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GLOBETROTTERS | Page 13

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The 10 best family-friendly films of 2019



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January 2020

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NEW RESIDENT churchguide



Topeka Baptist Church

See inside back cover!

What were the worst passwords for the past year?



For what seems like the umpteenth time, "123456" and "password" are in the top five most commonly used passwords again this year, according to SplashData, who evaluates millions of leaked passwords each year for its worst 100 passwords list.

Dragon, princess and iloveyou were also on the list.

"Hackers have great success using celebrity names, terms from pop culture and sports, and simple keyboard patterns to break into accounts online because they know so many people are using those easy-to-remember combinations," a SplashData rep said in a statement online.

"Your password can ruin your life. I know that sounds dramatic, but it's true. If someone figures out the password to your email, you're in trouble. Social media? Even worse. Once hackers access your online bank account, they can wreck your finances, and you may feel the repercussions of that break-in for years.

"In the U.S., it's almost comically easy to hack someone's life. All you need are a few numbers to access most smartphones, a string of characters to

■ Please see **PASSWORDS** page 3



THREEDOM FOR TOPEKA

From Barry Feaker and the staff at TRM Ministries

We are pleased to announce **THREEDOM TOPEKA**, a new monthly campaign to give each member of our community a way to get involved in whatever capacity they are able, with the resources they have. Starting January 3rd, 2020, and continuing on the 3rd of every month, we are asking every individual in our community to do three things:

ONE: Pray. On the 3rd day of every month, pray for those of us on the front lines of serving the homeless, the hungry, the victims of trauma and abuse, and those suffering from illness and despair. It's a daily, hourly, moment-by-moment job that requires great support and grace to keep our staff going. Pray for all those receiving our services, and pray for those suffering in silence, who have not yet found their voice to ask for help.

TWO: Give. On the 3rd day of every month, give something in the amount of three. Whether it's \$3, \$30, or \$300, it matters! If everyone in the greater Topeka community gave just \$3 per month, it would enable us to continue our current operations and greatly expand our services. If 3,000 new donors gave \$30 a month, it would create an additional \$1 million per year to help ease suffering and bring greater freedom to those we serve.

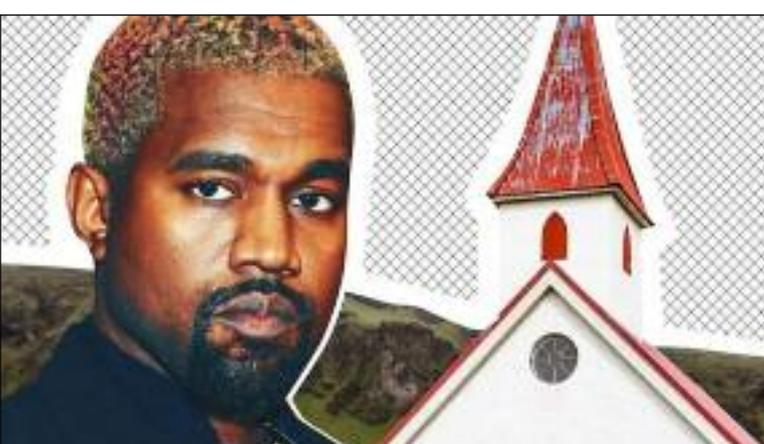
THREE: Reach. On the 3rd day of every month, make a note to reach out to 3 people that month you don't know and do something kind. Possibly just a

■ Please see **THREEDOM** page 2

Reporter lists top five religion stories of 2019

New Year's week is when journalists look back at the top news stories of the year that is ending. Mark Heckler of Fox News offered his top five religion stories in 2019 and how they intersect with culture.

Kanye West - In November, Kanye West showcased his newfound dedication to Christianity through a gospel album called "Jesus is King." It was the first album to debut simultaneously at the top of the all-genre Billboard 200, Top R&B/Hip-Hop Albums and Top Rap Albums, Top Christian Albums and Top



■ Please see **TOP STORIES** page 3

Respect Life
Special Section
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Bleeding Kansas Series Returns

Dramatic interpretations and talks about the violent territorial and civil war history of Kansas, 1854-1865, will highlight the 24th annual Bleeding Kansas series, which begins January 26. The programs are held at 2 p.m. Sundays, through March 1 at Constitution Hall State Historic Site in LeCompton, KS.

Bleeding Kansas describes that time in Kansas Territory, from 1854 to 1861, during the struggle to determine whether the



new state would be free or slave. Each program explores aspects of the state's unique history.

Year after year this series continues its popularity, attracting large audiences. 2020 also marks the 164th anniversary of Constitution Hall, a unique venue for hosting this program series. It is one of the reasons the program series has been so popular with the public. Audiences love to sit inside this historic old structure and listen to modern day historians and authors talk about issues that were discussed over 160 years ago inside this very building.

he suggested donation is \$3 adults. Constitution Hall is located at 319 Elmore, LeCompton, KS. For more information, call 785-887-6520 or visit www.lecomptonkansas.com.

Evangelical leaders call out Christianity Today over Trump editorial

A large number of prominent evangelicals sent a sharply critical letter to Christianity Today President and CEO Dr. Timothy Dalrymple today over the magazine's Dec. 19 editorial, which called for President Trump's removal from office and took issue with his evangelical supporters.

The leaders charged CT's outgoing Editor-in-Chief Mark Galli with characterizing them as "far-right" and publicly dismissing their views, at one point quoting a past statement by Galli that referred to evangelical Trump supporters as, "These other evangelicals [who] often haven't finished college, and if they have jobs, and apparently most of them don't, they are blue-collar jobs or entry level work."

The letter also suggested that CT is at risk of no longer for speaking to a wider evangelical audience and losing their readership.

Galli posted the editorial just one day after Trump became the third president in United States history to be impeached by the House of Representatives. Galli wrote, "The impeachment of Donald Trump is a significant event in the story of our republic. It requires comment."

He went on to address the president's evangelical leaders:

"Remember who you are and whom you serve. Consider how your justification of Mr. Trump influences your witness to your Lord and Savior. Consider



The letter also accused CT of supporting "the entirely-partisan, legally-dubious, and politically-motivated impeachment" and for calling for the President not to be re-elected next year.

"I hope Christianity Today will now tell us who they support for president among the 2020 Democratic field,"

one evangelical leader who signed the letter told the press.

They also said that CT has targeted not only the president, but millions of evangelical voters who supported him and take seriously their civic responsibilities, including its readers.

"Of course, it's up to your publication to decide whether or not your magazine intends to be a voice of evangelicals like those represented by the signatories below, and it is up to us and those Evangelicals like us to decide if we should subscribe to, advertise in and read your publication online and in print, but historically, we have been your readers."

Dozens of evangelical leaders signed the letter, including pastors Greg Laurie and Skip Heitzig, as well as former presidential candidates who are noted evangelicals like Gary Bauer, Gov. Mike Huckabee and former Rep. Michele Bachmann.

Several members of the president's evangelical advisory council also signed, including Ralph Reed, James Dobson, pastor Robert Jeffress, Jerry Falwell, Jr., pastor Jentezen Franklin, and Bishop Harry Jackson.

Other signers include: Pro-life activist Alveda King, niece of Martin Luther King, Jr., award-winning musicians Michael Tait and Danny Gokey, and best-selling author Eric Metaxas.

Gilberto Velez, chairman of the board of the National Hispanic Christian Leadership Conference, is included, along with a number of other Hispanic leaders.

Evangelical Franklin Graham wrote on Facebook that "Christianity Today has been used by the left for their political agenda. It's obvious that Christianity Today has moved to the left and is representing the elitist liberal wing of evangelicalism."

In a statement on Facebook, Dr. James Dobson said "While Christianity Today is making its case for impeachment, I hope the editors will now tell us who they support for president among the Democrat field."

what an unbelieving world will say if you continue to brush off Mr. Trump's immoral words and behavior in the cause of political expediency. If we don't reverse course now, will anyone take anything we say about justice and righteousness with any seriousness for decades to come?"

The evangelical leaders responded in their letter.

"We are, in fact, not 'far-right' evangelicals as characterized by the author.

Rather, we are Bible-believing Christians and patriotic Americans who are simply grateful that our President has sought our advice as his administration has advanced policies that protect the unborn, promote religious freedom... and ensure that our foreign policy aligns with our values while making our world safer, including through our support of the State of Israel.

We are not theocrats, and we recognize that our imperfect political system is a reflection of the fallen world within which we live, reliant upon the grace of the Lord Jesus Christ, which is freely given to sinner and saint, alike."

Parks + Recreation launches redesigned website

Shawnee County Parks + Recreation today unveiled its redesigned website. The site is completely reorganized to make it easier for the public to find information and is responsive for better viewing across all platforms.

"We're excited to give users a much-improved experience when seeking information on our website," said Tim Laurent, SCP+R director. "Our old site had been created during the consolidation of the city and county parks departments back in 2012. Technology has advanced and our department has advanced since then. We are pleased to present this update to better serve our park patrons."

The new site is more intuitive, organizing information into popularly searched categories. The site makes it easier for patrons to search rental facilities and make reservations, sign up online for classes and activities and find information on park features and amenities such as the Gage Park mini-train and carousel, aquatic centers and the Lake Shawnee Adventure Cove.

The redesigned site makes it easier to feature information on popular events such as Tulip Time, Spirit of Kansas and Apple Festival on the home page. Patrons can access an extended calendar of events by scrolling down the home page.

THREEDOM

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smile, cookies for your new neighbor, paying for the meal at the table or car behind you at the drive through. And don't forget to reach out to yourself too. Whatever your circumstances, you matter too. You are part of our community. You have value in our community and value to those we serve -



and we won't be as successful without you.

As we enter this brand-new decade, we hope to continue to unite the Topeka community and remind them of the simple power of three:

praying together, giving together, reaching together - and the freedom it can create.

Threedom Topeka begins January 3rd 2020. Follow TRM on Facebook to stay

up to date.

Community response to TRM's call for help

In August of last year the Topeka Rescue Mission came to our community in critical need: many months of declining donations along with increased ministry services had drained TRM reserve funds to the point of potential program and shelter closure. We found ourselves in need of a strong, compassionate community to keep our doors open.

Thankfully, many of you stepped up. You demonstrated, yet again, that you have our back, and you're invested in each man, woman and child in need of help and support in our community. You proved Topeka is not a community who turns away in a crisis - it's a community of people who rally together to help in any way they can. From garage sales to multiple community fundraisers, from social media posts to local businesses spreading awareness, from large donations to those who donated what little they could, within a few months our community had raised enough to allow us to keep our doors open and most of our services intact.

Throughout this experience, the same questions kept coming to the forefront. What's next? How can we prevent another financial crisis? How can we continue to support our Mission? What can we as individuals do on a regular basis to help provide for the increasing needs in our community?

In the following months the Topeka Rescue Mission team came together with community leaders, donors, and those who needed our services the most. We opened a discussion and received feedback like never before, causing us to focus

on the heart of the discussion. What role is the Topeka Rescue Mission supposed to have in our community, going forward?

Over the past months our community has showed us - abundantly - that helping the hungry and homeless is not just about us, or them. It's not just about the people who need and the people who give. It's about every individual in a community. From Penny Baker, a young lady who along with her friends made and sold bracelets to support the Mission, to the donors who faithfully give every month without fail, to those who don't have financial resources but give of their time and prayers - we recognized again that we are all in this together, and we should all feel like we are a vital part of bringing positive solutions when the need arises. This is OUR Community, OUR Mission - and we want to continue to remind you of that.

The message that was laid on our hearts came from Ecclesiastes 4:12 - "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

In the end, the success of the Topeka Rescue Mission, the success of our community, and the success of our homeless guests comes down to three sets of people: those who serve, those who give, and those who receive. And it's about all of us, together.

Topeka Rescue Mission
785-354-1744
trm@trmonline.org
Street Reach Hotline: 785-230-8237
For our needs list, visit: trmonline.org



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Gymnastics company grows into a new location

Capital Gymnastics & Athletics (formerly CAGE) is in the business of growth – growing the dreams and goals of their athletes, growing awareness about the benefits of gymnastics, and growing healthy habits not just for exercising but for time management and conquering fears. Every day staff members see small steps in growth from the athletes. Some days it takes a step or two backwards to realize what you need to do to go forward again. It's very challenging to teach children that a setback is not a failure, and that you don't need to compare yourself to your friends.



It was only a matter of time before CAGE itself needed to grow as well. After 20 years on SW 37th street in a building that it had long outgrown, a decision was made to take a giant step forward, by moving a whole 2 miles down 37th street to the east! The actual address is 3740 SW South Park Ave. Along with physically moving, the name was also changed to Capital Gymnastics & Athletics to better encompass what the business now does.

The new location is almost double the size, and offers enough space to safely teach a wider variety of classes.

There is a large, comfortable parent viewing area and an app that you can download straight to your phone to have access to the gym cameras

and be able to see more angles of the gym.

The Preschool area is right up front by the parent viewing window so that the littlest gymnasts can easily wave to mom or dad. There are even parent-assisted classes if your toddler isn't ready to go out on their own yet.

The school age recreational gymnastics classes have their own area and a brand new "quad" bar just for them. It's 4 bars attached to one large base. There is a single adjustable bar, parallel bars, uneven bars and even a set of rings.

The Ninja classes have a large corner of the gym with the warp wall, bars, trampoline, vaulting boxes and more! It's been great for parents to have the ninja classes and gymnastics

classes at the same location again so that they can have a child in each program on the same night of the week.

The Competition Team has designated equipment also. Instead of everyone getting limited time on certain events, they are able to take more turns and get more accomplished per practice because of being able to utilize the space so much more effectively than at the previous location.

There is still have a foam pit and awesome birthday party packages – now there is a real birthday party room for refreshments and presents.

For more information, call owner Triny Beckman at 785-266-4151, or visit www.cagegymnastics.com.

Israel will be the topic of discussion at C5 Luncheon

The January C5 POWER Luncheon will be held January 9, 11:30 a.m. to 1 p.m. at Harley Town/Evel Kneivel Museum.

Lee Hartman and Gary Roten will present updates on Israel and travel opportunities. They will share their experiences during recent visits there.

The cost to attend a C5 luncheon is \$10 for C5Alive members and first-time guests who RSVP, and \$12 at the door. Non-members and other guests pay \$15. C5 luncheons are open to the public and everyone is welcome to attend, organizers said. RSVPs and inquiries can be sent to info@C5Alive.org.

The next monthly C5Alive "POWER Luncheon" will be held Feb. 13th.

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.

TOP STORIES

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Gospel Albums.

His conversion created a firestorm of inspiration, doubt and conversation. Was this real or a publicity stunt?

Before the album came out, Zane Lowe asked West if he desired to convert people through his art. West responded, "It's not a desire. It's my only mission and calling to spread the Gospel. When I make a song, it's to spread the Gospel." When Jimmy Kimmel asked him if he was now a "Christian artist," he responded, "I'm just a Christian everything."

Hong Kong protests - In June, anti-extradition Hong Kong protesters began singing a Christian hymn called "Sing Hallelujah to the Lord" at marches, in front of the city's Legislative Council, and at police stand-offs.

Not all of the protesters are Christian -- only 10 percent of the population professes faith -- but Christian churches rallied with the protesters once they heard the alarming reports of police brutality. The churches joined their ranks to protect the protesters, because "religious assemblies" are exempt from rules governing organized protests.

Chick-Fil-A - On Nov. 18, the company's charitable arm made a surprise announcement: The company would stop donating to the Salvation Army and the Fellowship of Christian Athletes and would start donating to groups that have hosted Drag Queen Story Hour and celebrate LGBTQ pride. Also, they wrote a check to the Southern Poverty Law Center, which labels mainstream



Christian organizations as "hate groups."

Los Angeles churches - Christianity is booming in LA, and churches are thriving across many denominations. Churches such as Zoe (which is Hillsong-related), Radius and Mosaic have attracted famous attendees such as Chris Pratt and Katherine Schwarzenegger, even amid gay rights activists' complaints that these churches espouse Biblical sexual values.

Anti-Semitism - Anti-Semitism has grown as a movement both at home and abroad. It includes anti-Semitic statements and policy recommendations by sitting Democrat members of Congress and Democrat presidential candidates. Over the course of just a few months of 2019, the New York Times reported that swastikas defaced a French Jewish cemetery, British Labour lawmakers quit their party because of endemic anti-Semitism, Hungary's newly elected government conducted an anti-Semitic political campaign, and a Belgian carnival float used caricatures of Orthodox Jews sitting on piles of money. Physical attacks have also become commonplace in the last weeks of the year.

While this is not a complete list of top religion news stories, it is an interesting one. Look for more stories about faith and the past year in the days to come on the Metro Voice website.

PASSWORDS

continued from page 1

access most email accounts and a handful of biographical details to steal most identities.

"This is particularly important in a time when passwords are easier than ever to crack. While passwords themselves can be bypassed, it's still important to keep passwords strong to protect against brute force attacks, which is when hackers try guessing your password over and over until they're successful."

Here are the top 25 most common passwords for 2019:

- #25 123qwe
- #24 password1
- #23 dragon
- #22 princess
- #21 888888
- #19 777777
- #18 lovely
- #17 555555
- #16 654321
- #15 qwertyuiop
- #14 admin
- #13 1q2w3e4r
- #12 qwerty123
- #11 abc123
- #10 123123
- #9 111111
- #8 iloveyou
- #7 12345
- #6 12345678
- #5 1234567
- #4 password
- #3 qwerty
- #2 123456789
- #1 123456

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New Kansas attractions coming in 2020

In 2020, get set to “play ball” when Wichita’s new \$75 million baseball stadium and its upstart Wind Surge team celebrate opening day on April 14. All year long, Kansas’ all-star lineup of attractions and events score big with stylish new downtown developments in Salina and Topeka, an out-of-this-world Apollo 13 50th anniversary gala at Hutchinson’s Cosmosphere, the opening of the expanded Boot Hill Museum in Dodge City, and a full roster of other highlights.

Catch a big-time game throughout the inaugural season when Wichita’s Triple-A farm team, affiliated with the Miami Marlins, plays 70 home games in its brand-new park. Fireworks, bands and kids’ play and splash areas add to the game-day fun.

While in the city, visitors can take a nostalgic spin on Botanica Wichita’s renovated, antique 36-horse carousel that used to delight Wichitans at Joyland Amusement Park. Work begins soon on a new garden, outdoor patio, bistro and children’s play area surrounding the carousel. Also just opened in Wichita, the new downtown Hilton Garden Inn with its unique rooftop glass-bottomed pool that juts out over Douglas Avenue.

Topeka plans to unveil its new downtown hub, Everygy Plaza, in March. The gathering space features a performance stage, digital screen, splash park, fountains and ice-skating in winter. A new multi-million-dollar Japanese garden is coming to the Topeka Zoo next summer. Seasonal flowers, koi fish, a flowing stream, bridges and experiential trails will accent the spacious 2.5 acres.

Salina is putting finishing touches on its \$160-million revitalization of downtown, giving it a modern, open-space, art deco-inspired streetscape. The Alley bowling and family fun center and the Salina Fieldhouse indoor sports facility are among attractions already open. Downtown additions in 2020 include Homewood Suites, the American Classics Car Museum and additional restaurants.

The home of the original Apollo 13 command module, Hutchinson’s Cosmosphere, marks the 50th anniversary of the historic mission with an April 4 gala, starring Apollo 13 astronauts and many of the mission control team. Also in spring, the Cosmosphere gets more kid-friendly with the completion of its first dedicated children’s section, the CosmoKids interactive science education center.

At Dodge City’s Boot Hill Museum, feel the thunder as the floor shakes during an immersive buffalo stampede video at the new exhibit hall, set for a May 23 grand opening. Nine new permanent exhibits, a gift shop and traveling exhibit hall fill the 13,000-square-foot addition.

On May 1-3, geocachers from around the world will converge on Colby to commemorate the 20th anniversary of geocaching and the oldest active geocache in the world – planted off I-70 in nearby Mingo in May 2000. Enthusiasts can cache in on a GPS adventure maze, a mega geo-

caching event, educational sessions and a ceremony commemorating Mingo’s geocache.

Abilene pays tribute to its hometown hero with a week-long Eisenhower Legacy Trip to Washington, D.C., May 4-9, for the unveiling of the Dwight D. Eisenhower National Memorial. Open to the public, the trip is a joint effort by Abilene, Denison, Texas, and Gettysburg, Pennsylvania, to honor their common former resident and explore “Ike” sites throughout D.C. and Gettysburg. Highlighted by the May 8 dedication of the Eisenhower Memorial near the U.S. Capitol, the trip also includes a tour, led by Ike’s granddaughter, Mary, of the Eisenhower’s Gettysburg farm.

The Smithsonian Institution traveling exhibition, “Crossroads: Change in Rural America,” comes to six Kansas communities in 2020 and 2021. “Crossroads” is designed to spark conversations about the future and sustainability of rural communities. In addition, host sites plan complementary exhibitions and public programs that explore local stories. Stops in 2020 include Iola, August 29-October 11; Greensburg, October 17-November 29; and North Newton, December 5-January 17, 2021. In 2021, stops include Independence, January 23-March 7; Alma, March 13-April 25; and Norton,

May 1-June 13. Across the state, join the festive fun at celebrations and milestone events. For starters, Ottawa’s new Legacy Square – a downtown event space at the intersection of the Flint Hills Trail and Prairie Spirit Trail State Parks – is base for the city’s newest festival, Rhythm & Ride, April 25-26. Explore the trails on bike tours and enjoy music along the way, then gather at Legacy Square for a concert and Outdoor Adventure Expo.

Back again after a successful first year, Hays’ Tour Die Kapellen (Tour of Chapels) on May 30 offers a two-wheeled way to experience western Kansas’ Volga-German history and its historic small-town German cathedrals. Choose from 30- to 100-mile routes that lead to churches tucked in rural areas and tiny towns, including the “Cathedral of the Plains” in Victoria. At each, a guide tells the history and classical music groups perform. Everyone pedals back to downtown Hays for a hearty German meal.

Volleyball takes center court June 9-11 when Wichita hosts the U.S. Women’s National Team, along with Japan, Turkey and Belgium, in a Volleyball Nations League Tournament. Fans get a rare opportunity to cheer on the U.S. Olympic representatives before the team heads to the 2020 Olympics in Tokyo.

High-performance Boss Mustangs wheel into Marysville August 28-30, for the Boss Nationals gathering of Boss cars and enthusiasts from around the country. Cruise around town to the car show, swap meet, live music and beer garden.

It’s a milestone year for communities turning 150 years old in 2020. Waterville marks its birthday during its annual Nickel Day festival May 22-24 and with fireworks on July 3. Seneca’s 150th party, June 12-14, gets nostalgic with a street dance, historic tours, games and turn-of-the-century demonstrations. Lincoln County reminisces all year long with gallery displays, historical museum exhibits and programs, living history and other monthly events. Wichita’s sesquicentennial year features live music and a variety of celebratory events, such as “150 for 150” on August 15 that brings together 150 of the city’s top high school athletes, including keynote speakers Lynette Woodard, Jim Ryun and Barry Sanders.

Among attractions and festivals celebrating anniversaries:

- Wichita’s Exploration Place observes its 20th year with a Birthday Bash April 4-5, and 20th Anniversary Gala October 10.
- 15th Annual Dirty Kanza, May 28-31, in Emporia. More than 3,000 riders tackle gravel-grinding rides through the Flint Hills.
- 60th Dodge City Days, July 23-August 2, in Dodge City. Kansas’ second largest festival carries on with a pro rodeo, barbecue contest, western parade, longhorn cattle drive and more.
- 75th Wild Bill Hickok Rodeo, July 29-August 1, in Abilene. Saddle up for bulls, broncs and barrels, along with a western parade, carnival and demolition derby.
- 25th Annual Elk Falls Outhouse Festival, November 20-21, in Elk Falls. Tour the town’s decorated outhouses and vote on a favorite, then check out the crafts, food and music
- 70th Annual Christmas City of the High Plains, November 28-January 1, in WaKeeney. A 35-foot tree handmade with fresh pine is the centerpiece of the downtown draped in green-

ery, lights and wreaths

Also on the horizon:

- Construction begins next summer on the American Royal’s new agriculture complex near Village West in Kansas City, Kan. Plans call for more than 800,000 square feet of indoor event space, including barn and expo areas, three performance arenas, more than 50,000 square feet of exhibit space, plus 2,400 parking spots and outdoor areas to host festivals and events. Significant progress should be completed by December 2021.
- Fort Riley’s U.S. Cavalry and 1st Infantry Division museums – closed through 2020 for renovations – are expected to re-open summer of 2021. In the meantime, a temporary museum features the “Duty First: 100 years of the Big Red One” exhibit.
- Work continues on new exhibits and renovations at Kaw Mission State Historic Site in Council Grove. Closed for 2020, the museum is tentatively set to open Kansas Day weekend in late January 2021.

For more information about attractions in Kansas, visit TravelKS.com.

Get ready for taxes: Important things to know about refunds

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

As tax filing season approaches, the Internal Revenue Service cautions taxpayers not to rely on receiving their refund by a certain date, especially when making major purchases or paying bills. Some tax returns may require additional review and those refunds may take longer.



Many factors affect refund timing

Just as each tax return is unique and individual, so is each taxpayer’s refund. Here are a few things taxpayers should keep in mind if they are waiting on their refund but hear or see on social media that other taxpayers have already received theirs.

Different factors can affect the timing of a refund. The IRS, along with its partners in the tax industry, continue to strengthen security reviews to help protect against identity theft and refund fraud.

Even though the IRS issues most refunds in less than 21 days, it’s possible a particular taxpayer’s refund may take longer. Some tax returns require additional review and take longer to process than others. It may be necessary when a return has errors, is incomplete or is affected by identity theft or fraud. The IRS will contact taxpayers by mail when more information is needed to process a return.

By law, the IRS cannot issue refunds to people claiming the Earned Income Tax Credit (EITC) or Additional Child Tax Credit (ACTC) before mid-February. The law requires the IRS to hold the entire refund, including the portion not associated with the credits. This

helps ensure taxpayers receive the refund they’re due by giving the IRS more time to detect and prevent fraud.

Using Where’s My Refund?, taxpayers can check the status of their refund within 24 hours after the IRS has received their electronically filed tax return or four weeks after mailing a paper return. It provides a personalized date the taxpayer can expect a refund after the IRS processes the return. Taxpayers should also take into consideration the time it takes to receive a check by mail, or for financial institutions to post the refund to their account.

File electronically and use direct deposit

The vast majority of taxpayers get their refunds faster by filing electronically and using direct deposit. It is simple, safe and secure. This is the same electronic transfer system used to deposit nearly 98% of all Social Security and Veterans Affairs benefits into millions of accounts.

Taxpayers select it as their refund method through their tax software and by typing in their bank account number and routing number. Taxpayers can also let their tax preparer know they want direct deposit. It is even also available to the small number of taxpayers still filing by paper.

Refunds should only be deposited directly into accounts that are in the taxpayer’s name, their spouse’s name or both if it’s a joint account. No more than three electronic refunds can be deposited into a single financial account or pre-paid debit card. Taxpayers who exceed the limit will receive an IRS notice and will be mailed a paper refund check. Whether a taxpayer files electronically or on paper, direct deposit gives them access to their refund faster than a paper check.



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FINANCIAL PLANNING

Teaching the value of work...and money

Dear Dave,
Is it okay to give very young children an allowance?
Christie

Dear Christie,
Teaching kids there's an emotional connection between work and money is one of the best things you can do as a parent. Once your kids are old enough to do a few simple chores around the house, they're old enough to earn a little money doing them.

In my mind, there's absolutely nothing wrong with putting kids who are three or four on a basic commission system. If they do the jobs you assign them, they get paid. If they don't do the jobs, they don't get paid. We put a little dry-erase board on the refrigerator, and listed the jobs they had to do during the

week with a dollar amount next to each one.

Keep in mind, kids shouldn't get paid for every little thing they do around the house. Some jobs are just a necessary component of being part of a family. And there are some things kids should do simply because mom or dad asked them to. Some jobs should have a higher purpose in mind, too, because as a parent, you should want to find as many teachable moments for your kids as possible.

Once they've earned their money, sit down with them and divide it into three separate envelopes—saving, spending, and giving. That way, they get to learn about the uses for money while they're learning how to work!

—Dave



davesays

What about online banks?

Dear Dave,
What are your thoughts about online banks? Are they as safe as traditional, neighborhood banks?
Jeanna

Dear Jeanna,
Sure, if they're guaranteed by the Federal Deposit Insurance Corporation. The FDIC is one of two agencies that provide deposit insurance to customers in America's depository institutions. The other is the National Credit Union Administration, or NCUA, which insures and regulates credit unions.

If you're seriously considering using an online bank, there are a few things I'd advise checking out before making the move. Look into the bank's track record, and see how long it has been open. Also, if the bank you're considering doesn't have a name-brand you recognize, find out the amount of its deposits.

Online banks don't worry me today like they did 10 years ago. And almost everyone does some form of online banking these days, anyway. If the bank in question has a good reputation, and sufficient deposits to have some strength in its FDIC guarantee, I wouldn't worry about it.

—Dave

Baby Step for weddings?

Dear Dave,
We recently started following your plan, and it has made a huge difference in our financial outlook and our marriage. When it comes to the Baby Steps, when do you recommend setting aside money for a wedding? We have a daughter, and we want to be able to do as much as possible for her when the time comes.
Jim

Dear Jim,
That's a good question. There's not really a Baby Step specifically for weddings. In my mind, it should probably come after Baby Step 5—setting aside a college fund for your kids.

Maybe part of this is the dad in me, but in prioritizing these things I think a good education is more important than a big wedding. Don't get me wrong, a wedding is a wonderful event and cause for lots of joy and celebration. But it's also a one-day event.

—Dave

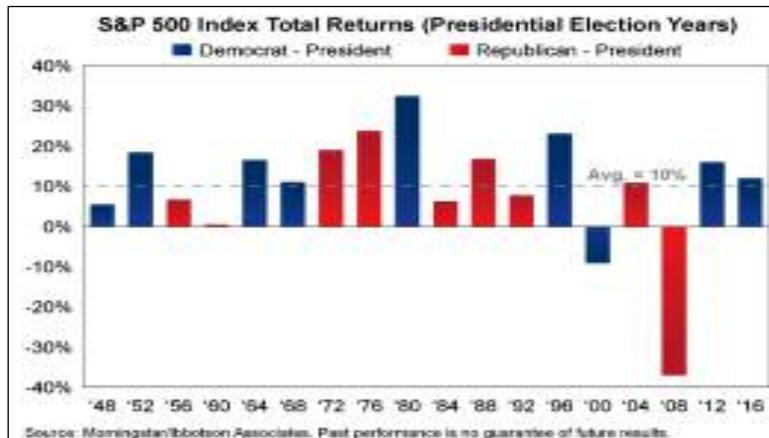
The Stock Market in Election Years

By Ryan Shumaker
Smartvestor Pro at The Retirement Team



A common question I've heard as of late is 'what's the stock market going to do given the upcoming election?' Well let's start by looking at how the S&P 500 has fared in the 18 elections since World War II.

market, the economy, etc. since you'd have a plan in place to generate the income you want and need regardless of what is occurring. Many people when they first come in to see us are setup well if the market goes up, but have no plan for or would be devastated if the market goes sideways or down. If you're in a position like that then you probably should be nervous not only in election years, but pretty much all the time given that markets have fared no better or no worse historically in election



There has only been 2 years out of the 18 where the market ended down (so only 11.1% of election years). One was under a Democrat, one under a Republican. I think many people are concerned with the upcoming election since the start of the last 2 bear markets where the S&P 500 lost about half its value happened to coincide with an election year (2000 and 2008). Did those years being election years really have much to do with either the tech crash or the housing crisis? Not really. It is more a coincidence than anything else, but being nervous now is understandable if you experienced your account value being halved (or worse) in either of those crashes.

The fact is election years have really not averaged any better or any worse than other years. In election years the S&P 500 has averaged a 10.00% return; for the non election years a near identical 9.99%, according to data from Morningstar. Sometimes people see things that are correlated (meaning when one thing occurs another seems to occur) that have no causation (meaning one thing didn't cause the other thing). A great example is the number of people drowning in pools overlaid with the number of films Nicolas Cage appeared in.

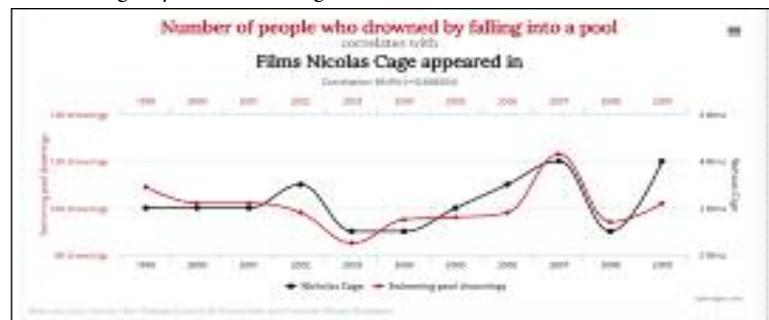
Based on this graph it might make one think you shouldn't go swimming for fear of drowning in years Nicolas Cage is in

years versus non election years.

The fact is no one knows for sure what will happen any given day, month, or year in the stock market. If they did they could become so wealthy they would never have to work again. Everyone can, though, have a plan in place for how they will generate income when financial markets become shaky. If the prospects of a rocky market has you rattled or worried consider speaking with a competent financial advisor that is well versed and focuses primarily on creating tax-efficient retirement income plans that don't solely rely on the stock market doing well for you to live the retirement you want.

There's always a reason the stock market could go up and there's always a reason it could go down. There's no reason, though, why you shouldn't have a plan for both.

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more movies. Clearly, though, the two are unrelated just like the last 2 large bear markets beginning in election years.

If the prospect of an upcoming election is making you nervous about the stock market the issue is not the election or the stock market the issue is how your portfolio is constructed. With a good retirement plan you shouldn't have to worry about what is going on with politics, the stock

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opinion

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A Proposed Resolution: Grace in the New Year

By **Erick Erickson**

I can offer grace and hope you can do the same. Remember too that you don't know what others have experienced. I am increasingly mindful that if all I knew of some people is what I see on Twitter, I probably would not like them. But most people are far more well-rounded than social media suggests. So let's all of us try to exercise more grace this coming year towards each other. Happy New Year.

As 2019 closes, let me offer up something for all — show more grace.

I will not name them, because it is not my story to tell. But I know a number of respected journalists whose lives have been turned upside down in the past couple of years. After having been attacked directly by the President or because of the general attacks on the press and their prominence, they've had security issues. They've been threatened. They've been targets of would-be violence. I know one journalist whose children were harassed. I know another who took his family on vacation only to be heckled by a Trump supporter while he was with his kids.

And yes, I would say that has affected their reporting and their



view of the world.

When I announced back in 2016 that I would not support the President even if he secured the Republican nomination, I went through something very similar. People showed up at our home. People organized to try to get me fired from radio. My advertisers were harassed. My children were harassed and bullied at school. It was a terrible experience.

I know others who support the President and, in their work places, they've been bullied and harassed. I know people who, because they support the President, have seen career

opportunities disappear and have lost friends. I have a friend who was accosted for wearing a MAGA cap and saw others defend those who accosted him.

All I can tell you is that you don't know what a lot of people have gone through, some just for reporting on the President in ways his supporters don't like, but that is objectively fair reporting.

It happens on both sides. There are a lot of people caught in the middle trying to maintain friendships with both sides. There are a lot of people on both sides who are trying to be friends still with those with

whom they have fundamental political disagreements.

I can offer grace and hope you can do the same. Remember too that you don't know what others have experienced. I am increasingly mindful that if all I knew of some people is what I see on Twitter, I probably would not like them. But most people are far more well-rounded than social media suggests.

So let's all of us try to exercise more grace this coming year towards each other. Happy New Year.

Erick Erickson is Editor of The Resurgent and host of the Erick Erickson Show on WSB Radio



Erickson

THE OFFER OF A NEW LIFE TO BEGIN A NEW YEAR



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

hopefortoday

The new year is an opportunity for a new start. I once heard about a leader that regularly took a block of time in December to engage in planning and goal setting for the next year for his organization. The way our annual calendar is set up, it provides a vision for that. It is the end of the old and the beginning of the new. Not only do we see this concept in view of time, but in nature too. In our part of the globe, we are blessed to have four seasons. When fall and winter come, it is the end of the old. But when spring and summer come, it is the beginning of the new. We see this concept in life

itself. In a family, when great grandpa passed away there was sorrow in saying goodbye, but then later there was joy in welcoming a new little infant to the family. And we also see this in spiritual terms. For people outside of Jesus there is spiritual death and darkness, but once they are in Jesus, there is spiritual life and light. One writer from the Bible put it this way, "... if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God..." (2 Corinthians 5:17-18)

You may not realize it, but if you are outside of Jesus, you are living in the old. All that is in you is death and darkness. Though that sounds grim, it is true. And that may explain some things happening in your life and family right now. They are the consequences or by-products of it. We may try to "Instagram" our life to others, but we cannot escape the reality of our condition. No amount of busyness, noise, praise by others or positive self-talk can hide the truth. This is the old. Jesus declared He is life and light.



He is the one who can make all things new. He conquered death and darkness through His own death and rising again. For all who come to Him, He is willing to make new. But to receive the promise of being made new, there is a great cost. To receive what Jesus died to give you will cost your very life. What does that mean? It means you are no longer willing to put your desires, wants and needs above, beside or to the exclusion of God. It means that you deliberately choose to follow Jesus as your own Lord, King, Master and Ruler.

A new year, a new life is waiting. The empty blood-stained cross of Jesus is what it took to bring you new life. Commit all to Jesus and receive it

today.

A prayer for you - "Lord God, I pray you will make the reader a new creation. May they live the promise of newness you rose again to give them. I pray they would turn from their ways and give all they are to you. There is no cost too great for us, compared to what you did on the cross. May they see that and humble themselves before you. In Jesus' name. Amen."

Clint Decker is President of Great Awakenings. Hope for Today is a nationally syndicated column. If God used one of Clint's columns to impact your life, share your story at cdecker@greatawakenings.org.

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Impeached or Trumped?

By **George Ismael Feliu Jr.**

This December, Speaker Pelosi led most of her party in passing a very partisan article of impeachment. The House rushed through the process because the danger of Trump was so great that they needed to expedite everything so that they can rid this country of the duly elected by the people President Trump. In the words of House Majority Leader Hoyer (Dem, MD) on December 5, 2019, "This is a process that has gone on for over two and a half years."

As of this writing, the House has not delivered the articles of impeachment to the Senate. In layman's terms, Donald Trump has not been impeached. All Sen. Mitch (the turtle) McConnell need do is void it and this part of the drama is over. The

House would need to start from scratch and Donald Trump remains innocent.

After over two and a half years of trying to get Trump impeached, the House only convicted him of two crimes which legally speaking are not even crimes. The Speaker holds the articles waiting for the Senate, which she constitutionally has no power over, to acquiesce to her demands (in other words, quid pro quo).

The first is the quid pro quo phone call. Democrats changed the rules on what a whistleblower can be by saying someone with second hand information can become a whistleblower. The whistleblower never heard any part of any conversation that Trump had with a foreign power. He heard it from someone. If you ever played telephone, you know why this kind of information is unreliable. In fact, any lawyer worth his salt would object to this kind of testimony as hearsay; and every honest judge would sustain it.

It seems that the Democrats ran with Adam Schiff's version of the phone call (a fictionalized account in which Trump demanded Ukraine to investigate Hunter Biden and the people who wiped Hillary's email servers) not bothering with the transcript that Donald Trump released. From there, the Democrats held closed hearing where no Republicans were allowed to attend. Then came the circus of deep-staters who felt unappreciated by Trump and his administration in very dull and very inadmissible in a court of law testimony on live television.

Trump had a conversation with the President of Ukraine, a country who has suffered from a history of corrupt politicians. Trump asked that they enforced their laws according to our treaty and hunt down this corruption. The fact that part of this corruption leads to Hunter Biden as well as Hillary Clinton and Barak Obama only lies with those who actually committed crimes. Remember, Joe Biden openly bragged on camera that he pressured Ukraine to fire the lawyer who was investigating Hunter Biden for his crimes in that country and to drop all charges; or they would get no aid from Obama. Ukraine lost oil rich Crimea to Obama's good friend, Russia do to America not giving the

promised aid in their time of trouble.

Trump never withheld aid to Ukraine, but Obama did. By the way, the lawyer probing dishonorably-discharged Hunter Biden and his unearned six-figure salary with Ukrainian Oil was fired and the investigation was dropped under the Obama administration. Who are the crooks here? By the way, quid pro quo in dealing with other nations is not a crime except in the way the Obama administration handled the Ukraine according to Joe Biden.

The second article of impeachment is obstruction of Congress. Every president of the United States is guilty of this. If this is a crime, all presidents should be impeached; but it is not. The Obama administration sold guns to the Mexican Cartel in hopes of those guns crossing the border and killing Americans so that they could pass stricter gun control laws. Congress investigated. Obama used Executive Privilege which ended the probe into Operation Fast and Furious. The POTUS answers to the American People not Congress.

In fact, it can be argued that Congress has obstructed Trump since his inauguration. This is where Hoyer's two and a half year admission is so important. Congress has been trying to trump up charges against the President since he was elected.

With the illegal FISA warrants gained by abuses of power by the FBI who spied on Trump throughout much of his candidacy, much of Congress made up of Democrats and Never Trump Republicans dragged their feet in doing their jobs in the hopes that Trump would resign, or they actually found a crime they could impeach him with. They placed their hopes on Mueller who found nothing, not even evidence of a crime. Most of the indictments they got were process crimes which with at any other time would never have been pursued nor prosecuted. The other indictments were on foreign companies which were never going to be prosecuted.

The impeachment articles of Donald Trump should never have passed the judiciary committee let alone the House floor. No crime has been committed, unlike Pedophile Airline alumni Bill Clinton. Clinton lied under oath (an impeachable offense). He also took advantage of a few women which Congress would never impeach him for.

As of this date, Trump has still not been impeached. The future may bring exoneration or further corruption of our Constitution by our corrupt politicians in Washington, who are trying to make a message loud and clear that they want no outsiders in power in the Capitol. The message is not just for Donald Trump. It is for every American who voted for him.

They want everyone to know they have the power and will not relinquish it easily to the American people. The American people tried to trump the swamp with Donald Trump.

The question is impeach or Trump? You tell me.



Abortion opponents have reason to be optimistic

By **Russell Shaw | aleteia.org**

As thousands of pro-life demonstrators fill the streets of downtown Washington on January 24 for the annual March for Life, optimism and uncertainty will both be present in abundance. Forty-seven years after the Supreme Court legalized abortion and 28 years after it ruled against placing what it called an "undue burden" upon women seeking to terminate their pregnancies, the pro-life movement has reason for being both hopeful and concerned.

On the plus side, the number of U.S. abortions continues to drop, falling to 862,000 in 2017. This is still a shockingly high number, but it is half a million fewer than the 1.36 million 20 years earlier — and the figure has declined steadily throughout those two decades. Meanwhile, abortion clinics continue to close their doors as many states enact new, restrictive laws on abortion.

Things are looking up, too, at the Supreme Court, which at last has what appears to be a five-member majority of pro-life members — Chief Justice John Roberts and Justices Clarence Thomas, Samuel Alito, Neil Gorsuch, and Brett Kavanaugh. Firmly on the abortion side is a four-member minority composed of Justices Ruth Bader Ginsburg, Stephen Breyer, Sonia Sotomayor, and Elena Kagan.

But just how solid is the majority? The answer to that all-important question should become clear in the months immediately ahead. And there the uncertainty sets in.

On March 4 the Supreme court will hear oral arguments in June Medical Services v. Gee, a case testing a Louisiana law that requires clinic doctors who do abortions to have admitting privileges at nearby hospitals. (June Medical Services is an abortion provider, joined in the case by two anonymous doctors who perform abortions, while Gee is Dr. Rebekah Gee, secretary of the state's health and hospitals department.)

As the media never tire of pointing out, the Louisiana law is virtually identical to a Texas law that the Supreme Court struck down in 2016. In upholding Louisiana's version, however, the U.S. Court of Appeals for the 5th Circuit discerned "stark differences" between the factual records in the two cases. The appeals court also spoke approvingly of the "credentialing" function served by requiring hospital admitting privileges and thereby helping to ensure that women receive medical competent care.

At this point in the history of the abortion debate there is little or no chance that the Supreme Court will flatly overturn its existing precedents, and attempts to force it to do that by passing laws certain to be struck down arguably do more harm than good by reinforcing the precedents. Instead — and at most — the court will strengthen the authority of the states to impose some restrictions on abortion. This in turn will lead to fresh political struggles in many places, very likely punctuated by recurring appeals to the Supreme Court.

And here the real significance of this year's March for Life becomes apparent. For if, as seems likely though far from certain abortion is on its way to becoming a



question that each state will have to answer for itself, the ability of the grassroots pro-life movement to touch minds

and hearts — not just of politicians and judges but of ordinary Americans — will soon be tested as perhaps never before.

I'm jus' sayin'....



LEE HARTMAN
Managing Editor
Metro Voice

editor's blog

Okay now I'm going to write something many of you liberal thinkers are not going to want to read. You will not like it. Even if you try you will probably not be able to get through it. You have watched the liberal media so long you are brainwashed by them.

It's not entirely your fault. This is a tactic used in warfare — blast the victim with so much propaganda that they start to believe it.

The part that is your fault is that you could be watching Fox News or other online news sources sometimes to get the other part of the news that you are not hearing. Then at least you would have all the facts and be able to make an intelligent decision.

But most of you haven't done that and won't do that. If all you listen to is CNN or MSNBC or CBS or liberal outlets online, you will probably end up believing that as fact. The fact is those outlets are no longer unbiased like they were in the old days.

The news is supposed to hold our government officials accountable, but no one is holding the news outlets accountable! So if that's all you listen to, you end up believing their false narrative. You hate Trump and us conservatives so much now that nothing we say will matter (I won't say Republicans, because most establishment Republicans don't really represent us conservatives). Your mind is made up. That's why so many of us don't even bother replying to your constant bashing of us anymore.

This is common sense, and it isn't that hard. I don't have time to keep explaining it if you're not even going to listen and apply logic any more. It's a waste of my time and I have work to do (I have to make a living, and there's a country to try and save).

You are responsible as a citizen to gather knowledge and make intelligent decisions about our country. The truth

is out there, you just have to make the effort to find it. I watch a variety of news channels and receive news from various email newsletters and websites. If you do that, we may not come to the same conclusions, but at least you would have the facts. But if you don't include Fox News you won't really get the whole news. I haven't found another major news channel that presents both sides, although you can find many outlets online that do that.

Social media is the same way, you will not get the whole news there either. They only let you see what they want you to see, so you have to really try in order to find the facts there by choosing what friends you click on "receive first" for their posts, and which news pages you receive posts from, etc.

Most of you liberal thinkers have probably already stopped reading by now, because you are brainwashed, or because you are too lazy or don't care enough to put in the effort.

But here are a few more thoughts, if you're still interested.

The Economy

- Americans are better off now and the economy is in better shape today than it has been in decades.

- The tax cuts and efforts to cut unnecessary red tape have fueled a surge in job creation, a rising stock market, and rising wages.

- One million fewer Americans are living below the poverty line than in 2016.

- Millions more have jobs, including 600,000 African Americans and 500,000 Hispanic Americans. Unemployment is at historic lows.

Immigration and the Law

- Illegal immigrants seeking to cross our borders are a threat to our national security — and many of them are criminals; not most, but too many.

- We need immigration for population growth (our death rate exceeds our birth rate in the US). But we must recognize the need for basic border control.

- America already welcomes around one million immigrants each year. More than 13% of our population

- The question is how to best balance compassion for those seeking a better life in America with the need for a real border and rules for entry.

Well, I'm out of room. More later.



Jamie Grace: If every church fostered 1 child 'there'd be no more waiting children'

Jamie Grace: If every church fostered 1 child 'there'd be no more waiting children'

Christian singer Jamie Grace stars in the new PureFlix TV series "The Beverlys," and while the inspirational show aims to impact young people, the singer hopes it will also encourage families to open their homes to foster children in need.

"The Beverlys" is a musical comedy for all ages, starring Grace, comedian Tommy Blaze, and newcomers Mia Damico, Brie Duplechain and Raya Sunshine Mullan.

"Follow the adventures of three orphaned girls who dream of starting a girls' music group with the help of their mentor (Grace). While living in a Hollywood mansion owned (complete with a butler) by a failed record exec, the young girls learn about kindness, faith and friendship while pursuing their dreams," the show's synopsis says.

The PureFlix series touches on topics children and teenagers struggle with, such as fear, insecurities and self-worth. The comedic series is also filled with many heartwarming moments meant to spark conversations between young people and their family members. One of those topics is foster care.

There are hundreds of thousands of children in the foster care system in the U.S. and the popular YouTube vlogger and Christian musician hopes churches will be moved with compassion after seeing the impact that can be made in the lives of others through the TV show.

In an interview she discusses her responsibility as a role model to young



girls and her own experiences with foster care and being a mother.

Tell us what it's been like for you to act in "The Beverlys"?

Grace: It was awesome jumping back into the saddle of a family-friendly comedy! My first official "job" in the entertainment industry was a kids' show called "iShine KNECT." It was based on young tweens and teens navigating life as followers of Jesus. One major difference with "The Beverlys" is that I'm not one of the tweens this time around, but my role is that of a mentor and manager of their music career. I loved getting to play the role of someone that was investing in their lives, but also learning and growing in her own way.

You have always been an inspiration and mentor to young girls. Talk about the importance of being a positive role

model in a celebrity-obsessed age?

Grace: Thank you so much! I really consider it an honor to be able to be a role model. I hear the word "influencer" a lot in regard to what I do but also when it comes to the goal of a lot of young girls. It can seem like a fantasy to grow up and be "influential" like the stars of viral videos or the personalities on trending pages. But I like to remind them that whether you have a million social media followers or you even if you don't have a smartphone, you are still an influencer.

Every person that crosses our paths throughout each day is there for a reason, and we get to choose what kind of impact we will make on them. Whether it's with the words we say, the way we say them, or even how we treat people in passing when words are few, our impact can always make a difference.

When we start to look at our world around us as a place where we can influence others just as much as celebrities can influence us, I truly think the fascination with fame will begin to diminish. Yes, it's obvious that some platforms are bigger than others. But when it comes to being called to love and serve others, we're all the same.

As a mother with a baby girl, can you speak about how you plan to instill the values of kindness, faith and friendship as she grows up and pursues her dreams, which is an example reflected in "The Beverlys"?

Grace: My husband and I are so in love with our sweet Isabella and strive daily to make decisions that will impact her positively. When we named her we were very intentional about her name, including her middle name: Brave. We continually pray that she will be filled with courage to face anything, whether pursuing her dreams or even facing adversity. And when it comes to faith, friendship and choosing to be kind to others, we pray for those things too.

Back when we were courting and now as a married couple, Aaron and I have frequent long, hypothetical conversations about when our children are in middle school and ask us challenging questions about faith or in high school and are navigating through a challenging friendship. And now, even though Isabella is only a 5 months old, we're cautious about the music she listens to or even the shows we might have on in the background when she's not paying attention. We are so grateful that God chose us to be her parents and guard her heart, and we are firm believers that the best thing we can do is be intentional every step of the way.

What did you learn about foster care?

Grace: Twenty-five is the minimum age for unmarried adults to become foster parents in the state of Georgia. The year before I turned 25, I was living in Georgia and so eager to become a foster mom that I got the paperwork around 360 days early. I attended an "information meeting" (which was the only thing I could attend at the time because of my age), and moved into a six bedroom house in hopes of making it a home for amazing kids.

Surprisingly, halfway through my year of holding on to that paperwork and counting down the days, my parents became temporary guardians to three young children as they transitioned into their permanent foster homes. At the time, however, there were moments where we thought they may even be with my parents forever. My parents have fostered children for as long as I can remember, but this season was the first time that they were guardians of young children while I was an adult. And it was amazing!

In a way, it reminds me of "The Beverlys." It was an unexpected event that brought them into our lives. And before the first sunset, they were already family. I lived about 15 min-

utes from my parents and if I wasn't driving to their house in the mornings, they were bringing the kids to my house. Much like "The Beverlys," there were questions like "how long?" And "what does this mean for our dynamic?" But at the end of the day, we did it for love. And that made every moment worth it!

Would you encourage others to foster children?

Grace: One of the most startling concepts I've ever heard and processed is this: If every church in America would commit to one child in the foster care system, there would be no more waiting children.

The keyword is *one*.

If every church made that commitment, then one family would be a foster family. But it takes a village! Another family in the congregation could be available to babysit or carpool to school. And other families could get together to come up with a schedule, rotating who takes a casserole on Tuesdays or takes the trash out on Fridays.

Realistically, everyone can't foster or adopt a child. But everyone can find a way to be involved with serving a local family who is growing or changing through foster care or adoption. For the big moments that feel world-changing and even for the day to day or seemingly insignificant duties, we can all play a role and every single part matters!

If someone is considering foster care or wants to know how they can learn more, I always suggest reaching out to a local agency and attending a meeting. Agencies host them yearly as a way to offer details about the process in a noncommittal way to families who want to learn more!

"The Beverlys" is now available to watch on Pure Flix, starring Jamie Grace.

—Christian Post

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How a woman's will saved a baby from abortion

Last Thursday, Monica and Luca arrived with their 7-month-old baby Simone, accompanied by Giulia, one of our team members, who met this couple who had decided not to continue with their pregnancy. This is what they told me:

"We were fine until a short time ago. Our jobs allowed us to rely on regular income with which we could pay the rent on our house and live a normal life. Then, we lost everything. The businesses we worked for closed their doors, and our landlord is threatening to evict us. As if all this weren't enough, I'm 6 weeks pregnant. Carrying this pregnancy to term would be folly. I think you would agree."

Despite her sweet expression, Monica was asking me to agree with her decision to abort her unborn child. I looked at Luca, who also looked like a good man, and who was attentive to every movement of their young child Simone. "He's very alert," he told me, "and tries to participate actively in our family life."

The baby in your womb is the same as the one in your arms

As always in these cases, I felt like I could hardly breathe, and I wasn't sure how to handle such a difficult situation when they'd already made their decision. There was a moment of silence, and Simone was the only one who made his joyful and bright voice heard. We all

looked at him intently, and I felt with absolute certainty their love for this son of theirs. That gave me the strength to speak.

"Have you thought about the fact that a little more than a year ago, Simone, who is so beautiful and alert now, was exactly like the child that's growing inside Monica? Certainly, he was much smaller than he is now, but it's the same baby that we have here with us today and who brings such joy with all his babbling and energy."

I had the sensation of having set off a small bomb. The couple looked at each other, and took Simone by the hand, as if to be sure that he was alive and well.

"It's true," Monica said unhappily. "That's the way it is, but with all of these problems ... for example, the problem of us losing our house, what can we do?"

"Unfortunately," I answered, "you would end up without a home and without your baby. Interrupting a pregnancy isn't the solution to the problem that you're facing. Would you allow me to make a phone call?"

A last will and testament saves a life

Suddenly, I had remembered some news we'd received a short time ago: "The apartment on Eustachi Way has been freed up, because that couple has been assigned public housing."

At this point, I was able to offer

The power of an ultrasound to change a mind and save a life should never be underestimated

It happened when I was scrolling through my Facebook feed one day.

In between posts about the latest football games, I saw it—and it melted my heart.

There was an Ultrasound of not one, but two babies—the latest additions to my Facebook friend's family.

I have seen my share of Ultrasounds over the years—my darling daughter's was the most memorable. Lying on the exam table, I looked up at the screen and saw my little one playing with her toes while in utero.

It was an incredible and unforgettable sight.

But I believe this was the first time I have viewed an Ultrasound of twins. The precious preborn babies were clearly visible—and their official age was 14 weeks' gestation.

In that moment, gazing at that image, it was hard for me to fathom the idea that anyone would view them as unworthy of care and too young to be guaranteed the right to life. It was also hard to accept the fact that babies where I live, in the Commonwealth of Pennsylvania, can be legally aborted up to 24 weeks' gestation—10 weeks past the age of the twins in question. It is even more alarming to think about the babies who are aborted up to the moment of birth.

A picture is worth a thousand statistics. It is one thing to hear about nearly one million preborn children being aborted



each year. It is quite another to see a prenatal portrait of a baby who lacks protection under the law.

I wonder how many other minds and hearts that Ultrasound touched. From the comments below the photo, it was clear that Facebook friends were astounded at the amazing image.

And it is no wonder that studies show that, when pregnant women are shown an ultrasound of their babies inside supportive pregnancy resource centers, the vast majority will choose life for their children.

Thus it is abundantly obvious why abortion centers do their best to hide Ultrasounds from their abortion-minded clients. Once a woman sees that miraculous image, her tenuous bond to her child is highly likely to grow stronger. The Ultrasound literally puts a face—a distinctively human face—on what the abor-

tion industry cavalierly refers to as the "choice."

The experience of seeing that Facebook Ultrasound has also left me to wonder, "How many twins are aborted each year in our country? How many times is the tragedy of abortion actually doubled through the deaths of two preborn babies at one time?"

In the words of one clergyman, this could be considered a "two-for-one temptation." Twice the tragedy. Twice the heartache for the mother left behind.

Never underestimate the power of an Ultrasound to change a mind and to save a life. And consider using your Facebook feed as a way to celebrate life at all its stages and at all phases of development.

—Maria Gallagher

Monica and Luca the possibility of moving into that convenient two-room apartment, which had been renovated a short time ago. I looked them in the eye, saying, "Can I tell you a story? Years ago, I was called to give my testimony at the Parish of St. Francesca Romana. Among those present was a woman, well along in years, who loved children. Apparently, my story had made her reflect, and it resulted in her leaving her house to our Center in her will, so that it could be used by a pregnant mother who would otherwise have an abortion because of a lack of housing. Would you like to move in there? I'm sure that the woman who made this gift would be happy, and the apartment is perfect for housing a beautiful little family."

Monica was very surprised — too surprised to believe it — and couldn't manage to accept the offer right away. "Monica, I never tell a lie, especially in serious matters," I said. "I'm convinced that moving to that house could be the beginning of a new life for your family, giving you a bit of serenity."

Monica was still perplexed. "I can't believe it. I'd like to see it."

And so, an appointment was made that very morning and after the visit, they came back very happy. I greeted them with enthusiasm, saying, "The fact you came back means you're saying yes, right?"

Luca answered, "Nothing this beautiful has ever happened to us before. This way, Simone will have a little brother."

We all shared the emotion of this moment, but especially Monica, who repeatedly hugged me close to her.

—aleteia.org

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2019 was a difficult year for pro-life legislation in Kansas

While strong pro-life majorities in the Kansas House and Senate were retained after the 2018 general election, unfortunately, the same could not be said of the governor's office, where ardently pro-abortion, former state senator Laura Kelly, was elected.

Kansans for Life's legislative priority in 2019 was passing a bill to inform pregnant women considering chemical abortion, of the possibility that the abortion could be reversed if they change their minds and want to try to save their babies.

Known as Abortion Pill Reversal (APR), the procedure offers help to a pregnant woman who has taken the first abortion drug, but not the second. She is given progesterone therapy to offset the impact of the first drug. To date, over 700 babies across the country have been born to mothers who changed their minds about completing their chemical abortions and who received APR.

Both chambers of the Kansas legislature passed the bill with strong bi-partisan majorities, but the legislation was vetoed by Governor Kelly.

The veto override was successful in the state Senate, but six state representatives, who had previously voted in support of the bill, would not support the override attempt in the House, and the bill failed.

Then, on April 29, the long-awaited decision from the Kansas Supreme Court on whether a "right to abortion" exists in our 1859 state Constitution was released. As expected, it was not good news for the pro-life movement in Kansas.

The Court twisted our state's history and the wording of our state Constitution, to declare that abortion is a "fundamental right" and as such, any laws regarding the issue must meet a higher standard of strict scrutiny in order to be found Constitutional.

The Court's decision cleared the way for unlimited abortion in Kansas, and has effectively taken away the right of Kansans, through their elected officials, to even have a voice on the issue. As a result, dozens of life-saving regulations on the abortion industry, that have been enacted over the last two decades, are in jeopardy of being struck down.

The only remedy the citizens of Kansas have is to pass a Constitutional Amendment, which will reverse the Court's finding of a "fundamental right to abortion" in our state Constitution, and return to the legislature the right to enact reasonable regulations on the abortion industry.

Kansans for Life and other pro-life/pro-family organizations are working together to introduce a Constitutional Amendment in the 2020 legislative session. The bill must first pass both the Kansas House of Representatives and Senate by 2/3 majorities, after which it will be placed on the public ballot for a vote of the people.

Kansans care about women and their unborn children, and reasonable regulations on the abortion industry protect them both.

*-Jeanne Gawdun
Kansans for Life
Director of Government Relations
785-383-8636*

Rally and March For Life is Jan. 22 in Topeka

Kansans for Life will hold the annual Rally and March for Life in Topeka on January 22. The day will be full of events including educational workshops for teens and adults, an interdenominational worship service and a rally on the south steps of the State Capitol Building.

This is in memory of the anniversary of Roe V. Wade which legalized abortion. Since that day in 1973, over million babies have been aborted in the United States.

Registration begins at 8:30 on the ground floor of the Capitol Visitor Center inside the north entrance. Exhibit booths will be in the first-floor rotunda. Visitors can take a tour and watch the Kansas legislature, attend workshops and presenta-



The crowd swells up at the Kansas Capitol at the 2018 Rally for Life

tions, and attend religious services.

The March for Life begins at 12:30 and goes from TPAC at 8th & Quincy to the south Capitol steps. The Rally for Life begins there at 1:00 with elected officials and special speakers.

A lunch by donation will be held

between 11:30 and 2:30 in the basement of Mater Dei-Assumption Church nearby.

For more information, see the ad in this special Metro Voice Respect Life guide, or visit www.kfl.org, or follow the Facebook event.

After the April 2019 Kansas Supreme Court decision found a "right to abortion" in the Kansas Constitution, the Topeka Rally for Life may be more important than ever.

Rally for Life is an opportunity to stand with fellow pro-lifers, including elected officials, to demonstrate that Kansas is Pro-Life.

March for Life in Washington D. C. is Jan. 24

The 47th national March for Life, taking place this year on Fri. Jan. 24, 2020, is the World's largest Pro-Life event, held at our Nation's Capital in Washington D. C. Abortion is the greatest injustice of our time and people young and old march each year to end abortion. This year's walk starts at 12 noon at the National Mall, with prescheduled guests and pro-life speakers.

A rally and Christian concert is scheduled before the walk. At 1:00 pm the march will go up Constitution Ave. to the Supreme Court and capital building where in 1973 abortion was legalized after the landmark decision was issued in the Roe v Wade and Doe v Bolton cases.

Since Roe v Wade over 60 million children have been killed in the womb.

For more information on this and related events visit marchforlife.org.

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Topeka Rally For Life

January 22, 2020

After the April 2019 Kansas Supreme Court decision found a "right to abortion" in the Kansas Constitution, the Topeka Rally for Life is more important than ever!

Rally for Life is our opportunity to stand with fellow pro-lifers, including elected officials, to demonstrate that Kansas is Pro-Life!

All workshops listed below will take place in the Capitol Visitors' Center.

<p>8:30-11:00 a.m. registration / information table at Capitol Visitors' Center. Find out when the legislature will be in action, visit pro-life booths, and/or take a tour of the capitol.</p> <p>9:30-10:30 a.m. "My Own Unplanned Journey from Planned Parenthood to the Pro-Life Movement" presented by Wichita KFL Member Julie Buresh</p> <p>9:30-10:30 a.m. "Abortion Pill Reversal" presented by KFL State Office Director Amy Torkelson</p> <p>11:00 a.m. multiple religious worship services available in the area (info at registration)</p>	<p>11:30 a.m. - 2:30 p.m. lunch served at Mater Dei-Assumption basement (across from south steps of capitol) for freewill donation</p> <p>12:30 p.m. march from TPAC to south capitol steps</p> <p>1:00 p.m. Rally on south steps of the capitol</p> <p>2:00-3:30 p.m. KFL Speaker Training, RSVP to amy@kfl.org if you would like to attend.</p> <p>2:30-3:30 p.m. "Social Media Skills for Pro-Life Activists" presented by KFL Communications Director Kate Gruver</p>
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Coronado Parking Garage: Quincy btw 9th & 10th.

For details about the capitol building and parking information, visit www.ksks.org/p/kansans-state-capitol-plan-your-visit/18648. For details about the event before January 20, visit kfl.org. For up-to-the-minute updates on the day of the event, follow the Kansans for Life Facebook page. For emergency or media, please call KFL personnel Jeanne 785.383.8636 or Mary Kay 913.406.4446.

President Trump honored with 'Witness for Life' award

Pro-life organizations have repeatedly said Donald Trump is the most pro-life president in American history. Now, he has been chosen by a major pro-life organization to receive the first Dr. Bernard N. Nathanson "Courageous Witness for Life Award" for his efforts to defend the lives of the unborn.

Housing and Urban Development Secretary Ben Carson received the award on Dec. 8 on behalf of Trump at a gala event hosted by the Hosea Initiative, a pro-life nonprofit organization.

Terry Beatley, founder and president of Hosea Initiative, said the organization selected Trump for his "courage to be able to stand up for the right thing."

Beatley was inspired by her 2009 interview with Dr. Bernard N. Nathanson, an American medical doctor who was once known as "The Abortion King." Nathanson later said he made a mistake in leading the pro-abortion cause and became a prominent opponent of the procedure.

Two years before his death in 2011, the doctor told Beatley that he misled



Secretary of Housing and Urban Development Ben Carson (2nd L) receives the 2019 Dr. Bernard N. Nathanson "Courageous Witness for Life Award" on behalf of President Donald Trump, next to Sen. Kevin Cramer (L) (R-N.D.), Terry Beatley, president of Hosea Initiative, and Michael Lindell, CEO of My Pillow, at 'The Life is Beautiful' gala hosted by the Hosea Initiative at the Andrew W. Mellon Auditorium building in Washington on Dec. 8, 2019.

physician, pledged to save my patients' lives, not destroy them. So, I changed my mind on the subject of abortion."

The doctor later became one of the prominent leaders of the pro-life movement in America and produced the 1985 anti-abortion film "The Silent Scream."

"Courageous Witness for Life Award" to President Donald Trump, at the Andrew W. Mellon Auditorium building in Washington on Dec. 9, 2019

One in three American voters says that abortion will be a top factor in their vote for president in the 2020 election, according to a Monmouth University Poll in June.

Americans also believe that "Republican politicians are spending too much time on the issue of abortion, at both the national and state level, especially when compared to Democratic officeholders," according to the poll.

States across the South and Midwest passed 58 abortion restrictions in the first six months of this year, 25 of which would ban all, most, or some abortions. Meanwhile, state legislatures mostly in the Northeast and West have enacted legislation to protect abortion rights and expand access to contraceptive services.

Speaking at the event, Carson praised pro-life advocates for their courage. He said as a former neurosurgeon, he spent a lot of time working on babies, even premature babies born between 25 and 27 weeks, and "operating all night trying to save their lives."

"That's why no one will ever convince me that what's in a mother's womb is a meaningless bunch of cells," he said.

—EPTimes and wire services

Speaking at the event, Sen. Kevin Cramer (R-N.D.) said that Beatley's book has an important message.

"I believe it speaks to a broader audience than just the traditional pro-life" movement advocates, he said.

Trump's Pro-Life Policies

Since taking office in 2017, Trump has taken several actions to support the pro-life cause. He reinstated the Mexico City Policy, a Reagan-era rule that prohibits U.S. foreign aid from funding abortion centers in foreign countries. He also ended U.S. funding of the U.N. Population Fund, after discovering that the organization supports abortion and forced sterilization in China.

His administration proposed a rule to limit Title X funding from going to any clinic that performs abortions. It also ended funding aborted fetal tissue research.

The Life is Beautiful gala hosted by the Hosea Initiative, which granted the 2019 Dr. Bernard N. Nathanson



The Life is Beautiful gala hosted by the Hosea Initiative, which granted the 2019 Dr. Bernard N. Nathanson "Courageous Witness for Life Award" to President Donald Trump, at the Andrew W. Mellon Auditorium building in Washington on Dec. 9, 2019

American public opinion in the 1970s about abortion, promoting it as "women's health care."

Beatley shared her exclusive interview with the doctor in her book "What if We've Been Wrong: Keeping My Promise to America's 'Abortion King.'"

In 1969, Nathanson co-founded the National Association for the Repeal of Abortion Laws, now called NARAL Pro-Choice America, which advocates for abortion rights. His efforts succeeded with the Roe v. Wade decision that legalized abortion nationwide in 1973.

According to Beatley's book, Nathanson claimed responsibility for the death of more than 75,000 pre-born babies, including two of his own unborn children. A few months after the Roe v. Wade decision, a new technology, ultrasound, transformed his views on abortion.

"The bombshell was real-time ultrasound. It made everything come alive," he told Beatley. "I finally came to the conviction that this was my patient. This was a person. I was a



Baby saved from abortion goes on to become a football star

In the middle of a recent football game, Gus Johnson, an announcer for FOX sports, revealed how a running back for Ohio State, J.K. Dobbins, was only on the team thanks to a courageous decision made by his mom 20 years ago.

During the game between the Ohio State Buckeyes and the Michigan Wolverines, Johnson explained to the millions of viewers that Dobbins' mom Mya became pregnant when she was 18 years old, as reported in Live Action. Like many pregnant teens who find themselves in this position, "she went to the doctor because she was thinking about aborting the baby, but changed her mind," he shared with the viewers.

While this very personal news might have shocked the many sports fans out there, it's an encouraging example for women in a similar position to Mya to help them change their minds, even if they initially decide to abort.

Mya's story is, of course, inspiring — never could she have imagined what her young baby would go on to achieve on that day she walked out of the abortion clinic. But it's a story of having faith — faith that God would guide her along her path, and faith in her ability to be a mom, even at 18.

During the game, which saw Ohio State beat Michigan 56 to 27 and Johnson share the player's intimate past, J.K. Dobbins happened to play his personal best. As For the Win details: "With an incredible 33-yard touchdown run in the middle of the fourth quarter, he notched his first career four-touchdown game."

While Mya might call her son a "miracle baby," perhaps the real miracle lies in the path that God laid down for Mya and her son, and for other pregnant young women who might be making similar life and death decisions.

—aleteia.org



Mom refuses doctors' advice to abort baby 10 times...

A British mom, Chloe Conlin, 21, was told by doctors that if she went ahead with her pregnancy, her unborn daughter would not make it to her first birthday. Conlin, who had already experienced a stillbirth, decided to ignore the doctors' advice and went on to give birth to a little girl called Miyah 14 months ago.

The baby was born with right atrial isomerism, which meant she only had half a heart. As Conlin explained to the Daily Mail: "When I was pregnant they told me to have an abortion over 10 times because they said she wouldn't be compatible with life, it would be a real struggle and she probably wouldn't live until her first birthday." Luckily for Miyah, the determination of her young mom proved enough to mend her little heart after she underwent open-heart surgery on Christmas Eve last year at the famous children's hospital, Great

Ormond Street in London.

After the operation Miyah went from strength to strength, and is now even taking her first steps as she celebrates her first Christmas away from the hospital ward. She's beginning to talk and is reaching the milestones doctors believed she'd never make.

Although the doctors can't actually mend her heart, they can try and help prolong her life. This will entail an operation in the next couple of years when her condition starts to deteriorate, followed by check-ups a few times a year, and then it will be down to God as to how long little Miyah's heart will keep on beating.

In the meantime, Miyah will spend Christmas surrounded by her family and a heap of presents celebrating the life she's been given with hope for more wonderful Christmases to come.

—aleteia.org



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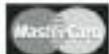
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NOTO offers continuing activities

Make plans now to attend the NOTO Arts and Antique Festival, a two-day show and sale event featuring high quality art and antiques from the region and beyond. The festival will also feature an array of workshops offered by local experts on topics related to the arts and antiques. It will be held this year on March 20-21 at the Great Overland Station.

Applications to exhibit must be submitted no later than February 23, 2020. Early submissions are encouraged as the selection process will commence upon submission.

Booth fees for submissions made before January 20 are offered at a discount of about 20%.

For more information visit <https://explorenoto.org>.

NOTO Arts & Entertainment District is seeking 2D art depictions in any media from area High School students, for eight banners that will hang on light poles in the district for the Spring months of March, April and May. For more information contact Staci Ogle at staci.ogle@notoartsdistrict.org. Entry deadline is Jan. 20.



And of course, North Topeka hosts First Friday like no other place in Topeka! Topeka Arts District has become an attraction to Art Lovers and History Buffs alike with beautiful scenes of art and history. The restaurants, locally owned shops, art galleries and studios have become a favorite art walk destination.

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.

On Jan. 17 it's 3rd Friday's NOTO Night Out. As every 3rd Friday, many NOTO merchants stay open late. Live music and food specials are also featured.

Don't forget to check out the new Redbud Park across from the Arts Center!

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Donate, Finances: 785-354-1744 ext. 316
Volunteers, Tours: 785-354-1744 ext. 393

600 N. Kansas Ave. Topeka, KS 66608
P.O. Box 8350 Topeka, KS 66608

www.TRMonline.org • trm@trmonline.org

Come and be a part of what God is doing at

Family of God Church

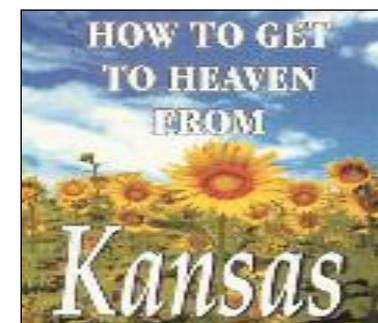
1231 NW Eugene St.
Sunday 10:30am & 6:00pm
FOGchurch.com

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 Highlighted in Blue in print, our online calendar and promoted in social media for only \$29!

CONCERTS

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

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-preshow, 7PM showtime, Ottawa Memorial Auditorium, 301 S Hickory, Ottawa. Tickets are \$10 and only at the door. Ph. 785-214-0013, email grandoprny@gmail.com.

January 11th – Special guests are Rex Peterson and Mike Arnett! January 25th – Special guests are Jim Winters and Ronda Harmon! February 8th – Special guests are Duke Mason, Ginelle Esry, and Mike Bland! February 22nd – Special guests are Lorena Prater, Jason Richison and Kinley Taylor Rice!

LIVE MUSIC FRIDAYS – Jan. 3, 10, 17, 24, 31, The Weather Room at Cyrus Hotel, 920 S. Kansas Ave. 866-266-3500

JAM4DAN13 – Jan. 17-19, The Celtic Fox, 118 SW 8th. 3-day music benefit honors Dan Falley & raises scholarship funds to give youth an opportunity to further their musical studies. For info: Facebook @Jam4Dan13

LOCAL LIVE! OCEANSIDE HOTELS – Jan. 18, 8pm, TPAC. Tickets available at the box office

WINTER JAM 2020 - Jan. 24, Sprint Center. \$15. Crowder, Andy Mineo, Hillsong Young and Free, Red, Building 429, Austin French and Newsong. Prelim artists will include Riley Clemmons, Zauntee, and speakers Zane Black and Billy Ballenger. jamtour.com

SPECIAL CHURCH EVENTS

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

ship service will follow at 7:00. 785-478-3697 or www.swumc.org/wesley-cafe-sign-up1.html.

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

INSIDE OUT FELLOWSHIP – Every Saturday, 6:30pm. Faith Temple Church, 1162 SW Lincoln. For info: 785-380-7031 or rhaggertyjr@hotmail.com

JOURNEY STARTS HERE BABY EXPO – Jan. 4, 10-12pm, Fellowship Bible Church, 6800 SW 10th Ave. Free. Connect with other parents and resources within Shawnee County as they partner with you all through pregnancy and into early parenting years. Speakers, vendors, cake and each expectant mom will receive a goody bag while supplies last. This will be at both church locations.

EPIPHANY CELEBRATION – Jan. 5, Kansas Ave United Methodist Church, 1029 N Kansas Ave. "What Love Can Do For You." A collection of nativities will be on display and assorted chocolate treats will be served at 4:30pm. A program of music and pageantry depicting the arrival of the wise men will follow at 5:30pm. For questions, call 785-234-0507.

STEWARDSHIP WORKSHOP – Jan. 9-10, 7pm, St. Luke Missionary Baptist Church, 2222 SE Madison.

CHRIST THE KING FUNDRAISER – Jan. 16, 4-9pm, Jason's Deli, 6121 SW 12th St Ste 400. Mention Christ the King school when you Dine In and 25% of your purchase will be donated to the school.

26TH ANNUAL BIRTHDAY CELEBRATION FOR MARTIN LUTHER KING JR – Jan. 20, 7:30pm, El Shaddai Ministries Church, 920 SE Sherman Ave. A soup supper will proceed the program at 6:30 pm.

SEMINARS & CONFERENCES

MEDICARE MONDAYS – First Mon. ea. month, 1-3pm. Topeka/Sh. Co. Public Library, 1515 SW 10th. Jayhawk Area Agency on Aging offers Senior health insurance counseling. For info: 580-4545 or nholn@tscpl.org

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.

BADMINTON – Mon. & Fri. 6-8pm, First Baptist Church, 30th and MacVicar. Topeka Badminton Club invites players of all ages and skill levels to come for informal games. The fee is \$3 per night. Free instruction upon request. Susan at 267-4906.

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.

TOPEKA SWING DANCE - Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. www.topekasingdance.com.

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

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.

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

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

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. www.wesquardance.com

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

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

CREATIONS OF HOPE GALLERY - Opening reception Jan 3 from 5 pm - 8 pm as part of the First Friday Art walk, for the featured artist for the month: Irene Haws.

TRUTH IN COMEDY – Jan. 4, 7-9pm, Jayhawk Theatre, 720 SW Jackson St. Three individuals will tell a very personal story from their life, aka their truth, where they will be very open, honest, and vulnerable. Afterwards, a comedian will perform a set inspired by the story. At the end of the night, an artist will present a triptych they created inspired by the stories as well. For info: truthincomedy.com

TOPEKA FARM SHOW – Jan. 7-9, Exhibition Hall, Landon Arena. For info: tradexpos.com/topeka-farm-show.

CSAive "POWER" LUNCHEON – Jan. 9, 11:30-1, at Harley Town/Evel Kneivel Museum. Photos and updates on Israel and travel opportunities, by Lee Hartman and Gary Roten.

• 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: Feb. 13, 11:30-1, C5Alive POWER Luncheon and Speed Networking at Fairlawn Plaza Mall.

LIFTING SEMINAR - Jan. 11, 11am-3pm. Resilience Training, 301 SE 53rd St. Lifting seminar with Rae Stewart! \$30 fee, must sign up an&d pay by Jan. 4. For ages 13+. Proper form for 4 main lifts, Best way to reach your PR, Attempt to PR on your lifts with coaching. Local gym owner Holly Torrez will host.

'FREE AT LAST' Emotional Wellness Expo – Jan. 11, 10am-5pm, The Four Points by Sheraton, 530 Richards Dr, Manhattan. A day filled with connection, support, peer-to-peer insights, awe inspiring recovery stories, proven tools & strategies, kindness, understanding and joyful possibility. Doors open at 9. The only goal in mind..... To help you form for 4 main lifts, Best way to reach your PR, Attempt to PR on your lifts with coaching. Local gym owner Holly Torrez will host.

PRAYER ON THE HILL – Jan. 13, 10am, Kansas State Capitol. Come and pray for the first day of the Legislative Session and legislators and their families, attend hearings, pray in the gallery and speak truth to the ones who are representing us. A light lunch and a meeting at 2pm. For info: www.cultureshield.com, 316-516-0777 or donna@cultureshield.com

RIVER STORIES WITH TED DECKER – Jan. 15, 6:30-8:30pm, Dirty Girl Adventures: Compass Point, 800 N. Kansas Ave. Join us for an epic tale from the Missouri River from adventurer Ted Decker! Ted has kayaked the Missouri River from Atchison to St. Louis SOLO numerous times. Ted will bring photos and his gear and some surprises with him. Doors open at 5:30pm for drinks and shopping.

FRIENDS BOOK & MEDIA SALE – Jan. 18, 9-3pm & Jan. 19, 12-3pm, Topeka/Shawnee Co. Library, 1515 SW 10th Ave. Bring your tote and shop for books, DVDs, CDs, audiobooks and records. For info: 785-580-4400

RALLY AND MARCH FOR LIFE – Jan. 22, 12:30 pm (March for Life from TPAC to Capitol). 12:45 pm (Rally for Life at Capitol south steps). Workshops, displays, etc. from 8:30 am to 3:30pm. For info: www.kfl.org,

785-383-8636

MONSTER BUCK CLASSIC – Jan. 24-26, Stormont Vail Events Center.

REVIVE Topeka – Jan. 24, 7-9pm, Big Gage Shelter House. An initiative to bring all the churches in Topeka together in one accord to pray for the peace and prosperity of Topeka. revivetopeka@gmail.com or 785-215-5664.

BLEEDING KANSAS 2019 - Sundays from Jan. 26-Mar. 1, 2pm, Constitution Hall Historic Site, 319 Elmore, Lecompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$3 adults, \$1 students. Children five & younger free.

KANSAS DAY AT THE MUSEUM – Jan. 29, Kansas Museum of History, 6425 SW Sixth Ave. Dennis Rogers, American Indian performer and educator, shares his culture in music and dance. STEM Activities, old time craft demonstrations, and standards-based activities. Free. Registration required for groups of ten or more. 785-272-8681

TOPEKA BOAT & OUTDOOR SHOW – Jan. 31 and Feb. 1-2, Stormont Vail Events Center.

PASTOR'S DAY AT THE CAPITOL – Feb. 6, 9-2:30pm, Kansas State Capitol. Join with fellow pastors to pray for our Kansas Government. Come early or stay after for more enriching opportunities

NIGHT TO SHINE PROM – Feb. 7, University Christian Church, Manhattan, KS. Night to Shine, sponsored by Tim Tebow Foundation, is an unforgettable prom night experience, centered on God's love, for people with special needs ages 14 and older. For info visit www.mhkpdr.com/, or call 785-776-5440.

BEGINNER DANCE LESSONS – Feb. 10, 7:15pm, Trinity Presbyterian Church, 4746 SW 21st St. Teaching square dancing and line dance. Free. For info: 785-554-7221

HARLEM GLOBETROTTERS – Feb. 10, Stormont Vail Events Center.

KFL VALENTINE BANQUET WITH TIM TEBOW - Feb. 11, 5pm - Silent Auction. 7pm - Dinner & program. Overland Park Convention Center, 6000 College Blvd, OPKS. Come huddle with Tim and Kansans For Life as we take the field to protect unborn lives in Kansas.

NAMI KANSAS MEET & GREET – Feb. 14, 10am-9pm,

BLEEDING KANSAS

PROGRAM SERIES 2020

CONSTITUTION HALL STATE HISTORIC SITE | HISTORIC LECOMPTON

2 p.m. Sundays • Suggested donation \$3 adults

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



JANUARY 26	<p>"Kansas Day" remarks by Laura Kelly, Governor of Kansas</p> <p>Winter School Restoration by project director Dan Rockhill, Rockhill and Associates and J.L. Constant Distinguished Professor of Architecture at the University of Kansas School of Architecture, and former state Senator Winton A. Winter, Jr. and Katie Winter M.A., education interpretive specialist.</p>
FEBRUARY 2	<p>The Most Famous Unknown Room in America</p> <p>by T. Kevin Griffin, Major (Retired) & MA</p>
FEBRUARY 9	<p>They Put Up More Than Hays: Joel and Emily Groves, Their Barn, and the Underground Railroad</p> <p>by Judy Sweets, historical researcher and genealogist [PeachHistory] and Kary Alenbatal, historian and John Brown interpreter.</p>
FEBRUARY 16	<p>Rake, Ramble, and Father to a U.S. Vice President: O. A. "Captain Jack" Curtis</p> <p>by Deb Goodrich Host of "Around Kansas" TV Show and Garvey Foundation Historian in Residence, Fort Wallace Museum</p>
FEBRUARY 23	<p>The Hidden History That Is Quindaro (And Why It Should Be Hidden No More!)</p> <p>by Jim Ogle, Executive Director, Freedom's Frontier National Heritage Area.</p>
MARCH 1	<p>A Shield Against the World: Openklymnia and the Civil War in Indian Territory and Kansas</p> <p>by Michelle M. Martin, Doctoral Candidate- Department of History, University of New Mexico.</p>

Constitution Hall State Historic Site
 319 Elmore, Lecompton, KS • 785-849-6529 • www.lecomptonkansans.com

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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.

Jan. 9, 11:30-1 – "POWER" Luncheon at Harley Town/Evel Kneivel Museum. Presentation & Travel info on Israel by Lee Hartman & Gary Roten

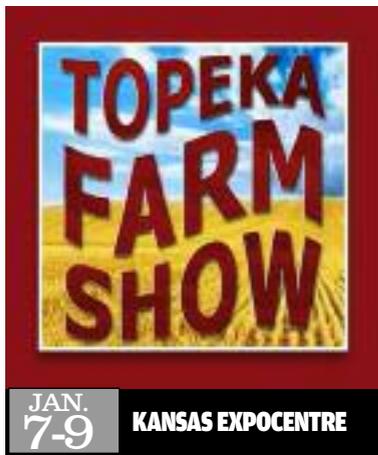
To RSVP or for info about membership & sponsorship:
info@C5Alive.org or 785-640-6399 • Open to the Public!

- Feb. 13, 11:30-1, **POWER LUNCHEON**
- Mar. 12, 11:30-1, **POWER LUNCHEON**
- Apr. 9, 11:30-1, **POWER LUNCHEON**

• APRIL 11, 2020: **EASTERFEST**

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





second level at West Ridge Mall near Furniture Mall. Get to know the NAMM Kansas staff and learn about its mission of self-help education, support, and advocacy for people with a mental health diagnosis and those who love and support them. Also, learn more about volunteer opportunities. Open House from 10am to 9pm; Movie at 5:30pm: "Bipolar Rock N' Roller" - A raw and revealing SHOWTIME documentary chronicling the prolific combat-sports broadcaster Mauro Ranallo and his lifelong battle with mental illness. (viewer discretion is advised) Bring a comfy chair, pillows, blankets.

ANNUAL ARAB SHRINE CIRCUS - Feb. 28-29 and Mar. 1, 7pm, Stormont Vail Events Center. For info: arabshrinecircus.com or 785-221-4523

TOPEKA LIONS JOURNEY FOR SIGHT 10K/5K RUN/WALK - Apr. 4. Info and registration: topekaliions.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

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 TROUPOUS - Every Mon. 6pm, Cornerstone Comm. Ch., 7620 SW 21st. Faith-based scouting programs, age 5-18. Register at cornerstonetopeka.com. 478-2929.

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

THE FORCE (Students Taking Action) - 1st Mon. & 3rd Tue., 6:30-8pm, Safe Streets, 2209 SW 29th St. Committed to being alcohol & drug free. Associate with like-minded peers, plan activities & get involved in the community. Youth 12-18 invited. 266-4606.

HEARTLAND HEALTHY NEIGHBORHOODS - 2nd Mon.,

11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365.

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

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

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: daddysgirlsincc@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, Indian Creek Elementary School, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. No assembly in

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, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday. For Info: 785-224-8803.

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

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

MONTHLY SCORE MEETING - 1st Sat., 8-9:30am, Washburn Tech, 5724 SW Huntoon (enter east doors

facing Huntoon). No RSVP or fee is required. Small business owners are invited to a Breakfast Roundtable discussion with members of SCORE (Service Corps of Retired Executives). Info: 234-3049.

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

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

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. Info: 785-232-2044 ext.341

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings. 2nd Monday of the month, 3:30pm, Topeka public library, Anton Rm. 3rd Friday of the month, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka

ABORTION RECOVERY SUPPORT - Providing services for women & men who suffer from Post-Abortion Syndrome. 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

FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP - 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

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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, Pozez Education Center of Stormont Vail Hospital, 1505 SW 8th St. Serving anyone who has lost a loved one by suicide.

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

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

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

DIVORCECARE PROGRAMS – (For 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.

CELEBRATE RECOVERY – Every Thur., 6:45pm, Covenant Baptist Church, 5440 SW 37th St. A Christ-centered recovery program for anyone with any hurt, pain, or addiction of any kind. A safe place to find community and freedom. Free childcare available. Follow Celebrate Recovery Covenant Baptist page on Facebook or call 785-220-4850

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.

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

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.

Sharknado! A Kansas find reveals a 17-foot, long-extinct shark species

Kansas was once home to a shark species. A whopper.

Paleontologist Mike Everhart found a rib from a plesiosaur — an ancient ocean reptile — on the Ringneck Ranch in north-central Kansas in 2009. He returned in early spring 2010 searching for more bones.

Everhart brought a friend, Gail Pearson, and Pearson's friend Fred Smith. Both men had experience hunting fossils.

But Smith, Everhart said, was bored and decided to search elsewhere. Five minutes later, Smith came back and told Everhart he found a piece of petrified wood.

"There was this round fossil on one end and another round fossil on the other end, to him, it looked like a tree branch," Everhart said. "I took one look at it and said, 'No, Fred, that's a shark.'"

The ground was muddy that day, which made searching for more fossils impractical. Then a snowstorm hit the ranch. Everhart and the group came back a month later and began finding vertebrae and shark teeth.

In November, the Journal of Vertebrate Paleontology published an article detailing the shark finding by Everhart and shark fossil expert and paleontology professor Kenshu Shimada.

They'd discovered a long-extinct shark species that had navigated waters that once covered Kansas.

The Cretodus specimen they found was reported to be a 91-million-year-old shark that was roughly 17 feet long and the size of a modern-day great white.

Ringneck Ranch owner Keith Houghton said the land has been in his family since the 1870s.

"I grew up in the environment," Houghton said. "We used to go up there and search the area ourselves when we were kids. Mostly looking for fossils."

Everhart said the ranch is composed of blue hill shale and the ground erodes continuously.

"It's pasture land and there are places that the gray shale is exposed," he said. "If



you look in those places, you can occasionally find fossils."

As the group uncovered more shark pieces, Everhart brought Shimada in on the search for more remnants.

"When you're picking up one shark tooth at a time, you don't get much of an idea of how big the shark is or what it looks like," he said. "But in this case, we found, you know, like 80 vertebrae and 130 teeth."

Uncovering ammonites — extinct mollusks — clamshells and invertebrate material in the area is common, Everhart said. Locating a shark in the area is not.

But the Ringneck Ranch area sits at the edge of what was once the Western Interior Sea — 66 million to 145 million years ago during the Cretaceous period.

"I don't know of any other place that you can collect something like this in the Blue Hill shale," Everhart said.

Houghton became friends with Everhart before the discovery of Cretodus. A retired pilot, Houghton was flying at the time and didn't hear about the discovery on his ranch for a few days.

"This Blue Hill Shale region typically is not a fossil-rich environment, but for some reason this one area is."

Eventually, the shark will be displayed at the Fort Hays State University's Sternberg Museum of Natural History — where Everhart is the adjunct curator of vertebrate paleontology.

"We don't have any great expectations because we don't know what's there," Everhart said. "We've picked up everything so far that we've seen, and we'll keep checking on it and hoping to find something else."

—Corinne Boyer covers western Kansas for High Plains Public Radio and the Kansas News Service, ksnewsservice.org.

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A new series to begin at TPAC

The Topeka Performing Arts Center has announced Local Live! - a new event showcasing local bands and musicians. The inaugural event will take place Saturday, January 18th at 8pm featuring Topeka's own Oceanside Hotels. Tickets are available at the box office.

Local Live! will focus on spotlighting local, musical talent. Utilizing our beautiful art deco lobby as a performance space we aim to create an intimate venue which will enhance this unique music experience. "We want to meld together the historic and iconic Topeka Performing Arts Center with the Topeka community," stated Larry Gawronski, Executive Director of Topeka Performing Arts Center.

Oceanside Hotels is a band with a catchy, old-school sound blended with modern indie rock to create a truly unique experience. They play a set of entirely original songs ranging in style from dance inspired to hard driving rock with tasteful touches of nostalgia.

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entertainment

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Little Women is faithful to the classic with a modern energy

by Michael Foust

It's not your typical Christmas blockbuster but it's no less anticipated by many who prefer good dialog and stories over special effects. Little Women, now showing, is getting kudos for a storyline based on biblical values of kindness, charity, and selflessness but with a modern energy.

Published in the late 1860s, Louisa May Alcott's coming-of-age book Little Women tells the story of four sisters on the brink of womanhood: Meg, Jo, Beth, and Amy March. Under the watchful eye of their beloved mother, Marmee, the March sisters navigate love, friendship, loss, hopes and dreams in the aftermath of the Civil War.

Oscar-nominated director Greta Gerwig directed the latest film adaptation of Little Women, opening Christmas Day. The period drama stars Laura Dern, Meryl Streep, Timothée Chalamet, Emma Watson, Saoirse Ronan, Florence Pugh and Eliza Scanlen.

Award-winning actress Laura Dern stars as Marmee, the March family matriarch. Kind, loving, and quietly strong, Marmee is the family's rock and moral compass, holding her family together while her husband is away working as a chaplain during the Civil War.

Throughout the film, Marmee models biblical values for her four daughters. She gently reminds a defiant Jo to "not let the sun go down on your anger," (Ephesians 4:26), feeds the poor and widowed, and silently prays over her ailing daughter.

"Motherhood is profoundly spiritual, whatever that is for anyone," Dern said of her character. "You're diving as deep as possible to find the truth, or certainly Marmee is, and from that place, hopefully inspiring your girls to be truthful about who they are."

"Real spiritual connection is about being who you are and being honest and being messy and complicated and having faith in that being your gift to the world, not withholding or suppressing," she said. "I love that this story is about a mother honoring her girls for being all that they are. And that's revolutionary and very modern, I think."

Alcott famously based her book's protagonist, Jo, on herself. Independent and



fearless, Jo defies Victorian expectations of what it meant to be a woman. An aspiring writer, Jo, like Alcott herself, feels the burden of caring for her family — even selling her own hair to a wig-maker to cover Marmee's travel expenses.

Jo is played by Academy Award-nominated actress Saoirse Ronan, who stated she was drawn to her character's fierce loyalty to her family and determination in the face of overwhelming odds.

"I think often you'll gravitate toward roles that you can sometimes see yourself in, the good points and the bad points," Ronan said. "But then also they may have things about them that you would like to be, that you would aspire to be. I liked that she was as driven as she was and she was protective over her work. That was sort of everything to her, but it stemmed from something very genuine and authentic, which was her family and her love for her family. I liked that, at the end of the day, [her family] would always be her inspiration."

Beth, the third March girl, is shy, musical, and sweet — and tragically meets her death after contracting scarlet fever. Alcott based Beth on her second-youngest sister, Lizzie, who also died from the disease.

Australian actress Eliza Scanlen, best known for her role on the HBO series "Sharp Objects," brings Beth March to life. According to Scanlen, Beth is easily one of the most misunderstood characters in Little Women.

"Beth his not just a young girl slated for death; she doesn't surrender to it," Scanlen said. "I think she's quite angered by her

death and finds a way to accept it. And as a result, she has some kind of spiritual advancement and this really profound understanding of the world and her fate. That was something really interesting to tap into."

According to Scanlen, Beth, a talented pianist, is an "artist in the truest sense."

"She doesn't have any ambition that requires her to venture out into the public sphere to kind of showcase her work," she explained. "It's something that she's happy sharing with her sisters and keeping it a sacred part of their family, which I find really lovely."

Amy March, the youngest of the bunch and one of the most polarizing figures in Little Women, is played by newcomer Florence Pugh. Initially selfish and vain, Amy grows to become an accomplished and poised artist. Practical and determined, Amy seeks to break out of poverty — and for a woman, as Aunt March (Meryl Streep) continually reiterates — that means marrying a wealthy man.

In Gerwig's adaptation of Little Women, Amy is given the opportunity to be "passionate and brave and to have ambition" and for the audience to "quite clearly see that she made a choice," Pugh said. That choice, she added, was rooted in "safety and looking out for the future of her children."

"That's kind of the decision that she makes between studying or marrying rich, which is the complete opposite to Jo," Pugh said, adding: "It was so much fun playing these sisters with all of these girls."

—ChristianPost



'Star Wars VIII: The Last Jedi' leads this month's streaming lineup

By Michael Foust

Streaming this month:
Star Wars VIII: The Last Jedi (Disney Plus) — It's the Star Wars movie that fans either loved or hated, and it had more big twists than an episode of 24. On Dec. 26, it moves from Netflix to Disney. It's rated PG-13 for sequences of sci-fi action and violence. It also includes minor language.

Also worth streaming this month:

For adults/teens

The Two Popes (Netflix) — It's a half-true, half-fictionalized story of a meeting between Pope Benedict (Anthony Hopkins) and Cardinal Bergoglio (Jonathan Pryce), who later became Pope Francis. Although the meeting apparently never took place, the movie drew its inspiration from key differences between the two men. It's entertaining and educational. Dec. 20.

Broken (Netflix) — It's a four-part documentary that takes a critical look at the production of four products: plastics, makeup, vaping and disposable furniture. It challenged my beliefs, even if I didn't agree with everything that was said. Rated TV-14. It entered the lineup in November.

For children

Wonder Park (Hulu, Prime) — A young girl loses but then rediscovers her joy for life — and creativity — after her mom becomes sick. Rated PG for some mild thematic elements and action. Dec. 30.

Secret Life of Pets 2 (Netflix) — City dogs Max and Duke (and their friends) learn about life in the country. The film spotlights the unique bond between pets and children, and is even better than its predecessor. Rated PG for some action and rude humor. (It also contains one "p—ed.") Dec. 27.



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

Kanye West drops another new album: 'Sunday Service: Jesus is Born'

Kanye West released the much-anticipated album "Jesus is Born," on Christmas Day. It's the second Gospel album since the October release of "Jesus is King," which reached #1 on the Billboard top 200.

An official press release naming West as the executive producer of the album also states: "The Service features gospel-inspired remixes of classic songs of different genres, and also straightforward choir-led gospel tunes. The mix of hip-hop and spirituality has drawn great crowds and continues to inspire globally."

Forbes Magazine describes the new Kanye album as "a rapturous, honest-to-



goodness gospel album, a moving proclamation of faith and a reminder of what its creator can do when he gives his ideas time to incubate."

The new album, "Jesus Is Born," is already receiving rave reviews from old

and new fans. Featuring 19 new tracks with titles like, "Count Your Blessings," "Revelation 19:1," "Balm in Gilead," and "Satan, We're Gonna Tear Your Kingdom Down," there's a little something for everyone on the new album.

Kanye West and the Sunday Service Choir have been making headlines with pop-up services at places like Coachella, Lakewood Church with Joel Osteen, and most recently at the Lincoln Center with a play called "Mary," describing Jesus' birth from the perspective of His mother.

—Wire services





'Playing With Fire' is funny, family-friendly and surprisingly good

By Michael Foust

Jake Carson is a straight-laced superintendent of a group of smokejumpers—elite firefighters who parachute into wildfires to rescue the stranded and save houses from destruction.

He's never met a joke he thought was funny. He's also never met a child he thought was cute.

For the single Carson, the meaning of life is smokejumping and climbing the career ladder. Dating is a waste of time. So are children.

But then Carson and his crew rescue three kids from a cabin in the middle of the forest.

Their parents are away for the night, which means they'll have to eat dinner and sleep back at the fire station.

Carson quickly sets the ground rules: "This depot is not a playground."

Unfortunately for Carson, these kids aren't the sit-down-and-be-quiet type. One is an energetic little girl. The other is a curious get-into-everything boy. And the third is a wise-cracking teenager.

Can Carson survive the night? Or will these three children teach him how to laugh—and perhaps even how to love?

Now in theaters, the children's comedy *Playing with Fire* (PG) stars pro wrestler John Cena (Ferdinand) as Carson; Keegan-Michael Key (*The Lion King*, 2019) as Mark, a smokejumper; John Leguizamo (*Ice Age* series) as Rodrigo, another smokejumper; and Judy Greer (*Ant-Man*) as Carson's romantic interest, Amy Hicks.

Playing with Fire is a slapstick comedy film in the same genre as *Home Alone* and *Peter Rabbit*—but with far less violence. And unlike *Home Alone*, it contains no coarse language. Most kids will love it.

Thankfully, it's also a movie that outperforms its trailer. It contains plenty of laughs for mom and dad. Even better, it has a family-centric plot—and a great foster care angle.

Key and Rodrigo are the funniest, but Cena provides a few chuckles, too.

Along the way, moviegoers learn about smokejumpers. (Such as: Did you know there are only about 330 of them in the U.S.?)

Warning: minor/moderate spoilers!

(Scale key: none, minimal, moderate, extreme)

Violence/Disturbing

Minimal. Children are trapped in a cabin that's on fire. (They're quickly rescued.) A laughing toddler grabs a nail gun and starts shooting it at a man. (It's played for laughs.) An automobile, driven by a

teen girl, nearly falls off the side of a cliff. (She and the passengers are rescued.)

Sexuality/Sensuality/Nudity

Minimal. A married woman jokes about Carson being attractive. ("My husband sells insurance," she says. "Take me with you.") The muscular Carson (Cena) is seen two or three times without his shirt. (He quickly puts a shirt on each time.) A man is called a "stud." The children arrange for Carson and Hicks to have a date. (The movie ends with a kiss and them marrying.)

Coarse Language

None.

Other Positive Elements

Even though the film is a comedy, we see the heroics of smokejumpers on display.

Other Stuff You Might Want To Know

We see a bottle of alcohol. A few of the men drink the alcohol in small kiddie cups. (It becomes a running joke.) But they don't become drunk. We learn that some of the characters (including Carson) lost their parents at a young age. We see a wine bottle emoji.

Life Lessons

Work isn't the meaning of life: At one point, Carson asks, rhetorically, "Without this job, who am I?" Eventually, he learns that friends and family are more important.

The world needs first responders: As long as we're building civilizations near forests, we need heroes like Carson and his men.

Children are a blessing: It takes a while, but Cena finally discovers this.

Worldview/Application

Playing with Fire was produced in partnership with Nickelodeon Movies—a company known more for goofiness than emotional-laden stories.

This film, though, hits the bullseye on a few key messages. Like the priority of family. And the blessings of childrearing. And the importance of a mom and a dad.

It's not a classic like *Home Alone*, but thanks to a family-friendly script—it's clean enough for all of my young children—it may be worth a trip to the theater.

Final Verdict

Most critics are panning this film, but I suspect they didn't watch it with a kid. Maybe they're just like Carson—and need to loosen up.

The humor is truly funny, and it stays in appropriate territory. I enjoyed it.

The 10 best family-friendly films of 2019

by Michael Foust

It's not easy finding a film the whole family can watch, but 2019 gave us several movies that fit in that unique category.

Some – like *The Pilgrim's Progress* – should be viewed by every Christian kid on the planet. Others – like *A Hidden Life* – are more appropriate for tweens, teens and above.

Here are my 10 favorite family-friendly films of 2019:

(An asterisk notes a film may not be appropriate for young children.)

Toy Story 4

Sheriff Woody and a new friend, Forky, go on an RV road trip with their owner, Bonnie, and her family. But nothing goes as planned. Woody and Forky become separated from Bonnie, and then they get stuck in an antique shop. And then Woody runs into a long-lost friend: Bo Peep. Will Woody ever see Bonnie again? I didn't



like the film's ending, but that doesn't mean it isn't family-friendly. It is. Rated G.

Little Women*

It's the famous story about four sisters growing up and finding their way in life. This well-done 2019 adaptation stays true to Louisa May Alcott's 1868 novel – Jo is still skeptical of marriage and Meg is the first to wed – and is set in the 19th century (unlike the also-enjoyable 2018 version). Thankfully, *Little Women* stays in family-friendly territory. Rated PG for thematic elements and brief smoking. It contains no coarse language or sexuality.

A Hidden Life*

A Catholic farmer in Austria refuses to fight for the Nazis – believing Hitler is evil – and is executed. The film is based on the true story of Franz Jägerstätter, a family man who withstood pressure from his village and his country to stand up for what was right. The three-hour film was directed by Terrence Malick (*The Tree of Life*) and is as inspiring as it is gut-wrenching. Rated PG-13 for thematic material including violent images. It contains no coarse language.

Overcomer

It was the sixth movie from faith-based filmmakers Alex and Stephen Kendrick, and it received a rare A+ CinemaScore from moviegoers. The film follows a career-centric high school basketball coach who grows discouraged when his best players move out of town and he is forced to coach cross country – a sport he



hates. He then encounters an ailing blind man who – despite being near death – is filled with joy. It's rated PG for some thematic elements and contains no coarse language.

Breakthrough*

It's the true faith-based story of a Missouri teenage boy who falls through an icy pond and is under water for 15 minutes before he is pulled to the surface. He is presumed dead after being rushed to the hospital but regains a pulse when his mother starts praying over his body – 45 minutes after he stopped breathing. It stars Chrissy Metz (*This Is Us*) as the mother. Rated PG for thematic content including peril. It includes minor language (two instances of h-ll and a couple of OMGs.)

The Pilgrim's Progress

It's a marvelous animated retelling of the famous story by John Bunyan, and follows a man named Christian who journeys from the City of Destruction to the Celestial City. Just like the 1678 novel, it is filled with allegory about the believer's daily walk. (For example, Christian stumbles upon the legalistic Morality Hill and falls into the quicksand-like Swamp of Despondency.) It stars John Rhys-Davies (*Raiders of the Lost Ark*, the *Lord of the Rings* series).

The Lion King

Disney released four live-action remakes in 2019. This one was my favorite. *The Lion King* tells the story of a guilt-ridden lion cub named Simba who flees his prideland after wrongly thinking he was responsible for his father's death. When a wicked lion named Scar takes the throne, Simba returns to the prideland to restore order. *The Lion King* is a visual masterpiece and includes positive messages about second chances and family. Rated PG for sequences of



violence and peril, and some thematic elements.

Run the Race*

A high school quarterback named Zach views football as his ticket out of his small town but is devastated when an injury sidelines him. His girlfriend (Ginger) and his brother (Dave) – both Christians – encourage him but also help him gain an eternal perspective. Tim and Robby Tebow served as executive producers. Rated PG, it contains no coarse language or sexuality.

Beautiful Day in the Neighborhood*

A hard-nosed magazine reporter sees his outlook on life and family change after interviewing Fred Rogers of *Mister Rogers' Neighborhood*. Tom Hanks masterfully plays Rogers as a man who is the same type of person in private as he is in public. The movie also depicts Rogers as a man driven by his Christian faith. The PG film includes minor language -- h--- (4), OMG (2), d--n (1) -- but none of it is spoken by Rogers.

Secret Life of Pets 2

Big city canines Max, Duke and their friends try and survive life in the country. That's not the only change in their lives: Katie – Max and Duke's owner – has a new baby. *The Secret Life of Pets 2* celebrates the unique bond between pets and children. It's 99 percent family-friendly – one dog says "pi--ed" – and contains only one or two scenes that sensitive children would find disturbing. I liked it better than its predecessor. Rated PG for some action and rude humor.

*Might not be appropriate for young children.

Michael Foust is the father of four small children and the husband of an amazing wife named Julie. He has covered the intersection of faith and entertainment more than 15 years.

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5 Tips to Shed Those Pounds in the New Year

Maybe you want more energy, or perhaps you want to lose weight and keep it off for good. Whatever your goals, a new year means a fresh start to become the best version of yourself.

Here are five tips from Nutrisystem experts to get your scale moving in the right direction and support your long-term health.

1. Skip “diet” drinks: Of course, you know not to order the regular cola with your meal, but you figure the lower-calorie diet version is an okay choice. Not necessarily. One recent review of research found that artificial sweeteners often used in diet drinks may not be as beneficial for weight management as intended, and that drinking them regularly may be linked to an increased body mass index. If you want something fizzy, opt for seltzer with lemon or lime. But if you can’t stop dreaming of that diet soda, it doesn’t have to be completely off-limits. Just try to

cut back. Moderation is key!

2. Drink more water: Every part of your body needs water to work properly. When you don’t get enough, your body can’t perform normal functions, which can drain your energy. More fatigue means less physical activity. Plus, mild dehydration is often masked as hunger -- prompting you to grab a snack when all you really need is water. Nutrisystem experts recommend drinking at least eight, 8-ounce glasses daily.

3. Slow down: It takes 20 minutes for the “I’m full” signals from your stomach to reach your brain. When you inhale your food, it’s much easier to eat more than your body really needs. One review of 23 studies found that fast eaters were about twice as likely to be obese, compared to slow eaters. To help slow down, take smaller bites, chew 10 to 15 times and put your fork down between each bite.

4. Don’t eyeball portions: “The super-sized meals at restaurants have given us a skewed view of proper portion size,” says registered dietitian for Nutrisystem, Courtney McCormick.

Even if you’re tracking your food intake with an app or food journal, overestimating portions can sabotage progress.

McCormick’s solution: Measure portions -- not forever, but for a while at the start. Doing so will help you get a visual of what portions should actually look like. You may also consider eliminating some of the guesswork with a program, such as Nutrisystem, that offers pre-portioned, nutritionally-balanced meals.

5. Reduce stress: Stress can cause your body to burn calories more slowly, which could lead to weight gain, according to a study. Plus, stress increases hormones that stimulate appetite, and the foods you’ll



crave for comfort tend to be high in fat and sugar. Help manage stress with deep breathing, meditation, exercise, hanging out with friends or listening to music.

More tips on jump-starting your weight loss goals can be found at

nutrisystem.com.

With these tips for the new year, you’ll be on the road to realistic weight loss achievement and have more energy for your day-to-day life.

—StatePoint

How a Career Helping Others Can Make You Happier

There’s no doubt about it -- what you do each day for work can make a huge impact on your overall well-being. According to a Society for Human Resource Management survey, key job satisfaction aspects include job security, respect, trust and a positive and healthy environment. If you don’t have these things in your workplace, you may be considering making a career shift.

Studies suggest that workers in professions focused on serving other people tend to be the happiest and most satisfied, and experts point out that careers in the growing home care industry can be particularly fulfilling.

“There are few occupations more rewarding than empowering someone who needs a little help,” says Jennifer Sheets, president and chief executive officer of Caring Brands International and Interim HealthCare Inc. “A home health-care career is a great fit for people who value flexibility and have a calling to help others and make a difference in the world.”

So, is a caregiver job right for you? Here’s what to know:

• This is not a desk job. Caregivers aren’t trapped in a cubicle doing paperwork or staring at a screen all day. They’re out



in their communities, helping to keep seniors and others happy, healthy and safe. Their view changes throughout the day, keeping things fresh and invigorating.

• No two days are the same. While daily tasks are straightforward, no two days are exactly the same for caregivers. Home care careers mean that one day, you could be playing a game with a senior; the next, you could be sipping tea and sharing stories.

• The work is meaningful. Working with patients to provide care and help them stay healthy is immensely rewarding. Yet, even when days are stressful, home care workers have the satisfaction of knowing they’re having a positive impact on the individuals they serve, as well as their communities.

• It’s flexible. Part-time, full-time, per diem, with flexibility in location and availability -- these

are just a few of the ways in which workers can customize the look and feel of a home care career.

• The industry is booming. As more seniors are electing to stay in their homes, an increasing number of home care aides and nurses are needed to provide them with essential care. Indeed, employment of home health aides and personal care aides is projected to grow 41 percent from 2016 to 2026, much faster than the average for all occupations, according to the Bureau of Labor Statistics.

In fact, major providers of home

healthcare are actively hiring, including Interim HealthCare, which takes steps to match patients to clients, and has locally owned and operated franchises across the U.S. To learn more about home care careers, visit interimhealthcare.com/careers.

“Whether you’re an experienced professional considering a pivot into home care, or a young adult looking for inspiration to choose a first career, the home care industry will welcome you with open arms,” says Sheets.”

—StatePoint



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Coping With Caregiver Anger

There are countless emotions involved in caring for an aging loved one, but difficult feelings like anger, frustration and resentment are a few that family caregivers often struggle with. Each person experiences and handles powerful emotions like anger in different ways. For example, one family caregiver may frequently experience annoyance at their situation without necessarily being angry about it, while another may bypass being irked or frustrated and immediately jump to feeling outraged.

While anger is a healthy, normal human emotion, frequently feeling upset or as if you have little or no control over your reactions can be signs of anger issues. When anger becomes a problem, it can impact a person's quality of life and their relationships with others. Those who are struggling with caregiver stress and burnout are often aware that their emotions are getting the best of them, but how does one learn to manage anger in healthier ways?

The first step is understanding what anger is. Tina Tessina, Ph.D., licensed psychotherapist and author of *It Ends With You: Grow Up and Out of Dysfunction* views anger as "the emotional energy within each of us that rises up when something needs to change."

The real problem lies in identifying what it is in our lives that is sparking this anger and needs changing.

Identifying the Source of Your Anger

Pinpointing the source of one's anger isn't always a straightforward exercise, especially for family caregivers who are juggling many different responsibilities. For example, if your mother has Alzheimer's disease and her broken brain causes her to complain constantly, there's no doubt that you'd find her behavior irritating. But how can you change this situation? This and other dementia-related behaviors are out of your control and, truthfully, out of her control as well.

So, how can you make this challenging situation a bit more bearable? No matter the circumstances, it's important to remember that the one thing you can always change is yourself. Instead of looking outward and blaming external circumstances for your anger, try looking inward. Examining how you interpret frustrating situations and express your emotions will help you learn how to handle your anger in a healthier manner. Once you stop allowing your feelings to overwhelm you and cloud your judgement, you'll be able to devise better solutions for minimizing or distancing yourself from the things that cause you strife.

In this scenario, respite is an excellent solution. Respite care is often a very helpful tool for caregivers who are struggling with high stress levels and difficult emotions. Whether you opt for adult day care, in-home care or permanent placement for your mother in a memory care unit, even the smallest break from her repetitive complaints and questions will do wonders for your mental fortitude.

Understanding Your Anger Style

As mentioned above, there are different types of anger. Understanding your "anger style" will allow you to take constructive steps toward dealing with your emotions and making positive changes in your life. Read through the sample scenarios and kinds of anger below to see which types resonate most with you.

• **Reactive Anger:** Say someone cuts you off on the highway while you're driving your loved one to a doctor's appointment and you simply cannot resist the urge to pound your horn and scream in the general direction of their vehicle. If you identify with this situation, you probably have what nationally renowned relationship expert and author April Masini calls a "quick fuse" anger style. Frustrating experiences generally cause you to have an immediate, visceral reaction that involves yelling and slamming whatever door is closest to you. The problem with this type of anger is that it can make you act like a bully. Once you've cooled off after one of these outbursts, you're often overwhelmed by feelings of guilt or embarrassment.

"People with an inability to control their impulses will act without processing their thoughts," Masini explains. "These are the folks who get into fights quickly." Unfortunately, this usually means that other people will avoid interacting with you out of fear that you'll explode on them. Furthermore, research has shown that people who display a reactive anger style are more prone to developing problems like heart disease.

• **Volcanic Anger:** You keep turning the other cheek and rolling with the punches. This morning, your husband with dementia asked, "Who are you?" You found out that your brother-in-law has been writing checks to himself from your husband's bank account. The pharmacist gave you the wrong prescription. Up until now, you've buried your frustration, remained calm and taken everything in stride. But eventually it all becomes too much and you explode. You berate the pharmacist for being incompetent and snap at your husband the next time he forgets who you are.

Masini likens this anger style to a volcano: there's an extended period of emotional dormancy followed by a catastrophic explosion. The problem is that people prone to this style don't process their anger properly or in real time. "Getting angry is normal," she says, "but holding it in until you explode is not productive."

• **Passive-Aggressive Anger:** Your sister bails last-minute on a rare offer to take care of Dad for a few hours so you can go to your own doctor's appointment and run some errands. You're upset but you tell her, "It's fine—I didn't really need that checkup anyway." The next time you see her, she asks how Dad is doing and you respond, "He's doing great for someone whose family doesn't care about him."

Passive-aggressive remarks and behaviors create the illusion that



everything is fine while also subtly cuing others into your underlying anger. You may give the offending party the silent treatment or dole out backhanded compliments with a smile on your face. The problem with being passive-aggressive is that it can cause you to hang on to your anger for a very long time. Long-term anger and resentment can contribute to a host of mental health issues including depression and feelings of helplessness.

• **Projecting Anger:** Your mother yells at you for overcooking her dinner. A minute later, you chide the cat when he innocently gets under your feet. If this sounds familiar, you may cope with anger by projecting it onto other people, pets and things. Masini says that those who project anger often do so because they are afraid of expressing themselves to whomever is upsetting them. Instead of risking your relationship with your mother, you focus your fury on a "safer object," such as the cat. Projecting can severely damage your relationship with whomever you're off-loading your anger onto and can also lead to a hefty amount of post-outburst guilt on your part.

Anger Management Tips for Caregivers

If you identify with one or a few of the types of anger described above, then it may be beneficial for you to learn some techniques for controlling your emotions and expressing anger in a healthier way. Many people find themselves lashing out uncharacteristically once they've invited the stresses of caregiving into their lives. With practice, the following techniques will enable you to better handle your emotions and feel more like your old self.

• **Count to Ten:** It may sound cliché, but there's a reason why counting to ten is a commonly recommended anger management strategy—it works. When something upsets you, mentally taking a step back and counting to 10 helps prevent knee-jerk reactions and allows you extra time to decide how to handle the situation. If you haven't gathered your thoughts after counting to 10, feel free to continue counting as long as you need. Remember to take slow, deep breaths to help calm your body as well. Masini says you can take this method a step further by removing yourself from the room or building where your anger has been triggered. This tactic is particularly useful for people who are prone to explosive episodes of anger.

• **Be Direct:** It's okay to admit your anger or frustration to others as long as you do so in a relatively calm, direct manner. Dr. Tessina says that one of

the best ways to express anger is to do so "clearly and cleanly, without too much drama." This can be difficult for some individuals, especially in the beginning, but with practice, you can develop the mental skills necessary to recognize, control, interpret and communicate your anger in a productive manner.

• **Rewind:** To help you practice responding to frustrating situations, Dr. Tessina suggests going through an exercise called "rewinding the tape."

First, envision a time when you got angry in the past. Picture all the details in your mind's eye. Where did it take place? Who was there? What were people wearing? Treat the scene like a video tape and let it play out once without trying to change anything. Simply observe how the events unfolded.

Next, think about what you would like to have changed about how the

event played out. How might you have responded differently to the situation to make it better? Dr. Tessina says that it's important to reflect on your own actions rather than those of others. Remember that the only person you can ever really control is yourself.

Finally, replay the improved version of this encounter in your mind over and over until you feel as though you could do and say what you are envisioning in real life.

According to Dr. Tessina, the more you mentally rehearse positive responses to upsetting and frustrating stimuli, the more likely it is that you will be able to productively handle such situations in the future. She also encourages people to use this technique to prepare for potentially tense scenarios.

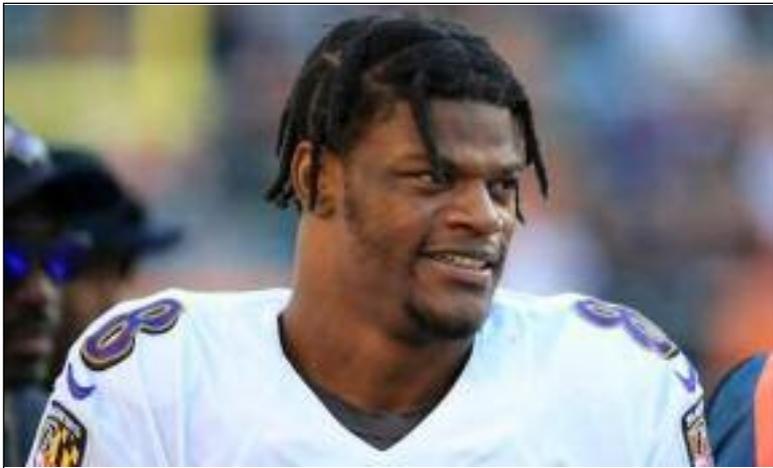
The more adept you become at controlling your anger, the more fulfilling your relationships will be. As Dr. Tessina points out, "Keeping your cool is a very important social skill. It doesn't matter who's right, who started it, or whether it's fair. The person who 'loses it' to win an argument actually loses everything instead."

If you need additional help learning to control your emotions, consider working with a mental health professional and/or attending an anger management support group. Taking steps to reduce stress and improve your emotional health will enable you to become a better caregiver and lead a happier, more rewarding life.

-agingcare.com

sports

Ravens' Jackson, Chiefs' Mahomes among growing group of Christian quarterbacks



Quarterback Lamar Jackson of the Baltimore Ravens is a strong favorite for league MVP, an award that Patrick Mahomes of the Kansas City Chiefs earned last season. He already was named player of the week five times, and one more would give him the all-time record. Mahomes was injured and missed two games, or he may have been a good bet to win again.

Jackson credits his Christian faith for keeping him grounded despite the acclaim.

"The Lord, I give him all his praise, the glory and the honor," he said at a recent news conference. "I could've been doing anything, you know. It's crazy. I'm talking to him throughout the day, 'I appreciate you,' 'I thank you.' Because when you feel you're bigger than the Lord, that's when all the success dies. It goes away."

Jackson and Mahomes are among a large number of NFL quarterbacks who are outspoken about their faith:

•Colt McCoy, Washington Redskins. "I'm successful in life because I have Jesus Christ inside of me," he said.

•Aaron Rodgers, Green Bay

Packers. "I grew up knowing what a stable relationship was by my parents' example and how it centered on Christ," he said.

•Drew Brees, New Orleans Saints. He said he accepted Christ on his 17th birthday after having knee surgery during his junior year of high school.

•Cam Newton, Carolina Panthers. "I'm just his instrument," he said, "and he's using me on a consistent basis daily."

•Carson Wentz, Philadelphia Eagles. "I love Jesus," he said. "That's what I love, so I'm going to talk about it."

•Russell Wilson, Seattle Seahawks. "I'm just grateful that God has given me the opportunity to play the great game of football," he said. "I try to live humbly... without him, I wouldn't be where I am today."

•Nick Foles, Jacksonville Jaguars. Foles, a former Chief, is taking online seminary classes from Liberty University with the goal of one day becoming a youth pastor.

•Derek Carr, Oakland Raiders. Carr grew up in a Christian home, strayed from his faith and came back to it through his future wife.

—Alan Goforth / Metro Voice

FROM THE CHEAP SEATS

By Rob Mooney

As I sit and write this, I'm reminded that today is officially "Black Monday." No, it's not the day that we do our after Christmas or before New Year's shopping. It's the day after the NFL season ends when many head coaches lose their jobs. Coaches that may have been on the proverbial hot seat during the season.

So far, there have been four coaches dismissed from their teams. Freddie Kitchens, Cleveland; Pat Shurmur, New York Giants; Jay Gruden, Washington Redskins and Ron Rivera, Carolina Panthers. Two others could be let go by the time you read this: Doug Marrone, Jacksonville Jaguars and Jason Garret, Dallas Cowboys.

The rumor mill says that the Redskins are very interested in Rivera and that the Giants could dip into the college ranks by hiring Matt Rhule from Baylor. I wouldn't be surprised if most teams looking for a coach wait until the Cowboys decide what they're

going to do with Garret. He will be a hot commodity if he has indeed coached his last game in Dallas. His contract expires on January 14th, so there may be no news from the Big D until then.

Garret would be intriguing. He is 85-67 in nine seasons with the Cowboys. He is 2-3 in the playoffs. The knock against Garret is that he has gone 8-8 four times in his career, including this year when the Cowboys roster looked loaded from top to bottom. His teams continually underperform and they often look unprepared. Obviously, that would be a huge upgrade to several teams currently looking for a new coach.

If the Cowboys move on from Garret, it's anybody's guess where they go from there. There are a few college coaches that they could pursue. Rhule, Oklahoma's Lincoln Riley and Urban Meyer, who has expressed interest in the job. Cowboys owner Jerry Jones has

stated that he would like to have a proven NFL coach.

I really think that Jones holds the chips in the coaching carousel that we're about to witness. Like them or not, the Cowboys job is one of the THE best coaching jobs in the NFL. Several guys will be interested if it opens up and Jones will pretty much have his pick of the litter. I expect Chiefs offensive coordinator Eric Bienemy to be one of those guys.

Speaking of the Chiefs, in case you missed it, which I doubt you did, they were able to earn the #2 seed in the AFC Playoffs when they defeated the Los Angeles Chargers and the New England Patriots were upset by the Miami Dolphins. An interesting stat that they showed during the Chiefs game was teams that played in the opening weekend of the playoffs had a 20% chance of winning the Super Bowl while teams that had a bye in the first week had a 78% chance to win the Super Bowl. The Chiefs will host the 2nd round and then probably have to play at Baltimore in the AFC Championship game. However, if Baltimore falls in the 2nd round, the Chiefs will host the AFC Championship.

Who knows, crazy things do happen, isn't that right, Dolphins quarterback Ryan Fitzgerald?

Clemson quarterback quotes Bible after come-from-behind victory in playoff game

Clemson University quarterback Trevor Lawrence once again will have an opportunity to share his faith with a national audience in next week's national championship game. For a while during last Saturday's semifinal game against The Ohio State University, it looked as if it may not happen.

Although the Buckeyes led the Tigers 16-0 in the second quarter, Lawrence rallied Clemson to a 28-23 victory and a matchup with Louisiana State University in the national championship game.

In a post-game interview with ESPN, he spoke of scripture and his teammates.

"Just the fight of this team — didn't play great, didn't look pretty, but [we] just find a way to get it done," Lawrence said. "I wouldn't want to do this with anyone else. I have Ephesians 3:20, and it says, 'God can do immeasurably more than any of us can because of him within us.' And that's just so true. I mean, all of us, me, what we did tonight, it ain't us. It's about this program and who we are."

This was not the first time Trevor Lawrence has pointed to his faith in the limelight. The quarterback's Twitter profile photo is an image of the word "Jesus" and account bio reads, "Pursuing Him at all costs."

The star athlete credits his Christian faith with keeping his feet firmly planted through the success, pressure and expectations of his position on a championship team, once telling a reporter, "Football's important to me, but it's not my life. It's not the biggest thing in my life. I



would say my faith is. That just comes from knowing who I am outside of that. No matter how the big

the situation is, it's not going to define me."

—Alan Goforth / Metro Voice



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2020 Interior Design Trends on the Horizon

The beginning of the new year is a natural time to think about refreshing the look of your home, and in 2020, “cozy” and “warm” are trending keywords for interior design, according to experts, with luxurious textiles, inviting color palettes, and warm mixed metals found across all design styles.

While a maximalism approach is on the horizon, clean and modern design schemes continue to reign.

“Use a minimalist approach, allowing patterned décor to add pops of color,” advises Eliza Alkire, trend expert and product designer for Progress Lighting. “Accent this with hanging planters and potted greenery to enhance the charac-

ter of any room with an organic look.”

To make the most of your space this year, consider this design advice from Alkire and the experts at Progress Lighting:

Materials, Shapes and Finishes

While neutral color schemes are tried-and-true, in 2020, you’ll want to turn to an updated palette consisting of warm, earthen undertones. Choose lighting finished in mixed metals to accent the neutral scheme while adding visual interest and depth.

Recent years have seen lighting com-



bine black chrome and gold finishes. Now, warm tones of natural brass, bronze and copper mixed with silver and black will be found across lighting designs, cabinet pulls and plumbing hardware. Move over, stainless steel! Just remember to keep the look uncluttered by not mixing more than two or three metals in one space.

Geometric shapes are dominating design trends. Adding lighting in triangle, diamond, hexagonal or combination of geometric shapes is one of the easiest ways to transform a space and add wow-factor. Make sure to balance statement-making lighting with clean, classic patterns and colors on furnishings and accessories.

Create warmth with tactile elements. Luxurious, richly-textured fabrics like velvet, suede and leather work nicely with clean, contemporary interiors as well as rustic farmhouse spaces. Try vibrantly-colored velvets furnishings, pillows and throws. Wallpaper is making a comeback: use it in small areas like powder room walls, or make a splash with a floral accent wall.

Style Evolution

Overall design trends are evolving. Homes that were previously traditional are now termed “new traditional” as they take on fun, youthful elements that keep the design fresh. Lighting fixtures have mixed metal finishes or are designed in new takes on classic silhouettes, such as large lanterns and chandeliers done in linear shapes.

Mountain style goes beyond a rustic, cabin look to take on a modern form with clean lines, neutral color palettes and uncluttered interiors. With open layouts and tall ceilings, sweeping views command attention. Lighting is oversized, with airy, open designs meant to cast light without obstructing views from the plentiful windows in the space.

For fans of farmhouse style, this look has taken a delightful turn, with fewer rustic details and more modern charm. Subtle hues go beyond a white and gray palette into the realm of soft greens and blush pinks. Lighting is inspired by historical design with industrial details like working pulleys, but is combined with clean lines for a relaxed, casual vibe.

For more tips and inspiration, visit Progress Lighting at progresslighting.com/Inspiration.

To stay on-trend think cozy, warm and inviting.

—StatePoint



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Happy New Year From Your Friends at Jackson's

Annette's tip

This is the time of year to begin planning this year's garden and giving your soil a rest. Soil analysis can always be done to test, because virtually every variety offered is wonderful according to the description. However, some of the varieties offered may do better in the North Eastern U.S., while others are developed for Southern growers. Our Midwest choice is one of the most challenging, because of the great variations in soil conditions. Temperature, humidity, precipitation, wind speed, and cloud cover fluctuate greatly. Before ordering any seed that you are not familiar with, and paying the shipping and handling charges, give us a call to see if we stock the seed, or to tell you if a certain seed variety will produce in this region.

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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



Reach new residents and seekers by placing your church information in this Church Guide for only \$12!

- AWANA Sunday at 5:45 p.m.
See our website for info on our Student Ministries & Kid City
www.esbcks.org
- 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
 - Sunday Worship: 10:30am
Children's Sunday School: 10:30am
Youth group 1st & 3rd Sundays 4-6pm
 - 20. HERITAGE BAPTIST CHURCH**
1937 NE Madison St,
Topeka, KS 66616 • 785-506-4594
Pastor Dale Stockburger
Sunday Worship: 10 am and 6pm
Junior Church for kids: Sun 10am
Wed. Evening Worship: 7pm
 - 21. HARVEST FAMILY FELLOWSHIP**
Meets at 522 SW Polk
785-220-5418
Pastor Rey Rodriguez
Sun. Worship 10 am
www.topekaharvest.vpweb.com
 - 22. FAMILY OF GOD CHURCH**
1231 NW Eugene St.
Topeka, KS 66608
 - Pastor Roger Randel
Sunday Worship 10:30am & 6pm
Wednesday Bible Study 7pm
234-1111 • FOGchurch.com
 - 23. HIGHLAND HEIGHTS CHRISTIAN CHURCH** 785-379-5642
Sunday Services: 8:30 and 10:00 AM
2930 SE Tecumseh Road
Tecumseh, Kansas 66542
www.highlandheightsccc.com
Jars of Clay Children's Ctr 785-379-9098
 - 24. TRINITY REFORMED BAPTIST CHURCH**
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

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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.

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TOPEKA BIBLE CHURCH
1101 SW Mulvane, Topeka, KS 66604
1135 SW College Ave., Topeka, KS 66604
234-5545 www.discovertbc.com



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
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8 New Year's Resolutions For Christians

By Megan Bailey | beliefnet.com

New Year's resolutions can seem, overall, pretty silly. No one ever sticks to them, no matter what plan or goal they set for themselves. Those 100 new members at your gym the Monday after the New Year? You're betting that they won't be staying.

The New Year, though, really is about new beginnings. It can be a great opportunity for us to sit down and reflect on everything we have learned in the last year. As a Christian, God requires us to always be challenging ourselves. Each day He wants us to find ways that we can be better and honor Him more deeply.

Instead of creating a New Year's resolution you know won't make a real difference, try one of these Christian ideas instead. Those that commit will come out next December in a more intimate relationship with the Lord.

Read the Bible.

Reading the Bible more is probably on every list of top



New Year's resolution goals for Christians. While it might seem corny or basic, there is an important reason it's always at the top of the list. Getting close to God means understanding who He is.

When you make reading the Bible a priority in your life, you become a stronger, happier Christian. You open yourself up to the amazing promises the Bible has to offer you. We gain deeper understandings of the stories we learned as children, and in turn become stronger in our beliefs. We are able to defend our faith because we understand it on a personal level.

Volunteer in the community.

Want to make a difference in your community? Volunteering is a great way to do so while glorifying God. God blessed us with

gifts and talents to benefit others. The Bible says in 1 Peter 4:10, "As each has received a gift, use it to serve another, as good stewards of God's varied grace." The world has needs that you can help solve.

Volunteering can be a great family activity, as well. It will



help your children learn the importance of gratitude while bringing you all closer together. Volunteering can be fun, too. Plant trees in a new park or work directly serving people food. You'll find the activity that is right for your crew.

Better mental or physical health.

When we think of honoring God, we typically only focus on our spiritual health. God, though, wants us to be better in all aspects of our life, including our mental and physical health.



Our bodies are made to honor Him. 1 Corinthians 6:19-20 states: "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

When we don't take care of our health, we are not able to service God fully. For example, if you are packing on extra pounds you have less energy to give out during the day. You aren't able to give 100 percent of yourself to Him. These resolutions are easily



broken, so lean on God for help.

Share your testimony.

God wants us to celebrate Him and His Word outside of the home. Like Jesus Christ, we should be sharing the Word with everyone we encounter. You probably have a few non-Christian friends, family members or co-workers. This year could be the year you choose to tell them why you fell in love with Jesus Christ, and ask them



to attend church with you. Even if they say no, it puts a little spark in their head that gets them thinking about spirituality. Talking with you about your faith journey may be the only time they ever learn about Christ, so it's important to make it special and offer up helpful information as you are able.

Create a tithing plan.

The scriptures are clear — Christians are called to be gener-



ous. That means using some of your financial income to honor God at your local church. It's a reality that every church needs money to continue to function as a place of worship. If you haven't gotten in the tithing habit yet, now is a great time to start.

Even if you can't give a lot, start with something. For many, 10 percent of all income can be intimidating at first. Look at what you can do, and then work your way up as your faith grows and

your resolution blossoms. Learn how to properly manage your



budget each month so you can feel confident in your ability to donate on God's behalf.

Lean on God for support.

Many Christians make New Year's resolutions to pray more, to read the Bible every day, and to attend church more regularly. These are fantastic goals. However, these New Year's resolutions fail just as often as the non-spiritual resolutions. We tend to forget that there isn't any real magic or power in creating a New Year's resolution.

That's why, instead, one incredibly important New Year's resolution all Christians should make is to lean on God and trust in Him more. Philippians 4:13 tells us, "I can do everything through Him who gives me strength." We can become better versions of ourselves to glorify God when we ask for His help and guidance to do so. When you struggle to keep up with your new fitness goal, talk with God.

Complete random acts of kindness.

When we see the world in the news today, we are bombarded with stories of murder, disasters, heartbreak, and tragedy. It can seem like there aren't any real beacons of hope left. This is where you can come in as a Christian.

Set a goal to do a random act of kindness one a week for the entire year. That will mean you will change, at minimum, the

days of 52 people. You might make a stranger smile by paying



for their coffee in line, or leave your grandmother feeling young again because you took her out dancing just for fun. Whatever you do, do it because of Jesus Christ.

Get more active in your church.

The church is an important part of the Christian lifestyle. We meet other Christians, celebrate the joys of the God, and learn about the Bible's teachings. When you want to create a deeper relationship with Christ, one of the simplest ways to do so is by becoming more active in His house of worship.

Serving your church doesn't have to be boring or difficult. Look at your spiritual gifts and personal skill set and try to apply that to your churches' needs. If you are a bubbly type, then



being a church greeter where you can welcome in new attendees might be the right job for you. If you have a knack with money, offer your skills to help with the offering plate or other accounting needs. Talk with your church about what roles need to be filled.

Ring in the New Year is always a fun celebration that reminds us of new beginnings. It is a chance to start over and grow from your past. This year take what you've learned and build on it to become the best version of yourself. Make your resolution as a Christian to always honor God.



7th ANNUAL

April 11th

TOPEKA **EASTER** PARADE AND FAMILY FUN FAIR

Sat., April 11, 10 am - 3 pm

It all takes place on N. Kansas Avenue and at Garfield Park!

*Police vehicles!
Firetrucks!
Antique vehicles!*

*Food Trucks!
Vision Screenings!
Blues Healer Band!*

Fun Fair open 10:00 am - 3:00 pm at Garfield Park! **Live music** at Garfield Park 11:00 am - 3:00 pm!
Parade starts at 10:00 am! (From NOTO to Garfield Park) • **Food Trucks** 9 am - 3 pm in Garfield Park!
Easter Egg Hunt following parade at Garfield Park playground! • **Vendor Market** open 10:00 am - 3:00 pm!
 Dance troupes, martial arts, gymnastics, ballet, demonstrations & more at the **Health Fair** 10am-3pm!
 Craft stations, Facepainting, Easter Bunny photos, Pony rides, Petting zoo, Inflatables, Games & kid's activities!
Bingo at the Vendor Market! • Win one of 4 Bicycles at the **Ball Toss!** • Win Cupcakes at the **Cake Walk!**

For booth, sponsor and parade entry information:
info@C5Alive.org or 785-640-6399

Volunteers needed! Contact:
info@C5Alive.org or 785-640-6399

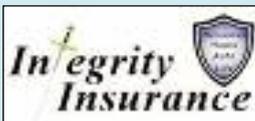
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