time, unwanted coats of all sizes and colors are being accepted at the following Scotch Cleaners locations around Topeka:

- 134 SE Quincy St., Topeka
- 2801 SE California Ave., Topeka
- 2007 NW Topeka Blvd., Topeka

There they'll be cleaned and delivered to the Salvation Army for distribution on December 1.

For the past 32 years, Scotch Cleaners of Topeka has partnered with The Topeka Salvation Army to provide coats through the "Share the Warmth" program. During that time over 26,272 coats have been cleaned and distributed to children and adults. In 2017, 4,400 coats were given out at the Topeka Salvation Army.

Major LeeAnn Burkett, corps officer of the Topeka Salvation Army, states that, "partnering with a community-minded, caring business like Scotch Cleaners allows us the opportunity to provide a much needed service to those in need within our

community. We are grateful for their generosity and their continued partnership."

The Topeka Salvation Army is in particular need of youth coats.

If you're in need of warm winter-wear, you can stop by 1320 SE 6th Street from 9:00 a.m. to 2:00 p.m. on distribution day.

There's no need to provide any documentation, but the Salvation Army does ask that you sign-up upon arrival and shop their coat selection for only you and your family.

Community volunteers are needed to assist the Topeka Salvation Army in the sorting of the coats prior to distribution and as personal shoppers on the day of distribution. To sign up, or, for more information, please contact Major LeeAnn Burkett, 785-233-9648 or leeann_burkett@usc.salvationarmy.org.

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Brownback: everyone can support religious freedom

Sam Brownback is a diplomat, chosen by the Trump administration to travel the world promoting religious freedom. But he sometimes describes himself as a salesman, and he thinks he's got a great deal for global leaders.

If they'll agree to strengthen religious freedom protections in their countries, to defend the rights of people of faith and no faith, he can promise a safer, more prosperous future, as well as more schools, hospitals and acts of service.

"I sound like one of those \$19.95 commercials," he told attendees at this week's International Law and Religion Symposium in Utah. "On top of that, we'll also give you less terrorism and more economic growth."

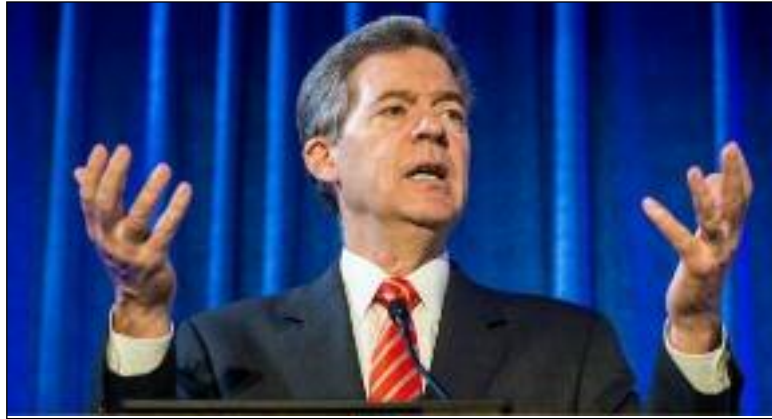
Brownback, who was sworn in as the U.S. Ambassador-at-large for international religious freedom on Feb. 1, needs more policymakers to take him up on this offer. Around the world, it's becoming more difficult to stay true to your beliefs.

"How are we doing in the world on religious freedom? Unfortunately, I think my answer is... I don't think we're doing very good," he said during his keynote address.

Brownback described government interference with personal faith in China, where Muslims and Christians are closely monitored and some houses of worship have been shuttered. He mentioned the persecution of the Rohingya Muslim community in Myanmar and the imprisonment of an American pastor in Turkey. He recounted traveling through northern Iraq and seeing piles of rock that used to be churches.

"This is just a bit of what's taking place in the world today," he said, citing a Pew Research Center survey that found nearly 8 in 10 people worldwide are affected by religion-related government restrictions or social hostilities.

It's a daunting situation, and Brownback's work sometimes amounts to just "triage," he said. He travels to the places with the most pressing needs or to the leaders who want to work with him and then he offers his sales pitch.



"More religious freedom leads to more freedoms" in general, and a "better and growing country and society," he said.

Brownback, who served as governor of Kansas from 2011 until this year, helped create his current job 20 years ago, while serving in the Senate. He was a co-sponsor of the International Religious Freedom Act of 1998, which mandated the ambassador-at-large position and an annual report on international religious freedom violations.

"A number of us in Congress didn't think the State Department was taking matters of religious freedom or really taking faith seriously enough in foreign policy," he said.

Although the act received bipartisan support, many political and religious leaders have questioned its value over the past two decades. People worry about the optics of U.S. policymakers interfering with faith communities in other countries and wonder if issuing reports and statements leads to meaningful change.

"Generally, the effectiveness of this (ambassador) position has been marginal in the sense that what it's been reduced to is naming and shaming," said Sean Casey, who previously served as the director of the State Department's Office of Religion and Global Affairs, to the Desert News last year. "There's not a lot of evidence that a foot stomp and annual report has any diplomatic impact at all."

Brownback, who is the fifth person to hold his post, believes U.S. activism around religious freedom does matter.

"Religious freedom is foundational in the United States," he said. "We're going to fight for it."

In July, Brownback, with the support of the Trump administration, helped host a first-of-its-kind ministerial on religious freedom, which brought together representatives from 84 different countries. The event brought attention to survivors of religious persecution, as well as the communities that still suffer, and paved the way to stronger global partnerships.

Over the past three months, Brownback has been traveling to continue the conversations that started at the ministerial, encouraging other countries to host their own regional meetings on religious freedom, he told symposium participants. The State Department plans to host an international gathering again next year.

"I think, long term, what's really going to have an impact are these ministerials," said Cole Durham Jr., director of BYU's Center for Law and Religion Studies. "They're bringing together people focused on religious freedom from a lot of different countries."

To end religion-related violence around the world, everyone needs to commit to doing what they can to help, Brownback said. He noted that college students can host discussions on religious freedom and faith communities can choose a country or crisis to study and discuss.

"It takes not only the government" to protect religious freedom, he said. "It takes civil society. It takes the faith community. It takes the legal community. It takes all of us pulling together to really push this fundamental freedom forward."

Popular youth speaker will address students and adults at public event

Nathan Harmon is a man who is beyond passionate about what he does. He truly believes that every person he interacts with can be impacted and that every person can have a life that screams leadership, value, and belief. Harmon believes that people don't have to settle for anything short of excellence, no matter the situation; that every person can rise above and overcome their obstacles.



There may not be another speaker who is more energetic and engaging. Yet Harmon wasn't always so energetic and positive. In Harmon's youth he found himself battling eating disorders, suicidal thoughts, divorced parents, self-harm and drug addictions, until he eventually made a decision that forever changed his entire life.

On July 17th, 2009, Harmon was drinking and driving when he lost control and hit a tree. His passenger Priscilla Owens lost her life the next morning. Harmon was sent to jail afterwards and was incarcerated for three years and nine months.

The Owens family forgave him and now with their full support, Nathan has dedicated his life to scream and shout from every mountain top that "Your Life Speaks! Your life is important. Your life and voice have the ability to overcome every obstacle and every situation."

Harmon now travels the entire country, speaking to thousands of students and assisting them with tools they need to navigate the difficult world of life. He has been completely drug-free and sober now for 10 years.

Now the number one booked speaker for youth in the entire United States, Harmon will speak at a public event at Hayden Catholic High School, 401 Gage Blvd. in Topeka on Thursday, November 15. The free event is called

"Your Life Speaks" and Harmon will address topics he is all too familiar with, such as suicide, bullying, drugs and alcohol and bad choices.

This life-changing event begins at 7:00 p.m. and is appropriate for all ages, preferably age 12 and up. Doors will open at 6:00 p.m.

A free will donation will be accepted at the event. To learn more visit www.YourLifeSpeaks.org.

For questions about the event, contact Jerry Hudgins of Sole Reason at 785-338-2965 or email Sole_Reason@yahoo.com. Sole Reason is the sponsor of the event. Hudgins



started Sole Reason, in Topeka, Kansas, in response to Pope Francis's call for "The Year of Mercy." It is a non-profit 501c3 company that specializes in the

collection and distribution of new sneakers to local children in need. Hudgins partners with several local organizations, such as Boy's & Girl's Clubs of Topeka, Communities in Schools, YWCA, Local School Districts, Family Service and Guidance Center, and Breakthrough House.

For more information about Sole Reason, visit www.solereason.net or Sole Reason on Facebook.

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opinion

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Christians will decide the election, either by voting or not

As I sit down to write my monthly letter this morning, many important topics are running through my mind. Only one, however, rises to the top. Powerful social movements and passions are "blowing in the wind," and most of them have dangerous implications for the institution of the family, religious liberty, our children and unborn babies, and the country at large. The Ship of State, on which we all are passengers, is steaming into uncharted waters, and the midterm elections occurring on November 6 will determine its course for decades to come. That's why my letter this month conveys a single urgent message. Christians must go to the polls next month and let their voices be heard! Turnout will determine the outcome. What will you do about it? Will you sit out this election? God help us if you and I fail to fulfill our moral responsibility.

Sean Hannity, commentator with Fox Cable News, said this November election is more important than any midterm in our lifetime. Everything is on the line, and a wholly new interpretation of the Constitution looms before us. Socialism would replace freedom and free enterprise.

I believe Hannity is right. Looking back, I am convinced that Abraham Lincoln's second term in 1864 was the most consequential presidential election ever. Lincoln ran on a promise to finish the Civil War and preserve the unity of our nation. Opposing him was General George McClellan, who wanted to end the war and leave the country divided.



The editors of many newspapers supported McClellan and predicted his victory. If the General had prevailed, America would likely be two separate and competing nations today. Instead of a statue of McClellan standing in our nation's Capitol, an inspirational monument depicts a seated Abraham Lincoln. It commemorates what this man did to preserve our nation and abolish slavery. That is why we honor him today.

Destiny rides before us again. As Barack Obama said after winning a second presidential term, "Elections have consequences." Indeed, they do. We, the voters, have it within our power to protect our Constitution, preserve our democratic system of government, and secure the blessings of liberty for us and our posterity.

Will you, my brothers and sisters, take 30 minutes to go to the polls on November 6? Before doing that, I ask you to become familiar with the issues so you can cast an informed vote. And even

before you do that, bow humbly and prayerfully before our merciful Lord and ask Him to guide how you make the choices that appear on the ballot. And one more thing. Call or email every friend in your church or neighborhood and urge them to vote! Drive them to the polling place in your car if they don't have transportation or don't know where it is located. Ask your pastor to set up registration tables in the vestibule of your church. Talk to your family members. Do everything you can to influence this election. You can be sure that those whose views you oppose will be working just as hard. If you are AWOL in this battle, you and everything you stand for might slip away.

I would leave you with this concluding thought. As we all know, many Americans are bitterly divided today, both conservatives and progressives, Democrats and Republicans. Sadly, we are plagued by hatred and strife. In that tragic environment, I will point you to the words of Abraham Lincoln, spoken on the occasion of his second Inaugural address, March 2, 1864. The war had 13 months to go, and the North would eventually achieve victory. Lincoln had said years earlier that, "This government cannot endure, permanently, half slave and half free."

It would take a terrible Civil War to resolve that conflict. During that struggle, 600,000 of his countrymen would die, both from the North and South. The death toll of that 5-year war exceeded the combined total of all the war-dead in our nation's history. Nevertheless, Lincoln

showed deep compassion and concern for both friend and foe. Read these words and ask yourself if this should be our attitude toward those we now oppose. Here is the conclusion to the address written and delivered by this great statesman:

"With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation's wounds; to care for him who shall have borne the battle, and for his widow, and his orphan - to do all which may achieve and cherish a just and a lasting peace, among ourselves, and with all nations."

America, we must show charity in our day, as we have done what is right, as we see the right. We must say with Mr. Lincoln, "With malice toward none and charity for all." Win or lose, may we show a spirit of compassion to those with whom we passionately disagree. May we maintain a spirit of kindness to all men and women. I believe that is what our Lord, Jesus Christ, would require of us.

Thanks, everyone. Voting in this election may be your greatest gift to this marvelous, free and democratic society. Hebrews 12:1 reads, "We are surrounded by a great cloud of witnesses." Could it be that many of our forebears will be watching as we protect and defend what they purchased with their blood? Now it is our time to defend the heritage they bequeathed to us.

God bless you all.
Sincerely,
Dr. James Dobson

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THE DEEP MEANING OF THANKFULNESS



CLINT
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President and Evangelist with Great Awakenings, Inc.

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"Attitude of Gratitude," "A Thankful Heart is a Happy Heart," "Thankfulness is The Beginning of Happiness." These are just some of the quotes you see after a quick search about thankfulness. On the surface it appears thankfulness is a motivational and inspirational concept to "turn that frown upside down" and get our "half empty glass, half full". Thankfulness has much more substance than that.

In the United States, thankfulness is part of our national heritage. The creation of our Thanksgiving holiday is rooted in our European Pilgrim forefathers who came to America in the early

1600s. Their practice of thanksgiving feasts came from their religious faith. They worshiped God, were followers of Jesus and read their Bible. One passage they no doubt read was Ephesians 5:20, ". . . [give] thanks always and for everything to God the Father in the name of our Lord Jesus Christ . . ."

The whole idea of thankfulness has religious origins, found in our Creator. To separate thankfulness from any mention about God and keep it merely as a motivational topic is to miss the real deep and rich meaning.

The word "thanks" comes from the words "good" and "grace". It denotes two parties. A giver and receiver. The giver shows some kindness and the receiver responds with thankfulness to the good grace shown him or her.

In our western culture we act as if there was just one party. We say, "Be thankful" or "I am thankful." But I ask, "To whom?" We, as the receivers, are saying "thanks", but we are acting as if it is in a vacuum. There was a giver. I argue, based on the truthfulness of the Bible, God's Word, that God is the giver of all good things.

There are unexpected blessings, kind acts, mysterious happenings that we may attribute to medicine, science, chance, fate or simply to nice people. But behind it all is an invisible God showing you His goodness and grace. Give Him thanks.



This is a message for the committed believer and for the nonreligious skeptic.

Talking about thanking God when things go our way, is one thing, but what about in times of suffering and hardship? In those times we often turn and blame God, yet, His goodness and grace is there in bad times, too. Because the pain blurs our vision, we often need God's help, or the help of others, to see His goodness.

Acknowledgement is a key word in thanks. In personal relationships, we should personally acknowledge the good someone brought us; with God it is the same. Giving thanks is acknowledging His grace in the fabric of our lives - during the good times and bad.

And the greatest act of kindness God has shown - is the giving of Jesus, His only Son. Jesus' life, death and rising again, gave you an opportunity for new

life through forgiveness of all your sin. He gave to the world without being asked and in the face of disbelief and opposition. One day you will stand before Him and be judged. Will you have believed and given thanks for Jesus or will you refuse and experience God's wrath? Open your spiritual eyes and see God's goodness shown to you in Christ, then follow Him with all your heart.

A prayer for you to pray- "Lord God, help me to see your goodness and grace in my life, in both the good times and bad. Open my eyes that I might give you thanks and praise. In Jesus' name. Amen."

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



Dreams Do Come True: Four Teen Siblings Adopted by Loving Family

Adoption is central to the Christian mission

Adoption has been gaining attention as a national priority in the United States. More than 160,000 adoptions take place each year, but there are still 135,000 children waiting for adoption in the U.S. foster care system, as well as infants born to birth mothers not ready to parent. In light of Christ's command to care for orphans, the number of children without loving homes is more than just another social issue; adoption is a central Christian concern.

Defined as the permanent, legal transfer of parental rights over a child from biological parents to adoptive parents, adoption is an important social practice that promotes the well-being of children, families and society. Though there are several different categories of adoption, every adoption scenario gives adoptive parents the same rights, responsibilities and joys as biological parents, and gives adopted children the same legal, social and emotional benefits of birth children.

Adoption positively affects all those involved with the process.

It gives birth mothers the assurance that their children will be raised in stable families, gives adoptive parents the joy of parenting, and gives children the opportunity to join a permanent family and grow up in a loving home. Adoption also promotes the social and economic well-being of our nation because an adopted

child is less likely (than the child of a single mother) to grow up in poverty, more likely to obtain an education, and more likely to have an involved father.

Adoption is also connected to important social issues, such as the sanctity of human life and the definition of family. Adoption upholds the sanctity of human life by providing a positive alternative to abortion for birth mothers who feel unable to parent.

Adoption contributes positively to family formation by creating the opportunity for children waiting in foster care to have a loving mother and father—replacing what the child has lost.

And yet, the adoption process has been recently burdened by initiatives that ignore its purpose and promote unrelated goals. It is no wonder then that the fundamental purposes of adoption have come under attack and that adoption has become a topic of political controversy.

Christians should recognize the importance of adoption and current political threats to the practice. Whether your family is led to adopt, or not, you can still be committed to not only promoting adoption among churches and families, but also to advocating adoption policies that promote and defend the well-being of children, parents and families.

—Focus on the Family

Kimberly, Keishaune, Ke'Rel and Keimarla were four siblings ages 3-10. Like all children, they simply wanted the love, safety, and security that family provides.

But in 2010, their family was having difficulty meeting their needs. Their mother struggled with substance use, and her boyfriend physically abused one of the children. When the abuse was reported, he threatened the other children, saying he would burn down the house or kill them. For their safety, the courts brought the children into foster care.

While foster care is a necessary intervention to keep a child safe, this began a difficult road for the four brothers and sisters. At times, they were separated from each other or had to move houses, which is not the intent of any foster care program. There were not enough foster families in their hometown, and of those families who were available, few had the bedroom space to care for all four children.

After two years, it became clear that their mother was not able to provide a safe home and the courts terminated her parental rights. The children dreamed of being adopted together by a loving family, but as the years went by, that dream seemed more and more out of reach.

Searching for the Right Family

As a lead agency on behalf of the Kansas Department for Children and Families, KVC provided foster family care for the children. When they became in need of an adoptive family, KVC worked in collaboration with Adopt KS Kids to help them find a family by listing their profile on AdoptKSKids.org and the KVC adoption website. Driven by the knowledge that "children grow best in families," KVC wanted these four kids to be among the 4,000 youth it has matched with adoptive forever families in its history.

By having their profiles on AdoptKSKids.org, the children were in front of the perfect audience: adults looking to grow their families.

Tate and Meriam Thompson of Pratt, KS were one of the couples browsing the website. Tate is a high school English teacher and coaches wrestling and tennis, and Meriam works for a state government agency. They had three biological children already, Hogan, Jady and Tiger. While they started with the idea of adopting one child, they eventually set their hearts on adopting a sibling group. They specifically searched for African-American siblings that included teens because they knew these youth often wait longer to be adopted. They became a licensed foster home through the Kansas Children's Service League, while also inquiring on children available for adoption.



"We always talked about adoption even before we got married because my wrestling coach informally adopted Meriam," said Tate. "He took her in when she was in high school. So when our daughter said that she wanted a little sister, we told her that can only happen if we adopt. We asked our kids, are you interested in adoption? And they were." In fact, it was unanimous and the whole family took the required training class together.

Meeting for the First Time

By the time the Thompson family found the four siblings' profile, the kids had given up hope that they would be adopted. They believed it was their fate to age out of foster care without a permanent family. In fact, the kids' online profile didn't include oldest sister Kimberly who was almost 18 and had decided to age out of care. The Thompsons researched to find there were four and invited Kimberly to be part of the adoption.

So when the four heard there was a family that wanted to meet them, they were not interested. "I can remember going to the children's foster home with their case manager to tell them about the family," said Jenna Parker, an adoptive

resource coordinator at KVC. "Prior to our meeting, the children had written letters to the family saying they did not want to meet them or be adopted by them. As we went over the family's profile book, one of them actually took notes about the family as he soaked it all in. In the end, when I asked them if they were willing to at least meet the family with no commitment to agreeing to adoption, they all agreed except for Ke'Rel. He let me know he was not willing to meet them, which I told him was fine but if he changed his mind he was welcome to come."

"We were able to facilitate the first visit to our office, and thankfully Ke'Rel decided to come. It would be difficult to put into words the transformation that occurred during that visit in watching the children open up to the idea that this could really happen."

Tate confirmed there was a little magic at that first meeting as their three children and the four siblings met for the first time. "The four kids were expecting to meet only Meriam and me, but we don't do things that way in our family. When

■ Please see SIBLINGS page 7

Every child deserves a loving, caring home. A family they can call their own. A place where they belong. With people who will be there for them always.



Adopt Kansas Kids

• www.adoptKSKids.org • 877-457-5430

Adopt Kansas Kids works to connect foster and approved adoptive families with children throughout Kansas who need adoption. This service is provided by the Kansas Children's Service League through a contract with the Kansas Department for Children and Families (DCF).

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5 myths about foster care and adoption

Business News | Clint Williams

Foster care and adoption through foster care can be complicated. Like a lot of complicated issues, myths often obscure the reality. And myths often discourage people from taking the first step to learn about foster care and adoption.

Let's dispel some myths.

1. Kids in foster care are all juvenile delinquents.

More than 14,000 Arizona children are in foster care through no fault of their own because of abuse, neglect and abandonment. And while the number of children in foster care has decreased in recent years, the number of children in group homes because there isn't a nurturing family setting available for them has remained steady at nearly 2,000.

2. Caring for a kid costs a fortune.

There is plenty of support for licensed foster parents making room in their homes and in their hearts for a child in foster care.

The foundation of financial support for licensed foster care parents is the monthly foster care payment provided by the Arizona Department of Child Safety. The stipend varies according to the age and level of need of the child in foster care.

Medical care and dental care for children in foster care are covered by the state-funded Comprehensive Medical and Dental Program.

New beds, clothing, school supplies and other essentials are available at no cost through several non-profit organizations in Maricopa County that are listed at www.azfamilyresources.org. Other organizations listed on the website support children in foster care by paying for expenses for youth sports and other enrichment programs.

3. Foster care and adoption is too much for one person to handle.

Foster parents working with AASK get plenty of help. Your family specialist will

help you navigate the state child welfare system, including the courts, schools and the behavioral health care system. Family specialists will translate the jargon and explain the rules. They will even attend meetings and court hearings with you, if necessary.

The AASK team also includes experience behavioral specialists who offer guidance on how to parent children who have experienced trauma.

4. I can't really make a difference.

Relationships matter. And that's not just some warm and fuzzy catchphrase. It's science.

Positive relationships regulate the brain's stress response system and create healing neuroendocrine and neurophysiological states that promote healthy development in children, says Dr. Bruce Perry, a psychiatrist who also has a Ph.D. in neuroscience. Perry, considered a leading expert on childhood trauma, was featured in a 60 Minutes segment with Oprah Winfrey.

Research shows that children in foster care who have positive relationships with adult mentors experience:

- Increased high school graduation rates;
- Higher college enrollment rates;
- Decreased likelihood of drug and alcohol use;
- Stronger relationships with teachers and peers.

5. Teens are too old to adopt.

You're never too old for family. When was the last time you talked to your mom or dad?

Research shows that children in foster care who grow up in a family do better in school than those who grow up in group homes. Youth in group homes are twice as likely to be arrested as youth growing up in a family setting. Being part of a family makes a difference.

Clint Williams is a family resource development specialist with Aid to Adoption of Special Kids.

SIBLINGS

continued from page 6

we're going to meet someone important to us, we all go. So we brought our kids too."

Jenna shared how the siblings processed that unexpected interaction. "The four children asked to go into a room by themselves to talk. Essentially they had a family meeting where they talked about changing their mind about being adopted by them. Soon after, they visited the family's home, and a month later, they requested to move in with them."

From there, the adoption process moved along. The kids adjusted well to the new community which was much more rural than they were used to. "They weren't sure initially," said Tate, "but really they were just happy to be somewhere where they were wanted. They all made friends easily and got involved in tennis, wrestling, musicals, plays, anything they wanted to do. They're thriving with all the activities here."

Dreams that You Dare to Dream Really Do Come True

As adoption day grew closer, Tate says, "They were excited about it but they weren't sure because other possible adoptions had fallen through. So until it happened, they just didn't believe it would. We kept telling them we were permanent."

On finalization day, they all wore the shirts that said, "Thompson Family - Get on the bus" and had all nine family members' names. A TV station reporter came to cover the happy story, and since the court was running about an hour behind, she got to see them interacting positively and even let them take the camera. Their parents say it made the kids feel special.

The parents felt special, too. Oldest daughter Kimberly always wished for a dad. She found that in Tate. "She moved to Pratt for her senior year, which was a big change, but we spent a lot of time together all year."

Ke'Rel loves his big brother Hogan and wants to do everything he does. The feeling is mutual, as Hogan says the adoption means getting "two best friends" in brothers Keishaune and Ke'Rel. "They'll be able to be my friends throughout my whole entire life because, well, they're going to be my family," he said.

All seven kids understand they are equal. There's no difference between biological or adopted kids; just seven brothers and sisters.

"Since the first visit, they started calling us Mommy and Daddy," said Tate. "It felt good because we thought that might be difficult. It turns out, they just wanted a home where they belonged and where they could be loved and supported, permanently."

Encouraging Others to Foster or Adopt a Child

To those considering adopting a child from foster care, the Thompsons say, "Keep pushing and working at it and it will happen. It can be a long process, but try to be positive. It's worth it in the end."

They also want to dispel the myth that adopting from foster care is expensive. "On social media, I always see people talk about the expense. Yes, you will pay more for food! But the adoption itself is essentially free, which is different than a private

My child,
adoption is a promise.

To have and to hold from this day forward.
I will always be on your team, in your corner cheering you on. Today I make a vow to you that I will try everyday to be the best parent I can be for you.

For better or for worse.

In rejection. In pain. In sleepless nights. In joyous mornings. In victories won and hard-fought battles lost. I will still be your Mamma.

For richer or for poorer.

We're in it together if I lose my job or become a millionaire. I will always take care of you.

In sickness and in health.

In cancer, in autism, in spelling-bees, in honor rolls and in the thick of the stomach flu. I am not going to walk away.

To love and to cherish.

My heart is on the line. I promise to be present both physically and emotionally to you and to give you just as many hugs as you need, plus a few extra.

Till death do us part.

This commitment is for life baby. Yours and mine. Whichever one ends first, I am in it for the long haul. That however doesn't mean you can't leave the nest at some point though.

adoption. There are so many kids in need, so if you want to make a difference, this is something you can do right now."

Today, about six months after the adoption, the Thompsons are doing well. Their house is abuzz with all the energy you'd expect from seven happy, flourishing, well-loved teenagers and all are feeling the love of a family that they needed for so long.

In the U.S., nearly 450,000 youth are in

foster care due to abuse, neglect or other family challenges. Of these youth, nearly 120,000 are currently awaiting adoption. You can make a huge difference in the life of a child or teen in need by becoming a foster parent or adopting a child in need. If you live outside of Kansas, learn more about becoming a foster parent or adopting a child in your state.

For more information about KVC Kansas, go to www.kansas.kvc.org.

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MINISTRY NEEDS GUIDE



Each year Metro Voice provides a listing of organizations that serve the most vulnerable in our communities. Whether it is the single mom and her children, our elderly, orphans, the sick, the homeless or incarcerated, our readers respond with prayers, time, items and finances to keep these ministries going throughout the year. "But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him?" 1 John 3:17. Let us all work together to show the love of Christ this Christmas and the coming year. Together, we can make a difference.

ALPHA CHRISTIAN CHILDREN'S HOME AND SCHOOL. Perry, Ks; 785-597-5235; www.alphachristianchildrenshome.com; Michelle Kincaid. A ministry for children in need due to poverty, abuse, neglect, being orphaned, or having other needs. Alpha provides the children with a loving family and opportunities for healing and growth. A school learning center promotes excellence and success academically, sometimes for the first time, for each child. Alpha is 100% privately funded, and there is no tuition charge for those served. We are always in need of financial support, as well as food, clothing, and toys for the kids. We also have a list of special needs.

BREAKTHROUGH HOUSE, INC. Contact Person for Wish List donations: Lynn Davis: 785-232-6807 ext 108; 525 SW Topeka Blvd, Topeka, KS 66603 (for drop off). Website: www.breakthroughhouse.org; Facebook: www.facebook.com/Breakthrough-House-Inc-228527173160/. Breakthrough House is a non-clinical, non-medical, private non-profit that helps support individuals with mental illness. Our mission is To Empower Our Mental Health Consumers to Live Independent, Impactful Lives. We try to fill the needs of our service population where the medical and clinical leaves off. We serve over 350 residents of Shawnee County every year through one of our three programs: Breakthrough Clubhouse, a place for consumers to gather every day, for socialization, activities, and a healthy meal; Breakthrough Residential Program, a supportive-care program which includes two state-licensed group homes and independent apartments; and the Breakthrough Representative Payee Program, working through the authorization of the Social Security Administration, ensuring our consumers' rents, utilities and medical bills are paid, and in that way, helping to prevent homelessness and stability. We maintain a small food pantry consisting of non-perishable items only, as well as personal hygiene items. We are always in need of these items. We also welcome volunteers at our Clubhouse.

CATHOLIC CHARITIES OF NORTHEAST KANSAS. 234 S Kansas

Avenue, Topeka, KS 66603. www.catholiccharitiesks.org. Founded in 1956, Catholic Charities of Northeast Kansas is a nonprofit health and human services agency that assists annually more than 85,000 people of all faiths. Our work strengthens both families and communities in the 21 counties we serve. Our vision is that our neighbors who are challenged by poverty of mind, body and spirit find the open door of Catholic Charities in our communities and are met with help, hospitality and hope. The Topeka location always has a need for food drives and donations.

CHRISTIAN STREET WITNESS and CHRISTIAN NEIGHBOR CENTER. 107 SW 14th St., Topeka, Ks, 66612; 354-8763. James Kincade, House Manager. Purpose is to share the Good News, feed and clothe the hungry, work with ex-convicts, the down and out, alcoholics, drug addicts, widows and orphans, abused women and children, and others going through difficult times; help them find jobs, counsel them and offer them a safe place. Donations/volunteers needed. Current needs include canned goods and help with the chapel window project.

CHRISTIANS FOR LIFE. PO Box 3856, Topeka, Ks, 66604. 267-5777; bakerbarb54130@gmail.com; Barbara Saldivar. Christians for Life, Inc. is the pro-life ministry that facilitates the Heart of America Memorial Wall for the Unborn, located at 1216 SE Republican Avenue. We offer those who lost a baby through miscarriage, still birth, or abortion a place to put their child's name on the wall of remembrance. Donations toward the cost are always welcome and needed but not necessary. In addition to the memorial park, a prayer walk is being constructed. Meetings are held the 3rd Monday bi-monthly, starting in February, 7:00 PM, please call for directions. The public is welcome. Donations and volunteers to assist with the construction of the prayer walk and upkeep of the memorial wall grounds are needed.

DOORSTEP, INC., Doorstep, Inc., 1119 SW 10th Avenue, Topeka, Ks, 66604; 357-5341; www.doorsteptope-

ka.org. Doorstep is an emergency aid agency providing assistance for families and individuals in need for over 50 years. The agency is primarily supported by 56 area member congregations, businesses, individuals, community groups, and with grants from the City of Topeka, Shawnee County and The United Way of Greater Topeka.

Doorstep provides food, clothing, household goods, and assistance for rent, utilities, rx/dental, gas vouchers and local bus tickets for thousands of households all year long. Each year Doorstep adopts 250 households from the Christmas Bureau to help during the holidays. This accounts for over 800 individuals. We greatly need new, winter clothing for infants, boys and girls, sizes 6 - 16, women and men. Our Christmas Store is December 9th - 13th if you would like to volunteer your time, or to donate gifts. Check out our flyer for more details on our website at: www.DoorstepTopeka.org. Regular office hours for donations are Mon.-Fri. 8am-3pm.

KANSAS CHILDREN'S SERVICE LEAGUE. 3545 SW 5th St, Topeka, Ks, 66606; 274-3100 or Toll Free 877-530-5275; www.kcsl.org; Email: gcozadd@kcsl.org. A statewide, not-for-profit agency with a mission to protect and promote the well-being of chil-



dren. Founded in 1893, KCSL's programs work to help keep kids safe, families strong, and communities involved. Our services touch the lives of some 40,000 children and their families each year. Among KCSL's programs in Northeast Kansas are adoption referral services for children in foster care through www.adoptskids.org, foster home sponsorship, infant adoption, parent education, Healthy Families, and a range of child abuse and neglect prevention services including the Community Resource Library and Parent Helpline. Needed items include clothing and toiletries.

KANSANS FOR LIFE. Topeka, Ks. Phone: 785-234-2998, E-mail: topeka@kfl.org Website: www.kfl.org. Jeanne Gawdun, Senior Lobbyist and Events Coordinator. Kansans for Life is a statewide non-profit educational organization also engaged in social action. It is dedicated to protecting and fostering the most basic human right...life itself. KFL is a state affiliate

of the National Right to Life Committee.

LET'S HELP, INC. 200 S. Kansas Ave., Topeka, Ks, 66603; www.letshelpinc.org; 234-6208. We are a non-profit organization serving Shawnee County and surrounding areas. We provide programs and services through Comprehensive Emergency Services by offering aid with rent, utilities, and medication; Food & Clothing Banks, to include professional attire; Adult Basic Education & GED; Pre-Employment Training & Job Placement Coordination; and a Community Lunch. Let's Help collaborates with many other service agencies in the community and provides appropriate referrals. Let's Help is known as an agency that is committed to building a better community by inspiring hope, promoting self-sufficiency and breaking the cycle of poverty one person at a time.

LIFE CHOICE MINISTRIES. 1445 Anderson Ave., Manhattan, Ks, 66502; 785-776-9406. A ministry to women and families facing challenging pregnancies and related issues. We offer free pregnancy testing, life affirming options consultations, private adoption facilitation, abortion information, post-abortion help, friendship room (baby and maternity items), professional counseling, emotional and spiritual support, and prenatal, childbirth, and parenting education. Diapers all sizes, volunteers and financial support are needed.

LIFELINE CHILDREN'S SERVICES. Caitlyn Cogswell -785-249-6130. Caitlyn.Cogswell@lifelinechild.org. Our wish list is: 1. VOLUNTEERS and FAMILIES. We would love help with connecting to prayer partners, adoptive families, host families and those who would love to work with families in need. 2. diapers size 4 and 6, baby formula, new children's clothing size NB-14+. Our volunteers serve a lot of babies and we like to help supply them with these items when we can! To learn more about Lifeline Children's Services and all the ministries God has given us to serve in, visit www.lifelinechild.org or Facebook: Lifeline Children's Services Kansas.



PREGNANCY CARE/INSIGHT WOMEN'S CENTER, Lawrence, KS; 842-6499; info@pcclawrence.org. Hours: 10am-5pm Mon. - Thu., 10am - 12 pm Fri. PCC is a non-profit, non-denominational, non-political outreach supported by concerned evangelical Christians throughout the Lawrence area. We are here to reach out with Jesus' love to women in our community facing unexpected or unplanned pregnancies. All Services Provided at No Charge: Pregnancy Tests, Post-Abortion Counseling, Baby and Maternity Items, Adoption Counseling, Women Caring for Women, Compassionate Listeners. We are still raising financial support, and also accept donations.

RANDEL MINISTRIES, INC. FOOD PANTRY & FAMILY OF GOD CHURCH CLOTHING BANK located at 1231 NW Eugene, Topeka, KS 66608, 234-1111, Open Tues & Thurs 10:30-2pm. www.FOGchurch.com or www.RandelMinistries.com, contact Leelah Randel, FOGsecretary@gmail.com.

SALVATION ARMY, 1320 SE 6th Ave., Topeka KS 66614; 785-233-9648. Majors Brian & Lee Ann Burkett, Corps Officers. Website: www.topeka.salvationarmy.us. Facebook: The Salvation Army Topeka Kansas. Emails: brian_burkett@usc.salvationarmy.org or leeann_burkett@usc.salvationarmy.org. The Salvation Army mission is to meet basic human needs in the name of Jesus Christ. Volunteers are needed for bellringing - signup online at www.registertoring.com. Sponsor a virtual kettle at www.onlineredkettle.org or donate at www.DonateTopeka.com. Wish list includes non-perishable food items, toys, and sports equipment.

TOPEKA NORTH OUTREACH, INC. 210 NW Menninger Rd. Topeka, KS

TRM
MINISTRIES

TOPEKA RESCUE MISSION MINISTRIES

FAITH WITH ITS SLEEVES ROLLED UP

Main: 785.354.1744
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 Volunteer Services: 785.354.1744 ext. 393
 Boutique on the Boulevard: 785.478.5744
 Thrift Store: 785.235.9094
 TRMonline.org

600 N Kansas Ave
Topeka, KS 66608

P.O. Box 8350
Topeka, KS 66608

Alpha Christian Children's Home & School
www.alphachristianchildrenshome.com



WHAT WE DO:

1. Share Christ to offer hope and healing
2. Provide a Christian family safe haven
3. Help the kids get caught up in school

HOW YOU CAN HELP:

1. Pray
2. Volunteer
3. Refer Children In Need To Us
4. Monetary & Food Donations



Alpha Christian Children's Home

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785-597-5235
 Located East of Topeka
 15017 27th Street
 PO Box 727
 Perry, Kansas 66073

66617. 785-286-1370. topekanorthoutreach@gmail.com, www.topekanorthoutreach.org. "Christian Churches United in Service." EMERGENCY ASSISTANCE: Limited financial help to families to assist in paying utilities, rent and prescriptions. Food baskets, Hygiene baskets, Bibles. VIP LUNCHEONS: Free lunch served to Senior Citizens every



Friday at 12 noon at North Topeka Baptist Church. YOUTH PROGRAM: Operation Backpack program provides "Weekend Snack Sacks" to area students in need. Each Snack Sack contains nutritional kid-friendly and easy to prepare snacks. Scholarship assistance for school, medical or emergency expenses. CHRISTMAS PROJECT: Families adopted by our member churches through the Topeka Christmas Bureau. Also providing Holiday Food Baskets with Bibles, Blankets, Towels and Hygiene Baskets, Hats and Gloves. Toy Room with donations from Toys for Tots and American Sawdusters Club. Donations of funds, food, time and prayers are needed.

TOPEKA RESCUE MISSION MINISTRIES. 600 N. Kansas Ave., Topeka, Ks, 66608; 357-4285; trm@trmonline.org; www.trmonline.org; On Facebook at Topeka-Rescue-Mission-Ministries. Barry Feaker, Executive Director. The Mission provides shelter, food, clothing and other necessary services to individuals and families who are homeless or in need. This Christmas we are in most need of: new clothing (all sizes), bath/cologne gift sets, pots/pans, coffee makers, crock pots, small appliances, cooking utensils, towels, tool sets, men's & women's gifts & accessories, educational gifts and VOLUNTEERS!



TOPEKA YOUTH FOR CHRIST, INC. 2714 N. Topeka Blvd., # 103; Topeka, KS 66617; 785-232-8296; http://topeka.yfc.net; TYFC is looking for additional volunteers, prayer warriors, and donors who want to share the love of Christ with local youth. Click on the website or call the office to explore our ministry opportunities.

TOYS FOR TOTS. Topeka area: email Keith R. Viau at keith.viau@usmc.mil; Manhattan area: email: Lee A. Jones at lajones_66531@yahoo.com; Lawrence area: go to www.toysfortotsdgcoks.org or email: Mary Jones at maryjones@askmcmgrew.com. Marine Toys for Tots Foundation, an IRS recognized 501(c)(3) not-for-profit public charity. We collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.

THE URBAN MINISTRY INSTITUTE OF Topeka. 8th and Clay. Mary Flin, Site Coordinator; 785-431-6000; maryflin@hotmail.com. Our wish list for the holiday season is for STUDENTS! TUMI-Topeka is here to come alongside the Church to equip leaders who have a passion for advancing the Kingdom of Christ, especially in the heart of the city. Second to our wish for an army of new leaders, we also welcome money for scholarships for these leaders, and are happy to provide homes for quality reference books for our library.

To update your information or to be added to this list, email voice@cox.net

Meghan Trainor to Kick Off 128th Salvation Army Red Kettle Campaign

GRAMMY-Award winning singer and songwriter Meghan Trainor will perform LIVE at AT&T Stadium during the nationally televised halftime of the Dallas Cowboys game against the Washington Redskins on Thanksgiving Day, kicking off The Salvation Army's annual Red Kettle Campaign. Donations to the iconic campaign help provide shelter and meals for the homeless and hungry, and Christmas toys for millions of children, in addition to numerous other social service programs year-round.

"I am so honored and excited to be performing during the Dallas Cowboys halftime show to kickoff the 128th Red Kettle campaign!" Trainor said. "More than 40 million people live in poverty, and the money raised during the Red Kettle Campaign helps The Salvation Army give those in need a chance at a new life."

"Meghan has an electric energy about her, one that is perfectly matched with the dire need to bring attention to the work that The Salvation Army is doing," said Charlotte Jones Anderson, executive vice president and chief brand officer for the



Cowboys and former national advisory board chairperson for The Salvation Army. "By making a donation to The Salvation Army, you are helping them

serve millions with help, healing and hope – far beyond Christmas time."

The Grammy-Award winning singer, songwriter, and multi-instrumentalist emerged with her 2014 breakout single "All About That Bass" and disrupted contemporary music with nostalgic pop beats and powerhouse vocals that delivered a worldwide anthem for female empowerment.

The Red Kettle Kickoff halftime show has been nationally televised for all of its 22 years, reaching millions of viewers with the campaign's message.

To donate to the 128th Red Kettle Campaign:

- New this year, ask Amazon Alexa to donate by saying, "Alexa, donate to The Salvation Army" and then specifying the amount

- Visit give.salvationarmyusa.org
- Drop dollars and coins into the many red kettles found in front of local groceries and other locations.

- Give any amount by texting KETTLES to 91999

To learn more about the Red Kettle campaign or make a difference in the lives of those in your community, visit salvationarmyusa.org.

Church of 30 does amazing thing for homeless

"Would anyone in the community even notice if our church closed?"

That was the question Pastor Donald Foster asked his small congregation of just 30 members in Yakima, Washington.

For the members of Terrace Heights Assembly it was a life-changing question.

Local residents are paying attention as two new tiny homes sit on the church property, ready to house the homeless. It's another example of how small churches can have a huge impact.

Foster, 64, began meeting daily four years ago with a group of other men in the area for prayer. Through the group's connections, Foster became director of an extreme weather shelter for the homeless. He also met Andy Ferguson, the man who would help co-found Transform Yakima Together, a nonprofit dedicated to helping churches to connect to the community.

After attending the Northwest Ministry Network conference on rural America, Foster started reading a recommended book on the outward-focused church. Ferguson subsequently asked if Terrace Heights would consider constructing a pair of tiny homes on the church property as a pilot program to combat homelessness. Foster thought it would be a perfect fit.

Ferguson says erecting tiny homes for the homeless on church properties avoids creating pockets of homelessness. He says residents find homelessness more manageable if churches are willing to take on a couple of homeless people rather than shuttling the problem to a specified area of town.

"That's huge because part of the problem for homeless people is their isolation," Ferguson said. "Putting them in a healthy community of the church that can embrace them is good for the homeless person and good for the church. It makes the homeless person a person and not a statistic."

Terrace Heights Assembly voted unanimously to allow the two tiny homes, owned by Transforming Yakima Together,

on the church property.

A year later, after setbacks in construction and delays from infamous government regulations and codes, a mother and infant have been selected for the first home. Another mother with children ages 1 and 2 soon will live in the other dwelling. Ferguson says the residents of the tiny homes, which measure 10-by-20 feet—about the same size as an expensive studio apartment in most urban areas,



will have a care manager working with them to assess what they need to move forward with their lives. The residences include a bathroom, shower, and kitchen area that contains a small refrigerator, microwave oven, and hot plate for cooking.

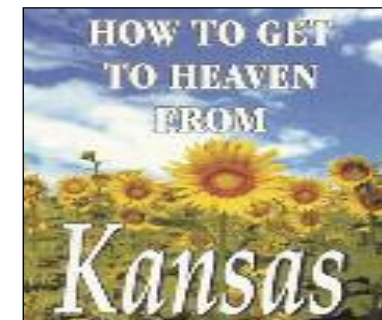
Although this is a test season for the project, eventually Ferguson hopes the organization can place 200 tiny homes around the county.

Foster is encouraged that infrequent attendees and even those with no connection to the church have donated funds that helped pay for site improvements and utilities for the homes.

The church also built a laundry room in another building on campus, that includes a 24-by-30-foot area with couches, tables, and a microwave for social gatherings. Church attendees plan to invite the two families to game nights, events, and dinner in individual homes.

"We only have 30 on a Sunday morning here, so it's significant doing something like this," Foster says. "You wonder if you are accomplishing anything, and then God gives you the opportunity to do this."

—AGNews Service



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

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

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

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

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

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Celebrate the Holidays in Downtown Topeka!

As we enter the Holiday season, Downtown is looking better than ever! People are getting in the Christmas Spirit!

Christmas shopping in Downtown Topeka can be fun, with all the unique shops and a bit of nostalgia in the air. It might remind you of a time when shopping was more exciting, more personal, and less of a chore.

Following are some tidbits from some of your friendly downtown merchants. Why not take a trip downtown and visit them?

A Full-Service Florist & Gift Shop

Absolute Design by Brenda, 629 S. Kansas Avenue, offers hand-selected



flowers and exquisite designs with delivery throughout the Topeka area. They have an expansive line of gifts, jewelry and home decor for all your holiday and year-round needs.

Save \$5.00 by using the coupon on this page!

You can also order or wire flowers 24 hours a day at the website: www.absolutedesignbybrenda.com.

Let your sweet tooth run wild

Hazel Hill Chocolates is located at 724 S. Kansas Avenue. Owners Nick & Terry Xidis invest their hearts and hands in fine chocolate and confectionery. Hazel Hill, Terry's grandmother, is a symbol of their dedication to a family tradition of "the best in everything they do." Nick is the third-generation chocolatier, and they use only the finest ingredients, chocolate, fresh cream and butter, to produce handmade treats that explode with flavor.

"Stroll into our cozy shop, savor the intoxicating aroma of newborn sweets," Terry says. "You'll never leave empty handed."

Handmade chocolate truffles, home-style fudge, crispy-creamy caramel apples and more - they fashion delightful treats for every palate.



Need a gift basket, gift box, or just a few delicious chocolates to go? They'll take care of all the packing and shipping, too.

Diamonds are Forever

With the Christmas season in full swing, you'll find many specials and gift ideas at David's Jewelers, 623 S. Kansas - a family business that has served Topeka for four generations.



This year they are celebrating 50 years in business!

Diamond rings, pendants and earrings usually top the list but they also offer vivid colored gemstones in unique settings, watches, clocks, statues and fine crystal.

"Gifts can start at \$20.00 and go from there," said Mitzi from behind the counter at David's. "We will be glad to help you find that special gift for that special someone."

Pancakes and more



Hanover's Pancake House at 1034 S. Kansas Avenue has been a local favorite since 1969! With a wide variety on the menu, and friendly service, it's a great place to stop for breakfast, lunch or

brunch! They are also famous for the pork tenderloin sandwich, and it is huge!

With the friendly service and generous portions, you won't go away hungry!

One of a kind

For an eclectic selection of new and used items, check out Trails Market &



Gallery at 109 S. Kansas Ave. Jeff Hisey has assembled a large selection on two floors, where artists and traders can come together, create and share their ideas and passions with others and provide a unique experience and gifts for everyone. A wide variety of items, many of which are one-of-a-kind!

You owe it to yourself to check it out!

Premier Flooring for your home

Stearns Super Center, your premier flooring store, has served Topeka and the surrounding area as a locally-



Jeff Hisey / 785-806-7171
Owner/Artist

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"We will be glad to help you find that special gift, from \$20 and up!"

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David's is open seven days a week. Holiday Hours expand as Christmas approaches. Gift certificates & free gift wrap available.
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Holiday Memories, Events, & Gift Ideas!

owned and operated business since 1929. Current owner Steve Lowry attributes their longevity to the emphasis they place on their customer service approach. Their goal is your complete satisfaction, and it is evident in each step of the sales process, including installation and follow-up of all new flooring.

They even offer a 30-day satisfaction guarantee, and will remove and replace any flooring they install with-

in 30 days for whatever reason if the customer is not satisfied.

Flooring they sell includes carpet, vinyl, tile, hardwood and luxury vinyl. Popular brands sold at Stearns include Shaw and Mohawk. Steve specializes in complete, customized service for everyone who comes in. Call him at 785-232-0381 or stop by for more information.

There are so many other unique shops downtown, you won't believe it! Don't stop with this incomplete list! There's plenty more to discover in Downtown Topeka this holiday season!

Bring a friend, or the family, and re-discover the joy of shopping downtown!

Check Out Some of the Upcoming Holiday Events & Activities Downtown!

While you're making your way around the downtown area, check out all of the new things to look at on both sides of the street - there are lots of new features! And watch for these downtown events and opportunities during the holiday season:

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

FIRST FRIDAY ART MARKET - Downtown and NOTO arts district. Arts, antiques, fine crafts, flea market items, snacks & beverages, entertainment and more.

CASABLANCA SCREENING AT JAYHAWK THEATRE - Nov. 3, 6pm, Historic Jayhawk Theatre. In association with Keith the Critic, Jayhawk Theatre will be screening the always popular classic movie, Casablanca, starring Humphrey Bogart and Ingrid Bergman. Doors open at 5:00. The Celtic Fox will be selling drinks and Hazel Hill will be selling their chocolates at the KandyNook as well. Tickets are only \$5.



MILITARY RELATIONS COUNCIL BI-ANNUAL LUNCHEON - Nov. 7, 11:30-1pm. Ramada, 420 SE 6th Ave. Keynote Speaker: Derek Schmidt. \$30. For info: 785-234-1030

VETERANS PARADE - Nov. 10, 11am, Kansas Avenue Downtown. Staging begins at 9am. Free event. To register for the parade: www.zachevents.com/topekaveteransparade or 785-409-1310. For info: www.militaryveteranproject.org/topeka-veterans-parade.html

contact@militaryveteranproject.org
SECOND-TO-NONE BAZAAR AND QUILT SHOW - Nov. 10, 8-4. Second Presbyterian Church, 210 NW Menninger Rd. Vintage gifts, crafts and bake sale. Pancake breakfast \$5. Photos with Santa and his train set from 9 to 2.

KEVIN HINES: GOLDEN GATE BRIDGE JUMP SURVIVOR - Nov. 13, 7pm. TPAC. Suicide prevention & education talk. Free.

GINGERBREAD HOMES FOR THE HOLIDAYS - Nov 16 - 9am-7pm; Nov 17 - 9am-5pm; Nov. 18 - 11am-4pm. TPAC, 214 SE 8th Ave. The Graham Cracker Junction - Families, students, youth groups and scout troops enter the Junction to build their own houses out of graham crackers, icing and candy; Holiday Boutique - crafts, gifts and more; Sweet Tooth Lane - delicious fresh



baked goods and homemade candy. Adm. \$3. 785-234-2787

CASA HOMES FOR THE HOLIDAY'S TOUR - Nov. 17, 10am - 5pm; Nov. 18, 10am - 3pm, 501 SE Jefferson, Ste. 2002. Tour tickets are \$15 at the door or \$12 in advance at www.casaofshawneecounty.com. Contact Info: shelley.ramos@shawneecocasa.org, 785-215-8280

SMALL BUSINESS SATURDAY - Nov. 24, 8am-10pm. Go out and support small businesses in Topeka & Shawnee County to celebrate Small Business Saturday. Enter to win gift baskets.

13TH ANNUAL RESCUE RUN 5K RUN/WALK - Nov. 24, 5-6pm, 534 S. Downtown. Proceeds benefiting Topeka Rescue Mission Ministries. Register at trmonline.org/rescuerun/. Volunteers needed: email volunteer@trmonline.org or call 213-1727

THE CHOCOLATE NUTCRACKER MIDWEST, Nov. 24 at 6pm and Nov.25 at 3pm; TPAC. Tickets available at the TPAC box office or Ticketmaster.com. For info: 785-234-2787

MIRACLE ON KANSAS AVENUE PARADE - Nov. 24, 5-8pm - Community Christmas Tree Lighting Ceremony, Parade and more. Features "lighted" holiday-themed entries

and the official arrival of Santa! After the parade, you can enjoy cocoa, cookies and carols hosted by the Topeka First Methodist Church at 6th and Topeka Blvd. Register here: <http://bit.ly/2Ouwxkf>. For info: <http://bit.ly/MKAprade>

THE OAK RIDGE BOYS - SHINE THE LIGHT ON CHRISTMAS - Nov. 28, 7:30pm. TPAC, 214 SE 8th Ave. \$39.

NOEL THE MUSICAL - Nov. 29, 7:30pm. TPAC, 214 SE 8th Ave. \$24

WINTERFEST TOPEKA 2018 - Dec. 1, 10am-2pm, Downtown, 700 block of Kansas Ave. comes alive with winter holiday fun for this special event. Find Santa & other holiday characters, take a horse & carriage ride, take a selfie with a reindeer, enjoy carolers, ice sculptures and get some holiday shopping done at some of your favorite Downtown Topeka businesses.



BALLET MIDWEST PRESENTS THE NUTCRACKER - Dec. 7, 7:30pm, Dec. 8, 1:30pm & 7:30pm, Dec. 9, 1:30pm. TPAC. Tickets at TPAC Box Office or at Ticketmaster

THE NUTCRACKER - Dec. 15, 7pm & Dec. 16, 1pm. TPAC. Kansas Ballet & Topeka Symphony. Tickets starting at \$18 Children, \$28 Adults at TPAC Box Office or at Ticketmaster: <http://bit.ly/KansasBallet2018>

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Celebrate the Holidays in North Topeka!

Lots going on in North Topeka during Holidays

The North Topeka area has a lot going on this time of year! Of course, NOTO Arts District has been a hub of activity for a while now, Holiday shopping and activities in NOTO are unlike any other part of the city!

But there are also many other events going on north of the river:

The annual Veterans Day Celebration is on Nov. 11, 2-3:00 pm, at Great Overland Station. Honor the service of the men and women of America's Armed Forces. The ceremonies will take place outside on the All Veterans Memorial and Corridor of Flags, and will be moved inside in case of bad weather.



HOLIDAY CRAFT & VENDOR FAIR – Nov. 3, 9am-4pm, Mother Teresa Catholic Church, 2014 NW 46th St. Holiday Shopping Event w/ 30+ vendors including handmade crafters and other

home businesses. Bring your appetite because the Knights of Columbus are serving lunch. Cinnamon Rolls and Chili will hit the spot. FREE & Open to the Public.

TAILS ON THE TRAIL 5K Run/1 mile Walk - Nov. 3, 9am-12pm, Shawnee North Community Center, 300 NE 43rd St. Food, music, photo booth, silent auction and more. Awards after race. For info: 286-0676

ELMONT OPRY – Nov. 9 at 7pm; and Nov. 10 at 1pm, Elmont UMC, 6635 NW Church Ln. Special Guest: Bren Baker. Doors open 90 minutes early for lunch or dinner. Tickets \$10 – call 246-0156.

HARVEST DINNER & BAZAAR – Nov. 9, 2018 4:30pm-6:30pm, Fellowship Hall at Kansas Ave UMC 1029 N Kansas Ave. \$10 Adults, \$4 Children under 10. Chicken Fried Steak, Mashed Potatoes & Gravy, Green Beans or Corn, Salad, Roll, Homemade Pie or Cake, and Drink. \$8 adults, \$4 children under 10. 234-0507

SECOND-HAND TREASURES SALE - Nov. 10, 7-3. Grantville United Methodist, 3724 South St. Food served.

SECOND-TO-NONE BAZAAR AND QUILT SHOW - Nov. 10, 8-4. Second Presbyterian Church, 210 NW Menninger Rd. Vintage gifts, crafts and bake sale. Pancake breakfast \$5. Photos with Santa and his train set from 9 to 2.

SMALL BUSINESS SATURDAY - Nov. 24, 8am-10pm. Go out and support small businesses in Topeka. Enter to win gifts.

SANTA ARRIVES BY UNION PACIFIC TRAIN – Dec. 2, Great Overland Station.

Come and be a part of what God is doing at Family of God Church
1231 NW Eugene St.
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Sunday School 9:30 AM
Sunday Service 10:45 AM
Wednesday Prayer & Bible Study 7:00 PM

All are welcome, casual dress ok!

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For ALL your Fairy Garden Accessories,
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the events calendar

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

CONCERTS

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

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

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 Community Center. Foot-stomping, hand-clapping tunes. Concessions available

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

ELMONT OPRY - Nov. 9 at 7pm; and Nov. 10 at 1pm, Elmont UMC, 6635 NW Church Ln. Special Guest: Bren Baker. Doors open 90 minutes early for lunch or dinner. Tickets \$10 - call John at 246-0156.

MITCH MCVICKER IN CONCERT - Nov. 27, 7pm, Topeka First Free Methodist Church, 3450 SE Indiana. With Dave Sprinkle. Free will offering. (785)-266-6610 www.topekafmc.org

THE OAK RIDGE BOYS - SHINE THE LIGHT ON CHRISTMAS - Nov. 28, 7:30pm. TPAC, 214 SE 8th Ave. \$39.

MANNHEIM STEAMROLLER - Dec. 7, 7:30pm, Expocentre.

FOR KING & COUNTRY AND ZACH WILLIAMS - Dec. 21, 7pm. Sprint Center. "Little Drummer Boy - The Christmas Tour." \$28.50 to \$78.50. (913) 451-8850 or (888) 929-7849 or visit www.life885.com.

SPECIAL CHURCH EVENTS

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

ship 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 jaymie@swumc.org.

HOLIDAY CRAFT SALE - Nov. 2, 12-7pm; Nov. 3, 9am-3pm. Lowman United Methodist Church, 4101 SW 15th Street

MEN'S FALL BREAKFAST - Nov. 3, 8-10am, Fellowship Bible Church, 6800 SW 10th Ave. Featured speaker: Rod Handley

BERRYTON KIWANIS FALL PANCAKE FEED - Nov. 3, 7:00 am - 12:00 pm, Berryton United Methodist Church, 7010 SE Berryton Rd. Featuring all you can eat Pancakes, Blueberry or Plain, Sausage, Eggs and Drink for Free Will Offering. Proceeds to benefit Kiwanis children's and community projects.

sberry17@att.net 785-220-8032

FALL FESTIVAL - Saturday, Nov. 3: Fall festival at Tecumseh United Methodist Church from 9 am to 2 pm. Vegetable soup or chili, hot dogs, vegetables and dessert. Also homemade apple dumplings to purchase and eat there or take home. Sweet shop and crafts.

HOLIDAY BAZAAR - Nov. 3, 8-11am. St. David's Episcopal, 3916 SW 17th. Crafts, bake sale, holiday items, pancake breakfast, etc.

SPAGHETTI DINNER - Nov. 3, 5-7pm. Grace United Methodist, 2627 SW Western. Freewill donations

ANNUAL BAKE AND CRAFTS SALE - Nov. 3, 9-12pm. Southern Hills Mennonite Church, 511 SE 37th. Brunch also available.

FIELD WITH 1,000 FLAGS - Nov. 3, 2638 Ferguson Rd., just north of Perry. Hall of Christian Martyrs International Memorial honoring the thousands who have been killed for their beliefs.

FALL BAZAAR - Nov. 3, 4-8:30pm & Nov. 4, 11-3pm. Mater Dei Catholic Church. Turkey dinner available. \$10 adults, \$4 children 4-12. Country store, silent auction, bonfire

TURKEY DINNER - Nov. 4, 11-1:30pm. Annunciation Catholic Church Cigna Center, 402 N Maple. \$10 adults, \$5 children under 10.

NOODLE DINNER - Nov. 4, 11-1pm. Faith Lutheran Church, 1716 SW Gage. Suggested prices of \$7 adults, \$3.50 ages 5-10. There will also be a raffle for quilts.

FINANCIAL PEACE 9-WEEK COURSE - Nov. 7, 7pm. First Assembly of God, 500 SW 27th. For info:

fpu.com/1075975

HAM & BEAN DINNER - Nov. 7, 4:30 to 6:30pm, Oakland United Methodist Church, 801 N.E. Chester. Ham and Beans, Coleslaw, Cornbread and Pie or Cake for Dessert, Coffee and Water. \$7 for adults and \$3 for children up to age 5. Soda will be available for 50 cents. Take outs available for \$7.00 each. 785-235-1010.

COMMUNITY MEATLOAF DINNER - Nov. 7, 4:30-6pm. Tecumseh United Methodist. Free will donation accepted. To-go also available.

SWEET SHOPPE AND CRAFT SALE - Dec. 8, 9-3pm. Highland Park United Methodist, 2914 SE Michigan. Cookies by the pound, candy, crafts and more.

WAVES OF LAUGHTER: WOMEN'S CROSS CONNECTED EVENT - Nov. 8, 6:30-8:30pm. Fellowship Bible Church, 10th & Urish. Comedian Connie Hall. Free but registration required at fbcto.topeka.com

HARVEST DINNER & BAZAAR - Nov. 9, 2018 4:30pm-6:30pm.

\$10.00 Adults, \$4.00 Children under 10. Chicken Fried Steak, Mashed Potatoes & Gravy, Green Beans or Corn, Salad, Roll,

Homemade Pie or Cake, and Drink. Cost is \$8 for adults and \$4 for children under 10. Fellowship Hall at Kansas Ave United Methodist Church, 1029 N Kansas Ave. 785-234-0507

HOLIDAY BAZAAR - Nov. 10, 2-7pm. University United Methodist, 1621 SW College. Homemade chicken-and-noodle dinners \$9 full portion, \$5.50 half portion.

SECOND-HAND TREASURES SALE - Nov. 10, 7-3. Grantville United Methodist, 3724 South St. Food will be served.

SECOND-TO-NONE BAZAAR AND QUILT SHOW - Nov. 10, 8-4. Second Presbyterian Church, 210 NW Menninger Rd. Vintage gifts, crafts and bake sale. Pancake breakfast \$5. Photos with Santa and his train set from 9 to 2.

GRIEFSHARE: SURVIVING THE HOLIDAYS - Nov. 11, 2-4pm. Topeka Bible Church, Mulvane Lower Auditorium. For info and reservations: discovertbcc.com

THANKSGIVING SERVICE - Nov. 21, 7pm. St David's Episcopal Church, 3916 SW 17th.

THANKSGIVING EVE WORSHIP - Nov. 21, 7pm. Faith Lutheran Church, 1716 SW Gage.

SEMINARS & CONFERENCES

MEDICARE MONDAYS - First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Auditorium) 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 nhoni@tsopl.org

MEDICARE EDUCATIONAL SEMINAR - Nov. 1, 6, 13, & 27; 2pm. Learn the basics of Medicare and all its

options. Seminars are designed for those becoming eligible for Medicare and those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For info or to sign up: centuryinsuranceagencyks.com or 270-4593 or info@centuryhealth.com. Snacks & beverages provided.

FAMILY-FRIENDLY EVENTS

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

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

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

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

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)

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

SHEPHERDS CENTER LINE DANCING GROUP - meets 2nd & 4th Thur, 2-4 at First UMC, 6th & Topeka. Park on the WEST side & use the WEST door. Immediately inside, turn left & walk the ramp to the library, then left to elevator. Push [B] for fellowship hall 785-249-3258.

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

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

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

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

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

TOPEKA ACAPPELLA UNLIMITED AUDITIONS - Any 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 for more information.

NATHAN HARMON YOUR LIFE SPEAKS



FREE EVENT

THURSDAY, NOVEMBER 15TH @ 7PM

Hayden High School, 401 SW Gage Blvd.

Doors open at 6PM • Free will offering will be taken

The #1 requested kid's speaker in America!

Nathan shares directly from his own personal experience in a profound way that reaches people of all ages by powerfully addressing:

- Bullying
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- Peer Pressure
- Overcoming Adversity

Recommended for ages 12 and up

For more info: www.YourLifeSpeaks.org



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COMEDY CAFE

A NIGHT OF LAUGHTER
Featuring
The Comedy of Actor & Comedian
MICHAEL JOINER

Friday Evening November 9th
Fellowship Bible Church
6800 SW 10th Ave
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6:30 pm - 8:45 PM

Seating is limited & Reservations are required
To make your reservation or sponsor a table go to:
www.topekayfc.org/comedy_cafe/
or call the YFC office at 785-232-8296
The Comedy Cafe is underwritten by individual table sponsors: seating is limited



Red Stocking Breakfast

Dec. 8, 7:30 - 10:30 a.m.
Carlos O'Kelly's Mexican Cafe

NOV. CYCLING EVENTS — Various cycle rides are offered by Kansas Cyclist. For details: www.kansascyclist.com/

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

150 CHRISTMAS TREES & ORNAMENT DISPLAY — Nov. 1-Jan. 1, 10am-4pm Mon-Sat. & 1-5pm Sun. at Territorial Capital Museum, 640 E. Woodson, Leocompton. Over 150 Christmas trees decorated in antique, Victorian, vintage and theme décor — including turn of the century and WW II era decorations, a barb-wire tree and feather trees. Also tour Constitution Hall, a National Landmark. Leocompton is the "Birthplace of the Civil War, Where Slavery Began to Die." Leocompton was recently named one of the "Best Small Towns in Kansas" by Kansas Magazine readers. Christmas Vespers at 2pm Dec. 2. 785-887-6148. leocomptonkansas.com

HOLIDAY CRAFT & VENDOR FAIR — Nov. 3, 9am-4pm, Mother Teresa Catholic Church, 2014 NW 46th St. Holiday Shopping Event w/ 30+ vendors including handmade crafters and other home businesses. Bring your appetite because the Knights of Columbus are serving lunch. Cinnamon Rolls and Chili will hit the spot. FREE & Open to the Public.

CASABLANCA SCREENING AT JAYHAWK THEATRE — Nov. 3, 6pm, Historic Jayhawk Theatre. In association with Keith the Critic, Jayhawk Theatre will be screening the always popular classic movie, Casablanca, starring Humphrey Bogart and Ingrid Bergman. Doors open at 5:00. The Celtic Fox will be selling drinks and Hazel Hill will be selling their chocolates at the KandyNook as well. Tickets are only \$5.

AD ASTRA TOY AND ARTS FAIR — Nov. 3, 11am-6pm. Liberty Hall, 644 Massachusetts. The Last Starfighter Movie at 8pm. Cosplay welcome. \$5.

TAILS ON THE TRAIL 5K Run/1 mile Walk - Nov. 3, 9am-12pm, Shawnee North Community Center, 300 NE 43rd St. Food, music, photo booth, silent auction

and more. Awards after race. For info: 286-0676

MEDICARE WALK-IN CLINICS — Nov. 3 & 10; Dec. 1, from 9am -1pm, Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd. Open Medicare enrollment with counselors to assist you and answer questions. For info: 785-235-1367.

TOPEKA HOLIDAY GIFT MART - Nov. 3-4, Expocentre. Over 100 merchants. Adults \$6, 16 and under free. BOGO free coupon available at topekaholidaymart.com. Free adm. after 3pm. For info: 816-676-0686

DAYLIGHT SAVING TIME ENDS — Nov. 4, 2:00am. Set your clock back for the end of Daylight Saving Time! Don't be late for church!

MILITARY RELATIONS COUNCIL BI-ANNUAL LUNCHEON - Nov. 7, 11:30-1pm. Ramada, 420 SE 6th Ave. Keynote Speaker: Derek Schmidt. \$30. For info: 785-234-1030

WOMEN WHO'VE CHANGED THE HEART OF THE CITY TOPEKA LUNCHEON — Nov. 8, 11:30am, Capitol Plaza Hotel. World Impact Topeka invites you to be part of this event that will honor women who've had significant impact in our communities, and empower incarcerated women for significant futures. Also, info will be presented on the four-year, seminary level leadership training program developed by World Impact's The Urban Ministry Institute (TUMI), which will help equip incarcerated women for leadership. Mary Flin 431-6000, maryflin@worldimpact.org

BLIZZARD BASH DEMOLITION DERBY — Nov. 8-11. Kansas Expocentre. Live video and instant replay, behind-the-scenes clips and interviews.

COMEDY CAFE - Nov. 9, 6:30-8:45pm, Fellowship Bible Church, 10th & Urish. An evening of fun, food (delectable desserts) and fellowship while learning more about the Youth for Christ ministry outreach and its impact here in Topeka. Featuring the comedy of Michael Joiner. Make reservations or sponsor a table at www.topekayfc.org/comedycafe/ or call 232-8296.

CAR SEAT CHECKUP EVENT — Nov. 10, 9am, Ed Bozarth Chevrolet, 3731 SW Topeka Blvd. Certified technicians will inspect the child restraint, provide instruction, offer guidance.

VETERANS PARADE - Nov. 10, 11am, Kansas Avenue Downtown. Staging begins at 9am. Free event. To register for the parade: www.zachevents.com/topekavet-

eransparade/85-409-1310. www.militaryveteranproject.org/topeka-veterans-parade.html

FILL THE RONALD MCDONALD HOUSE PANTRY - Nov. 10 - 10am-2pm, Seabrook Apple Market, 1945 SW Gage Blvd. DJs from V100 and The Eagle collecting items. (785) 235-6852, mindie@rmhcnks.org, www.rmhcnks.org

MEMBERS RECITAL — Nov. 11, 3pm, First UMC, 600 SW Topeka Blvd. The Topeka Chapter of the American Guild of Organists.

FREE LUNCH FOR VETERANS - Nov. 11, 12:20pm. Thornton Place, 2901 SE Armstrong. Spouses of veterans included. For info: 785-221-2574 or tabitha.pete-fish@holidayatyou.com

COMMUNITY DINNER HONORING VETERANS - Nov. 11, 11:30. Mt Calvary Lutheran Church, Wamego. Worship Services at 8 and 10:30am. Free will offering

DIABETES AWARENESS PROGRAM - Nov. 12, 7pm. Civic Center, Auburn.

KEVIN HINES: GOLDEN GATE BRIDGE JUMP SURVIVOR — Nov. 13, 7pm. TPAC. Suicide prevention and education talk. Free.

DIABETES AWARENESS PROGRAM - Nov. 14, 6:30pm. Annie's Place, 4014 SW Gage Center. "Living with Diabetes." (785) 249-1913, irene@idesigns.com

"YOUR LIFE SPEAKS" — NATHAN HARMON — Nov. 15, 7pm, Hayden High School, 401 Gage Blvd. (Doors open at 6:00) Nathan Harmon is the number one booked speaker for youth. He addresses suicide, bullying, drugs & alcohol and bad choices. A free will donation will be accepted. For info: Jerry Hudgins 785-338-2965 or SolReason@yahoo.com. Kids are welcome.

GINGERBREAD HOMES FOR THE HOLIDAYS - Nov 16 - 9am-7pm; Nov 17 - 9am-5pm; Nov. 18 - 11am-4pm. TPAC, 214 SE 8th Ave. The Graham Cracker Junction - Families, students, youth groups and scout troops enter the Junction to build their own houses out of graham crackers, icing and candy; Holiday Boutique - crafts, gifts and more; Sweet Tooth Lane - delicious fresh baked goods and homemade candy. Adm. \$3. 785-234-2787

WINTER WONDERLAND WALK-THRU NIGHT — Nov. 16, 6-8pm. Lake Shawnee, 3435 SE East Edge Rd. View dazzling holiday light displays, featuring one million lights, while winding through a 2.5-mile scenic drive. A suggested donation of \$2 per person, or \$1 per person with a canned food item to benefit Project Topeka. Pet Friendly. (785) 506-8720

CASA HOMES FOR THE HOLIDAY'S TOUR — Nov. 17, 10am - 5pm; Nov. 18, 10am - 3pm, 501 SE Jefferson, Ste. 2002. Tour tickets are \$15 at the door or \$12 in

advance at www.casaofshawneecounty.com. Contact Info: shelley.amos@shawneecocasa.org, 215-8280

TARC's WINTER WONDERLAND — Nov. 21-Dec. 31, 6-10pm. Lake Shawnee, 3435 SE East Edge Rd. View dazzling holiday light displays, featuring one million lights, while winding through a 2-mile scenic drive. Advanced Tickets are available: TARC, 2701 SW Randolph, for \$7.00, \$10.00 at the gate suggested donation. 785.506-8720

COMMUNITY THANKSGIVING DINNER — Nov. 22, 12-3pm, AG HALL. A warm and inviting meal is provided to residents of Topeka & surrounding areas. For delivery & info: 295-3889

SMALL BUSINESS SATURDAY - Nov. 24, 8am-10pm. Go out and support small businesses in Topeka & Shawnee County to celebrate Small Business Saturday. Enter to win gift baskets.

13TH ANNUAL RESCUE RUN 5K RUN/WALK - Nov. 24, 5-6pm, 534 S. Downtown Topeka. Proceeds benefiting the Topeka Rescue Mission Ministries. Register at trmonline.org/rescuerun/. Volunteers needed: email volunteer@trmonline.org or call 213-1727

THE CHOCOLATE NUTCRACKER MIDWEST, Nov. 24 at 6pm and Nov.25 at 3pm; TPAC. Tickets available at the TPAC box office or Ticketmaster.com. For info: 785-234-2787

MIRACLE ON KANSAS AVENUE PARADE — Nov. 24, 5-8pm - Community Christmas Tree Lighting Ceremony, Parade and more. Features "lighted" holiday-themed entries and the official arrival of Santa! After the parade, you can enjoy cocoa, cookies and carols hosted by the Topeka First Methodist Church at 6th and Topeka Blvd. Register here: <http://bit.ly/20uwkxf>. For info: <http://bit.ly/MKAParade>

NOEL THE MUSICAL - Nov. 29, 7:30pm. TPAC, 214 SE 8th Ave. \$24

FESTIVAL OF TREES — Nov. 29-Dec. 3, 9am-4pm, Ag Hall. Features trees & wreaths beautifully decorated by talented designers. Enjoy performers from local schools and groups. Holiday décor and gifts for sale. Tickets \$5, seniors \$3, 12 & under free. 233-2566.

OLD TIME HOLIDAY HAPPENINGS — Nov. 30; Dec. 1, 7 & 8, 6pm-9:30pm, Old Prairie Town, 124 NW Fillmore St. An elegant buffet will be served from the dining room of the Mansion to be eaten by candlelight in the reception room. Live music, tour the Mansion, hot cider and cookies by the fire in the cabin and hot fudge sundaes in the Potwin Drug Store. \$35 per person. Dinner served at 6:30pm. Reservations: 251-6993

TOPEKA CHRISTMAS VILLAGE — Dec. 1 & 2, 8 & 9, 15 & 16, 22 & 23 at Forest Park, 3158 SE 10th St. Opening for our first year of business, a shopping celebration of the season with events the first four week-

ends of December. Crafts, food, entertainment, Santa visits and more. Send an e-mail to events@forest-parktopeka.com for an information packet.

KANSAS PRAIRIE ANNUAL QUILT SHOW & HOLIDAY OPEN HOUSE - Dec. 1, 9am - 2 pm, Oskaloosa Middle School library, 404 Park St., Oskaloosa Ks. Includes a boutique of homemade items from the quilters. Admission is free. Drawing for two garden quilts.

WINTERFEST TOPEKA 2018 — Dec. 1, 10am-2pm, Downtown, 700 block of Kansas Avenue comes alive with winter holiday fun for this special event. Find Santa and other holiday characters, take a horse and carriage ride, take a selfie with a reindeer, enjoy carolers, ice sculptures and get some holiday shopping done at your favorite Downtown Topeka businesses.

SANTA ARRIVES BY UNION PACIFIC TRAIN — Dec. 2, Great Overland Station.

COMMUNITY CHAMBER ORCHESTRA CHRISTMAS CONCERT - Dec. 7, 7pm. Main Lodge of Life's Finer Moments, 1285 16th Rd. Clay Center. A fun, family-friendly concert, Christmas carols, holiday songs, and selections from "The Nutcracker." For info: 785-926-4725, bclark@diodecom.net

BALLET MIDWEST PRESENTS THE NUTCRACKER - Dec. 7, 7:30pm, Dec. 8, 1:30pm & 7:30pm, Dec. 9, 1:30pm. TPAC. Tickets at TPAC Box Office or at Ticketmaster

RED STOCKING BREAKFAST - Dec. 8, 7:30 - 10:30am, Carlos O'Kelly's Mexican Café, 3425 S. Kansas Ave. Cost is \$15 in advance at www.kcls.org and \$18 at the door. Children 10 & under eat free. Benefits KCSL's child abuse prevention programs and services.

THE NUTCRACKER - Dec. 15, 7pm & Dec. 16, 1pm. TPAC. Kansas Ballet & Topeka Symphony. Tickets starting at \$18 Children, \$28 Adults at TPAC Box Office or at Ticketmaster: <http://bit.ly/KansasBallet2018>

MEETINGS & CLASSES

C5Alive "POWER" LUNCHEON — Nov. 8, 11:30-1, POWER Luncheon at The Peak, 1920 SW Gage Blvd.

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

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- Please RSVP to info@C5Alive.org, so we know how much food is needed!

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"This is the highest and the best of what humans can produce."
—Olevia Brown-Klahm, singer and musician

entertainment

Kindness is secret to Winnie's popularity, says producer of 'Christopher Robin'

Nearly a century after the first book by English author A. A. Milne was published, Winnie the Pooh remains as popular as ever, with cartoons, videos games and two recent theatrical feature films continuing the tradition.

But why has the lovable, red-shirted bear -- and his friends Piglet, Tigger, Eeyore -- not waned in popularity? Brigham Taylor, a producer of the Disney film *Christopher Robin* (PG), which is out on DVD and streaming platforms in November, believes he knows.

"There's a politeness, there's a kindness about him even when there's problems," Taylor told me. "These characters don't always like each other, but they always bend over backwards to be polite to one another. They always come around to an inherent generosity. On top of that, Pooh just has such a unique voice."

Christopher Robin tells the story of an overworked man named Christopher Robin who rediscovers the joys of life when he bumps into his childhood friends, Pooh and the gang. Pooh, Taylor said, is able to do what Robin cannot: be present in and enjoy the moment.

"That oftentimes is one of the first things to go when do you become an overworked adult -- the ability to enjoy



the moment that you're in," Taylor said. "You're always concerned about what's next or what just happened. Pooh has this wonderful, nonsensical way about thinking of things that make total sense to us and he espouses this quality of enjoying where you are and what you're doing."

Taylor has made a career out of producing family-oriented films with Disney, having helped with more than 20 films including *The Jungle Book* (2016), *Tomorrowland* (2015) and *Secretariat* (2010). He is listed as a producer on three upcoming movies: *Lady and the Tramp*, *Jungle Book 2*, and *The Sword in the Stone* (release dates have not been set). His children, he said, served as inspiration on some of his projects.

"I love these kind of films," Taylor said. "I grew up on a steady diet of Disney

films and really revered them, especially the animated classics as well as some of the wonderful live-action stuff."

Although Disney once was known among children for its animated movies, it now is more popular for its hybrid live-action films and remakes, such as the yet-to-be-released movies *Dumbo*, *Aladdin* and *The Lion King*.

Disney's live-action remakes have their critics, but Taylor believes they're worth doing.

"The human condition has always been to retell stories that we like -- whether that is around a campfire or restaging a play or making a talking film out of what was a silent film," he said. "The good stories we like to hear again, especially if there's a reason to retell it. Every time these stories get re-told, I think you find more often than not that there's something added to make it more germane or more relevant to the modern audience, but there's also a reason to re-present it in a way you haven't seen before. [For example,] you go see *Hamlet* again because you want to say, well, what is Benedict Cumberbatch's version of *Hamlet*? I've seen it four times, but I want to see that interpretation of it."

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



streaming

Wonderful 'Wonder' leads November's streaming lineup

By Michael Foust

Teaching children not to bully is a part of good parenting, but sometimes, it helps to have a good book or movie to make the case.

This month on Amazon Prime and Hulu, one of the best films on the subject of bullying -- 2017's *Wonder* (PG) -- begins streaming. It tells the story of a boy named Auggie Pullman who was born with facial differences and must learn how to navigate life while transitioning from homeschooling to public school.

Some of the kids treat him with kindness, but others don't. By the end of the movie, though, even the mean kids have had a change of heart.

Based on a novel that is read by schoolchildren across America, *Wonder* does a masterful job in walking a fine line between showing too much bullying (which would make it too painful to watch) and not enough (which would lessen its emotional impact).

It helps children understand what it's like to be bullied. Faith is never mentioned, but Jesus' command in Luke 6:31 -- "Do to others as you would like them to do to you" -- is reflected throughout the story. That's one reason I took my 10-year-old son to watch it in the theater.

It stars Julia Roberts as Auggie's mom and Owen Wilson as his father.

The movie is mostly family-friendly, although there are a few caveats. It contains one misuse of "Jesus" (said by a bully) and three or so OMGs. It also shows two fights that could give the impression that violence is OK. But that can be corrected with a post-movie discussion.

It began streaming Nov. 1.

Other new releases on Amazon Prime, Netflix and Hulu:

For adults/teens

Christmas With The Kranks (Amazon Prime) -- A family that often wins holiday-themed yard-decorating contests decides to skip Christmas. Their neighbors -- who love decorations -- aren't pleased. Tim Allen stars in this comedy that is hated by some, loved by others. Rated PG for brief language and some suggestive content. Began streaming Nov. 1.

Hoosiers (Hulu) -- A high school boy's team from a small Indiana town reaches the state championship. Rated PG and contains some language. Nov. 1.

Transcendence (Netflix) -- A brilliant researcher in artificial intelligence is shot and nearly killed but is saved (sort of) thanks to his creation. Rated PG-13 for sci-fi action and violence, some bloody images, brief strong language and sensuality. Nov. 1.

The Great British Baking Show: Season 6 (Netflix) -- Some of Britain's best cooks face off in a competition to bake and design delicious sweet treats. Rated TV-PG. Nov. 9.

Children

Angela's Christmas (Netflix) -- A young girl is inspired with an extraordinary idea while attending church. An animated Netflix original. Appropriate for all ages. Nov. 1.

Treehouse Detectives: Season 2 (Netflix) -- Young bear siblings explore nature and learn about the world. My 3-year-old enjoys this series. Rated TV-Y. Nov. 9.

Wild Kratts: Creatures of the Deep Sea (Amazon Prime) -- Brothers and animal explorers Chris and Martin Kratt teach children about deep-sea ocean life. This animated series is a favorite in my household. Appropriate for all ages. Nov. 22.

Big Hero 6 (Hulu) -- A genius boy name Hiro designs robots to help heal from his brother's death. Rated PG for action and peril, some rude humor, and thematic elements. Nov. 10.

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

Top picks for latest music releases

By Cedric Austin
Metro Voice Music Editor

Fall has roared into view with cooler weather, falling leaves and... some really good music being released. From Chris Tomlin's *Holy Roar*, to Tori Kelly and Austin



French, here are the top picks for month:

For King & Country -- *Burn the Ships* -- Word Records -- Word

VaShawn Mitchell -- *Cross Music EP* -- Fair Trade Services -- Provident

Donald Lawrence -- *Goshen* -- RCA Inspiration -- Provident

Lisa Page Brooks -- *My Life* -- eOne -- New Day

TobyMac -- *The Elements* -- ForeFront Records -- Capitol

Planetshakers -- *Heaven On Earth Vol. 3 EP* -- Planetshakers Music -- New Day

Christon Gray -- *Clear the Heir* -- Fo Yo Soul -- Provident

CeCe Winans -- *Something's Happening: A Christmas Album* -- Provident

David Phelps -- *TBA Christmas* -- Springhouse -- Capitol

Francesca Battistelli -- *Own It* -- Word Records -- Word

Chris Tomlin -- *Holy Roar* -- sixsteprecords -- Capitol

The Tommies Reunion -- *The Tommies Reunion* -- Tyscot Records -- Provident

Gold City -- *Hope For the Journey* -- New Haven Records -- Provident

Tori Kelly

Victoria Loren "Tori" Kelly first gained recognition after posting videos on YouTube at the age of 14. Now, Kelly finds herself busy as a singer, songwriter, actress and record producer.

When she was 16, she auditioned for *American Idol*. After being eliminated from the show, Kelly began to work on her own music. In 2012, she independently released her first EP that she produced, wrote, and mixed herself, titled *Handmade Songs* by Tori Kelly.

The following year she signed with Capitol Records.

Kelly's second EP *Foreword* came out in October 2013 as her first major label release. On June 23, 2015, Kelly's debut album, *Unbreakable Smile*, was released.

The lead single, "Nobody Love," was released in February 2015 and became her first US Billboard Hot 100 appearance.

Kelly was nominated for Best New Artist at the 58th Grammy Awards. She voiced a shy teenage elephant named Meena in the 2016 animated film *Sing*.

It's not unheard of for Christian and gospel singers to make the leap to pop music, but it's a bit more rare for an artist to pivot in the opposite direction. Tori Kelly's debut, *Unbreakable Smile*, was the star-studded affair aimed straight at the charts, executive-produced by Ed Sheeran.

Her second album, *Hiding Place*, is full-

on gospel. The orchestral-soul flourishes of opener "Masterpiece (featuring



LeCrae)" and the funky R&B lilt of "Sunday" seem to proclaim that these are not your grandmother's Sunday-go-to-meeting church songs.

Even when traditional hymns are her source material, as in the devotional "Psalm 42" and the a cappella "Souls Anthem (It Is Well)," she transforms them into rousing, rhythmic choruses.

I encourage you to purchase Tori Kelly's latest album "Hiding Places."

You can find this album on all digital music outlets.

■ Please see MUSIC on next page



family-friendly spotlight

4 great Bible movies lead this month's family-friendly spotlight

By Michael Foust

Bible movies are a favorite in my household, but even the best ones leave me asking a series of critical questions, such as: Is that really in the Bible? Did they make that up? Why did they put that in there?

Thankfully, though, there are Bible movies that just stick to the text, and four of the best ones are now on Netflix. They have simple titles – *The Gospel of Matthew*, *The Gospel of Mark*, *The Gospel of Luke* and *The Gospel of John* – and use only the text



of Scripture as their script.

This means you can pull your Bible off the shelf (filmmakers used the New International Version) and follow along as the movie progresses. It also means you won't be shutting it off in frustration, wondering why the text was changed.

These four movies share the No. 1 spot on this month's list of "5 Family-Friendly Things."

They are among the most inspiring and skillfully made movies I've ever watched.

Documentarian David Batty directed them.

"It's the greatest story ever told," Batty told me. "I wanted to try and be as authentic as possible."

The movies were filmed in Morocco – which looks a lot like biblical Israel – and used actors and actresses from the region. Thus, the characters look like the people of the New Testament.

You don't hear the characters speak, though. Instead, you see their lips move and hear a narrator read the

biblical text. It's a unique filmmaking technique that works wonderfully.

The movies aren't short. *Matthew* and *Luke* span more than three hours, *John* about two and a half hours, and *Mark* right at two hours flat.

Also worth watching this month:

2. 'Charlie Brown: The Mayflower Voyagers' – If you're searching for an easy and historically accurate way to teach your children about Thanksgiving, then look no further. In *The Mayflower Voyagers* – which is free on Amazon Prime – Charlie Brown and his companions board the *Mayflower* and make their way across the Atlantic with the Pilgrims. God is given credit for the safe journey, and prayers are said. I show it to my children every year.

3. 'Drive Thru History: Acts to Revelation' – Documentarian and historian Dave Stotts travels across the Mediterranean region to explore the locations and cities in the New Testament. Stotts has filmed five *Drive Thru History* series – including ones based on the Gospels and American history – but his *Acts to Revelation* 18-episode series is streaming for free through TBN's website (TBN.com). Others can be purchased at DriveThruHistory.com. It will entertain you and encourage you in your faith.

4. 'Christopher Robin' – This 2018 Disney film releases on DVD Nov. 6 and tells the story of a stressed-out man – Christopher Robin – who has lost his joy in life. Thankfully, his childhood friends Winnie The Pooh, Tigger and Piglet help him rediscover the simple pleasures. It is rated PG, contains no coarse language, and is one of the cleanest movies you'll ever find. It has lots of great lessons, too.

5. 'If I Were An Animal' – In this cute, 13-episode Netflix series, two children teach other kids about animals and insects, from birth to adulthood. The amazing cinematography will entertain adults, and the kid-friendly narration will keep young viewers engrossed. It's appropriate for all ages.

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

Porn companies targeting kids through gaming

Porn is tightening its grip on America's youth through several major areas – including online gaming, Facebook apps and virtual reality.

Last year, one popular video game website hosted 780 games with nudity. This year, the same website hosts more than 1,600 of these games.

"Porn games don't simply contain sex and nudity. Rather, they are much more graphic," Miller said in a press release. "Some of these games promote sexual harassment and assault. Despite being cartoons, the graphic content in these games is far from harmless. Animated porn fuels sexual addiction and shapes sexual palettes just as regular porn does."

Parents need to be aware of the impact the increase in pornographic online gaming may have on their children.

"Parents need to understand how intricately linked the gaming industry and pornography industry are," Marriage and Family Therapist Dr. Jill Manning told Internet Security 101. "More and more games have pornography embedded in them. If kids play online, that is a pornographer's heyday for marketing, grooming and hooking young consumers."

VR is also a booming business.

Another major adult gaming portal



announced last May that it is expanding into virtual reality with two new VR products. Through the use of a headset such as the Oculus Rift (owned by Facebook), a viewer is able to enter a totally manufactured environment and tune out the reality of their actual situation.

Todd Glider, CEO of VR adult entertainment company BaDoink, said: "VR will become the standard in the industry for today's younger male consumers."

"I see it through a generational lens. VR porn will not have a pronounced effect on the demographic born before 1980," he continued. "However, for the generations born after, the ones that reach adulthood in a world where 24/7 access to adult content is just a mouse click away, that's the audience for VR porn, and it will be huge."

Facebook app encourages sex game

Netflix and Facebook have stooped to a new low with game encouraging masturbation for children, a child advocacy organization is warning parents.

To promote its crude, puberty-focused

original cartoon series "Big Mouth," the streaming media giant launched this month a new Facebook mobile game called "Hand Masters." The game claims to be the "first international masturbation game."

Here are some steps you can take to protect your children:

- Keep the gaming device or computer in a high-traffic area, not in the child's room, even if you already have an internet filter service.

- Remove the headphones and make them use the computer's speakers so you can hear any online chatting.

- Set up all of your children's game accounts and console controls. You decide who has access to their gaming profile and who your child can talk to. Learn how to use the parental controls.

- Read reviews and understand the industry rating system. Make sure the game is age-appropriate.

- Talk to your children. Teach them basic internet safety roles and to notify you if they encounter anything unusual or unsettling while they are playing. Build a non-shaming relationship with your child so that if they do come across adult content, they can approach you and talk about it.

MUSIC

continued from page 16

Austin French

Austin French has become the most popular contemporary Christian music artist you've never heard of. The 24-year-old, originally from small-town Georgia, spent time in Los Angeles, competing on reality singing competitions like ABC's "Rising Star" and NBC's "The Voice."

He's been a worship leader at a church where 80 percent of the members were recovering addicts.

Plus, to top it off, he and his wife went from having no kids to having two—one biological, one adopted—within months of each other.

Now, to add to the list, he just released his first full-length studio album.

A life with this much adventure can only happen when you hold the posture that French does.

"Life is meant to be lived wide open," he says, "not closed off, not safe, but living close to the Lord where he leads us...our job is to live our lives with our hands wide open."

This openness to God's leading is largely what inspired the album, *Wide Open*.

The album is refreshing in its honesty, addressing the brokenness in all of us, pro-



viding empathy in our most painful moments as well as presenting the hope of Christ. *Wide Open* was clearly written by an artist who has experienced both joy and hardship and who has come out the other side clinging to Jesus, rather than running from him. Growing up a minister's kid, French experienced first-hand what hypocrisy in the church can look like and just how broken people can be.

"I was really hurt by the church," says French. "I was really over it...I was going to have nothing to do with Christianity."

In eighth grade, while attending a Christian music camp, he heard a speaker address the hypocrisy he had experienced growing up. During the altar call, he says he felt God ask him what he was going to

do about it? How was he going to let others know that Christians don't have to be two-faced, that they can be real, truthful and honest?

French responded to this call with his most natural gift: music.

French, whose mother is a music teacher, has been singing since age two and grew up surrounded by music.

"So I decided that day in eighth grade that I wanted to be a Christian artist," French recalls, "and write music for my friends who didn't go to church, and music for the broken people in my church."

As French explains, "These songs didn't come from a place of holding back. These songs didn't come because I said, 'God, would you do as little as possible in my life this year.' It came from, 'God, would you do what you're going to do? Would you do miracles in front of me?'"

French has a long career ahead of him, but he is already establishing himself as a talented artist and songwriter who is open and vulnerable, able to take real struggles from his own life and write them into songs that are universally understood.

Because of this, *Wide Open* will leave listeners with the sense that miracles can happen to them too; they just have to live wide open.

You can check out his latest project on all digital music outlets.

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3 Common Diabetes Myths Debunked

November is American Diabetes Month, and a good time to sort fact from fiction regarding this serious disease.

Here are three common diabetes myths -- debunked, with the help of Nutrisystem Certified Diabetes Educators (CDEs) and Courtney McCormick, dietitian for Nutrisystem.

Myth: I'm a healthy weight -- I can't get diabetes.

Fact: Although there's a clear connection between being overweight or obese and developing type 2 diabetes, genetics and other lifestyle factors can also play a role.

Prediabetes can sometimes be an early-stage development of type 2 diabetes, and its risk factors (other than weight) include:

- Polycystic ovary syndrome: Fairly common in women, stay attuned to symptoms such as increased hair growth, weight gain and an inconsistent menstrual cycle.

- Older age: Prediabetes risk increases

after age 45, according to the Mayo Clinic.

- Family medical history: A family history of blood sugar-related health complications increases prediabetes risk.

- Gestational diabetes: Women who experience gestational diabetes (diabetes developed during pregnancy) are more likely to develop prediabetes. Additionally, if your baby weighed more than nine pounds at birth, you're at greater risk, according to the Mayo Clinic. Men, aren't off the hook. This increased risk extends to the children of women who had gestational diabetes.

- Inadequate sleep: Certain conditions causing sleep disruptions can be a recipe for insulin resistance.

Myth: People develop diabetes because they eat too much sugar.

Fact: Although consuming excess calories can contribute to being overweight, which is associated with type 2 diabetes, sugar is not the singular cause of diabetes. Type 1 diabetes is the result

of genetics and additional unknown factors and type 2 diabetes is the result of a combination of genetics and lifestyle factors.

Myth: If I have diabetes, I can't have carbs or dessert.

Fact: Generally speaking, individuals with diabetes can follow the same healthy diet recommended for the general public and can even enjoy sweet treats in small portions on special occasions.

Carbs are a necessary part of a healthy meal plan. Just pay attention to portions. Optimal carbohydrate counts will vary by person, but the American Diabetes Association recommends starting with 45-60 grams per meal, and tweaking depending on how your body responds.

Some good carbs to consider? Whole grain breads, pastas, rice and cereals, plus starchy vegetables like potatoes, peas and corn. Fruits, beans, milk and yogurt also count toward daily carbohydrates. On the Nutrisystem D plan,



which is designed for people living with type 2 diabetes, milk and yogurt are considered "PowerFuels," even though they provide some carbohydrates. Many people are advised to enjoy these foods with fruit to prevent nocturnal hypoglycemia.

It's important to have a good understanding of the risks, causes and precautions associated with diabetes. Although preventative measures can't be taken against type 1 diabetes,

according to the American Diabetes Association, research suggests that you can lower your risk for type 2 diabetes by 58 percent by:

- Losing seven percent of your body weight
- Exercising moderately 30 minutes a day, five days a week

Eat well, be well and know your risk factors for diabetes, this month, and every month of the year!

- StatePoint News

Keeping Your Health on Track During the Indulgent Holiday Season

The holiday season can be an indulgent one, full of cookies, candies, heavy meals and eggnog. While no one wants to rein in the fun during the merriest time of year, there are simple ways to keep your health on track during this indulgent holiday season.

- **Stick to Routines.** To the best of your ability during this hectic time of year, attempt to stick to routines that promote wellness. Set a bedtime and honor it. Hit the gym. Meditate. Do whatever it is that keeps you grounded and feeling your best.

- **Drink Up.** Many people associate dehydration with the warmer months. But in winter weather it can be especially easy to forget to stay well-hydrated, especially when you're indulging in alcoholic beverages at all those holiday parties.

Remember, water doesn't need to be the only source of hydration you think about this season. Soups and purees made from hearty winter vegetables, as well as citrus fruits do the trick, too, and their nutritional properties can help keep you healthy in winter.

- **Keep Things Organically Sweet.** Staying on track doesn't mean you can't enjoy the sweetness of the season. Instantly boost the flavor of your favorite meals with organic honey. One great option is Organic Honey In The Raw. USDA Organic Certified and Non-GMO Project Verified, it's made from pure nectar collected from exotic wildflowers found in the remote Caatinga region of northeast Brazil. The hand-harvested, sustainable honey is raw (never heated above 117 degrees) and unfiltered, so it retains the benefits

of bee pollen.

And just one tablespoon of organic raw honey provides the right amount of sweetness and flavor for any dish or drink, including year-round staples like oatmeal, yogurt, tea, and more. You can also consider giving a honey makeover to all your favorite holiday recipes, including glazes and sauces for meat and poultry, cocktail recipes, and of course baked treats.

- **Make Substitutions.** Other healthful substitutions you can make this holiday season include topping pies with Greek yogurt instead of cream, using apple

sauce in place of oil and nut flour instead of white flour in baking, and serving vegetable mash as an alternative to mashed potatoes.

- **Be Mindful.** The holiday party circuit can be dangerous when it comes to making nutritious choices. When you enter a party with a buffet set-up, it can be tempting to reach for the richest foods first. Before indulging in the canapes and Swedish meatballs, try filling up a plate with crudité first. While you're doing so, get a good look at all the options available. This way, you'll be more likely to savor choice items you'll

truly enjoy.

A joyful holiday season doesn't mean you must pack on pounds or feel under the weather. By keeping your health on

track throughout this indulgent time of year, you can start 2019 with your best food forward.

- StatePoint News

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What to Know When Selecting a Medicare Plan

For the millions of Americans aged 65 and older, Medicare is a critical source of health care. And during the Medicare Annual Election Period between Oct. 15 and Dec. 7, those eligible can select or make changes to their plans for 2019. Experts say that this selection is vitally important and should be done with care.



“It’s a good idea to go shopping for potential plans and consider each element of them,” says Brian Evanko, who leads Cigna’s government programs, including Cigna-HealthSpring, which is a supplier of Medicare Advantage products. “Your goal should be to choose a plan that strikes the right balance between the benefits you’ll need and what you can afford.”

To help you choose a plan and get the most from it, consider these tips from the experts at Cigna-HealthSpring:

- Determine your priorities. Plans can vary widely, and certain plans go beyond the basics to include such benefits as transportation assistance to doctor appointments, fitness classes, discounts on home delivery of covered prescription medications and even nutritious meals after a hospital discharge. “Special needs plans” are available to those with qualifying conditions, such as having certain chronic illnesses or being eligible for both Medicare and Medicaid. Taking the time to identify your priorities and

have favorite doctors or pharmacies, make sure they are within your network.

- Leverage preventive care opportunities. Preventive care saves lives and helps you delay or avoid the onset of disease. So, schedule your annual check-up and keep your appointment. Get to know your doctor and ask about

any screenings you need for your age and background. For more information about preventive care, visit cigna.com/takecontrol.

- Get active. Incorporate exercise into your routine; it’s essential to healthy aging. While original Medicare doesn’t cover gym memberships or fitness programs, a number of Medicare

Advantage plans offer such benefits as part of their coverage at no extra cost.

- Use free resources. To compare plans, use free resources like the Centers for Medicare & Medicaid Services’ Plan Finder where plans are rated from one to five stars. Many insurance plans offer no-cost, no-obligation seminars explaining plan details. You can also check health plans’ websites or call their

customer service team for more information.

This Annual Election Period, consider your personal health circumstances and budget needs carefully. The right plan will help you maximize your physical and financial wellbeing, ensuring you have affordable access to the benefits you need all year long.

- StatePoint News

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MACRA AND ITS IMPACT ON MEDICARE SUPPLEMENT POLICIES

MACRA (Medicare Access and CHIP Reauthorization Act) changes the availability of certain Medicare supplement plans beginning January 1, 2020. Specifically, MACRA prohibits Medicare supplement plans to cover the Part B deductible of Medicare after that date.

The goal of MACRA is to reduce overall Medicare spending by requiring beneficiaries to pay a small portion of the costs (the deductible) each year. However, only individuals who become Medicare eligible on or after January 01, 2020 will be affected. Those entitled to Medicare prior to this date can keep their current Medicare supplement plan. The Part B deductible is \$183.00 in 2018.

If you are Medicare eligible prior to January 01, 2020, all Medicare supplement plans will still be available to you. If you are already enrolled in a Supplement Plan C or F, you can keep your plan. You may even change to another carrier that offers a Supplement Plan C or F after January 1, 2020, although medical underwriting may be required.

If you become Medicare eligible January 01, 2020 or later, Supplement Plans C and F will no longer be available. Plans C and F are being replaced by Plans D and G. Under the new plans, you will be responsible to pay the Medicare Part B deductible.

In summary, if you are a Medicare beneficiary prior to January 1, 2020, the new law will not affect you. If you become eligible on or after that date, you will choose from different plans requiring you to pay the annual Medicare deductible. The new law pertains to supplement plans only, and will not affect Medicare Part A or Part B, Part C Medicare Advantage Plans, or Part D prescription drug plans.

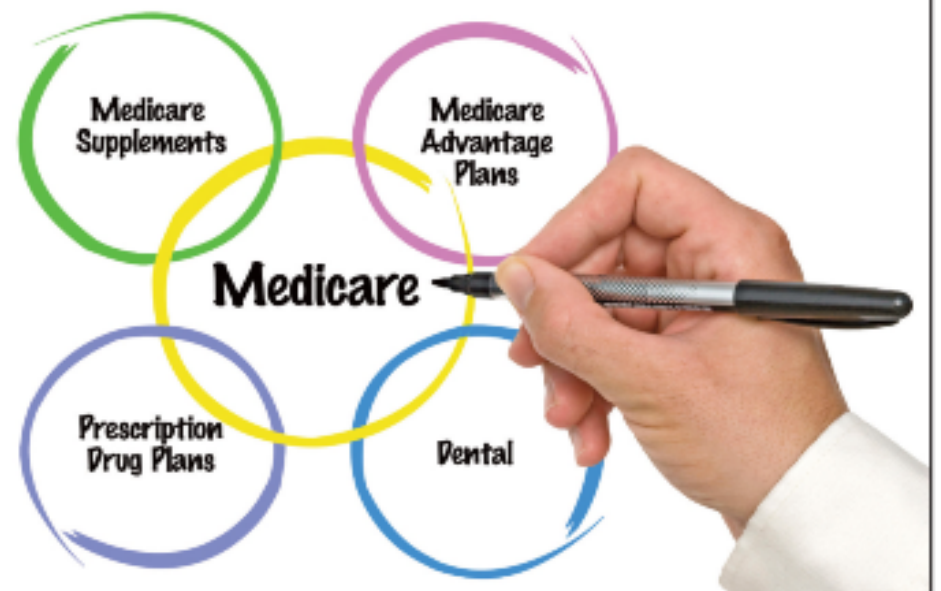
Finally, remember all Medicare supplement plans have exactly the same benefits as required by CMS. Those identified by the same letter have the same benefits. In other words, Plan G benefits are the same regardless of which insurance company you use. The only difference is the insurance company and the price you pay for the plan. Shop before you buy, or talk with a licensed expert to help you make the right selection of Medicare coverage for your circumstances.

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.

Call us at **785-270-4593** Monday-Friday, 8:00am-4:30pm with questions or to sign up for a free seminar. For more information email info@century-health.com. or go to www.centuryinsuranceagencyks.com.

Upcoming Medicare Seminars:

- 11/1/18 2:00 p.m. - 929 Mulvane
- 11/6/18 2:00 p.m. - 929 Mulvane
- 11/13/18 2:00 p.m. - 929 Mulvane
- 11/27/18 2:00 p.m. - 929 Mulvane
- 12/4/18 2:00 p.m. - 929 Mulvane



sports

Priest has chance to minister and enjoy his favorite sport



Several hours before Brooks Koepka captured his second straight U.S. Open golf championship June 17 at Shinnecock Hills Golf Club in Southampton, Father Tom Guido continued a personal Father's Day tradition by celebrating Mass at his 16th straight U.S. Open. The tournament each June provides the Florida priest with an opportunity to perform his ministry and enjoy his favorite sport at the same venue.

Father Guido, 58, pastor at Resurrection Parish in Miramar Beach, attended his 23rd U.S. Open this year. He has missed only two tournaments since he first began attending the event in 1994.

A golf enthusiast who enjoys watching the action up close on the course, Father Guido said the focal point of his annual golf pilgrimage is to celebrate Mass for journalists, event staff and volunteers who are working in or near the media tent on the Sunday morning of the tournament's fourth and final round.

The highlight of the trip, he said, is "to proclaim the word of God and to bring the Eucharist to people who otherwise can't get to church."

"My vocation and avocation cross paths," said Father Guido, who was

FROM THE CHEAP SEATS

By Rob Mooney

A couple of weeks ago I introduced my two youngest kids to hockey, taking in a Topeka Pilots game on a Saturday evening. It's been quite a while since I have attended a live hockey game, going back to the Topeka Tarantulas. When I realized that they had never been to a hockey game before, I had to take them.



When I was growing up in Wichita, I would play hockey with the neighborhood guys.

Of course, we didn't skate. We played during the winter when the ice and snow would be packed on the residential streets of our neighborhood in Park City, just north of Wichita. We'd chisel a line in the ice and color it blue our goals, (sorry mom, I'm sure you always wondered why we went through so much blue food coloring).

We used real hockey sticks and pucks

that we acquired while attending Wichita Wind games at the Kansas Coliseum. When a stick would crack or break, the players would lift them up for people to take as they were leaving the ice. Super glue and duck-tape fixed them up for our purposes. Our collection of equipment grew when one of our guys got a job as a part-time attendant in the locker room. No, he didn't steal the stuff, they gave him

items that were being thrown away. We got pretty good at fixing old hockey equipment.

One of my good friends dreamed of being the next Andy Moog, a Wind goalkeeper who went on to play for the Edmonton Oilers. My friend was all about being the goalie. I remember that he would buy foam from TG&Y, (yeah, no Wal-Marts back then), and fashion them

into leg pads. He would also make his own facemasks out of cardboard and foam and I have to admit, some of the designs he put on those masks were incredible. He was quite the artist. A goalie stick, a chest protector and a ball glove and he was ready for action and I'll tell you what, if he wasn't on your team, you were probably going to lose. He was pretty good. At least by our standards.

Summer didn't stop us from playing. We just moved the game down to a local church where they had a huge field and we turned it into field hockey with a tennis ball. There's nothing like winding up for a slap shot only to get more ground than ball. I can still hear the cracking of the stick as it was destroyed. Not super glue and duck-tape this time!

Playing rag-tag hockey with my friends are some of the best memories of my childhood that I have. I was glad that my kids not only wanted to go, but enjoyed it so much that they want to go back. There's just something about being at a live hockey game. If you haven't checked out the Pilots yet, you need to go and start making your own memories!

ordained in 1987. "It's pretty cool. ... It's a unique combination."

Father Guido compared his service at the U.S. Open to those of priests who celebrate Mass for traveling circus workers.

"They are people of faith who want to go to Mass, and it's difficult for them to do that," he told Catholic News Service.

"For people who work the tournament, Sunday's the busiest day for them. It's difficult for them to get out to a local parish or a local church. For me, it's an opportunity to bring church to them."

Father Guido attended his first U.S. Open at the Oakmont Country Club in Oakmont, Pennsylvania, in 1994, after

receiving an invitation to attend the tournament from a U.S. Golf Association employee he had gotten to know while serving as a campus minister at Florida State University in Tallahassee.

Father Guido was subsequently invited to celebrate Mass at the tournament. "It kind of parlayed from there," he said.

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5 Easy Ways to Add Colorful Curb Appeal

(Family Features) Before the dull and dreary days of winter set in, you still have plenty of time to update your home's curb appeal with pops of color that add a cheerful touch to offset the oncoming gray weather.

and trim creates a clean look. If you want to add some variety, use a secondary shade in the same color family and apply it to the main posts or the spindles.

Get a Step Up with Railings

Chipped, tired railings can make a home look outdated and unkempt, but making those pieces look new again is a relatively quick and easy project. If paint has chipped or there's damage to the wood or metal, you'll need to sand and repair before adding fresh paint. Keeping the railing monochromatic in a color that complements the rest of the house's paint

Create DIY Doormats

The entry is a focal point of most homes, so sprucing up the front of your house can make a big impact. An affordable and unique way to create a "wow" moment is to craft a DIY doormat with spray paint. A chevron pattern is an easy way to make a statement by simply using painter's tape and two different colors of spray paint. Consider an option like Krylon ColorMaster Paint and Primer – 25%



More, which comes in 60 colors for indoor and outdoor use and offers more product to perfect your project.

Put the Spotlight on Light Fixtures

Small splashes of color can go a long way, especially with a feature like exterior light fixtures. For safety purposes, it's a good idea to remove the fixture completely before starting your project, and be sure to turn off the power supply before disconnecting electrical cords. For light fixtures to stand out against a neutral-colored home, try spray painting them a bold hue, such as bright yellow, for a burst of color.

Pretty Up Planters

A pot filled with vibrant blooms is an easy way to bring some brightness to your home's exterior, but one alternative that works year-around is to make the planters themselves the focal point. You can update any planter or pot with the right spray paint, like Krylon Fusion All-In-One Paint and Primer, which adheres to plastic, metal, wood and more. It provides a high-quality finish resistant to rust and fading without the need for sanding or priming. After your planter is dry, you can fill it with the vegetation of your choice, such as evergreens, which are hardy enough to last all season long.

Refresh Patio Furniture

Over time, patio furniture loses its luster. If it's still in good shape, you can bring it back to life with a fresh coat of spray paint. All the angles can make it difficult to cover every surface, so choose a product that promotes easy application, like Krylon COLORmaxx Paint and Primer. Available in a wide variety of colors, it features a big push-button spray tip for application in any direction, including upside-down. Remember to tilt furniture back and apply color to the feet and legs for an all-over finish that's ready to weather the season.

Explore more ideas to give your home a seasonal color boost at TodayWeSpray.com.

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FALL IS FOR PLANTING!

Annette's tip
 If tiny chickweed or henbit weeds are appearing on the surface of your lawn, it's time to use fertil (ome Weedout or Weed-Free Zone (as recommended by K-State) to kill these weeds now while they are young. It will also kill clover and dandelions if they are still present.
 It's time to plant spring-blooming bulbs and time to fertilize trees and shrubs. Plant perennials, trees and shrubs now for better growth next year. Finally, it's time to NOT plant a yard. Wait until after Thanksgiving to overseed using the dormant seed method.

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- 1. SOUTHWEST TOPEKA BIBLE CHURCH**
4141 SW 53rd (53rd and Gage)
Topeka, Ks 66610
785.266.0100
Sun. Services: 9:30 Bible Study Classes
10:45 Worship Service
www.swtbc.org
- 2. CHRISTIAN CAVALRY MINISTRIES INT.**
Pastor Beaux Bryant
c/o Seaman Baptist Church
2015 NW Buchanan, Topeka Ks 66608
785-224-5419 • www.church4bikers.org
Sun. School 9:30 am
Sun. Service 10:45 am
Wed. Prayer & Bible Study 7pm
- 3. TOPEKA BIBLE CHURCH**
1101 SW Mulvane St., Topeka
785-234-5545
Worship: 8:00 - 9:30 & 11am
Sunday School & Bible Studies:
9:30 & 11am
www.discovertbc.com
- 4. NORTHLAND CHRISTIAN CHURCH**
3102 NW Topeka Blvd., Topeka
286-1204
Worship Sun. 8:00, 9:30 & 11am
www.northland.cc.
- 5. INDIANA AVENUE CHURCH OF CHRIST**
"Grace has dispensed, because Grace has redeemed"
3510 SE Indiana Ave., Topeka, Ks. 66605
785-266-7788, www.Indianaavecofc.org
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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
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11 AM Contemporary Worship
- 7. TOPEKA BAPTIST CHURCH**
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- 8. WANAMAKER ROAD BAPTIST CHURCH**
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2700 SW Wanamaker Rd., Topeka
(785) 272-9323 www.wrbcctopeka.com
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Sunday School 9am • Wed. Prayer 7pm
- 9. GRACE COMMUNITY CHURCH**
310 E 8th St (E. US 56 Hwy)
Overbrook, KS; 785-665-7117
Elvin Dillard, Senior Pastor
Sunday School 9 am; Worship 10 am
www.gccinoverbrook.com
office@gccinoverbrook.com
- 10. LORD'S HOUSE CHURCH**
300 SW Roosevelt, Topeka KS 66606
Pastor Marilyn Hahn McGinnis
10 a.m. Sunday (Non-traditional Service)
See "About Us" at our website
www.kawriverkeruv.com
Questions? kawriverlordshouse@att.net
- 11. COMMUNITY CHURCH**
1819 SW 21st St., Topeka
233-3537 www.CommunityChurchKS.com
Sun. 9:30am - Sunday School for all ages
Sun. 10:30am - Worship & Word, Children

- Wed. 6:30pm - Children, Youth, Adult
~ Nursery care for all services ~
- 12. BUCK CREEK COUNTRY CHURCH**
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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,
or Scott Bond 423-0406
 - 13. WANAMAKER WOODS NAZARENE**
Serving Christ - Loving People
3501 SW Wanamaker Rd • 273-2248
Dr. L.D. Holmes, Sr. Pastor
www.wwnaz.org
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Children's Worship 9 & 11 am
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Sun. Evening Various Children's Programs
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Wed. 6:30 pm Adult & Teen Life Groups
Wed. 6:30 pm Kids University
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 - 14. GRACE LIFE CONNECTION**
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 - 15. OAKLAND UNITED METHODIST**
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Fr. Jaime Zarse, Associate Pastor
- 19. SEAMAN COMMUNITY CHURCH**
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354-8777 • www.seamanchurch.com
Adult Sunday School - Sun. 9:30am
- 20. HERITAGE BAPTIST CHURCH**
1937 NE Madison St,
Topeka, KS 66616 • 785-506-4594
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Sunday Worship: 10 am and 6pm
Junior Church for kids: Sun 10am
Wed. Evening Worship: 7pm
- 21. HARVEST FAMILY FELLOWSHIP**
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785-220-5418
Pastor Rey Rodriguez
Sun. Worship 10 am
www.topekaharvest.vpweb.com
- 22. FAMILY OF GOD CHURCH**
1231 NW Eugene St.
Topeka, KS 66608
Sunday Worship: 10:30am
Children's Sunday School: 10:30am
Youth group 1st & 3rd Sundays 4-6pm
- 23. HIGHLAND HEIGHTS CHRISTIAN CHURCH**
785-379-5642
Sunday Services: 8:30 and 10:00 AM
2930 SE Tecumseh Road
Tecumseh, Kansas 66642
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Jars of Clay Children's Ctr 785-379-9098
- 24. TRINITY REFORMED BAPTIST CHURCH**
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FINANCIAL PLANNING

Planning and Success

Dear Dave,

I'm stuck in a dead-end job, and I only have a high school diploma. I've never minded long hours and hard work, but I've begun to realize I need to have a better career, so I can spend more time with my kids. I feel like I'm missing out on their lives, because I work 65 to 70 hours every week. Do you have any advice on how to change my situation?
Tim

Dear Tim,

Asking questions and exploring your options like this is a much smarter move than simply walking away from an unsatisfying job situation — especially when you have a family to think about. I'm glad you're wise enough to take a thoughtful look at the situation, instead of making a rash decision that could have a negative impact on you and your family.

There's absolutely nothing wrong with wanting to improve yourself in terms of education or your career. But before you do any of that, you've got to have a definite direction in mind. You need an in-depth, detailed game plan for the next three or four years that's designed to put you where you want to be. It may involve going back to school for some classes, additional training in your field, or even getting a full-blown degree. If you identify your long-term goals in detail, it will lead you to some of the short-term goals that will help you arrive at your final destination.

Have you tried talking to your boss about your goals and your situation? See if you can have a sincere conversation with him or her, and discuss your feelings about your career and what's going on with your family, too. Your company may be very receptive to the idea of increasing your value in the workplace. A good leader will also understand the importance of family.

Also, there's a great book by Dan Miller that addresses this topic. It's

called *48 Days to the Work You Love*. In this book, he lays out the steps to discovering what you really love to do and how to get there.

Best of luck, Tim!
—Dave

Secured vs. unsecured debt

Dear Dave,

What exactly is unsecured debt, and how is it different from secured debt?
Rich

Dear Rich,

"Unsecured" debt generally means someone loaned you money, but they don't have a lien on anything. Credit cards and student loans are examples of unsecured debt, because there's nothing they can directly repossess if the borrower doesn't pay. However, they can sue you if you don't pay, and get a lien against something after they sue you. In some cases, this is done against your income by garnishing your wages.

Some examples of "secured" debt would be things like a home mortgage or car loan. A home mortgage loan is secured by the home. If you don't pay, they can foreclose and take the house. The same is true with a car loan. If you don't make the payments, they can take the car.

Typically, unsecured debts will be the last debts you pay if you're in financial trouble. You'd make the car payment before paying on your student loan, and you'd make your house payment before paying on a credit card.

Hope this helps, Rich!
—Dave

A burden to help?

Dear Dave,

Do you believe the adult child of a senior citizen, who is physically and mentally healthy but has neglected to plan



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

davesays

for retirement, should be burdened with providing financial assistance to that parent?
Robbie

Dear Robbie,

Based on the wording in your question, I can only believe you don't think the adult child should be "burdened" to provide this assistance. My guess is you're talking about one of your own parents. I understand that you might be aggravated with a parent who has been irresponsible with their money. But in my mind, there's a bigger question. How big is the burden?

I talked to a guy recently who was making \$1.5 million a year. He was questioning whether he should help his dad — an older man in poor health, who didn't handle his money well — by giving him \$1,000 a month. There's no question you give that guy money. You're making millions, but you don't want to help your sick dad? Come on! But if you bring home \$2,000 a month, and your family is barely getting by, you're not morally required to financially take care of a parent who was irresponsible with their money.

It's all relative. Do you have the money? Can you provide this help without placing an undue burden on yourself and your family? If the answer is yes, you may be asking more about your own aggravation than any sort of moral obligation.

But no, you're not morally obligated to destroy your own life, or your family, to take care of a relative who didn't take care of themselves financially.

—Dave

Paying off credit cards

Dear Dave,

How do you feel about taking money out of savings to pay off credit cards?
Peggy

Dear Peggy,

I'm okay with this under two conditions. One is that you cut up the credit cards, close the accounts, and never use those things again. The second is that you don't wipe out your savings in the process. Leave something in there, so you're covered in the event of an emergency. Then, rebuild your savings as fast as possible once the debt is out of your way.

You have to understand, too, that credit cards aren't the problem. The credit card debt isn't the problem, either. They are just symptoms of buying things you don't need, with money

you don't have, in order to impress people.

Take a long look in the mirror, Peggy, because the person who's looking back at you is the problem. Overspending, disorganization, not earning enough ... whatever label you want to slap on this situation, you are the reason for the problem. Once you understand and accept that, and you start living on a budget and staying away from debt, you'll have taken your first real steps toward financial peace!

—Dave

Need life insurance with no dependents?

Dear Dave,

I'm 35, single, and I have no dependents. Do I need a life insurance policy?
Larry

Dear Larry,

In your situation, if you have enough

cash saved up to pay your final expenses — and you don't have any debt — there's no reason for you to carry a life insurance policy. No one will be harmed financially by your death, and no one would be deprived of the income that would be lost if something unexpected happened to you. Even if you have a mortgage on a home, the house will normally sell for enough to pay off the mortgage.

However, if you have debt, or if you don't have some money stashed away in savings, you might want to consider an inexpensive term life insurance policy. At your age, if you're healthy, you can get \$100,000 worth of coverage for just \$10 to \$15 a month.

Remember, you don't buy insurance to leave an inheritance. You buy life insurance to make sure there's enough money to take care of your family and final expenses. You wouldn't want your parents or someone else having to foot the bill!

—Dave

Teachers Have Tax Advantages

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

As teachers, administrators and aides have launched into their fall semester, taxes may not be on the top of their list. However, knowing what to keep track of now can help reduce the burden at tax time.



The Internal Revenue Service reminds educators that there are three key work-related tax benefits that may help them reduce what they pay in taxes.

Educators can take advantage of tax deductions for qualified expenses relat-

ed to their profession. The costs many educators incur out-of-pocket include items such as classroom supplies, training and travel.

There are two methods educators can choose for deducting qualified expenses:

- Claiming the Educator Expense Deduction (up to \$250)
- For those who itemize their deductions, claiming eligible work-related expenses as a miscellaneous deduction on Schedule A.

A third key benefit enables many teachers and other educators to take advantage of various education tax benefits for their ongoing educational pursuits, especially the Lifetime Learning Credit or, in some instances depending on their circumstances, the American Opportunity Tax Credit.

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