


Topeka EDITION
includes Lawrence, Manhattan, Emporia & Holton

The Area's Most Complete Event Guide

THE DRUNKARD
Directed By Philip Grecian



DALE EASTON'S THE DRUNKARD | Page 13

FREE! TAKE ONE!

metro VOICE

Summer Camps and VBS offer your children faith and fun at the same time.



PAGE 8

CELEBRATING FAITH, FAMILY AND COMMUNITY IN NORTHEAST KANSAS

Celebrating our 13th year!
VOLUME 13 • NUMBER 10

June 2019

VISIT US AT facebook.com/metrovoicenews
or metrovoicenews.com

TO ADVERTISE, CONTRIBUTE, SUBSCRIBE OR RECEIVE BULK COPIES, CALL 785-235-3340 OR EMAIL VOICE@COX.NET


NEW RESIDENT churchguide



Highland Heights Christian Church

See inside back cover!

ANXIETY: Can We Beat It?



by **Shane M. Jones**

In my 32 years of practice I have found that anxiety has continued to increase, affecting people who seldom would have wrestled with it in years past.

A certain amount of anxiety is actually good. In the right amount it increases chemicals in our brain that help us to perform better in sports, acting, selling, etc. Too much anxiety can be the proverbial kiss-of-death, causing our brain to go into the fight-or-flight mode, limiting our frontal cortex (executive processing function), and as a result getting something along the line of "brain loc."

God put the anxiety tendency in us to protect us. We probably didn't need it before the Fall in the garden, but it clearly helps us now. However, like the scripture, "be angry, but sin not," we are told to not be anxious. I really believe the instruction was to not be overly anxious. It is a healthy level of

■ Please see **ANXIETY** page 3

What is a Real Man?



CLINT DECKER
President and Evangelist with Great Awakenings, Inc.

hopefortoday

Father's Day is June 16

Esquire magazine published the article, "How to be a Man." The author wrote a series of proverbs on manliness. One stated, "A man knows how to lose an afternoon. Drinking, playing Grand Theft Auto, driving aimlessly, shooting pool." Please, do not follow their advice! Unfortunately, many already do.

Like most men, I learned what a man was primarily from my father,

other men in my community and on TV. My favorite TV character growing up was the Six Million Dollar Man.

When I was 20 years old though, my life changed when I came to know my true model of manhood – Jesus. He taught me what it was to be a man. Jesus said, "I am the way, and the truth, and the life" (John 14:6). Truth refers to reality, what is

not hidden. The life of Jesus was lived openly. He showed the world how to live a perfect life - men, women or children. I see in Him what a real man is.

1. A real man has purpose. Jesus said, "I must preach the good news of the kingdom of God to the other towns as well; for I was sent for this purpose" (Luke 4:43). Jesus had a

■ Please see **WHAT IS A REAL MAN** page 6

TPD unveils new Outreach Vehicle



The Topeka Police Department now has a new Outreach Vehicle.

The Outreach Vehicle will follow the idea of paramedicine, which is the unique intersection of health care, public health and public safety.

This vehicle and the idea of paramedicine will provide resources from our continued partnership with Stormont Vail Healthcare, Valeo Behavioral Health Care, the Topeka Rescue Mission Ministries and the Topeka Fire Department.

"This Outreach Vehicle will provide the ability for all partners involved to provide services as a team to the at-risk population of Topeka and Shawnee County," said Topeka Police Chief Bill Cochran. "We hope that the Outreach Vehicle will reduce number of 9-1-1 calls, ER visits and provide the community with

■ Please see **OUTREACH** page 3

The All America App is Coming

Many in evangelism ministry feel that there is a great move of God around the globe. At the same time America seems to be in rapid spiritual and moral decline.

Many believe God has granted us a REPRIEVE, a short period of time to CALL the nation to repentance; PRAY for every person in America by name; and CONNECT every person with the gospel.

The All.America initiative is helping to bring together the Body of Christ in America strategically to reach every person in this important hour. The aim of All.America is not to replace the efforts of existing ministries, but to partner together with the common goal of transforming the nation with the gospel of Jesus Christ.

What would it look like if every campus, every home, and every person in America was prayed for by name and engaged with the gospel multiple times,

mobilizing millions in the Body of Christ to pray for and connect with their neighbors until all 127 million households and every school campus in America is adopted?

Every person can make an impact with those around you in your neighborhood, school, workplace etc.

TAKE ACTION

- Plan a church kick-off to share the All.America initiative with your congregation and demonstrate how every one can adopt their neighbors.
- Research the area around you and commit to connect every person with Jesus, the Bible and your Christian community.
- Schedule time for training on how to share Jesus and disciple others.
- Work with others to hold events proclaiming Jesus

■ Please see **ALL.AMERICA** page 4

ALL.AMERICA APP

The All.America app is a simple, powerful tool for every believer to work together and strategically reach all of America.

Coming FALL 2019



EVERY DAY
Pray for your adopted household, school, and work and reach out from your content.

CUSTOM GROUPS
Create additional groups to pray for your family, friends, fellow students, church etc.

STATS
Tracking in real-time.

WEB VERSION
Also available on your computer or tablet via any internet browser.

Progress & Stats

- PEOPLE PARTICIPATING: 240,889
- HOUSES ADOPTED IN OUR VISION: 1,778,202 (1.8% of 100 million)
- CONNECTIONS MADE: 578,672

Topeka Police join Ring in new crime fighting tool

There is a new way to know what's going on in your neighborhood! You can make a difference and share suspicious activity or crimes with the people who live around you. This helps build a virtual safety net and that's exactly what criminals don't want. You can share pictures, video or just text the suspicious behavior.

The Topeka Police Department has announced that it is joining the free Neighbors app by Ring to provide the Topeka community with real-time, local crime and safety information. The Neighbors network already has millions of users and has been instrumental in catching package thieves, stopping burglaries and keeping neighborhoods safe.

This app allows people to communicate with one another in their own neighborhoods in real time to share text information, clear pictures and videos with one another and the Topeka Police Department.

Residents can text topekaks to 555888 from their smartphone to download the Neighbors app for free on iOS and Android and use the app to; join their neighborhood, share crime and safety-related videos, photos and text-based posts; and receive real-time safety alerts from their neighbors, local law enforcement and the Ring team.

"We are extremely excited to be partnering with Ring on this new endeavor," said Topeka Police Chief Bill Cochran. "Not only will this app be used to communicate in a new way with our community, but we feel this tool will help us greatly when partnering with citizens to fight



crime."

Jamie Siminoff, Chief Inventor and Founder of Ring said, "We're excited to have the Topeka Police Department join Neighbors to keep their community up-to-date on local crime and safety information. Over the past few years we have learned that when neighbors, the Ring team and law enforcement all work together, we can create safer communities. Neighbors is meant to facilitate real-time communication between these groups, while maintaining neighbor privacy first and foremost. By bringing security to every neighbor with the free Neighbors app, the Topeka community can stay on top of crime and safety alerts as they happen."

How It Works

- Text topekaks to 555888 or go to: <https://download.ring.com/topeka> from your smartphone to download the app for free on iOS and Android.
- Opt-in to join your neighborhood.
- Customize the geographic area you want to receive notifications for (users must verify where they are located and cannot participate in other neighborhoods).
- Receive real-time alerts from your neighbors, local law enforcement and the Ring team that inform of crime and safety alerts as they happen.
- View local crime and safety posts via a live feed or interactive map.
- Share text updates, photos and videos taken on any device, including Ring's home security devices.
- Work with your community to make neighborhoods safer.

This partnership comes just months after the department launched its See Topeka program. That initiative allows people to register their security cameras with the police department so they know where cameras are located. The police department can then ask for permission to obtain footage from the cameras if they could help in an investigation.

About Neighbors

Neighbors is a neighborhood watch app that provides real-time, local crime and safety information. Download the free Neighbors app (iOS/Android), join your neighborhood, and use the app to: view neighborhood activity; share crime and safety-related videos, photos and text-based posts; and receive real-time safety alerts from your neighbors, local law enforcement and the Ring team. For more information visit: www.ring.com/neighbors.

About Ring

Ring's mission is to reduce crime in neighborhoods by creating a Ring of Security around homes and communities with its suite of home security products and services. The Ring product line, along with the Ring Neighbors app, enable Ring to offer affordable, complete, proactive home and neighborhood security in a way no other company has before. In fact, two Newark, NJ neighborhoods saw an over 50 percent decrease in home break-ins after Ring Video Doorbells and Spotlight Cams were installed on 11% of homes in the communities from April-July 2018 when compared to the same time period in 2017. Ring is an Amazon company. For more information, visit www.ring.com.

Life Lessons From a Little One

ALONE TIME

by Jessica S. Hosman

Years and countless nights were spent helping prepare my son for sleep from the comforts of our sturdy rocking chair. We may have outgrown the ability to snuggle comfortably in that chair as we once did; however, while the location has changed, the routine remains the same. Prayer. Followed by Bible. Followed by snuggles and momma's songs. He clings to his bears while I sing softly and watch as he drifts off to sleep. This is our time. We are alone, at peace and at rest. He is content and my cup runneth over.

This past weekend was a full one as we took a quick mini vacation to Omaha. We enjoyed exploring the Lord's creation at the zoo and experiencing the culture that makes the city unique. We had quality time together for three days straight. We

were on the go; occupied with doing things that brought us joy. It was uninterrupted with the responsibilities of life for just a bit and it was fun.

When we got home, Zechariah asked me a question I found interesting based on the time we had just finished spending. "Mommy, can we have some alone time together?" It was already bedtime when the question arose, so I reminded him that we were just about to start our nightly ritual which had become our own secret-place through the years. But he wasn't satisfied. He wanted to do the routine we were accustomed to, but he also wanted to just be still. He wanted to snuggle, agenda-free, and talk about whatever came to mind.

We had our alone time beyond the routine that night. There were no special conversations that took place or in-depth secrets that were revealed. But the fact that he wanted to just be with me outside of our normal routine made the night forever memorable.

Routines and rituals are good. They are Biblical and the discipline of regular times of study and prayer are what strengthen our relationship with God and draw us closer to Him. But sometimes, like my son, He longs for us to just *be*. To break free from the agendas and just enjoy resting in and with Him. That is where we really get to know the love we have... when routine is stripped away and all we have is the presence of each other.

Zechariah nearly always falls asleep in peace, yet this time I couldn't help but notice a different kind of smile as he drifted off. It was one of contentment and love. He knows he's loved, but that night, that love was shown in a different way. By just being with his momma and his momma just being with him. No ritual. No agenda. No special activity. No strings attached.

God wants us to be able to lie down and sleep in peace for in Him alone we dwell in safety (Psalm 4:8). To experience that, we must learn to simply be with Him. We don't give up the Bible reading, prayer or structure of devotion time.

But we don't allow those routines to completely define our time or relationship with Him to the degree that we are unable to simply rest in His Presence. I believe it is in that place where a new level of peace and contentment will arise. And I believe God used a little boy to show me just that.

Thank you, Zechariah. And thank You, God, for simply desiring to be with us – Your kids. May we find that same desire and contentment in being with You. Not because we have to, but because we want to. May we find our rest in the contentment of Your Presence and love and know that You do the same. In Jesus' Name. Amen.



Jessica Hosman



Buying or selling a home?

BOWES
(785) 414-9124

Ask for John!

www.teambowes.com
bowes@teambowes.com Countrywide Realty, Inc.

All your protection under one roof*

Roger Hood Agency, Inc.

1920 SW Westport Dr. Ste 102,
Topeka, Kansas 66604-1622

(785) 273-1622
1-800-MYAMFAM (692-6326)
rhood@amfam.com

metrovoicenews.com

Most of our print articles, plus more, are on our Mobile-ready Breaking-news Website.

Karen Sivertson
is now at
HAIRSLINGERS
bringing
32 years of
experience as a
Cosmetologist.

"I work with men, women and kids, specializing in haircuts, hair coloring, permanents, beard trimming & facial waxing. I enjoy working with the entire family and love seeing their smiling faces when they leave."

20 years experience at SuperCuts (17 as a manager)

APPOINTMENTS AND WALK-IN'S

For appointment, please call 785-233-4247
Hairslingers - 1406 SW 17th St., Topeka

Irish storytelling and music coming to Jayhawk; new stage door, too

A unique opportunity to join professional storyteller, Rosie Cutrer, for Irish myths, music and folktales will occur on Saturday, June 1st, from 2 to 3pm in the Gallery at the Historic Jayhawk Theatre, 720 S.W. Jackson St.



Cutrer combines her experience as an actress and as a teacher working with children to create a fun, interactive program enjoyed by children and adults alike.

A \$5 donation is suggested.

In order to continue the preservation and protection of the historic Jayhawk Theatre, a Kickstarter

Campaign has been launched to replace the original stage door with a permanent steel coil door. This will help keep the elements out, and better maintain interior temperatures, as well provide more security for the theatre.

The iconic original door will be

restored and put on display in the Jayhawk Walk.

The goal for this campaign is \$5,500.00. The campaign ends on June 8, at 4:39PM. Backers of \$100.00 or more will receive a Jayhawk T-Shirt, and are invited to come and sign the original door, and toast the new one with champagne on Saturday, June 8 at 4:30 PM in the alley behind the Theatre.

To donate, go to <http://kck.st/2JbllWd>. For more details, call 785-221-8970 or visit www.jayhawktheatre.org.

June C5Alive Luncheon to Feature Lindsay of Working Men of Christ

"I found Jesus Christ from prison in 1992 and made Him Lord of my life. I was saved but I still had the same mind set, soul wounds and broken feelings. I wondered why my life didn't change, and then 17 years later the Holy Spirit enlightened me to the passage in Romans 12:2 'but be transformed by the renewing of your mind.' This was my

first-time guests who RSVP, and \$12 at the door. Non-members and other guests pay \$15. C5 luncheons



Lindsay

5th trip back to prison, so I made a conscious decision to renew my mind to the Word of God."

—Spencer Lindsay

Hear more of Lindsay's story at the June C5 Luncheon, to be held June 13, 11:30am to 1pm at The Vinewood.

Lindsay is the Founder and Executive Director of Working Men of Christ, a prison ministry reaching over 1200 inmates, and operates 12 inmate discipleship homes in Wichita and Topeka. Their mission is to give people a second chance at life.

Lindsay is also a prison mentor, a pastor and a Bible teacher

Don't miss out on this exciting presentation.

The meal will be catered by Aboud's/Engroffs Catering

The July 11 C5 luncheon will feature Barry Feaker, and will be held at Aldersgate Village.

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

are open to the public and everyone is welcome to attend, organizers said. RSVPs and inquiries can be sent to info@C5Alive.org.

C5Alive "POWER" luncheons are held on the second Thursday of each month, and meals are catered by Aboud's/Engroff's or other fine caterers.

For more details on these and other events, 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 EASTERFEST, 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.

ANXIETY

continued from page 1

anxiety to double check that we turned off the stove, or to make sure our name is on the paper, etc.

When anxiety is unhealthy, it does not help, but hinders us. The evil one loves to get us caught up in anxiety, believing the lie that by worrying we can have an effect on what we are worrying about. Have you heard of "FOMO" – fear of missing out? Other versions are; "FBLO" – fear of being left out, "FBLA" – fear of being left alone.

These tendencies have always been with us to some degree; however, with the constant access we have into everyone else's lives through social media, these conditions are going off the charts. It causes the natural struggle of comparing ourselves to others to become a central focus in our lives, reducing our own sense of personal peace with one's self, yet creating more narcissism in us at the same time.

"I feel more inferior because I see all that others are doing or getting, yet I

assume everyone wants to see what I ate for lunch, and I will be offended if I don't get enough 'likes' in a certain period of time."

While it is good to limit our social media involvement, it is not where the real work needs to be done. It's in the soul and psyche of the person. Social media has not caused anxiety near as much as it has drawn it out, by erasing the "natural buffers" that used to exist.

For instance, it was good to know the general understanding that you just didn't call another person's home after nine o'clock, unless it was pretty important. Or, it may have been a bummer to find out others were doing something that you would have loved to do with them, but at least you were off in your own world at the time, not watching it unfold in real-time on your phone!

There are many who have always felt unworthy, unwanted, not good enough, like they are faking (and fear others will figure it out), etc. If that is you, social media has probably helped to increase the struggle with those thoughts. But, it's like

my friend who was taking a stress test and he had a heart attack right then. The stress test didn't cause his heart attack near as much as it exposed the condition that was already there.

Having anxiety is not a sign of not trusting God, (although putting our trust in God obviously is a good thing and will help us). I have found it has to do with the truth we do not understand, and lies that have been engrained in our thinking. Much of this faulty thinking often goes back to what we experienced when we were young and in a very formative time.

It could be a person experienced severe abuse; however, I have seen where well-intentioned words and actions were not understood by the child, and they came to a different understanding of what was meant. Satan loves to take these experiences/memories and twist them into a narrative that is destructive and debilitating.

Seeking help for anxiety is not a sign of weakness, any more than a person getting a personal trainer and stepping in a gym is a "weak" person. In both situations you have a lot of work to do, but in both situations, change will happen as one stays consistent and does not allow discouragement to rob them of the goal.

Our goal, especially as believers, should be to break free of any inner messages that we have allowed to make us believe we should live our lives fearful of "not being good enough," or that we are not likeable people.

Proverbs 139:14 says, "I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, and my soul knows it very well!"

Do you know it deep in your soul very well?

—Shane M. Jones provides counseling services in Topeka and Lawrence. Shanemjones.com

OUTREACH

continued from page 1

resources like never before."

Beginning in early June, the Outreach Vehicle will be manned with a team at least once every week. The team will have a Crisis Intervention Team Officer from TPD, a paramedic from TFD, a mental health specialist from Valeo and a homeless outreach specialist from TRM.

"The Outreach Vehicle is truly one of a kind," said Chief Bill Cochran.

Donations from the Stormont Vail Foundation and Kansas Gas Service, a division of ONE Gas, allowed for the purchase of the Outreach Vehicle and the equipment inside the vehicle. The Citizens Academy Ambassadors were an integral part of facilitating the success of this project.

We buy (and sell) old guitars

Kansas Guitar Shop
730 SW Gage Blvd.
Topeka, KS
785-273-3353

Call the Residential Specialist!

*"Defined by Service
and Integrity"*



JAMES NORWOOD, REALTOR
785-246-6955 office
785-438-7731 cell
JNorwood@ReeceNichols.com
www.jnorwood.reecenichols.com



ReeceNichols
REAL ESTATE

ReeceNichols
1931 SW Gage Blvd.
Topeka, Ks 66604

Bath Innovations
WALK-IN BATHTUBS
& Remodeling

CALL TODAY
for a FREE
"no high pressure"
consultation
913-912-1750
www.BathInnovationsMidwest.com

Listen to

"The Voice of Faith"
RADIO BROADCAST
With Rev. Max L. Manning

Sundays — 9 am WIBW RADIO 580 AM
Daily (Mon—Fri) — 10 am KFGF 97.7 FM

www.global-missions.com
PO Box 161 Topeka KS 66601
785-232-2992 or 785-231-8183

Altered Appetite to hold conference here

Altered Appetite is a movement with the purpose of igniting revival fire within the hearts and minds of God's children. Doug Cromer, one of the co-founders, has been a 30+ year food addict. He was so out of control that he ended up reaching his max weight of 420lbs in September of 2017.

Since then God called Doug and began to show him the biblical truths that set him free. These truths have radically changed him from the inside out. They have empowered him to walk in freedom and lose all his excess weight, change his relationship with food, and break all his bad food habits.

God began to show Doug that the appetite he carried was a gift that He gave him. The problem was, that somewhere early on in life, Satan deceived Doug and caused him to turn the God-given appetite toward food rather than God.

God gave us all appetites so that we

would long and hunger for Him, but at some point, we started turning to food for comfort. Think about it, that is why we have "Soul Food" & "Comfort Food." We have been conditioned to turn to food for comfort rather than the Holy Spirit, which is our true comforter.

The stronghold of food is an enemy that has been unleashed on the modern-day believer. There is no diet, exercise program, or dietary supplement that can break the stronghold of food. Until believers learn to break this stronghold they will be held back from their destiny, their callings, and the effectiveness needed to accomplish their assignments.

Altered Appetite's mission is to help believers alter their appetites from their idols back to their God. Doug's idol happened to be food, but this can be anything, alcohol, cutting, drugs, food, sex, shopping, etc. The quickest way to identify an idol is to determine where or what you go



to for comfort other than God.

When this monumental shift happens, revival fire breaks out in the believer's heart.

Altered Appetite will be presenting a one-day conference in Topeka, Saturday, July 6th, at Family of God Church, 1231 NW Eugene St. with a morning and afternoon session. The conference is free, but registration is requested at Topeka.AlteredAppetite.com.

Taxpayers should be aware of the top tax scams currently in vogue

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

Last month we listed the first six of the scams in the IRS "Dirty Dozen" list.

Here are the last six.



7. Falsely Padding Deductions on Returns. Taxpayers are entitled to claim legitimate deductions on their tax returns. However, taxpayers may be asked to claim "just a little bit more" to get a bigger refund. Overstating deductions—even just a little—is improper and can lead to significant civil penalties and criminal prosecution. The IRS warns that you should think twice before overstating deductions, such as charitable contributions and business expenses.

8. Fake Charities. Fake charities take advantage of your good nature to steal your money and, potentially, your identity. To avoid being taken advantage of, donate to recognized charities and be wary of charities with names that are similar to familiar or nationally known organizations. Remember that you don't need to give out personal information, like your Social Security number or passwords, to get a receipt for your donation. For tips on making your charitable donation count, click here.

9. Excessive Claims for Business Credits. Claiming excessive or bogus business credits to reduce your taxes is improper. Two schemes, in particular, involving the fuel tax credit (usually limited to off-highway business use, including use in farming) and the research credit, have attracted the attention of the IRS. Unsupported claims for tax credits may subject taxpayers to penalties and interest.

10. Offshore Tax Avoidance. It is not illegal to have cash, brokerage accounts or other investments in for-

eign countries. It is, however, illegal to use foreign accounts to evade U.S. taxes. There are significant reporting requirements for offshore assets, including FBAR (Report of Foreign Bank and Financial Accounts) filings and other forms relating to gifts, trusts and foreign inheritances. Taxpayers who do not properly report and disclose those accounts are breaking the law and could face civil and criminal penalties and fines. If you need to make a disclosure because you failed to report in the past, the Offshore Voluntary Disclosure Program (OVDP) has ended, but there are still procedures that allow you to come clean (ask your tax pro for details).

11. Frivolous Tax Arguments. Frivolous tax arguments may be used to avoid paying tax. Examples of frivolous tax arguments include refusal to pay taxes on religious or moral grounds by invoking the First Amendment, claiming that only federal employees are subject to federal income tax, or declaring that only foreign-source income is taxable. Those are all bogus. The penalty for taking one of these positions on a tax return is \$5,000; additional penalties may also apply, including criminal prosecution.

12. Abusive Tax Shelters. Abusive tax shelters don't have to be multimillion dollar tax schemes. Sometimes, they can involve trust arrangements or the use of multiple pass-through companies like Limited Liability Companies (LLCs) to hide ownership of assets. You can't legally avoid taxation by creating multiple layers of companies or trusts or by manipulating the ownership of assets. Legitimate tax planning is not the same as tax evasion. Don't get sucked into schemes promoted by advisors who promise you that you can permanently avoid taxation by buying their shelters and products. If it sounds too good to be true, be wary.

ALL AMERICA

continued from page 1

publicly and care for those who respond to the gospel.

- Adopt 10 or more households to pray for and connect with them.
- Adopt friends, family, fellow students or coworkers to pray for and connect with them.
- Encourage others to get involved.
- Get involved with All.America initiatives in your area.
- Start a small group in your home, school and/or workplace.

Check the website, Allamerica.org, for resources and for ways to get in touch. To effectively reach all of America, we need to be intentional at a local level and work together to develop a plan. This will look different in every community but should always include these three phases:

- PREPARATION - Spiritual & Organizational
- PROCLAMATION OF TRUTH - Personal, Public & Social Media
- PRESERVATION - Discipleship Movements

THE ALL.AMERICA APP

The All.America app, coming this fall,

is a simple, powerful tool for every believer to work together and strategically reach all of America.

Using the app, you will be able to pray for your adopted households, add names and notes and track how you connect.

Using new technology, we track and help accelerate the engagement of every household and school nationwide. STATS Tracking will be done in real-time on the app.

There will also be a web version available for your computer or tablet via any internet browser.

While waiting for the app to launch, we need to be getting prepared locally, and that process has already started, with more planning meeting scheduled.

KANSAS REGIONAL RALLIES

Kansas could be the first state in the nation where the Body of Christ comes together strategically and collaboratively to pray for every household, campus, and sphere of society to engage them with the Word of God and the gospel of Jesus Christ in every county.

The goal of the Regional Rallies is to mobilize believers in every county across Kansas to pray for every household by name, connect them with the gospel, and create local strategies, run by local people

to engage every campus, every school, and sphere of the society.

NORTHERN KANSAS RALLY - TOPEKA - Tuesday, June 25th at 6pm
The First Assembly of God (500 SW 27th St, Topeka, KS 66611)

SOUTHERN KANSAS RALLY - WICHITA - Tuesday, June 18th at 6pm
Hope Church (2000 S. Hillside St, Wichita, KS 67211)

For more information about All.America and how you can get involved, email info@allamerica.org, or visit the website allamerica.org.

Join us for the Northern Kansas Regional Rally in Topeka

Where:
The First Assembly of God
500 SW 27th
Topeka, KS 66611

When:
June 25th, 6:00pm

For more information email:
contact@allamerica.org

DO YOU HAVE BIG DREAMS FOR YOUR SMALL BUSINESS?

CALL ME TODAY AT (785) 266-0500.

Kevin Litscher, Sales Specialist
- All Lines
Peter Bellucci Agency, Inc.
peterbellucciagency.com
[fb.com/topekaamfam/](https://www.facebook.com/topekaamfam/)
kiltsche@amfam.com

AMERICAN FAMILY INSURANCE
Member of the American Family Life Group
1225 American Family Building, St. Louis, MO 63102
DANIEL - PH. 314-251-0000

K. KIRK NYSTROM, Attorney

Wills • Powers of Attorney
Estate Planning • Probate • Trusts

- Free Parking
- Evening & Saturday Appointments
- Emergency Hospital Visits

112 SW 6th Street, Suite 102
Topeka, Kansas 66603

785-235-6977

k.nystrom@att.net
www.nystromlaw.net

"30+ years Experience"

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

AUTO • HOME • COMMERCIAL

Chris Hobart

"I am an independent agent; this means I shop many companies to get you the best deal."

Cell (785) 213-8132
chrishobart@integrityinsurancesolutions.com

Office (785) 233-5401
[IntegrityInsurancesolutions.com](mailto: IntegrityInsurancesolutions.com)

2047 SW Topeka Blvd, Ste C
Topeka, Kansas 66612
(located in Harley Town)

FINANCIAL PLANNING

Dave Says: Preparing for the real world

Dear Dave,

I'm getting married this summer and about to become a stepfather, but my fiancé's daughter from a previous marriage seems very irresponsible. She's 20 and lives at home, has trouble holding a job, and she doesn't really want to work. When she doesn't have money to make her car payment, she seems to expect her mom to pay it for her. My fiancé and I both agree that she's been too lenient with her in the past, but she doesn't want to suddenly pull the rug out from under her. How do you think we should approach this situation?

Kendall

Dear Kendall,

Marriage counselors say you have a good chance of having a successful marriage if you're in agreement on four things—religion, money, children, and in-laws. So, first things first. I'd strongly suggest you and your fiancé go through pre-marital counseling to make sure you're on the same page when it comes to handling this and other issues.

If you and her mom really want to show her you love her, you'll make sure she starts learning some character and discipline. And it's very important that both of you are on the same page and in agreement every step of the way. You might also want to read a book together by Dr. Henry Cloud called "Boundaries." This is a great book, and it will give you both several ideas for creating a reasonable timeline aimed at teaching her more responsibility.

I would advise letting her mom present any changes to her initially. Neither of you wants to create a scenario where you're viewed as the bad guy. Let her mom start the process by explaining that she made a few mistakes in terms of teaching her more about personal responsibility and self-reliance when she was younger. Then, she can begin to lay out the first few rules and expectations.

In my mind, there's nothing wrong with requiring her to get a job within 30 days if she doesn't already have one. If she needs to go job hunting, make sure she's out of bed and on the road no later than 8:00 a.m.



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

davesays

every morning. During this first phase, looking for work every day should be her job. It wouldn't be a bad idea to start teaching her about budgeting, saving, and everything else that goes into handling money responsibly during this time, too.

Next, phase two might consist of requiring her to help around the house doing chores on her days off, or whenever mom needs a hand. Then, after a month or two of this, phase three might consist of her paying a small amount in rent.

Do you see what I'm doing? By stepping up the expectations gradually you're building a foundation so she'll have the tools and knowledge to where, in the sixth or seventh month, she's moving out and taking care of her own responsibilities.

Like an adult!

—Dave

Be intentional with your time

Dear Dave,

As a business owner, how do you find a life balance between work and home? I have my own small business, and sometimes I feel like I'm putting in too much time at the shop and not spending enough time with my husband and kids.

Molly

Dear Molly,

The idea of everything being in balance, on an everyday basis, is a myth. It's simply not possible to perfectly juggle every aspect of our lives every single day.

The key, I think, is to strive for an overall balance over time. You know first-hand the long hours and how work can interfere with other things if you're not careful. The answer lies in really being into whatever you're doing.

When you're not at your shop or taking care of work-related matters, actively participate in conversations with your spouse and kids—and listen. Spend time with them! Turn off your cell phone when you go on dates with your husband and when you take your kids on outings.

When you're with your family you should really be with them. Then, when you have to work, chances are they won't be so upset, and you'll feel better about things, too!

—Dave

Who Else Wants to See Their Church or Charity Get 30%-60% More Money?

A Free Way to Do it with \$0 Cost

By Ryan Shumaker

Smartvestor Pro at The Retirement Team

The last couple of years have been a rough one for many charities out there. Most have experienced an increasing demand for their services while simultaneously seeing a large drop off in donations. Not a good recipe to say the least. Luckily, recent tax code changes have brought back to life a little-known tool that can help tremendously.

This tool applies to anyone over the age of 70 ½ that is currently being forced to take money out of their IRA accounts through RMDs (required minimum distributions). So, this **applies to EVERYONE over 70 ½ that has a retirement account.**

The trick here is that the IRS now permanently allows individuals to give money to churches/charities/organizations by directing all or part of their RMD and have to **pay 0 taxes** on it!

This is a HUGE deal! Why? Two reasons; one, most people over 70 ½ typically don't have enough other deductions to itemize on their taxes, especially with the much higher standard deduction of \$24,400 for married people and \$12,200 for single people as part of the Trump tax cuts. What this means is that many are no longer getting a tax break by donating to churches or charities. Even if they do, the money taken out of their IRA account through an RMD counts as income on their tax return and as a result could get as much as **85% of their Social Security taxed!** If the money, though, is given as an RMD distribution and goes straight

to the charity/church/organization without it coming to the individual first both of these tax pits are avoided.

So, how big of a difference can this make? For one client, using this simple and easy technique yielded an **EXTRA \$4,502 FREE!** In this case they elected to take the extra \$4,502 in tax savings and give that to the charity also (resulting in a 60% increase in their donation), but they could have used it for something else like a nice vacation if they wanted.

The point here is that charities are hurting and there is a simple easy way for anyone over 70 ½ with a retirement account to in many cases significantly increase the amount a charity gets while it costing them \$0 extra. In order to make this all happen there are a couple of critical steps that must be done properly. If they are not, all savings and the possibility of a charity receiving more money are gone forever.

If you or someone you know are over age 70 ½ and give over \$2,000 to any churches/charities/organizations, please let us know so that we can help those in need get the maximum amount possible. If you schedule an appointment with our office in order to make sure this gets done correctly and the charity receives the maximum amount possible prior to July 1st we will walk you through the process **COMPLETELY COMPLIMENTARY.**

Again, please don't hesitate to call our office at 228-0222 or visit our website www.RetireTopeka.com if you or someone you know fits these criteria. It is a great opportunity to help out with Uncle Sam bearing all the cost.

Securities offered through TCM Securities Inc. Member FINRA/SIPC. Investment Advisory Services offered through Next Generation Investing, LLC.

Find us on **facebook.com/metro voice news**

**CD coming due?
Compare our rates.**



Kevin J Conley
Financial Advisor
3310 Se 29th Street
Suite 700
Topeka, KS 66605
785-266-2265

Edward Jones
MAKING SENSE OF INVESTING
www.edwardjones.com

MKT-58941-A

 **Simplify Your Bookkeeping**

Keeping your own books and records can be a real challenge, especially if you aren't well versed in the fundamentals of accounting. When you want help, you can always turn to our dedicated experts.

Struggling with taxes? You're not alone. With help from Peggy's Tax and Accounting Services, you can make sure you master tax season.

Schedule a January appointment
Receive \$25 off your return!

- Incorporation
- Occupational License
- Government tax filing applications
- Prepare & E-file your taxes online
- Accounting and reporting based on each individual company needs
- Preparation of individual, partnership and corporate income tax returns
- Business Tax Preparation for Corporations, S-Corp and Partnership
- Electronic Filing and Fast Refund service available for individuals
- Tax advice and planning
- Monthly accounting and bookkeeping services
- Quick Books set up, train and support
- Small Business Bookkeeping
- Monthly Sales Tax
- Payroll Services

**300 SE 29th, Suite C
Topeka, KS 66605
(785) 286-7899**

**—THE—
RETIREMENT
TEAM**



RetireTopeka.com | 785-228-0222

smartvestor

Securities offered through TCM Securities, Inc. Member FINRA/SIPC.
Advisory Services offered through Next Generation Investing, LLC.
The Retirement Team and Next Generation Investing, LLC are not affiliates of TCM Securities

metro VOICE
metrovoicenews.com

Check Out Our Newly Redesigned, Mobile-ready Breaking-news Website.

opinion

Got an Opinion? Share it with the Metro Voice!
go to facebook/MetroVoiceNews, or email Voice@cox.net

Proposed Constitutional Amendment Regulating Abortion

BY JOE PATTON



Lee Hartman
LHartman3@cox.net

ASSISTANT EDITORS

Nick Hartman
Dwight Widaman

ADVERTISING CONSULTANTS

Lee Hartman
785-640-6399; Voice@cox.net

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

NEWS & FEATURES

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

LAYOUT & DESIGN

Joe Boothe, Lee Hartman, Dwight Widaman

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

Topeka Metro Voice is a member of the Christian Newspaper Association.



CONTACT INFO

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

metro VOICE
Northeast Kansas' Monthly Christian News & Events Source
One year subscription for only \$24.95
Call us at 235-3340

For 84 days in 2015, the state of Kansas led the nation by banning live dismemberment abortion, then a Judge found a new "right" in our Kansas Constitution, and ordered that live dismemberment can continue. The case slowly worked its way through the court system until the Kansas Supreme court held on Friday, April 26th, 2019 that Section 1 of the Kansas Constitution Bill of Rights includes the right to an abortion. The court held the State may only infringe upon the right to decide whether to continue a pregnancy if the State has a compelling interest and has narrowly tailored its actions to that interest.

One response the legislature may consider is putting a proposed constitutional amendment on the ballot that would allow the State to pass laws on abortion. The constitutional amendment should clarify that the legislature can regulate abortions, including limiting late-term abortions, partial birth abortions, and

ban the dismemberment abortion of a living unborn child.

If you read the Kansas Constitution, you would not find the words "right to an abortion." The court looked at Section One of the Bill of Rights and interpreted these sentences to include the right to an abortion. Section One reads, "All men are possessed of equal and inalienable natural rights, among which are life, liberty and the pursuit of happiness." The court found the right to an abortion in a sentence talking about the right to life.

Sadly, Kansas law forbids the live dismemberment of a lamb, cow, horse, calf, hog, and mule unless it is rendered incapable of feeling pain, but Kansas law does not provide the same protection for living unborn babies.

Since the 2015 district court decision, over two thousand have died from live dismemberment abortion.

Passing this amendment will allow lawmakers to stop dismemberment abortions of living, unborn children in Kansas.

Is there a need to amend the Kansas Constitution?

Yes. The constitutional amendment should clarify that the legislature can regulate abortions, including limiting late-term abortions, partial birth abortions, and ban the dismemberment abortion of a living unborn child. This amendment will not change the court rulings based on the U.S. Constitution.

Will this proposed amendment ban all

abortions?

No. It will clarify that the right to an abortion is not in the state constitution, and the people through their elected representatives may regulate abortion.

What difference does it make?

A constitutional amendment will save thousands of lives. Here is why:

U.S. Supreme Court decisions limit state legislatures from passing laws regulating abortion. Our President will appoint additional pro-life judges to the U.S. Supreme Court. It is foreseeable that the U.S. Supreme Court will reverse its previous decisions, and state legislatures could regulate abortion. However, this would currently not be possible in Kansas because our Kansas courts "found" the right to abortion in our State Constitution.

This new constitutional right could threaten all our pro-life laws on the books today. So, if we pass this amendment, thousands of lives will be saved, and if we do not, thousands of lives will be lost.

What is the process to adopt a constitutional amendment?

Article 14 of the Kansas Constitution states that propositions for the amendment of the constitution may be made by a concurrent resolution originating in either house of the legislature. If two-thirds of all the members approve the resolution, it will be placed on the ballot for a vote of the people.

Who decides when it will be on the ballot?

The constitution provides it will be on

the next general election ballot unless the legislature selects another date for a special election.

What is the best date for the amendment to be on the ballot?

There are many factors to consider, and the legislature must select the date, placing the amendment on the ballot in a special election, during a primary election or a general election. The best time would probably be a primary election.

How much will a statewide constitutional campaign cost?

The State of Tennessee went through a similar process when their courts found the right to an abortion in their state constitution. Their budget was about 2 million dollars.

Why does a constitutional campaign cost so much?

Pro-life groups usually lose statewide referendums. We have reviewed the details of the past campaigns and discovered that most pro-life groups attempt to pass an amendment without proper funding. A constitutional campaign is just like a significant statewide political campaign. A campaign must be professional with focus groups, polling, targeted voter data, campaign consultants, and media.

Do we have the actual language of the proposed amendment?

Yes. The Kansas Office of Revisor of Statutes approved, as to form, a final version and the amendment has been ready to be introduced since April of 2018.

WHAT IS A REAL MAN?



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

hopefortoday

Continued from page 1

purpose for His life and work. What about you? When you follow Christ with all your heart, He will show you your purpose. Read His Word. Ask Him, then patiently wait, and He will reveal it to you.

2. A real man loves. Jesus said, "... just as I have loved you, you also are to love one another" (John 13:34). Jesus loved a small group of men He mentored. He loved by telling them directly and showing them through acts of service. Jesus' greatest demonstration of love was when He died and rose again for the sins of the world. He modeled love through sacrifice, by putting the needs of others above Himself, even to the point death. Men, love your wife, family members, friends

and even your enemies, the way Jesus did.

3. A real man has a pure heart. Jesus said, "... everyone who looks at a woman with lustful intent has already committed adultery with her in his heart" (Matthew 5:28). Jesus was single, ministered to women and had women among those who followed Him, yet in all this, He never lusted. He was pure in mind, heart and body. Men, say "no" to pornography. Say "no" to sex outside of marriage. Say "yes" to Jesus and invite Him to purify your mind and give you power over temptation.

4. A real man has right priorities. Jesus said, "... what does it profit a man to gain the whole world and forfeit his soul? (Mark 8:36). Jesus was incredibly successful. Yet, despite His celebrity, He forfeited the riches of this world for something greater. Men, be excellent in all you do, but do not look to your career, possessions, income or achievements for your worth or identity. Live for more than that. Do not forfeit your eternal soul in the pursuit of temporal things that provide momentary pleasure. Live fully and wholly for Jesus. In Him is found everything you need in life.

Do you want to know what a real man is? Look to Jesus! Follow Him and



change your family tree for generations to come.

A prayer for you - "Lord God, I pray that the men who read this will become men like Jesus. Help them to have purpose in life and work, to love like Jesus did, to have a pure heart and for you to be their number one priority. Enable them to take the first step today by turning to you and away from their sin. Bring them to call upon you in belief and for forgiveness, then transform them into new men.

In Jesus' name. Amen."

Clint Decker is President and Evangelist with Great Awakenings, Inc. Hope for Today is a syndicated column that appears online and in newspapers in the U.S. Go to greatawakenings.org to share your comments and learn how you can sponsor this column and/or invite Clint Decker to be a guest speaker at your church or outreach event.

12 Practical Steps for Protecting Your Child from Sexual Abuse

The Metro Voice's recent articles on child molestation provide detailed descriptions of how pedophiles and child molesters think and act as described by members of law enforcement. Here is a list of practical things that can be done to protect children.

1. Monitor all your child's electronic devices – With many children having a smart phone as young as middle school – and even elementary school for some – it is critical that you have regular access to their phone. We recommend not allowing minor children to maintain password protection to which you, as a parent do not have access. While your child may protest that, if you make it a condition of them being able to have a phone, they should understand. No parental access and monitoring, no phone. Consider retrieving your child's phone at night before they go to bed so they are not tempted to use it late at night in bed and lose needed sleep. Monitor their call log and text messages for any calls or texts out of the ordinary outside their circles of family and friends. Also monitor their school and personal laptops, tablets or any device on which they are sending and receiving messages. On smart phones and such devices, regularly monitor their private messaging, including Facebook Messenger, Instagram, SnapChat and any other social media they use. Note apps on all their devices through which they send or receive messages and monitor those as well. Regularly review their browsing history. If your child's phone is on your account, you can also set up parental controls that limit browsing access on their phone. Most importantly, synch their phone to your phone and account so that if their phone is lost or they are not responding or missing, you can, hopefully, locate their phone and them. While these practical tips may appear intrusive to some, your child's safety and protection while they are a minor until 18 should be every parent's highest priority.

2. Build trust and have age appropriate communication with your child – Parents sometimes consider the possibility of sexual molestation or abduction of their child so uncomfortable, they avoid the topic and discussing it with their child. From a young age, it is very important to have age appropriate and regular discussion with your children on boundaries. Those talks should include who can appropriately touch them and how and if they are touched inappropriately to tell you as a parent. Building trust with your child and keeping the lines of communication throughout their childhood is important. If a young child is reluctant to point on their body where they were touched or tell you. It can be effective to have them use a doll or stuffed animal to point to where they were touched. This is often used for children testifying in court before accused offenders.

3. Child abuse hotline – If you observe signs of or hear credible allegations of child abuse, contact a child abuse hotline (see below) and/or contact your local police immediately. You can call 911 or a non-emergency number for the police. Keep that number on your phone and accessible. If you make such a call without malice or knowingly making a false claim, you are generally protected from liability.

Be aware that if you file a police report knowing that such a report is malicious or false, you can be held criminally liable for making a false report. For situations in which that is not a concern, we encourage you to act if a child's safety and well-being is at risk, whether your child or someone else's.

4. Locate registered sex offenders in your area – Local Sheriff's departments maintain a database of registered sex offenders in your area. You can access that information from them, or there are online services that provide fee-based information and updates. You may be shocked and alarmed by how many registered sex offenders are living nearby.



5. Think twice about sleepovers – Many child experts and Christian leaders, such as Dr. James Dobson, founder of Focus on the Family, advise against allowing your children to participate in sleepovers. Unless a parent is present, there are so many variables and unknowns — who will be present, the unknown background of parents and siblings in the host home and others present. If you do allow your children to go to sleepovers, coach them on being careful. Train them to not allow other children or adults to touch them inappropriately. Ask them to tell you if they are touched inappropriately at the time by calling you if they can, or by telling an adult present and letting you know as soon as possible or afterwards.

6. Act immediately if you suspect your child has been abused – If you suspect your child may have been molested or abused, it is critical that you immediately report it to a child abuse hotline and/or the police. If you suspect or see physical evidence they may have been sexually molested or abused, it is critical that you take them to an ER right away so physical evidence can be identified and preserved by experts for legal evidence and documentation. Many hospitals such as Children's Mercy Hospital in Kansas City have a Scan Clinic with medical experts trained in detecting signs of abuse that may not be readily observable, as well as social workers present and law enforcement officers on call. The main number for Children's Mercy Hospital is (816) 234-3000 and the Scan Clinic number is (816) 234-2434. If you suspect that the abuse was perpetrated by a spouse or ex-spouse or other family member, act first for your child by taking them to the ER to provide for their care and protection before you make any contact with the suspected offender.

7. Utilize online background tools for those your child is around – Missouri Courts provide Case.net, a free online tool with which you can search backgrounds on those with whom which your children are spending time. Missouri Case.net can be accessed at

www.courts.mo.gov/casenet/ Johnson County, Kansas also provide a free services at http:jococourts.org Other counties in Kansas provide a records search for \$1.50 per name at kansas.gov/countyCourts/search/records?execution=e2s1. You do not need to disclose to your child or those with whom they spend time that you are doing such background checks for their protection. In most cases, such a background check will alleviate any concerns. In some cases you may find reasons for pause and reconsider allowing your child to spend time alone you with others in question.

8. Confirm with your church criminal background checks – Churches and those in positions of authority and care for your children should all be subject to criminal background checks. If they are not, consider keeping your children in the service with you instead of attending a children's ministry or Sunday school. If you church will not or cannot confirm such a practice, you might consider other churches that do for the protection of your children.

9. Don't ever leave your children unattended or alone anywhere – In this day and age, most parents would not consider letting their children go anywhere alone unattended, even venturing far from their home. The risk of abduction by predators and traffickers is just too great. Never leave your child unattended or alone in any public place where a spouse or another adult caregiver cannot see them. That includes restaurants, stores, malls, movie theatres, sports and entertainment venues, convenience stores and gas stations, etc. If your child needs to go the bathroom in a public place, consider going with them at any childhood age at which they don't need your assistance and wait outside the bathroom door until they come out. Never leave young or even older children alone in your vehicle while you are inside somewhere. Convenience is never worth putting your children at risk. Remember, sexual predators, pedophiles and child molesters frequent places where children are present. Do not underestimate how bold they may be in attempting to lure, abduct or molest your child.

10. Teach your child self-defense and to evade danger – If your child is inappropriately touched or someone tries to abduct or molest them, prepare them throughout childhood by teaching them to scream and run if they can to get away from their attacker. If they are not with you at the time, teach them to seek out a responsible adult to find protection and safety. For older children, especially girls, consider arming them with mace or pepper spray. Military grade versions are available and some include discreet and attractive carrying cases. Law enforcement and personal protection trainers teach victims of attackers to maintain a safe space and tell an attacker loudly and firmly to "get back" or "back off." If an assailant keeps approaching, spraying them with mace or pepper spray making the sign of a cross, spraying vertically from the crown of the head to chest and horizontally from shoulder to shoulder across the face is an effective tactic. Most

commercial grades of pepper spray or mace have a range of at least 4 to 8 feet and some, including military grade, can have a range of 15 to 25 feet. It is critical to train an older child capable of handling pepper spray or mace to not allow an attacker within reach to disable your child. They should spray them if they refuse to stop approaching before they can get to your child. Pepper spray can completely immobilize an attacker for up to 45 minutes, allowing time for law enforcement to arrive. Be sure your child knows that once they have deployed pepper spray or mace and immobilized an attacker to get away, seek help and call 911 immediately or ask someone else to call 911. Some parents prefer stun devices that release an electrical charge to temporarily immobilize an attacker. The problem with these can be if an assailant can get close enough for your child to use a stun device, the attacker may be able to take the device from your child and immobilize them. Teaching and training your child to maintain a safe space around them is the best tactic and first line of defense for personal safety. Experts recommend the "21-feet" rule. That much distance is important for your child to maintain. If approached and a stranger refuses verbal commands to "stop" or "back off" it can give your child enough time and space to deploy pepper spray or mace, if needed. Repeated training and simulation, whether conducted by you as a parent or a personal protection professional is important. When attacked, many children freeze in fear and are unable to call out for help and warn an assailant to "stop" or "back off." That is why repeated teaching and simulated training is so important.

11. Consider self-defense and personal protection training for your child – Consider age appropriate self-defense and abduction evasion training for your child. Because many child victims freeze in fear and are unable to call out for help if attacked, training them through simulations can be helpful. Most assailants of children will be caught by surprise and off guard if your child fights back. Many predators who encounter unexpected physical resistance from a child and their calls for help will retreat from the situation. Train your child what to do if they have to run and where to go and to immediately call 911 if they have a phone or ask someone nearby to call 911. If an abduction is attempted in a residential area or where there are businesses open, train them to look for a house with cars out and lights on where someone is home or a business that is open. QuikTrips provide a Safe Place program through which children, teens or adults in danger can go and be sheltered in a safe room until law enforcement arrives. Frequenting convenience stores with your children where there is more than one attendant provides an added layer of safety for children in danger.

12. Don't think it can never happen to your child – Experts agree that 1 in 5 girls will be sexually abused during childhood and the number is 1 in 6 for boys.



Taking advantage of opportunities

Working in an elementary school has its challenges: trying to encourage students to finish assignments, dealing with absenteeism and bullying, etc.

Being a Christian, working in this environment opens doors to wonderful opportunities to serve, and make a difference in the lives of these young people God has entrusted to me.

How does this happen?

(1) Be genuine: they know if you have their best interest at heart.

(2) Be consistent: let them know what you want them to do.

(3) Follow through: if you say you're going to do something, do it.

(4) Take note of their physical needs: do they need a coat, hat, gloves, school supplies, etc.? Are they hungry, and sleeping at night?

(5) Now the spiritual needs: God is concerned for the oppressed, the broken hearted, the poor, the abused of humanity. Luke 4: 14-19.

To see a broken humanity is to see the Lord Jesus Christ himself. Matthew 25: 34-40.

As a Christian I am a member of the body of Christ. The church, the people of God serving the world as a locus (place) where God's presence dwells. As an agent (ambassador) we represent Christ, the wholeness and blessing. Matthew 5: 14-16.

We as Christians need to accept our responsibility to transform the world. With the Holy Spirit living in us, the kingdom will grow. Even though we live in the world, we are not of it.

—Michelle McCoy-Dennis

Research shows that 65 to 70% of sexual abuse cases go unreported. From the time your child is born until adulthood, they remain vulnerable. You can't be too careful and attentive in protecting children. Vigilance begins with the right mindset. Remember that most sexual assaults on children are perpetrated by relatives, friends and neighbors. Be cautious about any adult – from coaches to spiritual leaders and child care workers to any authority figures who show an inordinate amount of interest in your child. Any adult not in the family ever wanting to pick up your child to spend time alone should be a red flag, even if it appears innocent. Most sex offenders appear that way, like governing authorities describe them, "like the guy next door." Above all, trust your gut and seek God's wisdom through prayer. Some parents describe themselves as overly-protective. In today's world with so many dangers for our children, you can't be too careful.

For those who have been sexually exploited, molested or assaulted, confidential help is available at the National Sexual Assault Hotline at (800) 656-HOPE (4673) or online at rainn.org. Missouri's Child Abuse and Neglect hotline is (800) 392-3738. The Kansas Child Abuse hotline is (800) 922-5330.



Most of our print articles, plus much more, can be found on our newly redesigned, mobile-ready, breaking-news website.

THE COOL THING ABOUT CAMP

by Leah Hill

While we may have plans for our lives, God can set us on a different path—one we might have never expected. The course of one man's life was changed one summer in Northern Michigan at Lake Ann Camp.

"It just kind of hit me right where I was that the Lord had bigger plans for my life than me just living it for myself," Brant Cole says.

As a high school student, Cole dreamed of playing college sports. But in a moment of reflection, Cole responded, "You know what, Lord, I give it all to you."

He was open to what God had in store for him, and that moment at camp was a significant turning point.

Today Cole is a youth pastor at a Michigan church, and he takes his students to a camp each summer. As Cole brings his students back to a place where his own life was changed, he knows what the camp environment can offer.

"With camp, one of the cool things about it is it allows students to get this third-perspective look on their life that no other experience can," he says.

Throughout the week, campers have unique learning experiences that take shape in a variety of ways. Whether it's interactions with other campers or



Brant Cole with some campers and staff

building friendships with the counselors and camp staff, students are able to look at their life in a way they never had.

When considering the life change that a camp or conference environment can provide, Cole says the monetary cost is a small price to pay.

"When you're able to step away from your life for a little bit and just be focused on one thing, it allows you to commune with God in a unique way, but also make decisions about your life that are necessary for your spiritual life to flourish."

Recently, Cole had a conversation with

a student about the spiritual aspect of our lives. We often think of our emotional or physical health, but we don't always think of the spiritual part of ourselves.

Within student ministry, Cole considers one of the biggest challenges is getting past all the barriers and filters students have put in place to protect themselves.

"And rightly so," he says. "Emotionally and physiologically

there are so many things they are facing right now that are worth having filters and barriers for. When it comes to their spiritual life, they also have those."

Camp provides something valuable that few other events can; camp allows

those barriers to come down. "When everyone else is in the same unique environment that you are, you are kind of all in it together," Cole says.

But it doesn't all have to be serious. In fact, the activities are geared toward building trust and removing barriers to help students lighten up.

"Because when a student is not having fun," Cole says, "they are not going to be learning."

Combining purposeful activities with an element of fun can result in campers forgetting about the worries of life and becoming open to what God has for them.

"It just kind of hit me right where I was that the Lord had bigger plans for my life than me just living it for myself."
Brant Cole

VBS & SUMMER CAMPS

VBS - "To Mars and Beyond" June 9-11, 5:30 - 8pm; Free, dinner included.

First Presbyterian Church, 817 SW Harrison St
Register by June 2. To register: www.fpctopeka.org/vacation-bible-school-2019. The child portion of VBS will be an adventure with music, recreation, science experiments and much more. The adult portion will include a bible study, crafts . Contact Taylor tforrest@fpctopeka.org 785-233-9601

VBS - "ROAR — Life is Wild, God is Good." June 10-14, 9 am to noon
Auburn Presbyterian Church, 11th and Washington. Children four years of age through 5th grade. Free. For information, contact the church 785-256-2927

VBS - "In The Wild - Amazing Encounters with Jesus." July 22 - 26, 6:15-8pm
Auburn Christian Church, 1351 N. Washington. Ages three through 6th grade. Call Ginger, 785-969-4285, or Jaimie, 785-608-8878. No charge to attend.

VBS June 3-7, 6-8pm, kick-off carnival June 1, 11 a.m. to 1 p.m.
Bethel Baptist Church, 4011 N. Kansas Ave., Kindergarten through 12th grade. Register at www.betheltopeka.org or call 785-286-0467.

VBS - 6 to 8 p.m., June 3, to Friday, June 7.
Mount Carmel Missionary Baptist Church, 610 S.E. Lime

HERO DAY KIDS' CAMP - June 8, 10am-2pm; K-6th; We will serve lunch.
East Side Baptist Church, 4425 SE 29th, 785-379-9933; esbcks.org; secretary@esbcks.org

SUMMER VBS - May 31-July 26, 3-5pm; Meal, bible stories, crafts, games, music
Hosted by Topeka North Outreach at Garfield Community Ctr; Free! Age 5 & up
www.topekanorthoutreach.org (785) 286-1370 opekanorthoutreach@gmail.com

Roar! VBS - June 3 - 7, 9am
Cornerstone Community Church, 7620 SW 21st St.
(785) 4782929 www.cornerstonetopeka.com office@cornerstonetopeka.com

VBS To Mars and Beyond - July 22-26, 6-8pm. Preschool through 5th grade.
Grantville United Methodist Church, 3724 South St
785-246-3621 <http://grantvilleksuamc.org/> grantvillechurch@grantvilleumc.com

NAZNIGHTZ @THEWOODS - August 8-10, 6pm, FREE admission!
Wanamaker Woods Church of the Nazarene, 3501 SW Wanamaker Rd.
A fun event for the whole family - play and learn together. Food trucks, bouncy houses, games, musical drama. (785) 273-2248 www.wwnaz.org wnwood-snaz@wnnaz.org

VACATION BIBLE SCHOOL AT WESTERN HILLS CHURCH
July 26th - carnival fun and a morning of worship, food and games! Service times are 9:45am and 11am. Light lunch, snacks and carnival games immediately following 2nd service and noon. Walk-In Registration: Monday - Wednesday!
July 27-29th 6:30-8pm. Parents and families are welcome to stay and join in all the fun! Contact Darci Koci dkoci@whillschurch.org.

VBS IS COMING TO BERRYTON BAPTIST CHURCH! JUN 17-21 5-8pm. At Roar, kids explore God's goodness and celebrate a ferocious faith that powers them through this wild life. 6741 SE Berryton Rd, Berryton

VBS - STORM THE CASTLE at Topeka First Assembly. If you have a child, ages 3 years old to 6th grade, have them join us Monday, July 30 - Friday, August 3, from 6:00 p.m. - 8:30 p.m. Contact the church office by calling 785-234-5555, or by emailing us at capitolkids@topekafirst.com.

CAGE GYMNASTICS CAMP - various dates in June and July. 785-266-4151.
Cagegymnastics.com

KANSAS BALLET ACADEMY SUMMER DANCE CAMP. 785-383-7918, or KansasBallet.com

YMCA SUMMER CAMP - The YMCA offers several varieties of summer camps. Call 785-435-8651 or TerryJ@ymcatopeka.org

Life-Changing Moments for Kids

by Gregg A. Hunter

In 1981, I went to camp on a scholarship. At 17 years old, I could never have paid the fee myself. An angry kid with an attitude, my heart and ears were closed to most adults. While at camp, away from expectations and life's pressures, I grasped God's great love for me and gave my life to Him. Now, more than 30 years later, I am working to help provide the same opportunity for thousands of kids this summer.

Camp is only a dream for many - like many from single-parent homes, where their moms or dads are struggling to make ends meet or families that have been hit with financial hardships. But many organizations offer scholarships so that these

kids will be able to go to camp this year. They will experience new adventures and challenges, gather around campfires, learn outdoor skills, laugh with new friends - and explore the truth about Jesus Christ.

When I was 17, the camp environment had a lot to do with my life-changing experience. In camp's temporary community, I started with a clean slate. I had the time and space to contemplate my life and to consider my future as a long-term proposition, not just who I was expected to be at home. Camp provided a space where God could break through my hard outer shell and demonstrate that I was



loved by him, just as I was. It was a fresh start. My youth leader then helped me build upon the experience and my new found faith when we returned home.

Camp continues to deliver life-changing moments for kids, teenagers and adults, allowing them the environment to make the most important of decisions. God rescued me from my small, me-centered life at camp and exchanged it for a grand adventure. That's the power of camp.

NOW IS THE TIME TO PLAN YOUR GETAWAY!

Spring and summer are just around the corner so now is the time to plan your getaway weekend or vacation. And, what better way to relax, have fun and enjoy God's great creation than a leisurely canoe float down a pristine Ozark river. Living Waters Christian Canoe Ministry partners with two church camps to make a great weekend getaway or vacation for your family, church group or Scout troop at family-friendly prices that can't be beat. Check-out our website - www.John738.com - and see for yourself.

Living Waters
Cruise Camp

MAKE YOUR RESERVATIONS TODAY
CALL TOLL FREE
1-877-851-8158

www.JOHN738.COM

THE QUALITIES OF GREAT CHRISTIAN CAMP COUNSELORS

Except for a few exceptions, summer camp is for kids, an experience that ends with high school graduation.

For those who love it, this can be a sudden event, but despite having grown up, those who really love it tend to return to their old stomping grounds.

College students, in particular, want to relive their camp experience after they turn in term papers and finals: just as workers, not campers.

Since college affords a nice summer break, many people hope to fill their free time as Christian camp counselors, but only a few are really qualified.

We all know how integral great counselors are to a great camp experience, so we've identified a handful of qualities we consider important to the job.

1) Discerning. Camp tends to be a lot of fun, but that doesn't guarantee every personality will mesh well in a cabin. Kids can put on a good face and feign excitement in a crowd, but Christian camp counselors

need to be able to see how their campers are honestly fairing. If someone feels left out, sick or scared, counselors have to discern those hidden feelings in order to address them and make campers feel welcome, better, and more at peace.

2) Empathetic. Even high school campers can get homesick, and the best Christian camp counselors will be sensitive to and understanding about this. Their counselor should be the primary person campers trust, and that trust is often built upon a caring, sensitive spirit. Even if kids are being irrational, which they often are, a good counselor will be mature enough to see past that and care for them regardless.

3) Fun. This often defines a camp experience, so we think it should define our counselors, too. Empathy and discernment are critical, but camp isn't just about sitting around, discussing feelings. It's about enjoying the outdoors, making new friends, experiencing God in a new, excit-

ing way, and just having a good time. Christian camp counselors should love to have fun as much as their campers. Excitement and joy are infectious, so the more fun a counselor can have, the more their campers will have.

4) Experienced. Especially if they're attending camp for the first time, kids can find the whole concept a little daunting. It might be the first time they've been away from family, their first experience with the outdoors, or the only time they've been surrounded by so many peers and so few adults. They look to their Christian camp counselors for direction and guidance, so those counselors need to know the process well themselves. The best tend to be former campers, but others can learn the ropes quickly through orientation and exploring the campgrounds on their own.

5) Respectable. Parents send their kids to camp for a variety of reasons, but if they've chosen a Christian camp, they're probably hoping their kids will grow in



faith. Seeing a young adult, really living his or her faith, can finally make Jesus become alive. Christianity can seem like a Sunday thing to kids, or just what their parents believe. Christian camp counselors can shatter that notion by being the first

young, cool Christian that kids encounter. That's a respectable role. We look for counselors who are worthy of respect, men and women who serve as role models and Christians who really exude the light of Christ.

New book based on LifeWay Research shows VBS is 'Worth It'

By Joy Allmond

Many of today's American adults have fond memories of Vacation Bible School (VBS). Memories range from Bible stories and fun songs to flower-shaped cookies and Kool-Aid in Dixie cups.

"It's Worth It" — a new release from LifeWay Kids in partnership with LifeWay Research — shows the positive memories don't end at cookies and Kool-Aid. Nine in 10 American adults say they have overall positive memories of the summertime mainstay.

Landry Holmes, author of "It's Worth It," says VBS isn't "just a program that has a great legacy ... but it's a ministry with a future, and research has shown us that churches believe in that future."

Holmes, publishing manager for LifeWay Kids, wrote "It's Worth It" to show that "VBS is the one week that mobilizes the entire church to reach the community with the gospel, while simultaneously providing a unique discipleship experience for the individual children and volunteers."

The study shows 69 percent of American parents would encourage participation in VBS even if they don't attend church if their child is invited by a friend.

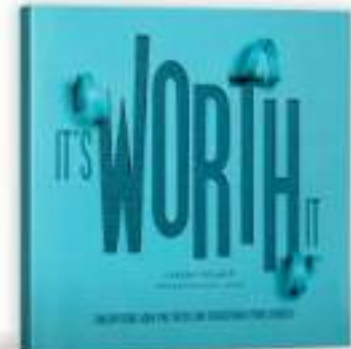
Because of this, Holmes says, VBS is not only a tool for discipling the children in our congregations, but an avenue to reach our communities with the gospel.

"It's Worth It" points to research that shows 48 percent of people who attend church aren't inviting people to come along. And 61 percent haven't shared the gospel with anyone in the past six months.

Holmes says VBS can help mitigate the evangelism crisis we have in our churches and the loneliness problem we have in our culture.

"People are now more lonely than they've ever been," he says. "We're in the digital age, but the more connected we are, the more lonely we are. We're really not in community. And when you draw people into community, you can more easily share the gospel with them."

"VBS does both: It's a Bible-based tool that shares the gospel with everyone who participates, and it engages the parents of these kids, many of whom wouldn't otherwise step foot through the doors of a



church building."

"It's Worth It" also addresses the impact of VBS on adults as well as children.

"One resistance to church as an adult is an expectation of judgment, but church doesn't feel that way when you're a child," says Scott McConnell, executive director for LifeWay Research.

"Our VBS study shows the majority of parents would encourage their children's participation. It also speaks to how receptive to the Bible people are, especially since the word 'Bible' is in the name (Vacation

Bible School) itself."

Holmes added VBS reaches more than unchurched adults; it's an effective discipleship tool for the ones who are already engaged with a congregation — and a chance for everyone in a church to invest their time and talents for Kingdom work.

"VBS week is really the only time a local church brings multiple generations together for evangelism and discipleship for the sake of the gospel," he says.

"And in doing so, churches will often have adults more mature in their faith working alongside someone less mature, and discipleship among adults happens — right along with the discipleship of children. VBS is good for everyone."

And the numbers from the LifeWay Research study and the chapters of "It's Worth It" say VBS is more than a cherished memory from days gone by—but that it's here to stay for the foreseeable future.

"There are lots of methods in churches we've had to retire," says McConnell. "But VBS isn't one of them. It's still relevant, people still have a positive image of it, and they want their kids to attend."

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

Find out more by calling
785-597-5235
Located East of Topeka
15017 27th Street
PO Box 727
Perry, Kansas 66073

HERO DAY KIDS' CAMP
Saturday, June 8—10 AM-2 PM
Register online at <https://esbcks.org>
(lunch is provided)
K-6th Grades



East Side Baptist Church
giving direction for life
4425 SE 29th St—785.379-9933—<https://esbcks.org>

Shop at TRM Ministries Boutique on the Boulevard

All proceeds benefit TOPEKA RESCUE MISSION MINISTRIES!






3400 SW TOPEKA BLVD.
TUESDAY – SATURDAY 10AM-5PM



FIND US
ON FACEBOOK!



Celebrate SUMMERTIME in Downtown Topeka!

Summertime is the perfect time to visit Downtown Topeka! There are many fun places and events to visit, and shopping downtown can also 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.

There have been many improvements to the downtown area in the last couple of years! You can check out the many new street statues and other art on the downtown sidewalks. You might also run across some street musicians and sidewalk vendors at various times and places.

Whether you are in the mood for shopping, eating or looking at art, you will most likely find what pleases you in downtown Topeka!

Don't forget to check the list of downtown events - there is always something going on, and you wouldn't want to miss it!

Following are some tidbits from some of your friendly downtown merchants. Why not take a trip downtown and visit them? They are waiting to serve you!

A little bit of Heaven

Working side-by-side at Cashmere Gourmet Popcorn, Bill and Angie Anderson's goal is to create a high-quality product in every handcrafted batch of popcorn, and provide it to you with unmatched customer service. Faith and family is the driving force behind this amazing company.

In fact, their family motto has



always been, and will always be, "Thanks Be To God!"

Along with daughters Aleigha and Emily, they produce, package

and market the popcorn. With about twenty flavors to choose from, you'll find a little bit of heaven in every bag.

A Full-Service Florist, Home Decor & Gift Shop Downtown

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 their website: www.absolutedesignbybrenda.com.



chocolatier, and they use only the finest ingredients, chocolate, fresh cream and butter, to produce hand-made treats that explode with flavor.

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

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!



Diamonds are Forever

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. And this year they are now 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, as well as many other gift items, whether for yourself or someone else.

"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."

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 summer!

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



Cashmere Gourmet Popcorn

Handcrafted Especially for You in Topeka, Kansas!

The perfect gift for you or someone you love!

785-554-8895 728 S Kansas Ave
cashmerepopcorn@yahoo.com • cashmerepopcorn.com

• Fresh Flower Bouquets • Home Decor
 • Permanent Flowers
 • Boutique & Gifts

\$5.00 OFF
 any purchase of
 \$25 or more!

Absolute Design by Brenda
 a unique full-service
 florist and home design shop
 AbsoluteDesignByBrenda.com 785-266-7999
 629 S. Kansas Ave.

Let your sweet tooth run wild

Owners Nick & Terry Xidis invest their hearts and hands in fine chocolate and confectionery. This summer, they will also feature frozen treats like chocolate-dipped ice cream bars, bananas or cheesecake slices.

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

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

Frozen treats for your summer enjoyment:

- Ice cream bars
- Bananas
- Cheesecake

Dipped while you wait in a perfect blend of Guittard Milk and Dark Chocolate!

Open 10 - 7 Mon-Thu, 10 - 9 Fri-Sat.
 724 S. Kansas • 215-8883
 Shop online at hazelhillchocolate.com

HAZEL HILL
 CHOCOLATE SINCE 1948





SUMMERTIME Memories, Events, & Gift Ideas!

Check out these upcoming Summertime Events & Activities Downtown!

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

ART WALK ON FIRST FRIDAYS – Downtown & NOTO arts district. Arts, antiques, fine crafts, many more items. Free shuttle will run from 5 pm to 9 pm. The stops are at the NOTO Arts Center, 8th and Kansas, and 6th and Jackson. It runs every 15 minutes. The vehicle is handicap equipped. The Washburn University Improve will entertain you during your ride.

SECOND SATURDAY CONCERT SERIES – June 8, 7pm, 8th St. outside The Celtic Fox. Free. 785-235-2138

NOONTIME BROWN BAG CONCERT SERIES - Every Wednesday through August 27, 11am-1pm at Westar Pocket Park at 8th & Kansas Ave.



June 5: Accoustro; June 12: Matthew Mulnix; June 19: Ellie Smith & J Fowler; June 26: Rachel Louise Taylor; July 3: Blake Benton

CAPITOL MIDWEEK FARMERS MARKET – Wed. 7:30am-noon, May 15-Oct. 9, Jackson & 10th.

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

IRISH STORYTELLING AND MUSIC – Jun. 1, 2-3pm, Historic Jayhawk Theatre, 720 S.W. Jackson St. Join



professional storyteller, Rosie Cutrer, for Irish myths, music and folktales in a fun, interactive program enjoyed by children and their adults. A \$5 donation is suggested.

DANCING AROUND THE WORLD – Jun. 5, 6pm, TPAC. Kansas Ballet Academy's Annual Class Concert.

MOVIE ON THE CAPITOL LAWN: "A NEVERENDING STORY" - June 7, 7:45pm, south lawn of the Kansas



State Capitol. Bring lawn chairs or blankets. Free.

JUMP N' JIVE - June 7, 5-8pm, Juli's Bistro, 110 SE 8th St. Topeka Swing Dance will provide DJ'ed music and dancing and Juli's will have food and drinks available for purchase. The event includes a free beginner swing dance lesson from 6:00-6:45 with guest instructor Benjamin Bailey from Kansas City. The evening will conclude with a raffle prize drawing.

CAPITAL CITY FAMILY AND FOOD TRUCKS FESTIVAL - Jun. 8, 11am-8:30pm. Kansas Statehouse, 10th & Jackson. Vendors, entertainment. Dogs on leashes welcome.



DALE EASTON'S THE DRUNKARD – June 8, 14, 15, 21, 22, 28, & 29, 7:30pm, The Breakroom, 911 S. Kansas Ave. Directed by Philip Grecian. This "over the top" satire mocks both temperance and melodrama acting. An olio performance at the conclusion of the show presents a collection of classic comedy short sketches and completes this vaudeville presentation. A perennial favorite, it is complete with villains, heroes, and spirited hissing and booing from the audience. It is the longest-running play in Topeka history. For "The Drunkard" Box Office/Tickets/Information ONLY call or text 785-251-3718.



SIDNEY POITIER - DOUBLE FEATURE – June 9, 2-8pm, The Breakroom, 911 S. Kansas Ave. "In the heat of the Night" & "Guess Who's Coming to Dinner." Doors Open at 2pm. Bar and Kitchen will be open. Advance Tickets \$10 at Vintage Stock. Limited Seating. Tickets available at the door, if seats available. Come and register to win tickets to Slash N Bash 2019 in Lawrence KS.

TOPEKA DAY OF GIVING – June 12, 2-8pm, TPAC. A day of charitable giving featuring 100 nonprofit organizations. Many local employers and organizations will be providing great incentives and company-matches for donations.

KANSAS CHOCOLATE FESTIVAL - June 15, 10am-2pm, Downtown Topeka. Featuring live music and entertain-



ment, food trucks & craft show

LAST MINUTE FOLK PRESENTS BEN BEDFORD, KIRK DRAGER - June 15, 7pm. Last Minute Folk and the

Jayhawk Theatre present acclaimed singer-songwriter Ben Bedford and Topeka's Kirk Drager. Tickets \$15 on line at www.jayhawktheatre.org or at the door.

SIZZLING SUMMER SWING – June 21, 7pm, Jayhawk Theatre. Topeka Swing Dance brings a night of dancing and live big band music from the Kings of Swing. Drinks from The Celtic Fox and sweet treats from Hazel Hill Chocolate will be available. Doors open at 6:30. Beginner swing dance lesson from 7-7:30. No partner necessary to join in the fun! Tickets at www.jayhawktheatre.org



SUNSHINE REGGAE ROOTS FESTIVAL - June 29, 5pm, 8th St. in front of Celtic Fox. A premier live music event of summer in Downtown Topeka! Featuring International, national, regional and local acts performing live! Food Trucks, Beer Gardens, Art & Crafts, Vendors, Face Painting, Henna Art and more.

For Breakfast and Lunch it's...

HANOVER PANCAKE HOUSE

1034 S. Kansas Avenue - (785) 232-1111
www.hanoverpancakehouse.com

Best of Topeka 2014

Hanover Pancake House...need I say more?

David's Jewelers

623 South Kansas Avenue ~ Topeka, Kansas ~ Since 1968

Where quality and affordable prices are a family tradition.

Serving Downtown Topeka since 1968, David's Jewelers still considers quality to be a family tradition. They offer custom designed jewelry because each customer is one of a kind. They also offer in-store jewelry, watch and clock repair.

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

David's is open Monday - Friday 9-5:30 and Saturday 9-3.
Call for information at 785-234-4808 or 785-234-3771

(785) 234-4808 • davidsjewelersstopekaks.com

Welcome... TO NORTH TOPEKA!

THE PAD RESTAURANT



Every Monday, 3 pm - closing:
35% OFF Burgers!

234-3596
1730 N. Topeka Blvd.

Davidson Funeral Home & Cremation Services

Family Owned & Operated for over 100 years
1035 North Kansas Avenue
Topeka, Kansas
(785) 233-4088



Ed & Carolyn Popkess, Owners

"Stick With The Best!"
HERMAN'S BEEF & SAUSAGE HOUSE

823 N.W. Gordon St. Topeka, KS 66608
(785) 233-7328

We Specialize In Meat & Deli Items

PHONE: (785) 286-2390 FAX: (785) 286-2393
TOLL FREE: (800) 894-2390 EMAIL: RICH@TARWATERS.COM
MOBIL: (785) 224-6295

TARWATER FARM & HOME SUPPLY

RICH TARWATER
OWNER

4107 N TOPEKA AVE
TOPEKA, KS 66617

BECAUSE OF THE CUSTOMER... WE EXIST!

SMJ SHANE M. JONES & ASSOCIATES, P.A.

COUNSELING YOU CAN TRUST

Areas of expertise:

- Marriage & Relationships
- Depression
- Anxiety
- Adoption
- Addictions
- Grief-Loss
- Foster Care

2708 N. Topeka Blvd., Ste. 202
Topeka, KS • 785-266-7732

5040 Bob Billings Parkway, Ste. B
Lawrence, KS • 785-832-8838

www.shanemjones.com



Construction is beginning on Redbud Park

Construction has begun on Redbud Park. Anchoring the northeast corner of NOTO, the area will feature a live music stage, sculpture garden, food truck court, as well as meeting space, kitchen, restrooms and play areas.

This park will continue to enhance the redevelopment of North Topeka's historic downtown.

The park will be a great addition to First Fridays, which have been bringing people to the area in record numbers, especially during the warmer months.

The June First Friday Art Walk will feature a Block Party! Kaw Valley Bank, Arts Connect & NOTO will host live music, drink & food (while supplies

last) 5-9pm inside the Kaw Valley Bank parking lot.

Entertainment can also be found on



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

Besides the Art Walk in NOTO, other North Topeka businesses have begun joining in and coordinating complementary events.

Also, the NOTO Arts & Entertainment District have announced the "Women of NOTO" exhibit inside the Morris Gallery at the NOTO Art Center. This special exhibit shines light on the women business owners and artists in the district, who make NOTO what it is today.

More North Topeka events:

150TH ANNIVERSARY CELEBRATION – June 29, 4:30pm, Kansas Avenue UMC, 1029 N. Kansas Ave. Historical displays, dinner (reservations required), & program. All welcome. 785-234-0507

FIRE ON THE ALTER CONFERENCE – July 6, 9am, Family of God Church, 1231 NW Eugene St. Learn the secrets of a former 420-pound Christian at this free conference. Register at Topeka.AlteredAppetite.com. 785-234-1111; Topeka.AlteredAppetite.com; info@AlteredAppetite.comson@safestreet.s.org

Dr. John E. Chance

Capitol City Chiropractic

Hours:
Mon-Thu: 9 AM - 6 PM
Fri: 9 AM - 12:30 PM

785-234-0900 • www.capcitychiro.com
1835 N. Topeka, Ste. 209, Topeka, KS 66608

TRM MINISTRIES

TOPEKA RESCUE MISSION MINISTRIES

FAITH WITH ITS SLEEVES ROLLED UP

Main: 785.354.1744
Non-Cash Donations: 785.357.4285
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

Come and be a part of what God is doing at

Family of God Church

1231 NW Eugene St.
Sunday 10:30am & 6:00pm
FOGchurch.com

IN GOD WE TRUST

Biker Sunday...Every Sunday!

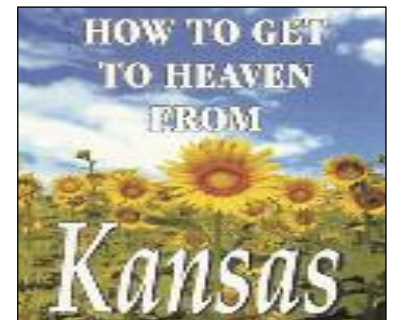
Christian Cavalry Ministries Int.
c/o Seaman Baptist Church
2015 NW Buchanan, Topeka, KS 66608
785-224-5419
www.church4bikers.org

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

FOR JESUS WE RIDE

Christian Cavalry M/M

All are welcome, casual dress ok!



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.

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

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

NOONTIME BROWN BAG CONCERT SERIES - Every Wednesday through August 27, 11am-1pm at Westar Pocket Park at 8th & Kansas Ave. June 5: Accoustro; June 12: Matthew Mulnix; June 19: Ellie Smith & J Fowler; June 26: Rachel Louise Taylor; July 3: Blake Benton

TOPEKA CHURCHES SINGING CONVENTION - Jun. 2, 3:30pm, St. Luke Missionary Baptist Church, 2222 S.E. Madison. The Rev. Ollie J. Johnson Jr. will preach. Choirs from various churches will sing.

COMMUNITY CHAMBER ORCHESTRA - June 2, 4pm, Life's Finer Moments Main Lodge, 1285 16th Rd. Clay Center. Classical guitar concertos, a guitar/viola duet, and solo Brazilian guitar music with Classical and Brazilian Guitarist Braulio Bosi. Tickets \$8 or \$18/family; \$1 discount for nonfamily groups of 5 or more. 785-926-4725. www.kansasmusic.net bclark@diodecom.net

SECOND SATURDAY CONCERT SERIES - June 8, 7pm, 8th St. outside The Celtic Fox. Free. 785-235-2138

CAPITAL CITY CHORUS ANNUAL SHOW - Jun. 15, 2pm, VA Auditorium (Building 24), 2200 SW Gage Blvd. This will be the Capital City Men's Barbershop Chorus' 73rd annual show. Special guest is Lemon Squeazy, 2016 International Silver Medalist Quartet. For tickets (\$15): www.capitalcitychorus.com.

LAST MINUTE FOLK PRESENTS BEN BEDFORD, KIRK DRAGER - June 15, 7pm. Last Minute Folk and the Jayhawk Theatre present acclaimed singer-songwriter Ben Bedford and Topeka's Kirk Drager. Tickets \$15 on line at www.jayhawktheatre.org or at the door.

JOSEPH HABEDANK CONCERT - June 29, 6pm, Wanamaker Woods Church of the Nazarene, 3501 SW Wanamaker Rd. No tickets needed, freewill offering will be received. (785) 273-2248 www.wwnaz.org wwood-snaz@wnnaz.org

SPECIAL CHURCH EVENTS

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

SENIOR SOLO'S - Every 3rd Tuesday from 3 to 6 p.m. at First Assembly Church, 500 SW 27th St, downstairs Fellowship Hall. Games & Fellowship, lots of Laughter & Fun. 785-817-3071.

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 - followed at noon by The Hope House FREE Community Food & Clothing Banks.

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

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

CARING FOR LOVED ONES WITH ALZHEIMER'S & DEMENTIA - June 2, 4pm, Family Life Church, 1211 NW 46th St. Free.: myfamilylifechurch.org or 785-286-1889

SPRING FLING - Jun. 2, 12:15pm, Topeka Bible Church. Inflatable games, burgers & connecting with others! We provide meat, buns, & drinks. Bring a side dish (no chips) & dessert, place settings & lawn chairs/blanket.

COMMUNITY DINNER - June 5, 5-6:30pm, Tecumseh UMC, 334 S.E. Tecumseh Rd. Menu includes turkey, mashed potatoes & gravy, vegetable, Jell-O, dessert & drink. Meals-to-go will be available.

BIG SALE - June 7-9, 8-2pm. Perry UMC Activity Center, 219 Oak St. Saturday-half price, Sunday-\$1 bag sale. Breakfast-8 to 11 a.m. (biscuits & gravy and homemade rolls. Lunch 11am-2pm (Sloppy Joe Meal) served Fri. & Sat. 785-597-5478 cathouse40@hotmail.com

GRAND OPENING - June 7, 3pm ribbon cutting, 45th Street Restaurant, 4601 S. Topeka Blvd. food & drinks

GARAGE SALE AND BAKE SALE - June 8, 8am-4pm, Oakland UMC, 801 N.E. Chester. Hot dogs, drinks

SOUL WINNERS PENTECOST REVIVAL - June 8 & 9, 7pm, True Holiness Family Church, D.O.M.E., Ministries, 1244 SE Republican Ave. Two Powerful Nights! Experience the Presence & Glory of God. (785) 233-9545

50TH ANNIVERSARY & SPECIAL BANQUET - June 8, 6-9pm, Building A Conference Center at Washburn Institute of Technology, 5724 S.W. Huntoon. Celebrating the 50 anniversary of Asbury-Mount Olive UMC. Events include a special anniversary service at 10:45am featuring Bishop Ruben Saenz Jr., of the Great Plains Conference of the UMC, and an anniversary service at 4pm with guest speaker Rev. Robert Johnson of St. Mark UMC in Wichita. Tickets: \$25 each. The celebration will continue on Sunday, June 9, at the church, 1196 S.W. Buchanan. An anniversary musical will be staged at 6pm Saturday, June 29. For info 785-232-6801.

FLEA MARKET AND BAKE SALE - June 8, 8am-4pm,

Grace UMC, 2627 SW Western. Free. Enter thru north, middle doors. cmhaug@sbcglobal.net. 785-640-1825

HARVESTERS MOBILE FOOD DISTRIBUTION - June 8, 1:30 to 3pm, Oakland Church of the Nazarene, 939 N.E. Oakland Ave. No charge for the food items.

FREE MOVIE NIGHT - June 8, 6pm, Highland Heights Christian Church, 2930 S.E. Tecumseh Rd. "I Can Only Imagine." Children can view a Veggie Tales movie. Doors open at 5:30. For info: 785-379-5642.

LIFESTYLE EVANGELISM EXPLAINED - June 22, 9:30am-1pm, New Hope Family Church, 515 Iowa, Holton, KS. Have you ever had a bad experience trying to evangelize others? The beauty of Lifestyle Evangelism is it tailored to you personally. Come learn more as Rev Griggs of Exodus Ministries shares about it. No charge but registration requested at 785-232-3417 or www.exodusministriestopeka.org and use the contact page. Free will offering will be received

150TH ANNIVERSARY CELEBRATION - June 29, 4:30pm, Kansas Avenue UMC, 1029 N. Kansas Ave. Historical displays, dinner (reservations required), & program. Everyone welcome. 785-234-0507

FIRE ON THE ALTER CONFERENCE - July 6, 9am, Family of God Church, 1231 NW Eugene St. Learn the secrets of a former 420-pound Christian at this free conference. Register at Topeka.AlteredAppetite.com. 785-234-1111; info@AlteredAppetite.com

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

Exodus Ministries Presents

Lifestyle Evangelism

Sat. June 22, 9:30AM - 1:00PM
 New Hope Family Church, 515 Iowa, Holton, Ks

Have you ever had a bad experience trying to evangelize others? Many believers have. Maybe it was because you were using a method that wasn't tailored to you. That's the beauty of Lifestyle Evangelism - it is tailored to you personally. Come learn more as Rev Griggs shares about Lifestyle Evangelism.

No charge, but registration requested: 785-232-3417 or www.exodusministriestopeka.org (contact page)
 Free will offering will be received.



The Great Overland Station, with 34-foot ceilings and ornate glazed terracotta ornamentation, provides an elegant, neo-classical backdrop for the wedding or reception of your dreams!

- ◆ Beautiful photo opportunities
- ◆ Simple, all-inclusive pricing options
- ◆ Individual attention from professional staff
- ◆ Select a licensed caterer of your preference
- ◆ Ample and convenient lighted parking lots

Visit our website at www.greatoverlandstation.com to learn more about facility rental or call about rental discounts!
 701 N. Kansas Ave., Topeka, KS 66608 • 785-232-5533



Developing and Uniting Christian Leadership

• Business • Non-profits • Churches

Membership open to all Christian businesses, non-profits, churches & individuals!
 Luncheons & Tradeshows & other events open to the general public!

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

June 13, 11:30-1 -- "POWER" Luncheon at The Vinewood, 2848 SE 29th. St., Featuring Spencer Lindsay, Working Men of Christ

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

Save the Dates!


- Jul. 11, 11:30-1, Power Luncheon: **Barry Feaker, Aldersgate Village**
- Aug. 8, 11:30-1, Power Luncheon: **Max Manning, Global Missions**
- Sep. 12, 11:30-1, POWER Luncheon: **Details to follow**

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

JULY 6TH CONFERENCE

ALTERED APPETITE

Learn The Secrets of the 420 Pound Christian



FREE EVENT

REGISTRATION REQUIRED

GET MORE INFO AND REGISTER AT
TOPEKA.ALTEREDAPPETITE.COM

health insurance counseling. For info: 580-4545 or rnhnl@tscpl.org

MEDICARE EDUCATIONAL SEMINAR – June 4 & 18, 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: centuriyinsuranceagencyks.com or 270-4593 or info@century-health.com. Snacks & beverages provided.

FAMILY-FRIENDLY EVENTS

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.

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.

MONDAY FARMERS MARKET – Mondays 7:30-11:30am, Topeka & Sh. Co. Library, May 13-Oct. 7

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

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

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

CAPITOL MIDWEEK FARMERS MARKET – Wed. 7:30am-noon, May 15-Oct. 9, Jackson & 10th.

CARBONDALE FARMERS MARKET - Wednesdays 4-6:30, Carbondale City Park. Vendor-grown or vendor-produced. 836-7887.

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 west door. Immediately inside, turn left & walk the ramp to the library, then left to elevator. Push [B] for fellowship hall 785-249-3258. .

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 applied to renovation of Jayhawk Theatre.

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

MOTHER TERESA'S FARMERS MARKET – Saturdays, 8:30-11:30am, 2014 NW 46th St.

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

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 at 785-640-7403 for info

SQUARE DANCING - Shawnee Swingers has monthly dances and sponsors lessons in the Fall. Call or text 785-845-2357; shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. wesquaredance.com

JUNE CYCLING EVENTS – Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

JUNE OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansas.org/calendar

IRISH STORYTELLING AND MUSIC – Jun. 1, 2-3pm, Historic Jayhawk Theatre, 720 S.W. Jackson St. Join professional storyteller, Rosie Cutrer, for Irish myths, music and folktales in a fun, interactive program enjoyed by children and their adults. A \$5 donation

MULVANE ART FAIR - June 1 & 2, 10am-5pm, Mulvane Art Museum, 1700 College. Adm. \$10. A juried art fair that features more than 80 artists using a variety of media from across the state, region and country. Hands-on art making activities for families in the ArtLab Tent. Live music, beer garden, and food options

GERMANFEST - June 1, 5-11pm & June 2, 10-5, Sacred Heart Catholic Church, 312 NE Freeman. German food, carnival, entertainment, auction, vendor booths & more. SacredHeartStJosephCatholic.org. 234-3338

LIVING WITH PARKINSON'S - June 3, 3pm, Stormont Vail Pozez Center, 1505 SW 8th Ave. 913-341-8828 or parkinson.org/topeka; knitz@parkinson.org

DANCING AROUND THE WORLD – Jun. 5, 6pm, TPAC. Kansas Ballet Academy's Annual Class Concert.

MOVIE ON THE CAPITOL LAWN: "A NEVERENDING STORY" – June 7, 7:45pm, south lawn of the Kansas State Capitol. Bring lawn chairs or blankets. Free.

CHANCE ENCOUNTER BLOCK PARTY - June 7, 5-9pm

Kaw Valley Bank parking lot, 1110 N. Kansas Ave.

JUMP N' JIVE - June 7, 5-8pm, Juli's Bistro, 110 SE 8th St. Topeka Swing Dance will provide DJ'd music and dancing and Juli's will have food and drinks available for purchase. The event includes a free beginner swing dance lesson from 6:00-6:45 with guest instructor Benjamin Bailey from Kansas City. The evening will conclude with a raffle prize drawing.

LECOMPTON TERRITORIAL DAYS June 8, 8am, Downtown Lecompton Kansas. An all-day affair with parade, games for kids and adults, carnival rides, food vendors, music, living history events and family friendly dance in the evening. (785) 887-6148 www.lecomptonkansas.com lanemuseum@aol.com

DALE EASTON'S THE DRUNKARD – June 8, 14, 15, 21, 22, 28, & 29, 7:30pm, The Breakroom, 911 S. Kansas Ave. Directed by Philip Grecian. This "over the top" satire mocks both temperance and melodrama acting. An olio performance at the conclusion of the show presents a collection of classic comedy short sketches and completes this vaudeville presentation. A perennial favorite, it is complete with villains, heroes, and spirited hissing and booing from the audience. It is the longest-running play in Topeka history. For "The Drunkard" Tickets/Info ONLY call/text 785-251-3718.

HEARTLAND MILITARY DAY – June 8, 7am-4pm. Museum of the Kansas National Guard, 125 SE Airport Dr. Pancake feed followed by activities; military equipment displays & demonstrations, battle re-enactments, Civil War demonstrations, bands. Free. For info: 862-1020 office@kingmuseum.org

LADIES DAY OUT - June 8, 10am-3pm, Ag Hall. 70 vendors: clothing, accessories, beauty, health, home decor, candles, fragrance, henna, crafting, and food trucks. ladiesdayouttopeka@gmail.com

CAPITAL CITY FAMILY AND FOOD TRUCKS FESTIVAL - Jun. 8, 11am-8:30pm. Kansas Statehouse, 10th & Jackson. Vendors, entertainment. Dogs on leashes OK.

COMMUNITY BREAKTHROUGH – June 8, 8:30am, SENT Topeka. Breakfast on June 8 and Workshop June 10 featuring speaker from the Focused Community Strategies group founded by the author of Toxic Charity and Detox Charity. Learn and discuss what it would look like to catalyze a movement towards more effective poverty alleviation. RESERVE a table: 785-220-9850, haley@senttopeka.com

SIDNEY POITIER - DOUBLE FEATURE – June 9, 2-8pm, The Breakroom, 911 S. Kansas Ave. "In the heat of the Night" & "Guess Who's Coming to Dinner." Doors Open at 2pm. Bar and Kitchen will be open. Advance Tickets \$10 at Vintage Stock. Limited Seating. Tickets available at the door, if seats available. Come and register to win tickets to Slash N Bash 2019 in Lawrence KS.

PERRY SENIOR CITIZENS LUNCH – June 10, Perry

Community Building. Blood pressure checks at 11:15am. Fried chicken served at noon by hosts, Perry Pride. The program will be "Ruralpreneurs: Tumbleweeds and Talents in Kansas Communities" presented by Ron Wilson. Bring a covered dish to share, your table service, and \$2. Everyone welcome. For info: 785-597-5478 or catholic40@hotmail.com

TOPEKA DAY OF GIVING – June 12, 2-8pm, TPAC. A day of charitable giving featuring 100 nonprofit organizations. Many local employers and organizations will be providing great incentives and company-matches for donations.

C5Alive "POWER" LUNCHEON – June 13, 11:30-1, The Vinewood, 2848 SE 29th. Spencer Lindsay of Working Men of Christ will speak.

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

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

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

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

SAVE THE DATE: C5Alive Power Luncheon, July 11, 11:30-1, Aldersgate Village, Featuring Barry Feaker

TOPEKA YOUTH PROJECT GOLF CLASSIC – Jun. 14, Village Oaks. 8am shotgun. 7:30 registration. Lunch follows tourney. Cash prizes! Two \$500 closest to pin prizes! Call 273-4141 to register.

KANSAS CHOCOLATE FESTIVAL - June 15, 10am-2pm, Downtown Topeka. Featuring live music and entertainment, food trucks & craft show

SIZZLING SUMMER SWING – June 21, 7pm, Jayhawk Theatre. Topeka Swing Dance brings a night of dancing and live big band music from the Kings of Swing. Drinks from The Celtic Fox and sweet treats from Hazel Hill Chocolate will be available. Doors open at 6:30. Beginner swing dance lesson from 7-7:30. No partner necessary to join in the fun! Tickets at www.jayhawktheatre.org

GET TEED OFF FOR KIDS GOLF TOURNAMENT – Jun. 29, Cypress Ridge Golf Course. 9am shotgun. \$320/team includes cart, food, drink tickets, prizes. Silent Auction. 50/50 raffle. Chance to win Devonte Graham jersey! Sponsors needed – win autographed KU basketball! Benefits at risk youth. Jerry Hudgins – 785-338-2965. www.solereason.golfgenius.com.

SUNSHINE REGGAE ROOTS FESTIVAL - June 29, 5pm, 8th St. in front of Celtic Fox. A premier live music event of summer in Downtown Topeka! Featuring International, national, regional and local acts performing live! Food Trucks, Beer Gardens, Art & Crafts, Vendors, Face Painting, Henna Art and more.

SHAWNEE COUNTY FAIR – July 20-28. www.shawneecountyfair.org

MEETINGS & CLASSES

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

HEAT UP TOPEKA - Free fitness classes; learn and build healthy social & eating habits. Held at Trinity Presbyterian Church, 4746 SW 21st St. Florence Crittenton: 785-233-0516 www.flocritkansas.org Sunday: 4-5pm Yoga

Monday: 12:12-45pm Kickbox Fusion Monday: 5:30-6:15pm STRONG by Zumba Monday: 6:15-7:00pm Pilates Fusion Tuesday: 12-12:45pm Yoga Tuesday: 5:30-6:15pm Zumba Tuesday: 6:15-7:00pm Cardio Interval Wednesday: 12-12:45pm Kickboxing Thursday: 12-12:45pm Pilates Thursday: 5:30-6:15pm Cardio Interval Thursday: 6:15-7:00pm Zumba Friday: 12-12:45pm Cardio Strength Saturday: 9:00-9:45am Cardio Remix

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

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

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

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

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

THE FORCE (Students Taking Action) – 1st Mon. & 3rd Tue., 6:30-8pm, Safe Streets, 2209 SW 29th St. Committed to being alcohol & drug free. Associate with like-minded peers, plan activities & get involved

Keith the Critic
SLASH and BASH
 Horror and Sci-Fi Movie Festival: Lawrence
 August 15-17, 2019
 Tickets Available at Vintage Stock June 15
 Online Soon

 Antwoine Steel	 Jason Brooks	 Terrible Tim
 Dilynn Fawn Harvey	 Jules Theresa of Friday the 13th	 Blade Braxton
 Todd Sheets	 From Clownado	 Drive-in Movie Maniacs
 Jill Scholeien of Popcorn, The Stepfather	 Paul T. Taylor	 Gary Piland
 Suzanne Snyder	 Weird Science	 Roaring Rat Films
 Amanda Payton	 Allan Kayser-Jason Lively	 Jessica Cameron
 Clownado	 Night of the Creeps	 Red Eye

ARTS **DALE EASTON'S** **the Break Room**
THE DRUNKARD
 Directed By **Philip Grecian**

June 8, 14, 15, 21, 22, 28 & 29 2019
7:30pm
 @The Break Room
 909 S Kansas Ave

Tickets only \$20
 Includes Ticket Fees

Get Tickets @
www.BreakRoomDowntown.com
 Call or Text: 785-251-3718

in the community. Youth 12-18 invited. 266-4606.

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

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

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

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

MENNINGER BIBLE CLASSES – Tuesdays 11am-12:30. Amerus Room, YWCA, 225 West 12th. A new study group for Year One of Flo Menninger's course on Four Years through the Bible. Read and discuss Genesis through First Kings. Nominal charge for materials. For info call the YWCA at 233-1750 or Clara Gamache at 785-408-5433. (The Bible study is also taught on Sat. mornings on 101.5 FM radio.)

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

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

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

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

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

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

AWANA – Every Wed., 6:30-8pm, Auburn Christian

Church. Bible based program for children & youth ages 3-HS. For info: 256-2515.

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

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

SAFE STREETS MEETING – 1st Wed., 11:45am, Great Overland Station 266-4606.

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

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

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

OPERATION BACKPACK – 1st Thurs., 6pm, Lyman Learning Center, Lyman and N. Kansas Ave. Volunteers gather to assemble Weekend Snack Sacks for low-income students. No assembly in July or August. Sponsored by Topeka North Outreach. For info: 286-1370.

TOPEKA GENEALOGICAL SOCIETY – 4th Thurs., 7pm, Topeka Shawnee County Public Library, 1515 SW 10th St. No program in Nov. or Dec. Promotes & stimulates the education, knowledge & interest of the membership & the public in family history, genealogical records & research. 233-5762 or tgstoepka.org.

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

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

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

VIP LUNCHEON FOR SENIORS – Every Fri., Noon, North Topeka Baptist Church, 123 NW Gordon. FREE lunch with Christian fellowship, devotions & entertainment

provided by Topeka North Outreach. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday. For Info: 286-1370.

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

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

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

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

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

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

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

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

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

SUPPORT GROUPS

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

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

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

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

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

PURSUIT FOR SEXUAL PURITY – Men struggling with

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

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

"HEALING HEARTS" support group/Bible study – Sundays 6-8pm. For women whose husbands struggle with pornography addiction or have had affairs. Video & workbook will give you hope for your marriage & emotional healing. For info: Janet Mitchell, 633-4294.

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

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

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

GRIEF SUPPORT – Sponsored by Heartland Hospice for those dealing with death or major loss: 1st Mon., 5:30-7:30pm, Individual appointments; other times are available. Call Terry Frizzell at (785)230-6730.

3rd Thurs., 11am, Lunch After Loss, Paisano's Ristorante, Fleming Place, SW 10th & Gage Blvd. For reservations or info: 785-271-6500.

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

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

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

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

GAMBLERS ANONYMOUS – Every Wed, 7pm, St.

Francis Hospital, meeting room #8.

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

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

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

WED. – 6:45 – 8:45pm, Walnut View Christian Church, 3634 SE 37th St. (just East of 37th & Croco). Cost: \$10 registration (scholarships available). The video seminar series featuring some of the nation's foremost experts on divorce and recovery topics, combined with support group discussion of the materials. Complimentary child care children up to the fifth grade. Info: 266-7550 or walnutviewcc@att.net.

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

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

NICOTINE ANONYMOUS – Every Fri., 6:30pm, Town & Country Church

CAREGIVER SUPPORT GROUPS – Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together & share ideas and feelings. 2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm.

3rd Thursday of the month, 2-3pm, Topeka Library, Perkins Room

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

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

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

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

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

Welcome to the Shawnee County Fair!

Kansas Expocentre, Topeka • "In a Galaxy Fair Fair Away" • www.shawneecountyfair.org

SHAWNEE
COUNTY
FAIR

Kansas Expocentre Topeka

Beauty & The McBeest
6:30 PM

Friday
July 26th, 2019
Topeka, Kansas
Kansas Expocentre
Landon Arena



2019 Free Concert Ticket

Rusty Rierson With Ernie Rodina from
Better Horses Radio



Forever Young Band
7:30 PM

July 25-28th - 4H Exhibits, Vendors & Shows! Free Parking - Free Admission!

July 20-21 - Horse Show • July 26 - Kid's Concert: Walking on the Moon Show - 10:00 AM

July 27 - Pancake Feed 7-12; DoubleStuf Quartet - 2 PM; Pedal Tractor Pull - 2 PM

Friday - Sunday: Topeka Model RailRoader's & N Track Model Railroad Club; July 28: Talent Show - 11 AM

entertainment

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

Tolkien: the fellowship behind the fantasy

For J.R.R. Tolkien, life began as a child running through hill and heather with a stick in his hand, filling his world with knights and dragons and forgotten quests.

For Tolkien, this is where the fire for his epic books began: Sarehole Mill was home, and that meant comfort.

But as Tolkien the writer would later emphasize, every great story needs its share of trials — a departure from home and into the wilds. “Boys, we are going to face some difficult times,” his mother, Mabel, warns Tolkien and his younger brother Hilary. And she was right. The movie will both delight and disappoint fans and newcomers. Starring Nicholas Hoult, Lily Collins, Colm Meaney, and Derek Jacobi, the film has been questioned for not exploring Tolkien’s faith in more depth. While documentaries have done that, and his books clearly indicate a deep faith, this biopic chose to look at familial relationships and the bonds of friendship that informed his view of loyalty and life.

Tolkien’s father had died years before. Mabel needs to find work to support her small family. And so the Tolkiens move away from the Shire-like lands around Sarehole Mill and into the dirty heart of Birmingham. Soon after, Mabel dies too. The two orphan boys are foisted into the protective custody of Father Francis and the Catholic Church.

Father Francis finds the lads a home — or, at least, boarding — with the kindly widow Mrs. Faulkner. Tolkien is sent to a top-notch prep school and becomes friends with schoolmates who hail from far more comfortable circumstances. Soon, the four chums form a fellowship of sorts: the Tea Club and Barrovian Society, they call it the TCBS for short. And even as their parents push them toward more practical careers, they swear



to change the world through art: Poetry. Painting. Music. Writing.

But another relationship pulls at Tolkien, too. Edith Bratt is a fellow orphan, a fellow boarder at Mrs. Faulkner’s home, and a fellow artist — a pianist with a love of Wagner. She’s beautiful, too. Almost elvish.

But as Tolkien grows in stature and spirit, dark clouds gather at the edges of his life. He’s still a poor orphan, his schooling entirely dependent on scholarships and the generosity of the Catholic Church. The always-squabbling countries of Europe edge ever closer to what could be a cataclysmic war. Edith feels the pressure around them, too — a pair of poor, would-be soulmates in a time when only wealth could reliably open doors.

“I let myself believe that there are happy endings for people like us,” she tells Tolkien. “But there aren’t. There can’t be.”

But Tolkien believes there just might be yet — if they’re willing to carry the necessary burdens and embark on the necessary quest. Peril is a part of the process, after all.

The four Hobbits of the Lord of the Rings movie series.

Because as Tolkien would later say, “A safe fairyland is untrue to all worlds.”

J.R.R. Tolkien doesn’t exactly come across as an epic, self-sacrificial Frodo in this biopic. His heroism is a bit more understated here. His core virtue in the film — much like Frodo’s, really — is his

tenacity. He seems to commit emotionally to Edith for life quite early, even as their budding relationship runs into loads of challenges. And his love for languages — even the ones he makes up — requires sacrifice, too. Initially a classics major at Oxford University, he has to prove to the school’s intimidating philology (language) professor that he’s worthy of switching majors and

finding a seat in the professor’s already over-stuffed department.

In some respects, the people around Tolkien are the real heroes here. His mother helps build a love of story in Tolkien. His prep-school comrades, all of whom come from wealthier, more secure backgrounds, take him in and make him their kindred brother. And Edith helps Tolkien (who’s already experimenting with made-up languages by this time) see the real power of words.

“Things aren’t beautiful because of how they sound,” she tells him. “They’re beautiful because of what they mean.” This revelation moves Tolkien from merely relishing how his words float off the tongue toward imagining (eventually) the fantastic stories they’d help form.

Finally, during World War I, a soldier (suggestively named Sam) cares for and protects Tolkien as well as can possibly be expected.

I wonder what the real J.R.R. Tolkien would’ve thought of this movie. While director Dome Karukoski expressed hope in an interview that, one day, he can sit on a cloud with the author and talk about it, Tolkien was notoriously averse to people using lenses outside a given story to view said story. He never liked it when his friend C.S. Lewis used obvious allegory in his own fantasy series (The Chronicles of Narnia), and he was discomfited by efforts to interpret his own books as analogous to, say, the horrors of World War II or fascism or industrialism. He thought the story should always stand on its own.

“I cordially dislike allegory in all its manifestations, and always have done so since I grew old and wary enough to detect its presence,” he wrote in a forward to The Fellowship of the Ring. “I much prefer history — true or feigned — with its varied applicability to the thought and experience of readers. I think that many confuse applicability with allegory, but the one resides in the freedom of the reader, and the other in the purposed domination of the author.”

Still, as a Tolkien fan, it’s interesting to see where Tolkien might’ve drawn inspiration for his stories: The bucolic green hills of Sarehole Mill become the Shire, his school friends as the first manifestation of a do-or-die Fellowship, the horrors of the Somme echoing the bleached, barren lands of Mordor.

Tolkien is a fine, watchable biopic that, content-wise, strays from the straight-and-narrow at times but not too badly.

Fans of Tolkien and his work will not be disappointed at this view of the man behind the stories.



Faith-based ‘Like Arrows’ tops this month’s streaming lineup

By Michael Foust

Filmmakers Alex and Stephen Kendrick are the names behind some of the most successful films in faith-based entertainment — including *War Room*, *Courageous* and *Fireproof* — but they’ve also had their hand in a few projects that didn’t gain such notoriety.

Like Arrows, one of the best films in that latter category, begins streaming on Netflix this month. (May 4).

It was made in partnership with FamilyLife Ministries and follows the triumphs and challenges of a young couple, Charlie and Alice, over the course of 50 years. We see them get engaged, and then married, and then have and raise children. Finally, we see the adult children return home for a 50th wedding anniversary.

Alex and Stephen Kendrick served as executive producers. Alex also helped write it.

Like Arrows (2018) isn’t part of the “Kendrick Brothers canon” — that’s reserved for ones Alex directs — but it’s still a good film with great messages for today’s society. Among them: the blessings of children and family, the need to persevere during marriage’s storms, and the grace and redemption found in Christ.

“This young couple that goes into parenting defaults to what the world teaches you about parenting,” Alex Kendrick told me last year. “They begin going down that path and using the world’s principles for their first child or two. And they begin to realize, wow, this is not bearing the fruit we had hoped. And when they begin applying biblical principles, you see a marked difference.”

Alan Powell (*Beautifully Broken*, *The Song*) stars as Charlie. Kevin Peeples directed it.

Also streaming this month:

For adults/teens

No Good Nick (Netflix) — A family of four takes in a teenage girl who says she’s destitute. She then pillages them, little by little. This comedy series is a combination of a family-centric 80s show and a squeaky-clean Disney

Channel program. The pro: There are no sex jokes. The con: It has one or two mild curse words each show. Yet it’s about as clean of a program as you’ll find on Netflix. *No Good Nick* stars Sean Astin and Melissa Joan Hart. Rated TV-PG. It began streaming in April.

Nailed It Season 3 (Netflix) — Regular folks like you and me try to bake and decorate professional-looking cakes. It always ends in disaster. Nicole and Jacques return as judges in this third season. Rated TV-PG. May 17.

Our Planet — (Netflix) — This eight-part documentary series includes breathtaking video of the planet that can be embraced by everyone, but dialogue that will frustrate some viewers. *Our Planet* is a Netflix original that examines “humanity’s impact on the planet’s habitats and species,” according to the press release. The visuals are indeed splendid. But the worldview won’t match everyone’s. It began streaming in April.

For children

Nutcracker and the Four Realms (Netflix) — A timid teen girl named Clara grows up wanting to be her sister. She then discovers her place in the world when she becomes a princess in another realm. *Nutcracker* was panned by most critics, but I enjoyed it. It’s family-friendly and has several positive messages. Rated PG for some mild peril. May 28.

Bernie the Dolphin (Hulu) — A brother and sister set out to protect a dolphin from a money-hungry businessman. Rated G. May 21.

The Riot and the Dance: Earth (Hulu) — If you’ve ever wanted a PBS-like nature documentary with a biblical worldview, then this film is for you. Gordon Wilson — senior fellow of natural history at New Saint Andrews College — travels the globe to show viewers God’s amazing creation. Unrated. May 18.

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

CAPITAL CITY CHORUS
73rd Annual Show

CAPITALCITYCHORUS.COM

FEATURING



2016 INTERNATIONAL
SILVER MEDALIST QUARTET

TICKETS
\$15

JUNE 15, 2019 - 2:00 P.M.
VA AUDITORIUM
(BUILDING 24)
2200 SW GAGE BLVD
TOPEKA, KS





family-friendly spotlight

'Secret Life of Pets 2' leads this month's family-friendly spotlight

By Michael Foust

Editor's note: This monthly series, "5 Family-Friendly Things," spotlights five family-friendly entertainment choices on film, DVDs, streaming or television.

The Secret Life of Pets was the fourth-highest grossing film of 2016 and one of the most family-friendly, too, with plenty of laughs and life lessons for parents and children.

Its sequel hits theaters June 7 and -- in a rare feat for any movie -- surpasses its predecessor for entertainment and message.

Yes, *The Secret Life of Pets 2* (PG) is better than the first one.

It leads this month's list of "5 Family-Friendly Things."

The animated film continues the story of canines Max, Duke and other pets as they navigate life in the big city.

Although it has many of the same characters, it has a different plot and focus. *The Secret Life of Pets* spotlighted the relationship between pets and their owners. In *The Secret Life of Pets 2*, the story examines the unique bond between pets and children. That's because Katie -- who owns Max and Duke -- gets married and has a baby.

Max initially hates this new arrangement yet soon grows attached to the kid, a boy.

"He's perfect," Max says of Katie's baby. "And I'm never going to let anything bad happen to him."

Max's owner then visits a farm in the country, introducing the family (including Max and Duke) to animals they've never met.

It stars Patton Oswalt as Max, Eric Stonestreet as Duke, Kevin Hart as Snowball the rabbit and Harrison Ford as a new dog, Rooster.

The film celebrates children, childrearing and pets. It also teaches kids lessons on courage and friendship.

It's 99 percent family-friendly -- one dog says "pi-ed" -- and contains only one or two scenes that sensitive children would find disturbing.

It is rated PG for some action and rude

humor.

Also worth watching this month:

'Cop and a Half: New Recruit' -- A tween girl helps a detective solve a crime. (Malicious drones are flying around the city.) Now on Netflix, this live-action film won't win any major awards but it hits the bullseye for being funny and family-friendly. It's the sequel to the 1993 movie *Cop and a Half*. Rated PG for some mild action and rude humor.

'Oddball' -- A family trains a dog (named "Oddball") to protect a penguin sanctuary from fox attacks. Based on a true story and streaming free on Amazon Prime, *Oddball* (PG) has a few content problems (the single mom says d--n; it is implied she spent the night with a man out of town; and the grandfather briefly "talks" to his deceased wife). *Oddball* and the other animals, though, are fun to watch.

'Wonder Park' -- A young girl loses but then rediscovers her joy for life after her mom becomes sick. The movie gets its name from the imaginary theme park the girl created with her mom. *Wonder Park* begins streaming and releases on DVD this month. It was widely panned by critics, but I'm guessing most children will love it. It's nearly 100 percent family-friendly and has solid messages about using your imagination and finding joy in the midst of tragedy. Rated PG for some mild thematic elements and action.

'Les Misérables' (2019)* -- PBS released this music-less version of the classic story earlier this year. I was skeptical it would work ... but I ended up loving it. The story follows ex-convict Jean Valjean as he is shown grace and given a second chance by a priest. It's a story of redemption that brought me to tears. (Yes, even without the music.) But it's not for children. You better watch this one with your remote in hand. It's now on DVD and streaming platforms.

* Not for young children.

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

Will political correctness kill classic films?

The rise of political correctness can be seen across movie screens this weekend.

"The Hustle," a gender-swap remake of 1988's "Dirty Rotten Scoundrels," rails against the patriarchy between sight gags. "Avengers: Endgame" shoehorns a minor gay character into the story as a super-virtue-signal. "Long Shot" shows Seth Rogen apologizing for the United States bombing Japan to help end World War II. Even older films, and the stars who made them great, are now seen through the PC prism. Just ask the estate of John Wayne. The legendary star got pummeled a few months ago, decades after his passing, for a racially insensitive Playboy interview in 1971. Some critics demanded that his name be stripped from John Wayne Airport in Orange County, Calif.

Singer Kate Smith's film career is dwarfed by her radio, TV and stage accomplishments. Yet Smith's recording of two 1930s songs deemed racist convinced two professional sports teams -- the New York Yankees and the Philadelphia Flyers -- to strip her iconic rendition of "God Bless America" from their programming.

It's easy to imagine the culture attempting to do something similar to films that don't mirror today's cultural mores. Molly Ringwald, who brought some of John Hughes's best films to life, turned on her collaborator last year, saying that his films weren't "woke" enough in our "Me Too" era.

Those films primarily hit theaters in the 1980s. So what about older films? Would any modern studio greenlight 1974's "Blazing Saddles," the Mel Brooks farce teeming with racial and sexual humor?

What about James Bond's early adventures, in which 007 treated female characters in a sexist fashion? Even a comedy classic such as 1959's "Some Like It Hot," featuring two men dressed in drag, could be insensitive given modern mores.

Could problematic films eventually be pulled from home video and streaming services?

Aladdin' Star Naomi Scott Says Her Christian Faith Is 'Part of Who I Am'

Naomi Scott, who plays Princess Jasmine in the new live-action remake of the Disney classic "Aladdin," said this month she doesn't know how she would be able to navigate the ups and downs of life without her Christian faith.

During an interview with Compassion, for which she serves as a U.K. ambassador, Scott said her faith has given her a "peace" that keeps her "incredibly grounded, incredibly focused."

"Quite honestly, I don't see it as this separate thing, this add-on thing," she said, noting she was recently talking with her husband, English soccer player Jordan Spence, about their shared beliefs. "My faith is just a part of who I am and what I do."

Scott went on to say that, because of her faith in Jesus, she knows she's not defined by other people's opinions of her or her work.

"No matter what somebody says about me on Twitter, whatever the future holds, to know that that doesn't define me is incredible, to know that doesn't inform my identity in any way, shape or form (although it's easier said than done sometimes)," she explained. "That's going to be the thing keeping me going. Keeping the main thing, the main thing throughout."

Sound hysterical? It's currently in vogue to tear down statues that don't align with current groupthink. So why would pop culture artifacts be spared?

In fact, it's already been done.

Two years ago, a Memphis theater nixed a screening of the 1939 classic "Gone with the Wind" because of its "insensitive" content.

Disney's Oscar-winning "Song of the South" won't be seen on the company's forthcoming streaming platform. The 1946 film's antiquated, and some say racist, portrayal of black life turned the movie into cultural poison. It's never made it to home video, and that's unlikely to change in the near future.

The effort to wipe clean questionable content is happening elsewhere, too. The work itself doesn't have to be "problematic" if the performer in front of the camera is. Bounce TV yanked reruns of "The Cosby Show" following star Bill Cosby's conviction on rape charges.

When comedian Louis C.K. admitted to pleasuring himself in front of a series of women without their consent, he lost more than his FX series "Louie." HBO announced it had expunged all C.K.-related programming from its service, including stand-up specials and his series "Lucky Louie."

His 2017 film "I Love You, Daddy" never hit theaters as intended following his revelation. More than a year later, the film can't be found on home video or streaming outlets, despite rave reviews from its festival run. The film's star, Chloe Grace Moretz, even argued against the film's release. "I think it should just kind of go away, honestly," the millennial actress told the press.

Her age matters because her peers represent a potent part of the PC movement. Just ask any conservative speaker chased off campus by students frightened by unfamiliar viewpoints.

Woody Allen's historic film career may be over, and not because of his age or any



health woes. Allegations of child abuse against his daughter Dylan Farrow, while never proven, finally caught up with the "Annie Hall" superstar. Amazon refused to release Allen's latest work, "A Rainy Day in New York," citing Allen's Me Too statement in court.

One highly controversial film, and its collective shunning, predates the current PC mania. The 1915 drama "Birth of a Nation" glorified the KKK and dehumanized black slaves, among other revolting elements. Cultural critics marvel at some of its artistic achievements, given the technical constraints of the era, but its content makes any public display cultural dynamite.

Is that the best way to deal with art? Wouldn't a screening of the film, followed by an informed dialogue on its place in culture and how the real KKK used it as a recruiting tool, be more illuminating?

Audiences could process the material on their own terms along with the vital context.

That's the key word missing from PC-themed conversations -- "context." Without it, PC scolds too often win the day.

Hughes couldn't have imagined his plucky teen comedy would one day be shamed by its star. And there's a chance movies like "Long Shot," "The Hustle" and "Avengers: Endgame" may one day be seen as "problematic," too, in ways we can't imagine now. Who knows how we'll handle art that doesn't fit the current zeitgeist by then?

-Christian Toto is editor of the conservative entertainment site HollywoodInToto.com and host of the weekly "Hollywood in Toto Podcast."



As for her role in "Aladdin," Scott told Compassion she was excited to have the opportunity to play such a "strong" female character in the much-anticipated remake.

She said she felt like she was "on the same page" with the producers after their very first meeting.

"I love that what we envisioned for Jasmine was, yes, all of those things we loved about her in the iconic animated version of the film," she said, "but also, that we wanted to portray she's actually fighting for choice and the liberty and freedom of her kingdom."

For those interested in praying for Scott, she told Compassion she is hoping she and her husband will "enjoy this upcoming time and that we always keep the main thing the main thing."

-Tré Goins-Phillips, Faithwire

(Formerly Live Music Institute)

•Lessons
•Gear
•Records

Top City Music
5224 SW 17th St, Topeka
785-408-5111
www.TopCityMusic.com



Ted Danson Shares Tips for Healthy Aging

(StatePoint) In his distinguished career, actor Ted Danson has played many iconic roles, including a cantankerous but caring doctor. In real life, the 70-year-old says good relationships with health care providers are critical for healthy aging.

"I like the personal relationship with a fellow human being who has compassion, and offers a solid plan to fix whatever is going on with both body and mind," says Danson. "If something is going on with me, or I'm afraid something is, usually just knowing the facts not only relaxes me, but empowers me, because the doctor will tell me what to do to make it better."

Danson is currently promoting whole person health with Cigna, which serves older adults in 16 states through its Medicare Advantage (MA) plans. He's encouraging people to talk to their health care providers about emotional and physical health, including preventive care, as well as common issues like stress, anxiety, loneliness and sleeplessness, which can impact overall health, according to

experts.

"Preventive care plays an important role in long-term wellness. Issues like stress can lead to serious health conditions such as diabetes and heart disease. That's why it's so important to have annual wellness exams, and make that time meaningful by being open about everything you're feeling," says Dr. Dirk Wales, chief medical director with Cigna Medicare.

For healthy aging, Dr. Wales recommends the following preventive measures:

- **Annual health risk assessment (HRA).** Your physician or insurer will likely ask you to take an annual HRA -- a quick series of questions designed to help flag issues early, so you can access the right benefits and resources for you.

- **Colorectal cancer screenings.** Too few older adults get screened for colorectal cancer, the second-leading cause of cancer-related deaths in the country. When caught early, the disease is curable. The U.S. Preventive Services Task Force (USPSTF) recommends starting

screening at age 50. MA plans, like those offered by Cigna, cover screening costs at various intervals depending on risk.

- **Breast cancer screenings.** Breast cancer, the most common cancer in American women outside of skin cancer, affects one in eight women in their lifetimes. USPSTF recommends women ages 50 to 74 years old with average risk get a mammogram every two years. Screenings can help detect breast cancer early, when it's easier to treat.

- **Eye exams,** if you have diabetes. People with diabetes have a higher risk of blindness, but early detection and treatment can help protect against vision loss. Getting an annual eye exam -- which Medicare covers if you have diabetes -- is critical. Certain MA plans may offer additional coverage.

- **Annual flu shots.** Between 70 and 90 percent of seasonal flu-related deaths occur in people 65 years old and older, according to the Centers for Disease Control and Prevention. The best defense, an annual flu shot, is covered fully by



Medicare and MA plans when you visit a participating provider.

- **Discuss mind and body.** Depression isn't a normal part of aging and it's treatable. Be open with your health care provider about everything you're feeling -- body and mind.

To learn more about Cigna's Medicare products, visit www.cigna.com/medicare. For

more information about the connection between physical and emotional health, and the Body & Mind initiative featuring Danson, Queen Latifah and Nick Jonas, visit, Cigna.com/takecontrol.

Every individual has unique health needs. Ask your personal health advocate for additional preventive measures tailored for you

Great Ways to Keep Your Mind Sharp



(StatePoint) When you think about exercise, you likely envision using the treadmill or lifting weights. But every bit as important to your long-term health and wellness are activities that keep your mind sharp and your cognitive abilities strong and limber.

Here are several things you can do to help keep your mind sharp:

- **Solve a Crossword Puzzle:** A crossword puzzle asks you to reach into your long-term memory bank to solve clues. You may be filling in boxes, but well-constructed crossword puzzles will

require you to think outside the box, as sometimes clues are a bit trickier than they seem at first glance, relying on word play or double meanings to work. A relaxing way to unwind and concentrate, consider adding this ritual into your morning.

- **Get More from Nature:** On your next nature hike, don't check out mentally. Set goals and keep your senses alert, paying attention to sounds, sights and smells. New tech, such as Casio WSD-F30 Pro Trek Smart Outdoor Watch, can help. The watch features apps to support your hike, including Location Memory to record information on trails and viewpoints along the way, as well as Moment Setter to notify you when you reach your targeted altitude.

- **Learn a Language:** A multilingual brain works more efficiently, and it is never too late to pick up a new language. There are many languages apps available to help, some of them free, as well as more traditional taped audio lessons you can pop on while commuting to work or doing chores around the house.

- **Make Math Fun:** Want to build your critical thinking skills and improve your ability to problem solve?

Delve into mathematics with fun math puzzles found online. Free online software, such as ClassPad.net, includes resources to help you solve problems, from simple calculations to statistics, graphing and more.

- **Get Sleep:** Sufficient high-quality sleep is one of the most fundamental ways to maintain a sharp mind and keep your brain healthy through the

years. Between 7-9 hours a night is ideal for adults, according to the National Sleep Foundation. If you aren't sleeping well, or feel foggy during the day, consider how to shift your evening routine to get more and better quality sleep.

From math puzzles to crossword puzzles to nature walks, prioritizing workouts for the mind will help you stay sharp.

Does your Loved One with mental illness need Residential Services?
We have openings in our licensed group homes and independent apartments:

- Group homes provide meals and medication monitoring
- Independent apartments include 24/7 phone assistance

Celebrating 40 Years of Serving Topeka and Shawnee County 1978-2018

Breakthrough House
Supporting Mental Health Recovery

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

PHOENIX HOME CARE & HOSPICE
New Beginning and Dignity in Life's Journey...

- **Hospice • Home Health**
- **Privately Paid Services**
- **Comprehensive Disease Management**

"When I thought I could not live *independently* in the comfort of my own home... I did with Phoenix Home Care & Hospice!"

For more information call (785) 260-6444

www.phoenixhomecare.com

Men's Health Month: Lifestyle Tips for Men Over Age 50

What are the top healthy lifestyle guidelines for men age 50 and over? What is a healthy diet for men over age 50 and why is it important? How much and what type of activity is good for men after age 50? What health screenings are important for men over 50? The answers to these and other questions are answered in this article.

What are the top healthy lifestyle guidelines for men age 50 and over?

The most important guidelines for a healthy lifestyle after age 50 are the same for men and women at any age:

- Eat a healthy diet.
- Stay at a healthy weight.
- Get 7 to 8 hours of sleep.
- Be physically active.
- Don't smoke.
- If you drink alcohol, have no more than two drinks a day (standard drink is: 12 ounces of beer/wine cooler, 5 ounces of wine, 1.5 ounces of distilled spirits).
- Get routine exams & screenings.

Following these guidelines can help men age in good health and reduce the risk of many diseases that are more common in older men like heart disease, high blood pressure, and diabetes. Even men who have not followed these guidelines until now can benefit from making healthy changes. It's never too late to start making good choices.

What is a healthy diet for men over age 50 and why is it important?

A healthy diet can help men over age 50 reduce their risk of heart disease, type 2 diabetes, obesity, and some types of cancer.

Fruits, vegetables, whole grains, and fat-free or low-fat dairy products are healthy choices. Lean meats, poultry, fish, beans, eggs, and nuts are good sources of protein, too. For heart health and weight management, it's important to eat foods that are low in saturated fats, trans fats, cholesterol, salt, and added sugars.

A registered dietitian is the best source of information about a healthy diet at any age. (See references for other helpful resources.)



How much and what type of activity is good for men after age 50?

Physical activity is the best way for men over age 50 to improve their heart health, muscle strength, flexibility, and balance. Physical activity helps reduce the risk of some diseases, including dementia.

Aerobic or cardio exercise gets the heart pumping and uses large muscle groups. Walking, biking, and swimming are all aerobic exercises. Strength training involves using weights to build up muscle. Working out with dumbbells or on weight machines are examples of strength training.

Experts recommend both types of exercise. Men who have not been active should consult their doctor before starting an exercise program and select activities they enjoy to increase their chance for success. The Centers for Disease Control and Prevention recommends 150 minutes of moderate intensity aerobic exercise (brisk walking) a week and muscle-strengthening activities on two or more days a week.

Does quitting smoking after age 50 make a difference in a man's health?

It is never too late to quit smoking. As soon as a smoker quits, the body begins to heal the damage caused by smoking.

Smokers who quit quickly notice they can breathe easier, have more energy, lose the "smoker's cough" and have a better sense of taste and smell.

For long-term health, quitting smok-

ing lowers the risk of heart attack, stroke, and high blood pressure — diseases that are more common in men over age 50 than in younger men.

Quitting smoking can help men over age 50 feel better, be more active with family and friends, and enjoy their second half of life in better health.

What health screenings are important for men over age 50?

Screenings are tests that look for diseases in their early stages, before symptoms develop. Which screenings a man should have and how often depend in part on his family health history, personal health history, and lifestyle habits.

The following list includes some of the most important screenings for men over age 50 but does not include all possible screenings. Men over age 50 should consult a physician about what screenings to have and how often.

Blood pressure. High blood pressure increases the risk of heart attack, stroke, and other diseases. A blood pressure check is an easy, painless, noninvasive screening that can be done in the doctor's office. According to the American Heart Association, blood pressure should be checked at least once every two years, beginning at age 20.

Cholesterol. High cholesterol increases the risk for heart disease, and stroke. A blood test is used to measure cholesterol level. The American Heart Association wants everyone over age 20 who does not have heart disease to have a cholesterol test every four to six years. People with known heart disease or certain other conditions may need to have their cholesterol level checked more often.

Prostate cancer. A simple blood test called the PSA (prostate-specific antigen) test can find early prostate cancer. The U.S. Preventive Services Task Force suggests that all men over age 50 talk to their doctor about having a PSA test and understand the risks and benefits of the test.

African-American men have a higher risk than white men for prostate cancer at a younger age and should start talking to their doctor about the test when they are in their 40s.

Colon cancer. The American Cancer Society recommends that all men should be screened for colon cancer starting at age 50 until age 75. Several types of screening are available to find polyps in the colon that could develop into colon cancer. Men over age 50 should talk about the different types of colon cancer screening with their doctor.

Men with a family history of colon cancer should talk to their doctor about screening at a younger age and those who are over age 75 should talk to their doctor about whether they need to continue being screened.

Is there a connection between men's health over age 50 and sexual health?

Several scientific studies suggest that chronic diseases like diabetes, high blood pressure, and heart disease affect a man's ability to perform sexually. The more severe the disease, the more severe the erectile dysfunction. Men over age 50 experiencing sexual problems should talk to their doctor to find out if a med-

ical condition is causing the problems.

Are there specific healthy lifestyle guidelines for African-American men over age 50?

African-American men are more likely than men of other races to have certain diseases and at a younger age. Some examples include obesity, high blood pressure, heart disease, stroke, diabetes, prostate cancer, and colorectal cancer. To be as healthy as possible after age 50, African-American men should start talking to their doctor about health screenings and disease prevention early.

—clevelandclinic.org




CPAP
Supplies & Services LLC

Specializing in all your CPAP needs

785-289-3188

512 SW 6th Ave.
Topeka, KS

29th & Gage
Topeka, KS



Aldersgate
VILLAGE
RETIREMENT COMMUNITY

Independent Living
Assisted Living
Memory Care
Skilled Nursing Care

Rehabilitation Services
Sub-acute Program
Transportation

Call (785) 478-9440 or visit aldersgatevillage.org!

7220 SW Asbury Drive | Topeka, KS 66614

Cindy Patton

Attorney at Law

- Trusts • Probate
- Avoiding Probate
- Wills
- Estate Planning
- Family Law
- Small Business Incorporations & LLCs
- Powers of Attorney & Durable Powers of Attorney for Health Care



Phone: 785-273-4330

534 S. Kansas Ave., Suite 1120, Topeka, KS 66603

Call for FREE initial conference!

A Home-Like Environment!



Newly Remodeled!

**Our Talent is caring...
Accepting New Residents NOW!**

"Opening's for Day Care and Respite Care"

Hillsdale Place is a private home for 8 residents to live.

We provide 24 hour Nursing care assistance with your loved ones daily needs.

**We are located in the Hillsdale area
at 1402 SW Lancaster Street
Topeka, Kansas 66604**

**Semi-Private
Rooms starting
at \$4,000 for
Full Care**

We have a private room available with a private bath - call Tammy Gonzalez for a tour! 785-383-7094

Hillsdale Place L.L.C.

sports

Kareem Hunt Gets Baptized

Former Kansas City Chiefs and current Cleveland Browns running back Kareem Hunt, who is currently serving a suspension with the NFL for assaulting a woman last year, is embracing Christianity in order to move forward and away from his past actions in a positive way.

According to the Cleveland Plain-Dealer, Hunt was baptized this past Sunday at the True Vine Baptist Church in Cleveland. John Dorsey, the general manager for the Cleveland Browns, and Freddie Kitchens, the head coach, both surprised Hunt by showing up in support.

"I'm looking forward so I can feel reborn," Hunt said regarding his baptism.

Dan Saffron, Hunt's agent, also attended the event, sharing a photo to Instagram of himself with Hunt, Dorsey, and Kitchens at the baptism.

"Sunday's watching my guy @bigreem_3 take steps," he wrote tagging Hunt. "Love the support of his GM and Head Coach."

What Led Hunt to Baptism?

At a young age of 23, Hunt was a stand-out player on the field and had a bright future ahead of him. In 2017, as a rookie, Hunt led the NFL in rushing yards, and was one of the elite players selected to play in the Pro Bowl.

Halfway through the 2017-2018 season, Hunt was released from the Kansas City Chiefs after a video was released showing Hunt assaulting a woman in a hotel.

The video showed Hunt pushing and kicking the woman in the Cleveland hotel.

"I was like, 'Wow, it's pretty bad. That's not me,'" Hunt said, as reported by Fox News. "I didn't really watch the video for a long, long time."

Hunt received an eight-game suspension from the league and was ultimately released by the Kansas City Chiefs. On



February 11, 2019, Hunt was signed by the Cleveland Browns, and a few weeks later was further suspended for the first eight games of the 2019 season.

Where Does He Go From Here?

"It definitely changed me a lot as a person and just helping me become a stronger person, bettering myself and figuring out things that I can work on to be better," Hunt told the media on Wednesday.

Hunt, who is allowed to practice with the team, told the media this past Wednesday that it felt good to be back on the field again.

"It feels good to be back on the field again. I appreciate this organization and my teammates for accepting me. I am ready to roll. I have a lot of supporters – my family behind me and a great organization like the Browns. I'm just excited to be back on the field," Hunt said.

Since his suspension, Hunt has been actively speaking at schools to spread awareness of what he did, and how kids can avoid going down that path.

"I have been going to schools talking to high school kids. Just telling them that you guys have to make smart decisions. I have done made mistakes. Everybody makes mistakes, and you just have to make the best decision for you," he shared.

"[I] just go out there and let them know how important it is and just tell them because I really didn't have anybody come talk to me when I was in high school or somebody to look up to, explain that nobody is perfect and that you have to learn from your mistakes and don't make the same mistakes twice."

247 Sports reported that Cleveland quarterback Baker Mayfield reached out to Chiefs quarterback Patrick Mahomes and tight end Travis Kelce to get a feel for Hunt's overall character following the suspension.

FROM THE CHEAP SEATS

By Rob Mooney

I have to admit, I've been quite enthralled with the NBA recently. I've always been more of a college basketball fan. I don't know – the crowds, the pep bands, the intensity, the defense – it just seems better to me. However, I joined a fantasy basketball league that one of my nephews ran, which also included two other nephews and I enjoyed it. So I followed the NBA more this year than ever before.

At first I found it tough to watch games. We have the most basic cable package in Lawrence and I just couldn't seem to find many games at all. Right before the playoffs we subscribed to a streaming package which allows me to watch all sorts of sports, including, you guessed it, the NBA. I've been watching the playoffs but it seems as though whichever team I want to win a series ends up on the losing end.

Denver, Philadelphia, Milwaukee, you

name it. So I have switched my thinking for the NBA Finals. I'll be cheering for the Golden State Warriors to win another championship. See my logic there?

It will be interesting to see Golden State win though. Kevin Durant is probably already feeling unneeded as he watched his team rip through the Portland Trailblazers. With Durant a free agent and his team realizing that Durant is more of a luxury than a necessity, I expect him to land somewhere where he will have the opportunity to restore a broken down franchise, (cue the New York Knicks theme song).

I believe that the off-season will be wildly entertaining this year. First of all, there's Durant, and his decision will probably be the biggest of all. In Boston, Kyrie Irving has hinted at rejoining forces with LeBron James in Los Angeles. I can't believe that, because not long ago when Irving went to Boston there



seemed to be a feud between James and Irving.

Where does Anthony Davis go, if anywhere? He has demanded a trade from the New Orleans Pelicans but they just won the Zion Williamson sweepstakes, AKA the NBA Draft. Putting Williamson and Davis together would be very fun to watch and probably quite difficult to stop. Does he make it New York or maybe LA to join with James? The Pelicans say that they're not going to trade him but if the right deal comes along, you never know.

What about Jimmy Butler? Kwahi Leonard? It's funny how everyone seems to be associated with James. However, I'm not sure that LA is going to be able to convince high quality players to sign with them. There is too much chaos going on within that organization.

I do know that the Knicks seem poised to make a significant splash in free agency. They have the ability to sign two maximum contracts and it seems like they're willing to do so. Maybe they'll trade for Davis, sign Durant and then bring in Butler for good measure. With James in the Western Conference now, that would make them the favorites to win the East next year, just in time to lose to the Warriors in the Finals!

"You want everybody that is here right now to feel like a part of the team and to feel like we are working towards the same goal," Mayfield said. "Even though he can't play the first eight games, he is going to be a vital

part of our team."

"Just being around him, I think he is a great kid. Mistakes happen. I can speak from personal experience. Just talking to Pat Mahomes or Travis Kelce – the guys

that have been with him – they speak very highly of him. I think that is really important, and it has been pretty important for him to be here too."

-Lindsay Elizabeth | cbn.com

There's no time like **ANYTIME**

Always open Welcoming environment Friendly support

Sign up and get started with two FREE fitness consultations!

1921 SW Gage Blvd, Topeka, KS
785-272-2819 • anytimefitness.com

ANYTIME FITNESS

Offer valid with a minimum 12-month membership agreement at participating locations only. Terms and conditions may vary based on applicable state laws and regulations. Monthly dues still apply. Each location is independently owned and operated. ©Anytime Fitness, LLC Expires 12/31/19

Take TV25 with you!

40 live TV channels
5 Radio Stations
Video on demand
Android/iPhone/PC
30 days FREE when you sign up for 6 months

Only \$5.95/month!

TV25.tv/app



Jefferson Award winner speaks out about his ministry and golf tournament

Jerry Hudgins of Sole Reason knows the power of one. How do we change the world? We change it with one act of kindness at a time.

For the last three and a half years, Hudgins has been giving away new sneakers to kids in need. The Jefferson Award winner told KSNT it all started when he realized there was no organization dedicated to making sure kids in the Topeka area had shoes.

"For some of these kids we deal with, it might be the only new thing they get for the whole year," said Hudgins. "I compare it to like Christmas morning."

Hudgins named his organization Sole Reason, a catchy name that has an even catchier motto.

"Putting sneakers on their feet and



Cost to play in the tournament is \$320 per team, which includes cart, food, drink tickets, and prizes. There will also be a Silent Auction, a 50/50 raffle, and a chance to win a

Devonte Graham jersey. "Get your friends together for this 4-person scramble and enjoy a

fun day on the course for a great cause," Hudgins said.

To get registered for the tournament, go to www.solereason.golfgenius.com. Payment can be made online, or by mailing a check to Sole Reason at 700 NE Green St., Topeka, KS 66616.

For more information about Sole Reason, you can contact Hudgins at Sole_Reason@yahoo.com or (785) 338-2965. To get involved or to donate to the organization, go to www.solereason.net/donate-today/. You can also mail check to Sole Reason at 700 NE Green St., Topeka, KS 66616.



smiles on their faces -- that's been our motto since day one," said Hudgins.

Hudgins collects all the shoes through sneaker drives, donations, and grants. He estimates he's given away around 4,500 pairs of shoes. That's pretty amazing, especially given that this isn't even his job. It's just something he does in the spare time when he's not working nearly 80 hours a week at a factory or helping to take care of his three kids.

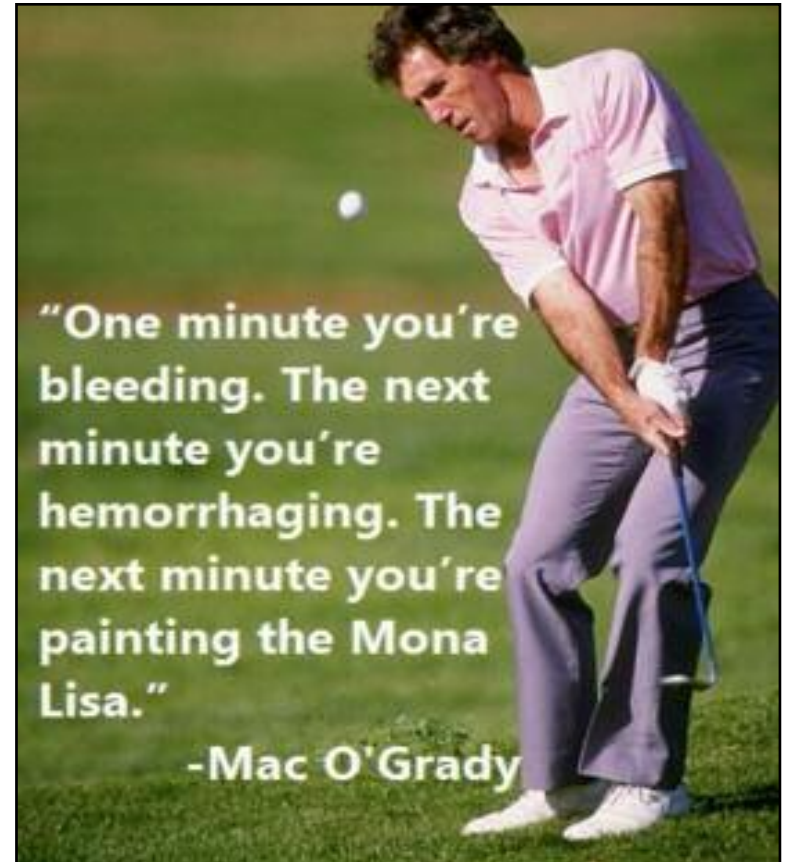
KSNT News Anchor Brooke Lennington asked Hudgins what it was that drives him.

"Here's your story, you want a story for the news, here's your story," said Hudgins. "My kid was involved in a pretty serious accident and I made a promise to God that if he heals my son, makes him better, then I'll dedicate the rest of my life helping these kids with shoes. And that's pretty much why I do it in a nutshell."

Golf Tournament Fundraiser

Hudgins says the main fundraiser for the organization is coming up soon. The Get Teed Off For Kids Golf Tournament will be held June 29 at Cypress Ridge Golf Course, 2633 SW Urish Rd. There will be a 9 a.m. shotgun start.

Sponsors are needed for the tournament, and they will have a chance to win an autographed KU basketball from the Final Four team. Sponsorships can be Hole Sponsor, Beverage Cart Sponsor, Contest Hole Sponsor and more. Sponsors get media recognition, signage and a personal visit and photos with Jerry. Corporate sponsors also get radio spots. Sponsorships start at only \$100.



"One minute you're bleeding. The next minute you're hemorrhaging. The next minute you're painting the Mona Lisa."

-Mac O'Grady

MERIDEN ANIMAL HOSPITAL

Jeffrey F. Van Petten, DVM

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



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

Chance to Win Autographed Devonte Graham Jersey

Get Teed Off For Kids!

SOLE REASON

Net Proceeds Benefit At Risk Youth

Cypress Ridge Golf Course

Saturday June 29th, 2019

Cypress Ridge Golf Course
2533 SW Urish Rd, Topeka, KS 66614

4 Person Scramble Tournament
Shotgun Start: 9:00 AM
Entry Fee: \$320 per team

Includes Green Fees, Cart, Food, Drink Tickets, Prizes and Contest Holes
Hole Prizes - 50/50 Raffle - Silent Auction
Optional On Course Contests: Bull's Eye Hole & Gary Woodland Drive

Register online at: www.solereason.golfgenius.com
Or Mail Registration To:
700 NE Green St., Topeka, KS 66616
(Checks Payable to Sole Reason)

For More Information, go to www.solereason.net
Donate a New Pair of Sneakers and Change A Life

Youth Project's "Tee Off for Youth"
21st Annual Golf Tourney
Sponsored by Reser's Fine Foods

Friday June 14
4 Person Scramble
7:30 AM Registration, Breakfast Burritos
8:00 AM Shotgun Start
Village Greens Golf Course - Ozawkie, KS

Two \$500.00 Guaranteed Closest to the Pin Prizes!
Sponsored by Reser's Fine Foods

Cash Prizes - 2 flights, 2 places
Men's Longest Drive, Closest to Pin
Women's Longest Drive, Closest to Pin

Lunch 11:30-1:30 • Awards at 1:30

Entry Fee Includes: Green Fees, Cart & Lunch
\$400 = Team
\$100 = Individual Golfer
\$425 = Team + Hole Sign
\$100 = Hole Sign

Call 273-4141 to register or go to TYPGolf19.wodifylive.com

New Resident Church Guide

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

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

- Wed. 6:30pm - Children, Youth, Adult
~ Nursery care for all services ~
- 12. BUCK CREEK COUNTRY CHURCH**
Meeting at Buck Creek School House
5 mi. east of Perry on Hwy 24, 13th & Phillips Rd.
Childrens Sunday School - 8:30 a.m.
Worship Service - 9:00 a.m.
Contacts: Logan Barnett 785-597-5498,
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
Sun. Worship: 9am (Hymns) & 11 am
Children's Worship 9 & 11 am
Sunday School 10 am, all ages
Sun. Evening Various Children's Programs
6 pm Life Groups; 6:30 pm Teen Service
Wed. 6:30 pm Adult & Teen Life Groups
Wed. 6:30 pm Kids University
~ Nursery care at all services ~
 - 14. GRACE LIFE CONNECTION**
Living grace inside-out
in an upside-down world
Saturdays @ 5:00 PM
Bible Study Thursdays @ 6:00 PM
Meeting at Highland Park Baptist
29th & Pennsylvania, Topeka, KS
Pastor Pete Whitebird
 - 15. OAKLAND UNITED METHODIST**
801 NE Chester, Topeka, KS 66616
235-1010 • oumc@att.net
Shawn O'Trimble, Pastor
Sunday School 9:15am, Worship 10:30am
Children's worship time 10:30am
Hear us on WREN Radio Sun. 10-11am
Like us on Facebook!
All are welcome - Come and see us!
 - 16. HOUSE OF THE LORD CHURCH**
A Spirit-filled, Word-centered church
2531 SE Wittenberg Rd., Topeka
Sunday Worship 11am & 6pm
Wed. Prayer & Praise 7pm
785-266-LOVE (5683)
J. Michael Borjon, Pastor
 - 17. EAST SIDE BAPTIST CHURCH**
4425 S.E. 29th St., 379-9933.
Sunday Worship 10:45am & 6:00pm



- 18. CHRIST THE KING CATHOLIC CHURCH**
Voted 2015/16 Best Church in Topeka!
5973 SW 25th St.
Topeka, KS 66614 • 273-0710
Reconciliation: Sat 3-4pm
Weekend Masses: Sat 4:30pm
Sunday 7:30, 9, 11am, 6pm
www.cktopeka.org
Fr. Matthew Schifflbein, Pastor
Fr. Carter Zielinski, Associate Pastor
- 19. SEAMAN COMMUNITY CHURCH**
Independent Christ-Centered Bible Church
2036 NW Taylor, Topeka, KS
354-8777 • www.seamanchurch.com
Adult Sunday School - Sun. 9:30am
- 20. HERITAGE BAPTIST CHURCH**
1937 NE Madison St,
Topeka, KS 66616 • 785-506-4594
Pastor Dale Stockburger
Sunday Worship: 10 am and 6pm
Junior Church for kids: Sun 10am
Wed. Evening Worship: 7pm
- 21. HARVEST FAMILY FELLOWSHIP**
Meets at 522 SW Polk
785-220-5418
Pastor Rey Rodriguez
Sun. Worship 10 am
www.topekaharvest.vpweb.com
- 22. FAMILY OF GOD CHURCH**
1231 NW Eugene St.
Topeka, KS 66608
- 23. HIGHLAND HEIGHTS CHRISTIAN CHURCH** 785-379-5642
Sunday Services: 8:30 and 10:00 AM
2930 SE Tecumseh Road
Tecumseh, Kansas 66542
www.highlandheightsccc.com
Jars of Clay Children's Ctr 785-379-9098
- 24. TRINITY REFORMED BAPTIST CHURCH**
Holding to the authorized King James Version and the 1689 London Baptist Confession of Faith
Sunday 10 a.m. Wednesday 6 p.m.
Pastor Bob Spagnuolo 785-273-3506
meeting in our home:
4307 SW 30th Ter., Topeka
www.TrinityReformedBaptist.org

classified

Place your classified ad with us! 785-235-3340 or Voice@cox.net, or metrovoicenews.com

Payment in advance required: \$12 for the first 25 words; 25 cents for each add'l word.
(classified ads also go immediately online)

WANTED:
CAMPING MINISTRY – Interested in being part of camping and bringing boys to camp? Camp is in Michigan in July. Contact Art Brennan at spcanet@aol.com
PART-TIME ACCOUNT REP – Work your own hours. Call on businesses, churches & non-prof.

its about their advertisements in Metro Voice. Generous commission on all ads you place; no base. Call 235-3340 or email Voice@cox.net

FEMALE SINGERS WANTED – Topeka Acapella Unlimited is looking for female singers who would like to sing four part acapella harmonies. Come be our guest any Monday night at 7:00 p.m. at Seaman Community Church, Fellowship Hall, 2036 NW Taylor, Topeka, Kansas. Topeka Acapella Unlimited is a Chapter of Sweet Adelines, International. Call Cindy Patton at 785-640-7403 for more information.

VOLUNTEER WRITERS – Metro Voice needs volunteer writers or interns who can serve as area correspondents for church and community news around the metro area. Call 235-3340 or email voice@cox.net. Some perks involved.

metro VOICE
metrovoicenews.com

Check Out Our Newly Redesigned, Mobile-ready Breaking-news Website.

BRUSHLESS AUTOMATIC WASH
featuring **ZERO SPOT RINSE**

OTTO CAR WASHES
5821 SW 21st St just west of I-470

Self-Service Bays with BUSTER BRUSH and Detail Areas with FREE Vacuums

AUTOMATIC CAR WASH STARTING AT \$7.00

Open 24 Hours
Major Credit Cards Accepted
1 Topeka and 4 Kansas City Locations

Text "OTTO" to 71441

FOR RENT:
ROOM FOR RENT - \$425 per month, includes all utilities & free secure wi-fi. Female tenant only. Available April 1st. Call 785-249-1913
OFFICE SPACE available, great for therapists, health and wellness companies, small business owners & more! Complementary desks/chairs furnished. All utilities plus Wi-Fi/Ethernet included. \$100 VISA cards to new leases if you mention this classified ad! College Park Office Suites, 2611 SW 17th St. Call or text 785-430-1657. info@cpofficesuites.com

FOR SALE:
GOLF CLUBS – a 2013 model Cleveland Driver SL 290, 10.5 Degree, regular flex shaft. Retail \$339, asking \$49, only played a few rounds. New Warrior 10 degree Driver, only hit a few at the range with it, \$39. 640-6399

SERVICES:
PAINTER – professional handyman, semi-retired: interior-exterior, decks, wall repairs, wallpapering, wood rot, plumbing, etc. Call Bill at 785-438-9458

TOPEKA BIBLE CHURCH
1101 SW Mulvane, Topeka, KS 66604
1135 SW College Ave., Topeka, KS 66604
234-5545 www.discovertbc.com

Topeka Bible Church
Leading People to Life in Christ

First Service: 8:00 - 9:10am
Second Service & Sunday School: 9:30 - 10:40am
Third Service & Sunday School: 11am - 12:10pm
Senior Pastor: Jim Congdon

Local Christian Radio

KFGB 97.7 FM
Upper Room Radio

Listen at work!
UpperRoomRadioOnline.com

Bodine's Pest Control Call 228-9962

BBB Free estimates!
• Business & Residential
• Honest & Reliable Service
• Licensed and Highly Trained
bug-man@sbcglobal.net

Ask about our Total Home Care Package!

GOD FIRST • VETERAN OWNED

Mention this ad for 10% OFF!



5 Tips to Remove the 'Pain' from Painting

(Family Features) If painting is on your list of home upgrades to tackle this year, you may find yourself procrastinating to avoid a painful process. However, with the right tools and a little preparation, you can

achieve the new look you want and a finished product that makes you proud.

Before you get started,



10% OFF A/C Service
5% Off Parts Coupon Expires July 31, 2019

DEBACKERS, Inc.
Since 1949
Heating - Cooling New Construction & Replacement Systems
232-2916 • 1520 E. 10th St.

Call the Capital City Tree Care professionals for all your tree care needs!

- Proper care & planting of healthy trees
- Removal of unhealthy trees
- Free Estimates • Licensed & Insured
- We sell and deliver topsoil, mulch & gravel
- Commercial and Residential service
- Gutter Cleaning • Snow Removal

3101 NW Highway 24 • 785-232-2030
CapitalCityTreeCare.com

Complete Kansas-made Furnace and A/C system
\$4995.00 • 10 year warranty
12 month/0% interest financing
Expires 12/31/19
Call for appointment - 272-1633
Blue Dot Services, 3365 SW Gage Blvd.
www.bluedotkansas.com

Blue Dot
A/C • Heating • Cooling • Electrical • and more

take inventory of your painting supplies and ensure you have plenty of brushes (including extras, if you'll have help), paint trays, masking tape, clean-up rags and drop cloths to protect your floor or furniture. Make a list of any items you need to purchase, and before you head to the store, measure your space one last time to ensure you know how much paint you need to buy.

Follow these additional tips for a painting project that delivers a big home improvement gain without the pain:

1. Lights on, lights off. Think about lighting when choosing your paint. It is easy to pick a color solely based on a photo or swatch, but it is important to think about your specific room and how the lighting may affect the color's appearance. What is the natural light like? Will you still like the color once the sun goes down?

2. Timing is everything. Prime painting season runs from Memorial Day to Labor Day. One important reason is that when the weather is nice, you can open up the windows and get some circulation running through the room for faster drying times and better air quality.

3. Prepare for everything. Before you begin painting, protect surfaces and ensure sharp lines by masking off your painting area. Pull off a better paint job with new ScotchBlue Platinum Painter's Tape, which tears by hand at a straight, 90-degree angle for fast cornering. The tape is made from advanced poly material that helps prevent paint seepage and removes in one piece without tearing or slivering.

4. Make it fun. Get the whole family involved in the project. Having kids take part will help give them a sense of ownership and responsibility for the family home, and make the end result more personal.

5. Revel in the results. Putting in the legwork in advance will pay off when you get the freshly painted look you want, and you'll want to celebrate the accomplishment. Make sure to take before and after photos to show off your hard work.

Find more tips to pull off a better paint job at scotchblue.com.

Photo courtesy of Getty Images

YOU NAME IT HANDYMAN

Home & Mobile Home Repair, Painting, Barn Restoration & Property Cleanup, Building Maintenance, Skid Loader, Dump Truck, 61-foot Condor man-lift & 35-foot Bucket Truck for Hire

Terry Fox
785-966-2628

No Job Too Small!



Mickey's Handyman Service
Complete Home Repair & Improvement
Quality Work at a Lower Cost
785-383-0269

Winter, Spring, Summer & Fall, We Do Our Best to Kill 'Em All!



Roaches, Termites, Bed Bugs, Ants, Fleas, Spiders, Rodents, and ALL other household pests!

For fast and reliable service, call Danny or Terri:
(785) 232-6599

www.allseasonspestcontrolco.com

We Offer Military and Senior Discounts!

10% OFF with this coupon!

June Clearance Days at Jackson's

Annette's Tip:
If your lawn had brown patch last year, then it will most probably have it again. The conditions for brown patch are here now, so spray with fungicide 1-Stop now to prevent the large dead places in your fescue lawn. Plant veggies now for fall garden production. Plant sweet potatoes, eggplant, tomatoes, peppers, watermelon, squash, pumpkins and green beans now.

Clearance on Shrubs & Roses
Buy 1 get 1 half-off Mix or Match

Ceramic Pottery in stock:
Take 30% OFF

Detour Information!
Due to street closures to our north on Vail St, please approach us from the east or west on Lower Silver Lake Rd, or from the south on Gordon St.

MIX OR MATCH FLAT SALE
TAKE 30% OFF!

Street Closing Sale!
Pansy and Viola Flats 36-48 plants Now \$10 (Reg. \$35.88)
Cabbage, Cauliflower, Broccoli, Brussel Sprouts - 1/2 PRICE!
Special Group of Day Lilies #1 - Regular price \$16.99 - Now \$5.99! (while they last)

HANGING BASKETS:
Buy One Get 2nd 50% OFF!

Tree Special
Take 20% off first tree
Buy 2 trees, take 30% off
Buy 5 trees, take 40% off

JACKSON'S inc.
GREENHOUSE & GARDEN CENTER
1933 Lower Silver Lake Rd
Topeka, Ks 66616 (across from fire station)
785-232-3416 Visit our website at www.jacksonsgreenhouse.com

Topoka's Midwest Home Exchange
M-F 8:30-6:00
Sat 8:30-5:00
Sun. 10:30 - 4:30

FIREWORKS SUPERCENTER

19221 Hwy 75, Holton, KS

It's worth the drive on 75 - 22 money saving minutes from Topeka
1st turn West past Kathy's Antiques / convenience store Mile Marker 184

Purchase \$50.00 in fireworks and receive a \$25.00 gift certificate.

Good at more than 70 Topeka locations including The Pad, Pizagels, and the Hanover Pancake House.

Open daily 10am to 10pm, with extended hours on the 3rd & 4th

Open on June 25th-26th 3pm-9pm; then 10am-10pm daily!

What are you waiting for? Get your fireworks EARLY!

Almost 20 different brands with hundreds of items available!

"Whatever" and "Why Not?" - Great new items! Come On Up!

Color Smoke Balls



\$.59
A Dozen

COUPON

SNAFU
9 shots!

Competitor price \$8.99
Our normal price \$4.99
With coupon price:
\$1.99



COUPON

Must be 18 to redeem. Limit 1 per coupon, per customer. Exp. July 2, 2019

Variety Baby
9 shot, 3" rack



\$39.99
Wholesale Priced!

Purchase \$50.00 in fireworks and receive a \$25.00 gift certificate.
Good at more than 70 Topeka locations including The Pad, Pizagels, and the Hanover Pancake House.

BUY \$50 get \$25!

\$25 *Kracklin' Kirk's FIREWORKS* **\$25**

Kracklin' Kirk's FIREWORKS **\$25**

Kracklin' Kirk's FIREWORKS **\$25**

Kracklin' Kirk's FIREWORKS **\$25**

\$25 *Kracklin' Kirk's FIREWORKS* **\$25**

\$25 *Kracklin' Kirk's FIREWORKS* **\$25**

\$25 *Kracklin' Kirk's FIREWORKS* **\$25**

\$25 *Kracklin' Kirk's FIREWORKS* **\$25**

Assigned To: _____
Authorized By: _____
Control#: _____
(Must be completed in full to be valid)

These cards may be redeemed at any of the fine businesses located on the back of this card. There is NO replacement if cards are lost or stolen. The denomination is \$25.00 (twenty-five dollars). Only one card per visit may be redeemed. MUST be used in its entirety as no change will be returned. Restrictions may apply. No Cash Value. Card expires on 6/30/2020.

BUY \$50 get \$25!

Quantities available while supplies last. Actual product may vary from pictures shown.