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**KANSAS GARDEN SHOW**  
2020 GARDEN SHOW | Page 13

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**Valentines Guide**  
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**CELEBRATING FAITH, FAMILY AND COMMUNITY IN NORTHEAST KANSAS**

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VOLUME 14 • NUMBER 6

**February 2020**

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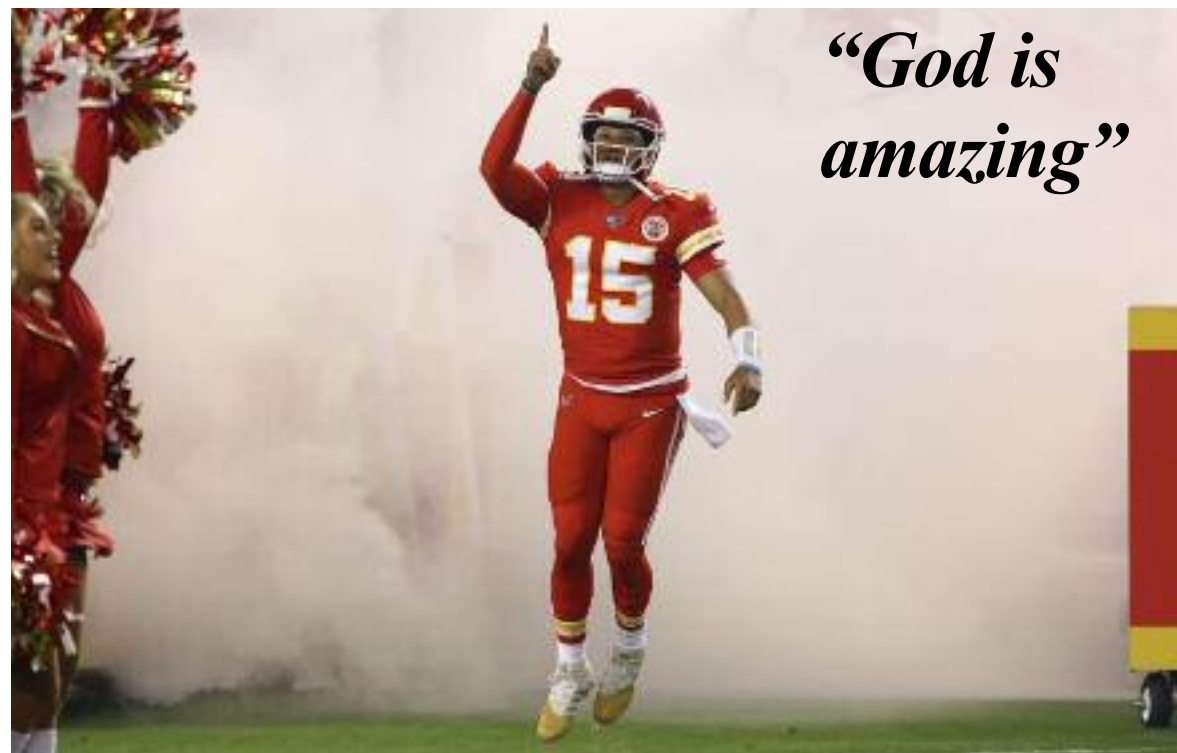
**6th Annual Easter Festival returns to N. Kansas Avenue and Garfield Park**



EasterFest, the annual Topeka Easter Parade & Fun Fair, will be back for the seventh consecutive year on Saturday, April 11, 2020. Over three thousand people attended last year to watch the parade, visit the Fun Fair, listen to live music, visit over 70 vendor & exhibit booths, attend the Health Fair and take part in the big egg hunt or other activities.

Every year, dozens of churches, businesses and non-profit organizations take part in the parade, and dozens more set up vendor booths and kids' games as part of the family fun fair. There have been lots of floats with a variety of themes, and all shapes and sizes of other vehicles, as well as walking entries such as schools, military groups, marching bands and more. The event is coordinated by C5Alive, a Christian leadership offshoot of the Capital City Christian Chamber of Commerce (C5).

■ Please see EASTERFEST page 3



*“God is amazing”*

**Super Bowl-bound Chiefs QB Patrick Mahomes says faith fuels his success**

It's hard to turn on the television, pick up a newspaper or even buy cereal these days without seeing the smiling face of Patrick Mahomes. The personable 23-year-old quarterback has been in demand not only locally but nationally since being named MVP of the National Football League last year in his first season as a starter.

This season, Mahomes has picked up where he left off. The Kansas City

Chiefs are heading to the Super Bowl after winning the AFC Championship against the Tennessee Titans, 35-24. Mahomes scoring a touchdown on a dazzling 27-yard run was a big part of the victory as Kansas City fell behind the Titans 10 to nothing to start the game.

Mahomes also showed amazing poise the previous week to lead the Chiefs in an incredible comeback

January 12 to defeat the Houston Texans, 51-31 after being down 24-0.

Mahomes has been described as a man of humble faith in God, and his faith comes out from time to time in his tweets.

How does he stay humble and grounded after enjoying so much success so early in his career? He credits his Christian faith, The Christian Post

■ Please see MAHOMES page 2

**TPAC Receives National Award**

The Topeka Performing Arts Center (TPAC) received the 2019 Prime Site Award presented by Facilities & Event Management Magazine. This is the second consecutive year that TPAC has garnered the award.

“We are incredibly honored to receive this award. Our primary mission at TPAC continues to be ‘GREAT EVENTS. LIFE-TIME EXPERIENCES,’” Executive Director Larry Gawronski said. “We will continue to bring ‘TPAC Moments’ to Topeka.”

The Prime Site award is given to the top entertainment, sports and special event venues. Award winners were selected based on the physical and structural dynamics of the building, venue staff and the level of technology of its sound, lighting and staging.

This year's Prime-Site honored nine VenuWorks-managed arenas, theatres and convention centers are:

- Topeka Performing Arts Center,
- Ford Center, Evansville, IN
- Hartman Arena, Wichita, KS
- Sanford Center, Bemidji, MN
- Swiftel Center, Brookings, SD
- U.S. Cellular Center, Cedar Rapids, IA
- Stephens Auditorium, Ames, IA
- United Wireless Arena, Dodge City, KS
- Bridge View Center, Ottumwa, IA

“These awards represent the dedication and work our entire team puts into managing exceptional venues for our clients and communities,” said Steve Peters, VenuWorks President. “We enjoyed a successful 2019 and look forward to the successes ahead in 2020.”

**22nd annual Christian college fair features schools from 17 states**

Christian colleges from across the nation will gather in Kansas City February 29 for the Annual Midwest Christian College Expo.

For the 22nd year, the college fair will feature Christian colleges and universities plus ministry opportunities. Organizers say this could be the largest ever, based on the number of schools represented and attendance by the public.

The one-day, free event runs from 10 a.m. to Noon, on Saturday, February 29 at Colonial Presbyterian Church, a large suburban church located at 9500 Wornall Rd. in south Kansas City, Mo., just a few

blocks from the State Line.

“Education continues to be at the top of a list of priorities as expressed by American families in recent polling” says expo coordinator Anita Widaman, “This event has proven successful in helping guide young people to a Christian college that is right for them.”

Widaman says that college education should reinforce the strong family values of hard work, compassion for others and give young people an opportunity to change the world. Often times, public education struggles to do that because

■ Please see COLLEGE page 3



## Rally and March for Life draws hundreds to State Capitol

Cold and rainy weather didn't stop hundreds of pro-life advocates from gathering Wednesday, January 22nd, at the Kansas Statehouse for the March for Life to mark the 47th anniversary of the U.S. Supreme Court's Roe v. Wade decision that made abortion legal in the United States.

The crowd marched from the Topeka Performing Arts Center to the Capitol carrying signs saying "choose life" and "stop abortion now," as well as "Lord, Forgive Us and Our Nation" and "Value Them Both – Let Kansans Vote." The latter sign referred to the proposed constitutional amendment currently being discussed in the state legislature.

The rally was then held on the First Floor Rotunda of the State House, because of the weather.

"Thank you to everyone who walked over here," said Kansas Senate President Susan Wagle, keynote speaker for the rally. "We had hearings yesterday for many hours. We let proponents stand and opponents stand. And, the opponents tried scare tactics to dissuade us. We're not here to judge. We're here to protect."

Wagle is a Wichita Republican running for U.S. Senate to fill the seat of retiring Senator Pat Roberts.

The crowd also heard from other speakers including Archbishop Joseph Naumann and Mary Kay Culp of Kansans For Life.

Kansans for Life, which organizes the rally and march every year, is a nonprofit advocacy and educational organization dedicated to protecting and defending the right to life of all innocent humans from the moment of conception to natural death.

It wasn't just lawmakers and adults in attendance. The rally attracted young people, too, as it does every year.



before being placed on a statewide ballot in August, requiring a simple majority among voters to pass.

"We are pulling out all the stops this year," says Culp. "If we don't pass an amendment to the Kansas Constitution, we could lose every pro-life law that we've passed over the last 20 years. Those laws are under threat by an April ruling by the Kansas Supreme Court."

Culp says the laws threatened include those that have cut the rate of abortion in Kansas by half.

Proposed Constitutional Amendment

The march and rally coincided Wednesday with a proposed Kansas constitutional amendment being endorsed by House and Senate committees. The "Value Them Both" constitutional amendment is crafted to reverse a Kansas Supreme Court April 2019 decision that a right to abortion exists in the state's Bill of Rights.

A coalition of pro-life organizations that includes the Family Policy Alliance of Kansas, the Kansas Catholic Conference (KCC), and Concerned Women for America of Kansas (CWA) and Kansans for Life (KFL), along with several state legislators, introduced the amendment, which safeguards both women and babies from what could soon be an unregulated abortion industry created by the April ruling.

The amendment restores to the people of Kansas, through their elected officials, the ability to regulate the abortion industry in a way that protects both women and babies. The April ruling put at risk broadly supported regulations like bans on brutal late-term abortion and taxpayer funded abortions, parental notification requirements and clinic safety standards, leaving both women and babies without even the most basic health and safety standards.

The amendment to the Kansas Constitution will require consent of two-thirds of the House and Senate

## Violence against Christians increasing around the world

Worldwide violence against Christians is on the rise, according to the Open Doors World Watch List released this week.

Among the most shocking violence-related data disclosed was a report citing that more than 9,000 churches and Christian buildings were attacked in 51 countries in 2019. More than 5,500 of those attacks took place in China. This number represents more than a 1,000 percent increase since 2018. Notable violence numbers from 2019 include:

- 2,983 Christians were killed for their faith
- 8,537 Christians were raped or sexually harassed for their faith
- 9,488 churches or Christian buildings were attacked
- 3,711 Christians were unjustly arrested or imprisoned
- 1,052 Christians were abducted for faith-related reasons
- 3,315 Christian homes were attacked, burned or destroyed

The data found that 14,645 Christians were physically or mentally abused, with the majority of that activity occurring in India, China and sub-Saharan African countries where myriad jihadist groups aim to create instability. At least 8,500 Christians were raped or sexually abused for reasons related to their faith, a number that should be regarded as the tip of the iceberg, since most sexual harassment happens behind closed doors and is, therefore, more difficult to accurately track. Every day ...

- 8 Christians are killed for their faith.
- 23 Christians are raped or sexually harassed
- 25 Churches are targeted and attacked
- 10 Christians are unjustly arrested or imprisoned for their faith

"Christians remain one of the most persecuted religious groups in the world," the report concluded. "While persecution of Christians takes many forms, it is defined as any hostility experienced as a result of identification with Christ. Christians throughout the world continue to risk imprisonment, loss of home and assets, torture, rape and even death as a result of their faith."

## Operation Soup Line Fundraiser is back

Operation Soup Line is back for the 17th annual event. It is the biggest fundraiser of the year for Doorstep, Inc.

There will be entertainment from Silver Lake Jr. High Choir, the Topeka High Jazz Band and Highland Park Band, plus many celebrity servers from local tv and radio stations, government officials, Washburn coaches, and sponsors.

They will be serving chili, chicken tortilla and Portuguese Green soup that used

to be served at McFarland's Restaurant, a variety of desserts and water, coffee or lemonade.

There will be at least 35 theme baskets attendees can bid on while they are there.

Delivery will be available in the Topeka area on orders of 10 or more. These have to be pre-ordered by Friday, February 21st.

The goal is to raise \$18,500 from the event for Doorstep's programs.

## MAHOMES

continued from page 1

reported.

Mahomes has said faith is a big part of his life and keeps him grounded.

"My faith has always been a big part of what I do... I've grown up in church and faith really helps you know why you're playing the game, and who you're doing it for," he told FSPN.

Earlier in the season, Mahomes suffered a terrible injury that was devastating enough to knock him out of playing for a month.

But he made an impressive comeback. Here's what he tweeted after that injury:

"Awesome team win! Love my brothers! Thank you for all the prayers! Everything looking good so far!" #GodisGood #ChiefsKingdom

He later posted, "God was watching over me on that field. My brothers held it down! We keep it moving forward!"

Mahomes' Christian faith has always been encouraged and supported by Chiefs' CEO Clark Hunt. He is committed to having faith as part of the team and emphasizes the importance to his staff, The Tyler Morning Telegraph reports.

"We want our employees to develop spiritually," Hunt said. "In the National Football League, Christ is really glorified. My identity is my faith in Christ."

The Kansas City Chiefs stadium offers a chapel service for people at the games and chaplaincy is part of the association.

Mahomes was sharing his faith even before his performance made him a household name.

"In middle school, he got real involved with his youth group," his mother, Randi, said. "He got saved. There was a night at church, he had his hands raised to the Lord and he was singing. I just felt overcome with this most awesome moment, more than any football game, because I knew where his heart truly is."

Mahomes made the decision to be

baptized in seventh grade, because as Randi said, he desired to "become a man in church". He has stayed faithful through his college career at Texas Tech University and now, professional football. Regardless of whether he passes for 5,000 yards and 50 touchdowns as he did last season, he is likely to be a superstar in the sport for years to come, with a platform to reach millions.

"I want him to stay humble; that means a lot to me," Randi told KSHB-TV. "I always encourage him to pray and to thank God for his blessings that he has and his abilities."

Last season, upon winning Offensive Player of the Year award, Mahomes made the following remarks.

"God is amazing. If it wasn't for Him, I wouldn't be here." After thanking the team and others, he ended with "Go Chiefs!"

He also tweeted, "Man this is crazy! God is amazing! Thank you to everyone who has supported me and helped me get here!"

When accepting the MVP award, he struck a similar tone.

"I'm truly honored," he said humbly, going on to mention the rich history of the award and mentioning some of the previous recipients.

"I'm humbled to share this honor with you," he said. "This season was special and a lot of people helped me get to this point."

He went on to thank God again, then his Mom and Dad, his brother and sister, and long-time girlfriend Brittany.

He then thanked the Chiefs organization, the Hunt family, the coaches, and fellow players, remarking "This is an award for all of us."

He finished by thanking the "Chiefs kingdom."

"Your passion and love is unmatched," he exclaimed. "You're here, no matter when and where."

"This is just the beginning," he reassured everyone. "We have a long ways to go. Thank you."

It would seem he is living up to his promise.

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# Kansas gets new personalized license plate design

A new personalized license plate design will soon be seen on Kansas roads. The plate, featuring wind turbines on a Kansas sunrise, is aptly named "Powering the Future." It will serve as a reminder of the state's long history of embracing the natural energy resource of wind.

"Kansas is a leader in alternative energy and this plate helps feature the fact the state has a long history of adopting technology that shapes the future," Secretary of Revenue Mark Burghart said.

"I am pleased that this license plate design comes on the heels of Kansas being ranked first in the nation for percentage of electricity produced by wind," Governor Laura Kelly said. "At the same time, it is a display of an expanding industry that contributes so much to the economic fabric of our state."

"The new personalized plate design has been highly anticipated," David Harper, Director of Vehicles, said. "We are happy that people continue to take pride in and show interest in the option for personalized plates."

Customers will need to go into their local county treasurer's office to place the order for the personalized plate.



To obtain the personalized plate, county treasurers will require customers to have their current registration receipt, photo ID, and proof of insurance.

Customers who currently don't have a personalized plate can go to their local county treasurer's office with those documents and pay the plate fee and any additional fees associated with the plate order. They will receive a temporary vehicle tag and the metal plate will arrive in the mail. This can be done ahead of the regular renewal month.

For customers with the current 2015 personalized plate, a letter will be in the

mail 45 days before the regular due date of the registration telling them they have the option to switch their current personalized combination to the new plate. Customers will be able to keep their 2015 personalized plate.

An application for a personalized plate can be printed and completed prior to the visit to the respective county treasurer's office by visiting: <https://www.ksrevenue.org/pdf/tr715.pdf>.

The cost of the plate will be \$45.50 in addition to other registration fees and taxes normally due.

# "Business Matchmaker" at C5Alive POWER Luncheon

The annual C5Alive "Business Matchmaker" Luncheon will be held February 13, 11:30 a.m. to 1:00 p.m. at Fairlawn Plaza Mall. The meeting will feature speed networking to help businesses match up with one another for mutual benefit.

The meal will be catered by Grandma Wock's.

The cost to attend the 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](mailto:info@C5Alive.org).

"POWER" luncheons are held on the second Thursday of each month. The next March 12.

## EASTERFEST

C5Alive's big annual event, EasterFest, will take place on April 11 this year, the day before Easter as always. The Easter Parade will take place on N. Kansas Avenue from NOTO to Garfield Park, and the Fun Fair will be held again in Garfield Park from 10 a.m. to 3 p.m.

Thousands attend this event every year. Dozens of churches, businesses and non-profits take part in the parade, and dozens more set up vendor booths and kids' games in the park as part of the family fun fair.

For more details on these and other events, stay tuned to the C5Alive facebook page and website: [www.C5Alive.org](http://www.C5Alive.org)



## EASTERFEST

continued from page 1

"We've had a great response and new entries each year," said Drew Walker, Entertainment Coordinator. "I expect it to just keep growing every year."

Again this year the Easter Parade will be on North Kansas Avenue, from NOTO Arts District to Garfield Park, followed by the Big Egg Hunt in the Garfield Park playground area. From 10am to 3pm, vendor booths, food trucks and kid's activities will be happening all over Garfield Park, inside the shelterhouse and inside the gym. This year, even more churches, non-profit organizations, schools and local businesses are expected to enter floats and marching bands, etc.,

in the parade, as well as set up activity booths at the fun fair.

The Family Fun Fair will consist of activities geared toward children and families, as well as health & wellness vendor booths, vendor exhibits, and more. Live performers will be on hand all day, such as jazz bands, dance troupes, praise bands, solo artists, street entertainers, fitness demonstrators and more.

Back this year is Bingo at the Vendor Market, with great prizes valued at over \$20 donated by the vendors and sponsors. The Ball Toss will be back, with a chance to win a bicycle, and the ever-popular cake walk returns as well. The Easter Bunny will be back to take pictures with the kids this year too! Facepainting, pony rides and food trucks are always among

the most popular attractions, as well as archery, bubble soccer and of course the free entertainment.

There is still room for more sponsors and participants for the Vendor Market, Entertainment Stage, Food Court and Health Fair. Volunteers are also needed to help with the entire event.

Major sponsors for the event include Integrity Insurance, Peggy Beasterfeld Tax & Accounting, Metro Voice News, Carnival Guy, Solid Rock Sound Machine, rezit designs, Health & Wellness Magazine, The Pad Restaurant, Golden Eagle Casino and First Southern Baptist Church.

For more information, visit [www.TopekaEasterParade.com](http://www.TopekaEasterParade.com), email [info@C5Alive.org](mailto:info@C5Alive.org) or call 785-640-6399.

## COLLEGE

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their values often conflict with those of Christian students.

"That's why a Christian college education can make such a positive impact on students," Widaman said.

In the past over 60 colleges have made the event a huge draw for high school juniors, seniors and their parents scouting some of the nation's best colleges, universities and missions opportunities.

Organizers say the Expo is a convenient way to visit with colleges from many states by finding them in one location-for one day, thus saving travel time and gas. In 2019 colleges attended from Missouri, Kansas, Arkansas, Oklahoma, Iowa, Nebraska, Indiana, Illinois, Tennessee, Kentucky, Michigan, Virginia, Texas, Colorado, Minnesota, Arizona and numerous other states.

The expo is organized by the Metro Voice Newspaper - Kansas City's Christian community newspaper. For twenty-nine years, Metro Voice has served 110,000 readers with an edition based in Missouri and one in Topeka/Central Kansas. For more call 816-524-4522.

# Kansas News Briefs from around the state

## Native Kansan Becomes First Woman to Coach in Super Bowl

MIAMI (KNS / KPR) — Super Bowl LIV pits the Kansas City Chiefs against the San Francisco 49ers. No matter what happens during Sunday's big game in Miami, one native Kansan will make some sporting history of her own. Katie Sowers will become the first woman to coach in the Super Bowl. Even though Sowers is an assistant coach for the 49ers, she grew up in Hesston, Kansas, and has an image of the Kansas City skyline tattooed on her arm. The 33-year-old woman is one of just three women coaches in the NFL.

## Yikes! Residents of Rose Hill Discover Boa Constrictor in Living Room Couch

ROSE HILL, Kan. (AP) — Firefighters are looking for anyone who might be missing a boa constrictor after some Kansas residents found the 6-foot snake in their living room couch. Police officers responding to a 911 call Monday from a resident in Rose Hill, a town about 20 miles southeast of Wichita, requested assistance from Butler County firefighters. The Wichita Eagle reports that deputy Fire Chief Melvin Linot, the department's "snake charmer" wrangled the nonvenomous snake from the couch with the help of another firefighter. The fire department says in a Facebook post that the residents have lived in the duplex for four years and never owned a snake.



## 737 Max Costs Double, Boeing Posts First Loss in 2 Decades

(AP)—Boeing is posting its first annual loss in more than two decades and said the costs related to the grounding of its best-selling plane have doubled to more than \$18 billion. Production of the 737 Max was

suspended after two crashes that killed 346 people. Boeing said Wednesday that it lost \$1 billion in the fourth quarter, and revenue is down 37% from a year ago. The company lost \$636 million last year, its first full-year loss since 1997. New CEO David Calhoun is criticizing the company's former leadership for not disclosing embarrassing internal communications sooner.

## Kansas Lawmakers Discuss Fake Meat Labeling

TOPEKA, Kan. (AP) — Kansas lawmakers are considering a bill to restrict how producers of meat alternatives could market their products in the state. The bill lists 22 meat-related terms that producers of alternative foods won't be able to use, such as jerky or burger, unless they label their products as "imitation" or add a phrase that the product does not contain meat. The bill is being pushed by the Kansas livestock industry, which argues it would eliminate consumer confusion about which products contain meat. Opponents say the proposal violates free speech rights by restricting how plant-based and other alternative products can be marketed. Lawmakers had a hearing on the bill Thursday.

## GOP Opposition Likely to Block New 'Netflix Tax' in Kansas

TOPEKA, Kan. (AP) — Opposition from top Republican lawmakers in Kansas appears to have d o m e d Democratic Gov. Laura Kelly's plan to tax streaming services, e-books and movie and music downloads like most other states. Kelly and fellow Democrats

pitch it as basic fairness. Consumers who buy a DVD of their favorite "Star Wars" movie pay the state's 6.5% sales tax but they don't if they stream the same movie or download it on a computer. But GOP lawmakers in Kansas strongly oppose the idea and say it would have little public support. Senate Majority Leader Jim Denning

said Thursday that it is "dead on arrival."

## Kansas House GOP: Plan Helps Rural Areas, Spurs Home Buying

TOPEKA, Kan. (AP) — Republicans in the Kansas House have outlined a plan aimed at revitalizing rural areas, helping people to buy their first homes and lowering income taxes for seniors. GOP leaders said Thursday that they will pursue five bills. The package includes a proposal that would allow tax-deductible deposits to a savings account for buying or building a first home. Another proposal would create a \$30 million fund to help rural hospitals hire consultants and plan for overhauling their operations to remain open in changing markets. The package also exempts more seniors from having to pay state income taxes on their Social Security benefits.

## Kansas Supreme Court Dismisses Lawsuit over Court Funding

TOPEKA, Kan. (AP) — Kansas' top court has dismissed a lawsuit over funding for the state's court system filed by six trial-court judges against the Republican-controlled Legislature. The state Supreme Court said in a short order Wednesday signed by Chief Justice Marla Luckert that it is "confident" that allegations of underfunding of the court system are best handled through "cooperation" with the state's legislative and executive branches. The Supreme Court added that it must make a good-faith effort not to encroach on the Legislature's power over budget matters. The lawsuit threatened to complicate an often-tense relationship between the courts and the Legislature.

## GOP Right Looks to Put Own Mark on Kansas Medicaid Expansion

TOPEKA, Kan. (AP) - Conservative Republican lawmakers are looking to modify a bipartisan plan for expanding Medicaid in Kansas by adding provisions that Democratic Governor Laura Kelly opposes. GOP conservatives want to insert a work requirement for able-bodied adults who receive the state's Medicaid health coverage under the expanded program. They're also looking to add a "right of conscience" provision that would allow medical personnel to decline for religious reasons to provide services such as abortion, birth control and gender reassignment care. Chairman Gene Suellentrop said Tuesday that the Senate health committee will consider those ideas when it debates Medicaid expansion.

## Neil Armstrong Donates Personal Items to Cosmosphere Museum

HUTCHINSON, Kan. (AP) — The family of Neil Armstrong, the first man to step on the moon, is donating two items from Armstrong's personal collection to the Cosmosphere space museum in Hutchinson. The items are a 4-by-6 inch U.S. flag and a small piece of fabric from the wing of the Wright Flyer, the first flying machine built by the Wright brothers. Both of the items were taken aboard the Apollo 11 mission that reached the moon in 1969. Armstrong's two sons donated the artifacts, which will be put on public display at the museum later this year.

## Don't Demolish It! Consultants Recommend Renovation for Docking State Office Building

TOPEKA, Kan. (AP) - Consultants

recommending that the state spend more than \$100 million to renovate the Docking State Office Building in Topeka. Former Governor Sam Brownback's administration had recommended demolishing the building. But a report released Tuesday to a state Senate committee dismissed that idea. Instead, the report recommends either completely renovating the building

or reducing the 12-story building to three floors and adding three floors of new construction. DeAngela Burns-Wallace, secretary of the Kansas Department of Administration, says the report gives lawmakers a starting point for discussing how the building can best be used for Kansas residents.

—kansapublicradio.org

## Don't be victim to 'ghost' tax return preparers

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

With the start of the 2020 tax filing season near, the Internal Revenue Service is reminding



taxpayers to avoid unethical "ghost" tax return preparers.

According to the IRS, a ghost preparer does not sign a tax return they prepare. Unscrupulous ghost preparers will print the return and tell the taxpayer to sign and mail it to the IRS. For e-filed returns, the ghost will prepare but refuse to digitally sign as the paid preparer.

By law, anyone who is paid to prepare or assists in preparing federal tax returns must have a valid Preparer Tax Identification Number, or PTIN. Paid preparers must sign and include their PTIN on the return. Not signing a return is a red flag that the paid preparer may be looking to make a fast buck by promising a big refund or charging fees based on the size of the refund.

### Ghost tax return preparers may also:

- Require payment in cash only and not provide a receipt.
- Invent income to qualify their clients for tax credits.
- Claim fake deductions to boost the size of the refund.
- Direct refunds into their bank account, not the taxpayer's account.

The IRS urges taxpayers to choose a tax return preparer wisely. The *Choosing a Tax Professional* page on IRS.gov has information about tax preparer credentials and qualifications. The *IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications* can help identify many preparers by type of credential or qualification.

Free basic income tax return preparation with e-file is available to qualified individuals from IRS-certified volunteers at Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) sites across the country. For more information and to find the closest visit *Free Tax Return Preparation for Qualifying Taxpayers* on IRS.gov.

No matter who prepares the return, the IRS urges taxpayers to review it carefully and ask questions about anything not clear before signing. Taxpayers should verify both their routing and bank account number on the completed tax return for any direct deposit refund. And taxpayers should watch out for ghost preparers inserting their bank account information onto the returns.

Taxpayers can report preparer misconduct to the IRS using IRS Form 14157, *Complaint: Tax Return Preparer*. If a taxpayer suspects a tax preparer filed or changed their tax return without their consent, they should file Form 14157-A, *Tax Return Preparer Fraud or Misconduct Affidavit*.



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

# FINANCIAL PLANNING

## Landlords and duplexes

Dear Dave,

I'm 23, debt-free, and I've almost got my fully-funded emergency fund in place. I was curious about your thoughts on saving up money to buy a duplex, living on one side, and renting out the other. It would be my first home purchase, and my first rental property.

Derrick

Dear Derrick,

Well, the good news is your renter would be right next door. You can keep an eye on things. The bad news? Your renter would be right next door. It would be a necessity to have very clear boundaries in your relationship. Otherwise, some people will come knocking on your door at midnight expecting you to change a light bulb or something silly like that. The trick to being a good landlord, especially for a rookie, is learning how to balance being firm with people, while still being fair and kind.

Another thing to consider is the purchase of a duplex in general. The upside is you've got someone helping pay the bill when it's rented. The downside is when you get ready to sell a duplex, most of the time your buyer is an investor. This means you're dealing with a wholesale-minded buyer, and that tends to hold prices on duplexes down

more than it would a comparable, traditional, single-family home. On the other hand, the cute, young couple looking to buy a perfectly-staged and freshly painted home is usually more than willing to pay full retail.

I've owned several duplexes in my life, but I've always done much better with single family homes. They're easier to rent, they tend to stay rented more consistently, and as a rule, they appreciate faster. Just know your upsides and your downsides if you're planning on moving into a duplex and doing this. And be very careful about your location. You'll come out much better mentally, emotionally, and financially in an area where homeowners take pride in their neighborhood!

—Dave

### Cash them in, and do something better!

Dear Dave,

My wife and I are following your plan, and recently we found some old savings bonds that had been given to her by her grandfather when she was a kid. Do you think we should go ahead and cash these in before they reach their final maturity date in a few months?

John



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

davesays

Dear John,

Absolutely! Every one of those savings bonds is accruing interest at the appropriate rate for the type of bond it is. The problem is every one of those rates stinks. I hate savings bonds. We're talking about some very low interest rates.

Another reason I don't like savings bonds is they're not financial instruments which cause you to be responsible with them. People lose them, they forget about them, and then maybe they turn up in an old lock box somewhere down the road after making a whopping two or three percent.

Back in the day, they used to be positioned as patriotic and all that. But who wants to finance the stuff this government does? We're not supporting World War II anymore, you know? Cash them in, and depending on what Baby Step you're on, put it toward your emergency fund, your debt snowball, retirement, your mortgage—just be proactive, and do something better with the money!

—Dave

### Decisions and sacrifices

Dear Dave,

We have two preschool kids, and I'm a stay-at-home mom. My husband brings home about \$2,500 a month, and our mortgage payment is \$1,000 a month. Recently, we've had to tap into our savings in order to pay the bills. Should I go back to work? There are a couple of reputable daycare centers near us, but I'm just not sure if this is the right thing to do.

Tammy

Dear Tammy,

Being a full-time mom is a wonderful thing. And honestly, I can't blame you for wanting to stay home with your children when they're so young.

The biggest problem I see is that 40 percent of your husband's paycheck is going toward your mortgage. That's way too much! A house payment should never be more than 25 percent of your take-home pay.

I know trying to live on the \$1,500 that's left is hard, especially with two babies in the house. But it doesn't sound like a lot of fat can be trimmed right now. One of you might consider taking on a part-time job nights or weekends for a while, or he might look into enhancing his education. Either one of these would help get your income up. Selling the

## The New \$15.7 Billion Tax on Retirement Accounts

By Ryan Shumaker

Smartvestor Pro at The Retirement Team

We have a saying around our office that retirees are one of the highest and most unfairly taxed groups out there and with the recent passage of the SECURE Act things are getting worse. With most individuals having either their retirement account or their home as the largest chunk of their net worth it makes perfect sense why the federal government would target taxation on retirement accounts. With the largest transfer of wealth from one generation to another set to begin ramping up with baby boomers aging, the government has decided that they would like a larger share of that by recently passing the SECURE Act.



The largest source of increased taxation in the new SECURE Act is a provision requiring non-spouse beneficiaries to completely withdraw and pay taxes on all tax deferred retirement accounts (like 401(k)s, 403(b)s, TSPs, IRAs, etc.) within 10 years. There are a few exceptions to this, which we will discuss next month. Under previous tax law beneficiaries could stretch withdrawals over their entire lifetimes instead of the much shorter 10 year time period. What this means is the larger the balance you have in your retirement account, the more likely the IRS will become one of the largest beneficiaries of it. For example, if you had a retirement account worth \$1 million and you have a single child as your beneficiary. Your child would be forced to withdraw and pay taxes on \$1 million within 10 years. If they earned 0% interest on the inherited money the most they could spread this out is \$100,000 a year for 10 years. Typically if you add a sum as large as \$100,000 to your tax return you will jump into a much higher tax bracket. Under the old law where a beneficiary only had to take out a much smaller amount jumping one or multiple tax brackets higher would rarely occur. The Congressional Research Service estimates that beneficiaries will pay an additional \$15.7 billion in taxes over just the next decade alone because of this change.

For those that have a trust as a beneficiary on their retirement

account things can be dramatically amplified since trusts and estates hit the highest tax bracket the fastest. At just \$12,951 the tax starts to be a whopping 42.7% (37% federal tax and 5.7% in state taxes in Kansas). What this means is that if you had a beneficiary with a trust that is taking out \$100,000 a year like in the above example, \$87,050 of that withdrawal each year will be taxed at the highest tax bracket rate of 42.7%. If you have a poorly written trust that tax could apply to nearly all \$1 million all at once too. Nearly every trust written prior to 2020 should be reviewed and revised to prevent this scenario from potentially playing out. Some of the best written trusts in the past may now be a tax disaster moving forward.

There are many changes being brought about by the SECURE Act besides just this tax increase. We will be diving more into those changes in future articles. Next month we'll go over some ways to offset, reduce, or possibly eliminate this tax from occurring to your retirement account. The more money you have saved in a retirement account, the more important revising your tax plan and estate plan has become. Those with a net worth over \$1 million or retirement account assets over \$300,000 should seek out professional help on how to reduce the negative tax impact the SECURE Act will have on a sooner rather than later basis. This type of advanced tax and estate planning is something we do as part of our 3 Step Review for new clients. There's no reason to make the IRS the biggest beneficiary of your retirement accounts when you can often do several simple and easy things on the front end to prevent it.

*Material discussed is meant for general/informational purposes and is not intended to be used as the sole basis for any financial decisions, nor be construed as advice to meet your particular needs. Please consult a financial professional for further information.*

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*Ryan can be contacted at 785-228-0222 or RetireTopeka.com.*

house is an option, too. But I'm not a fan of that one except in the most extreme circumstances.

Right now, I'm viewing this as a math problem with three components. The components are income, house payment, and lifestyle. You and your hus-

band need to sit down, and have a serious heart-to-heart talk about things. There will have to be some sacrifices in order to make things better, but only the two of you together can determine exactly what's best for your family. God bless you all.  
—Dave

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# opinion

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## House & Senate committee hearing gets tense

By Joe Patton



Interest was high at the Legislative hearing discussing the “Value Them Both” pro-life constitutional amendment to the Kansas State Constitution. A recent Kansas House and Senate Federal and State Affairs Joint Committee hearing focused on a constitutional amendment to reverse the Kansas Supreme court decision, *Hodes & Nauser v. Schmidt*. In this decision, the high court upheld a temporary injunction striking the Kansas ban on live dismemberment abortion. They also surprisingly found the right to an abortion in the Kansas State Constitution.

The pro-life women testifying for the amendment faced public ridicule, according to an editorial in the *Kansas City Star*. When Elizabeth Kirk, a noted legal scholar, testified in support of the amendment, explaining the content of the Supreme Court decision, one Democrat legislator, Rep. John Carmichael, responded with mocking,

“You tell us that you are a constitutional law scholar and that you taught law somewhere.”

Carmichael demanded that she cite where in the world she got the idea that the strict scrutiny standard is so tough. Ms. Kirk promptly provided her documentation. When Ms. Kirk accidentally knocked over the podium, he ridiculed her, crying out, “Good job!”

When Brittany Jones, a young conservative lobbyist for the Family Policy Alliance, finished her testimony, Carmichael said in a snarky tone, “Thank you for your wisdom.”

Despite the public ridicule, the women from the pro-life coalition were poised and clearly presented their testimony recommending a constitutional amendment,

Over 29 pro-life laws have been passed in Kansas over the years, which pro-life groups say resulted in 17,000 fewer abortions being performed.

Tennessee faced a similar problem when their Supreme Court found the right to abortion in their constitution, and their state pro-life group proposed an amendment that reversed the decision. The process in Tennessee took ten years, during which the pro-life group spent over one million dollars promoting the amendment, but they came together and won the public vote in a close election.

In 2018, West Virginia voters passed a pro-life state constitutional amendment after decades of being forced by a court ruling to fund elective abortions with taxpayer dollars. Iowa, Kentucky, and



Louisiana are all considering pro-life amendments to their state constitutions.

Planned Parenthood, Planned Parenthood Great Plains Votes, ACLU of Kansas, and the MainStream Coalition were all united in their opposition to any constitutional amendment, saying the people should not be allowed to vote.

The joint committee the next day, following a public pro-life rally, recommended that the legislature send a constitutional amendment to the people for a vote, with this wording: “Because Kansans value both women and children, the constitution of the state of Kansas does not require government funding of abortion and does not create or secure a right to abortion. To the extent permitted by the constitution of the United States, the people, through their elected state representatives and state senators, may pass laws regarding abortion, including,

but not limited to, in circumstances of pregnancy resulting from rape or incest, or when necessary to save the life of the mother.”

In response to the court’s abortion decision, a group of pro-life women has started a new grassroots group called Save The Babies focused just on this issue. If you know of a group that would like to schedule an educational speaker, send your request to [savethebabieskansas@gmail.com](mailto:savethebabieskansas@gmail.com). You can find the group on Facebook at [@SaveTheBabiesLife](https://www.facebook.com/SaveTheBabiesLife), where they explain the court’s abortion decision, why you should be alarmed, and what you can do about it. You can also get update information on this issue by texting SAVETHEBABIES to 22828.

—Joe Patton is a Topeka Personal Injury Lawyer and Senior Partner of Patton and Patton, Chartered.

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



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## WHEN WE MAKE MEN INTO GODS



CLINT  
DECKER

President and Evangelist with Great Awakenings, Inc.

hopefortoday

When I was a teenager, I loved playing basketball. Dr. J and Michael Jordan were my favorite NBA players. While living in Colorado, I was fortunate to have my dad take me to see each of them play at McNichols arena in Denver. Those are incredible memories.

Like one of many sports fans, we often stand in awe of the talent these athletes have. The NFL Superbowl just took place and next month is the NCAA’s March Madness. Let me ask this question. Do you think we ever exalt these amazing athletes beyond what is reasonable? Let me ask another. Do we do this in other areas too? Where a person has a special talent or is in a great position of influence and power, do we at times hold them up too high?

When the burdens of life weigh on us, by instinct we look around for a type of savior to give us the help, relief or answers we seek.

We look to the athlete, musician or movie actor to give us hope and moments of joy.

We look to the doctor to cure our sickness or disease.

We look to a political leader to give us national peace and prosperity.

We look to the business person to give us a job and income.

We look to the preacher to give our life comfort, meaning and direction.

What are we doing? We are exalting mankind above God. We trust in the person and their abilities to help us, rather than God. We thank and celebrate the person for what they have done, rather than God. Do we somehow think God does not see this and will not take it to account?

People in these roles have worked hard, been blessed by God with special talents, but in the end, are just people. They are not infallible machines or products, but human beings like the rest of us. When we place our trust in them, we will eventually find our team will lose, the movie will end, the doctor cannot find a cure, the politician will fail us, the business will lay us off and



the preacher will disappoint us. No human, no matter how gifted they are can give us what we ultimately seek.

It is good to learn from others, to enjoy and celebrate their abilities, but when we begin looking to people for the things we ought to look toward God for, we cross a dangerous line. It is written in the Scriptures, “For the wisdom of this world is folly with God” (1 Corinthians 3:19). Furthermore, “. . . let no one boast in men” (3:21).

The Scriptures teach us that God is the only source of true hope. He is our ultimate Healer. He is our Defender. He is our Provider. He is the giver of life. No man, woman, team, program, weapon, set of ideals, principles, systems can be an adequate savior for the burdens we bear and the wrongs we have done. It is foolish to think otherwise.

There is only one Savior. He created

each of us with our unique talents, and one day all humanity will kneel side by side before the Great Savior and Judge, who is the King of Kings.

Who are you trusting in for the things in this life and the next? Are you trusting in yourself or in others? I urge you to trust in the one above all – Jesus.

A prayer for you - “Lord God, examine our hearts to see if we have lifted anyone in our lives above you. Show us if we are trusting in another, for what we ought to be trusting in You for. Jesus, come and be my one and only Savior and Lord. Help me to turn from my ways and to You with all my heart. 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](mailto:cdecker@greatawakenings.org).

## When Time Runs Out; Kobe Bryant 1978-2020

Sunday, Jan. 26, players from the Toronto Raptors and San Antonio Spurs allowed their first 24-seconds of possession at the start of their game to run out in honor of No. 24, Kobe Bryant.

The crowd gave a standing ovation along with Kobe chants.

There will be many more such moments in time, in the coming days in the NBA and beyond. Kobe was an 18-time NBA All-Star who won five championships and became one of the greatest basketball players in history during a 20-year career with the Los Angeles Lakers.

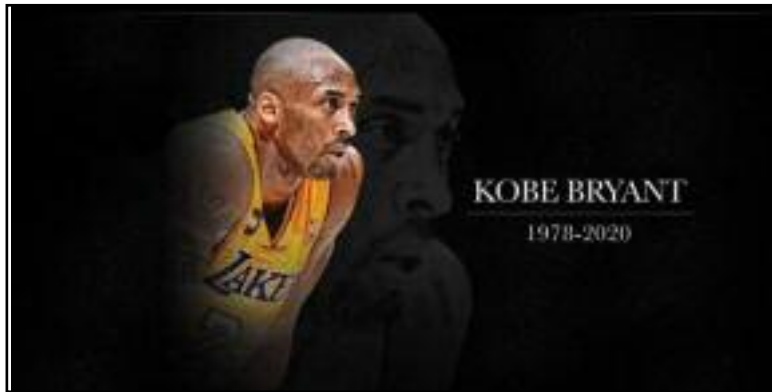
Just hours earlier, time on earth for Kobe, his 13-year-old daughter, Gianna, and seven others (names at time of publication yet to be released), ran out. They died in a helicopter crash Sunday. He was 41.

I write about time in relation to Kobe because he was an athlete whose impact transcended sports. His relentless push to be the best on the court and clear evidence of such perfection turned into a global discussion about excellence, even in his death. *This Sunday, this morning, this moment in time, people all over the world are asking others, "Did you hear the news?"*

I found out about Bryant's death via a text from a friend at 12:49 pm, about a couple hours after the Sikorsky S-76 helicopter crashed amid foggy conditions in the hills above Calabasas.

The text read, "If you have time, you should write an article about Kobe Bryant and about George Street evangelist and ask the question, 'If you died tonight, would you go to heaven?'"

I called my friend immediately to get clarification because I wasn't sure if I was on board. I love Jesus, but don't want to compromise the saving message of the gospel by potentially being viewed as an opportunist.



After hearing the trepidation in my voice, he said, "You know everyone I run into today (since his death in the morning) is talking about Kobe. His death has a lot of people thinking about their mortality?"

Earlier in the day, before the tragic news, my wife and I had gone up to a pastor (a former athlete) below the church stage who had just given a message about how all of us "wrestle with God." He is a friend of ours and we approached him for prayer. He had just shared from the pulpit a story about the passing of his mother only a month ago.

In between the two church services, I quickly told him that I had been wrestling with God for too long about a transition period in our young marriage. Little did my wife and I know, that at the start of his prayer for us, he would share several of his own struggles and begin to cry. He was deeply grieving his mom's death.

Only God could have orchestrated this moment of prayer and fellowship centered on life, death, and eternity.

So, I do not take lightly our pastor/friend's moment together in prayer, and neither do I lightly take my friend's text message about doing a Kobe story and asking, "If you died tonight,

would you go to heaven?"

You may be wrestling with God about a number of things today, like asking, "Why did Kobe, his daughter, and others have to die in that helicopter crash?"

None of us know.

"Humanity wrestles with God in the deepest recesses of our being," our pastor/friend preached today. "The wisest thing you can do is surrender.

"The blessings of life are the blessings of eternity."

May God bless Kobe's family and all of us Black Mamba fans who wrestle day-in and day-out with God about a lot of things, but especially today's tragic loss.

—By Alex Murashko

*Murashko is the founder of Media on Mission (<https://mediaonmission.org/>), a project to encourage and support others in media who use their platform to share the Good News of Jesus Christ. More than 25 years in media-related work, including reporting community news for the Los Angeles Times, education coverage for the Press-Enterprise in Riverside, Calif., Founding Editor for TogetherLA.net, and editor and reporter for The Christian Post's Church and Ministry section.*

## Pro-life supporters and abortion opponents have reason to be optimistic

By **Russell Shaw** | [aleteia.rog](http://aleteia.rog)

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

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



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

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.

## Holocaust Remembrance Day is a call to action

Millions around the world are remembering the 75th anniversary of the liberation of Auschwitz-Birkenau concentration camp on International Holocaust Remembrance Day. That liberation, seared into the history of humankind, took place Jan. 27 in 1945.

It was famous Czech novelist Milan Kundera who wrote that 'the struggle of freedom against tyranny is the struggle of the memory against forgetting.'

Today, Jews around the world are once again under threat. In supposedly open-minded New York City, Paris and beyond, Jewish families send their children to school under the threat of violent acts on public streets and subways.

Holocaust commemoration reminds us that some things have not changed.

But Holocaust Remembrance Day can provide lessons for Christians in the West as fellow believers and other faiths around the world continue to be murdered for their faith. We work on their behalf by first recommitting ourselves first to memory of the Holocaust.

With the passing of each day we lose those with first-hand knowledge of Holocaust atrocities. We say to those survivors and future generations "Never again," as we stand together against time



and the human failing to easily forget.

Between 1933 and 1945, over 6 million people Jews were murdered in concentration camps. If there is one over-arching symbol of the Holocaust and its atrocities, it would be Poland's Auschwitz. In the borders of this huge killing operation, more than a million Jews died.

With our educational non-profit Vision Israel, we strive to ensure that the younger generation's awareness of the Holocaust will increase. Sadly, polls show that the majority of young people are unaware of the true facts.

In an age where Christians are the new targets around the world, we must learn first what led to the mass slaughter of Jews across Europe. It's not just enough to

review the cold facts of the past; we must learn from them and apply the lessons to the present. Whether it is the slaughter of African Christians, Chinese Muslim and Falun Gong minorities (who's organs are being harvested), or Christian churches being burned in India, it is our duty to bring awareness to the carnage where ever it may exist.

We must speak out on behalf individuals of all faiths that suffer persecution and death for their beliefs. For if we do not speak out for them, who will speak out for us?

Sadly, the media doesn't fully understand. Holocaust memorial activities often seem grudgingly covered by news outlets around the world. These same news corporations have also instituted a virtual

news blackout on the genocide of Christian believers in Central Africa and large swaths of the Middle East.

So it is not sufficient that we devote just one single day to remember the Holocaust. We need to educate the public

on a daily basis. In media, government and schools. For only through knowledge can we apply the lessons to the present and future.

As a society, we must not repeat the silence of the past.



Metro Voice publishers Dwight and Anita Widaman at the residence of Israeli President Reuven Rivlin.



Are you ready to make your love's heart leap on Valentine's Day? Our guide to a great Valentine's Day will provide you with ideas and tips that will make your Valentine's Day a success.

#### Tips for a smooth Valentine's Day:

- Tell your special someone how much you care about them
- Be thankful – it's always appreciated
- Plan ahead – babysitters, reservations, and other things that need done
- Turn off your cell phones – enjoy this time together

#### Gift Ideas:

##### Candy and Flowers and Jewelry:

- Visit Hazel Hill Chocolate for a unique chocolate treat, or contact Kan U Say Oh Yum and order their favorite cookies or other treat.
- Surprise your special someone with a bouquet of favorite flowers or balloons
- Dazzle him/her with a piece of jewelry from David's Jewelers or other local jeweler
- Make a list of all the things you love about him/her

##### Gift basket for her:

- Get a gift certificate for a massage or trip to a salon or spa.
- Pick up a candle for a candle-lit bath.
- Find her favorite book at one of Topeka's bookshops for her to enjoy during her quiet time
- Buy her a personalized gift from a local shop.

##### Gift basket for him:

- Buy his favorite candy bars and personalize it with "Udaman" wrappers
- Include miniature bottles or cans of his favorite drink and personalize them with valentine's day labels
- Create a ticket book with tickets for him to use at his leisure
- Include a new favorite movie, C.D.,

or video game he's been wanting

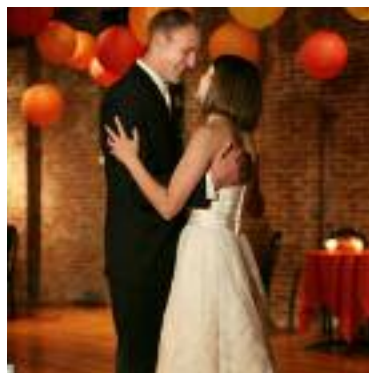
#### Dinner:

- Avoid the Valentine's Day rush - create a romantic meal at home
- Go to a restaurant where you share special memories
- Get dinner and a room, and enjoy the indoor pool or other activities.



#### Dates:

- Laugh together at a comedy show.
- Enjoy a romantic movie at home from Netflix, RedBox, or one you already own. While watching share your favorite treat and glass of wine or sparkling cider. Include a massage.
- Enjoy a night of music and dancing before or after dinner at one of Topeka's nightspots.



- Spend uninterrupted time together with a romantic getaway at a local retreat spot.

## Serenade your Sweetheart

Want to do something out of the ordinary for someone in your life? Why not enlist a Harmony Chorus or Barbershop Quartet to make someone's day extra special with an extra special gift? For \$40 or less you can have your sweetheart serenaded with song, a rose and chocolates!

Love N Harmony quartet, affiliated with Topeka Acappella Unlimited chorus, will present two songs, a rose and a box of candy to your special someone. For more information, call 478-4650.

The Capital City Chorus is once again offering you a chance to give that someone special in your life a unique Valentine this year from a Barbershop Quartet. This package is offered only on Feb. 14th, and includes 2 songs, a red rose and box



of chocolates. You can reach them at 273-9514.

## Heart-Healthy Valentine's Day Tips

Your sweetheart may have the key to your heart, but eating healthy and being physically active can be the key to a healthier heart. This Valentine's Day, indulge your sweetheart with a heart-healthy gift or date.

Rather than going overboard with sweets, also consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade Valentine. Or visit [www.ShopHeart.org](http://www.ShopHeart.org) for gift ideas that benefit the American Heart Association.

Quality time is one of the most meaningful gifts. Bundle up and plan an active outing such as sledding, ice skating, gathering wood for a fire, or if you're feeling adventurous, visit an indoor rock wall.

If your kids are having a Valentine's Day party at their school or day care, instead of sending candies, consider raisins, grapes, whole-grain pretzels, colored pencils or stickers as tokens of their friendly affection.

Cooking at home is an excellent way to control what and how much you eat. Take a date to a local cooking class to practice your skills or learn a new technique.

Prepare a romantic candlelit dinner at home using one of our heart-healthy recipes.

Give to one another by giving back. Ask a date to volunteer with you at a local organization. Giving back is a healthy habit that can boost your mood and help beat stress.

Use this day as an opportunity to tell your loved one how important they are to you, and share ways that you can support each other's health and wellness. Get started by taking the My Life Check Assessment.

Craving something sweet? Gift a beautiful fresh fruit basket to your loved one or consider more healthy sweets such as dark chocolate. Did you know that daily consumption of dark chocolate is linked with a lower risk of heart disease and stroke in high-risk individuals? It seems that cocoa, a primary ingredient in chocolate, contains antioxidant compounds called flavanoids. Flavanoids have

antihypertensive and anti-inflammatory effects, which can reduce the heart's stress and result in lower blood pressure. So indulge your inner chocoholic with a moderate piece of dark chocolate each day.

Sharing is caring – if you go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.

Don't forget to love Fido, too! Give your pet a Valentine and remember to walk or exercise them daily – getting active with your pet will benefit your health and your bond with your pets.

Take it slow – if you receive a luxurious box of chocolates from your sweetie, stick it in the freezer and enjoy in moderation over the next several weeks.

Take a long, romantic walk with your beloved – and try to make it a regular habit. Aim for at least 150 minutes of moderately intense physical activity each week to help keep your heart healthy. You can reach this goal by walking briskly for at least 30 minutes five days each week.

Check out some tips online for healthier preparation methods for cooking.

Rekindle an old flame – try preparing one of your sweetie's favorite recipes in a healthier way. These

healthy substitutions can help you cut down on saturated fats, trans fats, salt, and added sugars, while noticing little, if any, difference in taste.

Working out together can be fun. Strength training increases blood flow, builds lean muscle, and lowers blood pressure and cholesterol. Choose a weight-training routine that is appropriate for your body, consulting a doctor or personal trainer if needed. If your strength is at a low ebb, even lifting a two-pound weight can be helpful. Increase the amount you lift as you gain strength.

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### Swing Dance lessons available at Jayhawk

Topeka Swing Dance is available every Tuesday night at the Jayhawk Theatre.

Topeka Swing Dance will continue beginner classes on Tuesdays, at the Theatre at 720 Jackson Street. Class is from 7:00 to 8:00 p.m., From 8:00 to 8:30, students will have time to practice, ask questions, and social dance. Tickets are \$5.00 each for the lesson.

Water and snacks will be available

for purchase

Dancers become very warm as they dance, so please dress in layers so you can remove sweaters, etc., as you warm up.

No partner or prior dance experience is needed to participate in this event. It is advised to wear shoes that will allow you to slide rather than stick on the floor, and wear clothes that allow you to move comfortably. All ages are invited.

### Jayhawk Theatre presents “Pal-entines” special Valentine event

The Jayhawk Theatre at 720 Jackson Street, in cooperation with Topeka Swing Dance, is hosting the “Pal-entines” Valentine Social on February 8, 2019, in the Main Theatre. Doors open at 6:30p.m., Appropriate for all ages,

includes snacks, games, a beginner dance lesson, a birthday jam and competitions). For tickets or info: jayhawktheatre.org

No partner or prior dance experience is needed to participate in this event. It is advised to wear shoes that

will allow you to slide rather than stick on the floor, and wear clothes that allow you to move comfortably. All ages are invited. The theatre can be cold in the winter months, so be sure to layer up!

### Hayden Brax crowned Miss Kansas USA 2020 for Miss USA 2020

Hayden Brax was crowned Miss Kansas USA 2020 on January 19 at Lied Center of Kansas in Lawrence. She will represent Kansas for the title of Miss USA 2020 in the national contest. Brax succeeds and was

time to service and spent a portion of her winter break in eSwatini, Africa, on a service/learning trip. As Miss Kansas USA, Brax plans to advocate for children in need and use this platform to serve others.

Also at the competition, Miss Teen Kansas USA 2020 was crowned, who will get the opportunity to represent her state at Miss Teen USA

2020. Cyara Heredia won the Teen award as she succeeded and was crowned by Miss Teen USA 2019 Hannah DeBok. Her court also included Savana Grace Wilson, Rachel Hammons, Samantha Elliot, Faith Jacobs, who were adjudged first, second, third and fourth runners-up respectively.



crowned by Miss Kansas USA 2019 Alyssa Klinzing.

Brax is 20 years of age and hails from Leawood, Kansas. She completed her graduation from The University of Kansas. The newly crowned queen’s court included:

First Runner-Up – Faith Tyrell from Heartland

Second Runner-Up – Alexandria Black from Westwood

Third Runner-Up – Kirstin Bangs from Olathe

Fourth Runner-Up – Camila Sacco from Wichita

Brax is a junior at the University of Kansas, studying Applied Behavioral Science and Psychology, on a Pre-Occupational Therapy track. She has a passion for working with children with disabilities, and hopes to work in a hospital or rehabilitation clinic after graduate school.

Brax also enjoys devoting her free

### Community Harvey House Luncheon is back

Great Overland Station, 701 N Kansas Ave., will once again present a Harvey House Luncheon on March 5, from 11:30 to 2:00.

These uniquely elegant luncheons are served by costumed Harvey Girls who enjoy sharing their knowledge of Fred Harvey and the historical Harvey Houses. Following lunch, a docent in authentic Santa Fe ticket agent uniform gives a guided tour of the Great Overland Station.

Harvey House Luncheons are typically served to private groups of 25 people or more; however, four times per year there is a rare opportunity for small groups, individuals and couples to experience a Harvey House Luncheon.



Cost is \$23.50 per person (includes meal and tour). Reservations are required. There is a limited number of seats available. The deadline to sign up is February 27, 2020.

For more information contact: 785-232-5533 or email [contactus@greatoverlandstation.com](mailto:contactus@greatoverlandstation.com).

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## Eleven area parks get new playgrounds and more



Topeka parks are getting an upgrade!

The Shawnee County Parks + Recreation's Master Plan calls for upgrading five to eight parks per year. Parks including Betty Dunn, Betty Phillips, Giles, Little Oakland and McKinley have seen upgrades ranging from concrete walking paths to new basketball courts, shelters, picnic tables, benches, trash cans and new park signs.

Additionally, a \$256,000 grant from GameTime has stretched to 11 the number of parks receiving new playground equipment: Austin, Childrens, Central, Collins, Eastborough, Eastgate, Gwendolyn Brooks, Hughes,

Major Palm, Meadowood and Willow.

Clarion Woods Park improvements include shore stabilization, increased access to fishing area, dredging the pond and replacing the overflow drain tube at the north edge of the pond.

Registration for swim lessons in 2020 is now active online, and summer camp registration will begin March 3. Camps include: Back to Nature (Big Gage Shelter), Camp Connections Lake (Lake Shawnee), Camp Connections North (Shawnee North), Civitan Day Camp (Adaptive), and FunZone (Central Park, Oakland).

For more information visit [parks.snco.us](http://parks.snco.us).

## Pigskin prophecy? Minister believes Super Bowl win by Chiefs is a sign of revival

Fans of the Kansas City Chiefs have waited a half-century for their team to make it back to the Super Bowl. If the Chiefs win, some people believe, it could kick off a great revival.

A Chiefs victory means revival is coming, according to a prophecy going viral on Facebook. Before passing away in 2014, self-proclaimed prophet Bob Jones reportedly told Shawn Bolz, a minister who calls himself a prophet, that God had told him this in a vision.

"Bob Jones told me at least 10 times, 'When the Chiefs win the Super Bowl, you will know that revival is about to come. God is raising up his apostolic chiefs,'" Bolz wrote in a Facebook post last weekend.

The prophecy became relevant as the Chiefs prepare to play the NFC champion San Francisco 49ers on February 2 in Miami. Bolz encouraged his followers, "This could be the time! Let's pray!"

According to Charisma News, Jones was a "prophetic minister" for more than 40 years. As early as the age of 7 he claimed to have a vision of the archangel Gabriel appearing to him and blowing a double silver trumpet in his face.

According to his biography, Jones saw Gabriel throw an old bull skin mantle at his feet as a young boy, filling him with



Bob Jones supposedly said a revival was coming and to look to the Chiefs for a sign.

fear and causing him to run away. Many years later, however, "he returned to pick up that old mantle which is that of a seer prophet."

In his capacity as a prophetic minister, Jones, who is very controversial, also

attempted to foretell earthquakes, tidal waves, comets and weather patterns, although not all of his predictions were accurate.

Bolz is not the only one with predictions of revival on the horizon. Lou Engle, founder of the youth conference Awaken, believes Kanye West's conversion also is a sign of a coming revival.

"The [Awaken] gathering is a monumental movement launching a new decade of awakening America back to God at a critical time in our nation's history," the organization said in a news release. "[This] will be the spark to America's third great awakening."

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## Guest Speaker: Jerry Schemmel

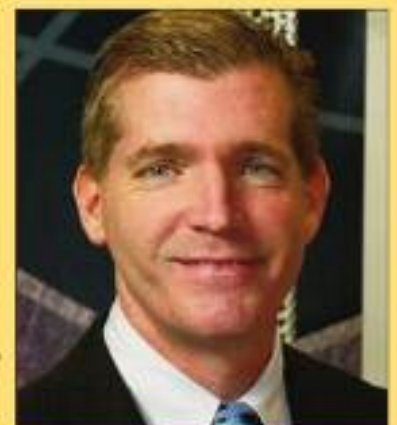
Jerry Schemmel just wrapped up his 10th season as a radio announcer for the Colorado Rockies on flagship station KOA in Denver and was the voice of the Denver Nuggets for 18 seasons. He is also the host of the weekly radio show, *Amazing Americans*. His sportscasting career spans nearly 30 years and includes extensive radio and television play by play of both professional and major college sports.

Schemmel is the author of the book, *Chosen To Live*. *Chosen To Live* chronicles his survival of the crash of United Airlines Flight 232 in Sioux City, IA in 1989 and its subsequent effects on his life.

He is also the author of *The Extravagant Gift*, an evangelistic outreach booklet. He has also been featured on several national programs, including an extended feature piece on ESPN in 2009.

Schemmel earned a law degree in 1985 from Washburn University, after receiving his undergraduate degree from the school in 1982. He also played baseball at Washburn and later was an assistant coach at the school for three years.

Schemmel grew up in Madison, SD and now resides in Littleton, CO with his wife Diane. They have two adult children, Maggie and Ryan.



# In amazing show of support, Arab nations send ambassadors to peace plan unveiling

Peace between Israel and Palestinians living in the Biblical heartland of Judea and Samaria, known as the West Bank, has been elusive for 75 years. On Tuesday President Donald Trump released a peace plan as ambassadors from three former enemies of Israel stood in a show of support. This while Palestinian representatives boycotted the announcement.

To the surprise of some, and delight of many, the United Arab Emirates, Oman and Bahrain attended the announcement.

The long-awaited Middle East peace plan was two years in the making and the blueprint, aimed at resolving the decades-long Israeli-Palestinian conflict, for the first time revealed a map of what a future Palestinian state would look like.

Trump said the 80-page plan represented a “vision for peace, prosperity, and a brighter future for Israelis and Palestinians.” He said it’s “fundamentally different from past proposals.”

“This is an unprecedented and highly significant development,” he said at a White House event with Israeli Prime Minister Benjamin Netanyahu.

“What he has achieved is quite extraordinary,” Netanyahu told Fox News on Wednesday. “The Arab states, instead of going back to the status quo of total support for Palestinians at any cost, said to the Palestinians ‘you should negotiate under American auspices.’”

Netanyahu’s observations about Palestinian leaders is accurate as under the Trump administration, Arab nations in the Gulf, including Saudi Arabia, have more recently sided with Israel in the conflict. After billions of dollars in aid that has been mismanaged by Palestinian leaders, Arab nations now see the future as one that incorporates Israel as a reliable partner against Iran that could bring peace and prosperity to the region.

Trump released the plan to unanimous applause in a room packed with State Department officials, US and UN ambassadors and ambassadors from other nations.

“In the past, even the most well-intentioned plans were light on factual details and heavy on conceptual frameworks,” he said. “My vision presents a win-win opportunity for both sides, a realistic two-state solution that resolves the risk of Palestinian statehood to Israel’s security.”

The plan is only the first step for



President Trump announces a peace plan between Israel and Palestinians.

progress toward peace and includes a conceptual map outlining the two states.

According to the plan, “Israel has agreed to a four-year land freeze to secure the possibility of a two-state solution.”

“Jerusalem will stay united and remain the capital of Israel, while the capital of the State of Palestine will be Al-Quds and include areas of East Jerusalem,” the plan states. Al-Quds is the Arabic name for Jerusalem.

“This map will more than double the Palestinian territory and provide a Palestinian capital in eastern Jerusalem where America will proudly open an embassy,” Trump said.

After the meeting, Trump posted a map on Twitter showing the future of the Palestinian state.

## ‘Greatest Friend’ of Israel

Speaking at the event, Netanyahu praised Trump, calling him “the greatest friend that Israel has ever had in the White House.”

While many past plans “tried to pressure Israel to withdraw from vital territory,” he said, Trump’s blueprint recognized Israeli sovereignty in disputed territories, including the Jordan Valley and other Jewish settlements in the West Bank in the areas known as Judea and Samaria.

According to the plan, nearly 30 percent of the West Bank would be allocated to Israel, which is the territory that Israel seized from Jordan in the 1967 Arab-Israeli war.

The proposal gives Palestinians a path to a future state that will cover the remaining 70 percent of the West Bank and the Gaza Strip. But the plan goes even beyond what most expected in its

generosity to the Palestinians. Israel will relinquish its own land, virtually doubling the amount of territory Palestinians currently control. Israel will give Palestinians huge areas of land near Gaza and south of the West Bank to relieve Gaza’s overcrowding. It is basically a land swap.

It also “provides for a high-speed rail connection between Gaza and the West Bank,” as both are geographically separated, David Friedman, U.S. Ambassador to Israel, told reporters.

The plan also calls for Hamas to be disarmed and for Gaza to be demilitarized.

“Regardless of the Palestinian decision, Israel will preserve the path of peace in the coming years,” Netanyahu said.

“At the same time, Israel will apply its laws to the Jordan Valley, to all the Jewish communities in Judea and Samaria, and to other areas” that the plan designates as part of Israel, he said.

The Palestinian leadership, which had earlier rejected the plan, was not invited to Washington. Palestinians earlier made clear that they would reject Washington’s role as mediator in the conflict.

“Trump, Jerusalem is not for sale. Our rights are not for sale. Your conspiracy deal will not pass,” Palestinian President Mahmoud Abbas said on Jan. 28 in response to Trump’s proposal, according to Israel’s daily newspaper Haaretz.

“After the nonsense that we heard today we say a thousand no’s to the Deal of The Century,” he said. “Trump and Netanyahu declared the slap of the century, not the deal. And we will respond with slaps.”

Palestinians earlier described the plan as “the plot of the century to liquidate the Palestinian cause” and threatened to withdraw from the 1993 Oslo Accords, which sought to construct peaceful Israeli-Palestinian relations.

Palestinians have been accusing Trump of siding with Israel after Washington recognized Jerusalem as Israel’s capital and moved the U.S. Embassy there. Trump also closed Palestinian diplomatic offices in Washington in September 2018, citing the failure of the Palestinians to enter into negotiations with the Israelis. The Trump administration also slashed funding to Palestinian aid programs in August 2018, with one of the main reasons being concern over the terror group Hamas ruling Gaza.

## Kushner-Led Peace Plan

A team led by Trump’s son-in-law

and senior advisor Jared Kushner was in charge of crafting the peace plan. Kushner last year revealed the economic portion of the peace plan, promising to invest \$50 billion to help Palestinians and neighboring Arab states if a peace deal with Israel was accepted.

David Makovsky, a former State Department adviser on Israeli-Palestinian negotiations and senior fel-

Benny Gantz to the White House. He held separate meetings on Jan. 27 with each leader to disclose the details of his plan and discuss major bilateral issues between the United States and Israel.

The separate meetings with Netanyahu and his main rival Gantz reflected Israel’s upcoming tense election. Having failed to form a majority coalition in Parliament after two general



low at The Washington Institute said that the Trump plan would fall considerably short of Palestinian expectations.

“If Trump is reelected, the administration believes the Palestinian Authority would need to swallow its defiance and reconcile itself to this new political reality,” he wrote on Jan. 24 in a report.

Before the event, Trump invited both Netanyahu and Israeli opposition leader

elections in 2019, Israel is heading to an unprecedented third election on March 2.

Trump said that he received backing for his plan from both leaders, adding that “peace transcends politics by any measure.” The announcement and plan also came with the blessing of Arab Gulf states.

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# the events calendar

**FREE LISTINGS! E-mail your events to: [Voice@cox.net](mailto:Voice@cox.net); mail to Metro Voice, P.O. 5724, Topeka, KS 66605; fax to 785-235-3340 or enter online at [metrovoicenews.com](http://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](mailto:hagen1525@gmail.com).

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

**GRAND O' OPRY** - 2nd & 4th Saturday, 6:30PM-pre-show, 7PM showtime, Ottawa Memorial Auditorium, 301 S Hickory, Ottawa. Tickets are \$10 and only at the door. Ph. 785-214-0013, email [grandopry@gmail.com](mailto:grandopry@gmail.com).

January 25th - Special guests are Jim Winters and Ronda Harmon! February 8th - Special guests are Duke Mason, Ginnelle Esry, and Mike Bland! February 22nd - Special guests are Lorena Prater, Jason Richison and Kinley Taylor Rice!

**LIVE MUSIC FRIDAYS** - The Weather Room at Cyrus Hotel, 920 S. Kansas Ave. 866-266-3500

**ITALIAN AND FRENCH BAROQUE MUSIC** - Feb. 9, 3pm, Grace Episcopal, 701 SW 8th Ave. Zsolt Eder and Friends. \$10 general admission, \$5 students. For info: [greatspaces.org](http://greatspaces.org)

**TOBYMAC** - Mar. 8, 7pm, Sprint Center, 1407 Grand Blvd. With Tauren Wells, We Are Messengers, Ryan Stevenson, Aaron Cole and Cochren & Co. Tickets \$19-\$135. For info: [sprintcenter.com](http://sprintcenter.com) or 816-949-7000

**MERCY ME** - Mar. 20, 7:30pm, Silverstein Eye Centers Arena, 19100 E Valley View Parkway, Independence, MO. With Jeremy Camp and David Leonard. Tickets \$30-\$155. For info: 800-653-6000 or [ticketmaster.com](mailto:ticketmaster.com)

**THE ROADSHOW TOUR** - Mar. 26, 7pm, Silverstein Eye Centers Arena, 19100 E Valley View Parkway, Independence, MO. Bethel Music, Matt Maher, Martin Smith of Delirious?, Unspoken, Apollo LTD, Peabod and Elle Limebear. Tickets \$20-\$65. For info: [silversteineye-centersarena.com](http://silversteineye-centersarena.com)

**CASTING CROWNS** - Apr. 21, 7pm, Stormont Vail Event Center. Special guest will be Matthew West. For info: [castingcrowns.com](http://castingcrowns.com)

**LOCAL LIVE! BRYTON STOLL** - Feb. 29, 9pm, TPAC. Kansas native country artist. Tickets \$12.

## SPECIAL CHURCH EVENTS

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

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

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

**FREE WEEKLY COMMUNITY PANCAKE BREAKFAST** -

Sundays at 10am sharp, at Oakland Church of the Nazarene: 900 block of NE Oakland, followed by church services at 10:45am - followed at noon by The Hope House FREE Community Food & Clothing Banks.

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

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

**NSIDE OUT FELLOWSHIP** - Every Saturday, 6:30pm. Faith Temple Church, 1162 SW Lincoln. For info: 785-380-7031 or [rhaggertyjr@hotmail.com](mailto:rhaggertyjr@hotmail.com)

**FISH, CHICKEN AND RIB DINNER** - Feb. 1, 10am-4pm. St. Luke Missionary Baptist Church, 2222 S.E. Madison. The cost is \$10 for chicken and fish and \$13 for rib dinners. All dinners will include a choice of two sides, dessert and drink. Sides will include spaghetti, green beans, potato salad and baked beans. Proceeds will benefit the church's annual pastor's anniversary celebration.

**GRIEFSHARE** - Feb. 3 and following Mondays, 6:30-8:30 PM, Topeka Bible Church Mulvane Building. GriefShare is a free 13-week seminar and support group for people who are grieving the death of someone close to them. Participants are encouraged to register in advance at [www.DiscoverTBC.com](http://www.DiscoverTBC.com). Visit [www.GriefShare.org](http://www.GriefShare.org) to find other class locations and dates in northeast Kansas.

**COMMUNITY DINNER** - Feb. 5, 4:30-6pm, Tecumseh United Methodist Church. Ham and bean soup and Vegetable soup, corn bread, dessert and drink. Meals-to-go available. \$6

**WORSHIP AS ONE** - Feb. 6, 5pm, First Southern Baptist Church, 1912 Gage Blvd. A time for believers to come together as one body of Christ. Different styles of worship will be highlighted and a fellowship time will follow. For info: 785-272-0443 or [claire@fsbctopeka.org](mailto:claire@fsbctopeka.org)

**ANNUAL BISHOP APPRECIATION** - Feb. 7, 7pm, and Feb. 9, 11am, Faith Temple Church, 1162 SW Lincoln. Honoring Bishop R. K. Lassiter Sr. for 45 years in pastoral ministry. For info: 785-235-1834

**OLD-FASHIONED BLACK HISTORY PROGRAM** - Feb. 8, 6pm, Miracle Life Church, 3136 SE Minnesota Ave. Featuring old songs, skits and poetry.

**BERRYTON KIWANIS HAM & BEAN FEED & DESSERT AUCTION** - Feb. 8, 4-7pm. Berryton United Methodist Church, 7010 SE Berryton Rd. For info: 785-220-8032 or [sberry17@att.net](mailto:sberry17@att.net)

**A TASTE OF CHOCOLATE** - Feb. 8, 10am-2pm, Central Congregational Church, 5221 SW West Drive. Homemade chocolate candy, cakes, pies, cheesecakes and other confections, including candies created from recipes in the church's 1913 cookbook. Proceeds go to the church's ongoing mission work such as Doorstep, Let's Help and Sheldon Head Start.

**CREATION CLUB FIRST MONTHLY MEETING** - Feb. 9, 7pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave.

**SENIOR CITIZENS VALENTINE'S DAY LUNCHEON** - Feb. 10, 12pm, Perry Community Building. Bring a side dish, your table service, and \$2. Local musician Logan Barnett.

**TACO SALAD FUNDRAISING DINNER** - Feb. 14, 6-8pm, Mission Valley High School, 12913 Mission Valley Rd. Will take place during basketball game against Marais des Cygnes Valley High School. Suggested donation of \$8 for adults and \$5 for kids 12 and under.

**VALENTINE'S SWEETHEARTS DINNER AND DANCE** - Feb. 14, 6pm, Miracle Life Church, 3136 SE Minnesota Ave. \$25 for couples, \$10 for singles. For reservations and info: 785-224-9952 or 785-231-8159

**GRIEFSHARE** - Feb. 19-May 20, 6:30-8pm, East Side Baptist Church, 4425 SE 29th. 13-week video seminar, group discussion, and personal study. For info: 785-379-9933 or [secretary@esbcks.org](mailto:secretary@esbcks.org)

**ANNUAL CHILI & VEGETABLE SOUP SUPPER** - Feb. 21, 4:30-6:30pm, KS Ave United Methodist Church, Fellowship Hall, 1029 N Kansas Ave. Adults \$8, Kids 10 & under \$3.50. Includes chili or vegetable soup, relishes, drink & dessert. Carryout available. Community Invited. 785-234-0507

**SOUP SUPPER AND BASKET AUCTION** - Feb. 22, 4-6pm, Big Springs United Methodist Church (96 Hwy 40 - half way between Topeka and Lawrence on Hwy 40).

**LOAVES AND FISHES COMMUNITY DINNER** - Feb. 26, 5-7pm, Berryton United Methodist Church. Pulled pork sandwiches will be served.

**FRIDAY FISH FRY** - Feb. 28 thru April 3, 4-7 pm,

Sacred Heart Catholic Church Hall, 312 NE Freeman Ave. Adults, \$9; 12 & under, \$4. Fish or Shrimp. Take-out available. (785) 234-6727.

SacredHeartStJosephCatholic.org

**COMMUNITY DINNER** - Mar. 4, 4:30-6pm, Tecumseh United Methodist Church, 334 SE Tecumseh Rd. Meatloaf, potatoes, vegetables, salad, dessert, and drink. Free will donations accepted. Carry out available for \$6.

**THE LOST GOSPELS LECTURE SERIES** - March 8, 15, and 22, 9:30-10:15am, First Congregational United Church of Christ, 1701 SW Collins.

**BLINTZE BRUNCH** - Apr. 26, 9am-1:30pm, Temple Beth Shalom, 4200 SW Munson.

## 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](mailto: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.

**DOWNTOWN TOPEKA LIONS CLUB** - 2nd & 4th Mondays at Noon, Madison Street Diner inside the Ramada Downtown, Guests are welcome.

**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](http://www.topekasingdance.com).

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

**TOPEKA TWILIGHT LIONS BRANCH CLUB** - 2nd Wednesdays, 6:30 pm, Madison Street Diner, inside Ramada Downtown. Guests are welcome

**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](http://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](mailto:shawneeswingers@gmail.com). On Facebook: Shawnee Swingers Square Dance Club. [wesquardance.com](http://wesquardance.com)



**Adults \$10.00**  
Children 12 & under \$5.00

**Tuesday, February 25th from 11am - 2pm**

**Stormont Vail Event Center Ag Hall (17th & Topeka)**

Local  
Celebrity  
Servers

Local  
Entertainment

Theme  
Basket  
Auction

Chili, Chicken Tortilla or Portuguese Green Soup, Dessert & Drink

Carry Out Available / Delivery on orders of 10+  
 Flyer & Order Form at: [www.DoorstepTopeka.org](http://www.DoorstepTopeka.org)



**Developing and Uniting Christian Leadership**

• Business • Non-profits • Churches

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

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

**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](mailto:info@C5Alive.org) or 785-640-6399 • Open to the Public!

Save the Dates!

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



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

HINDSIGHT IS 2020

OUR 45TH YEAR!





KANSAS GARDEN SHOW

“A Showcase of Kansas Horticulture”

February 21-22-23

Friday & Saturday 10 am - 7 pm

Sunday 11 am - 5 pm



17th & Topeka Blvd.  
Topeka, KS

Admission \$8.00

Children 12 and Under FREE

INCLUDES FREE PARKING!

Friday is Senior Citizens Day!  
55 & Older - Buy One, Get One FREE



**FEB 10 THE HARLEM GLOBETROTTERS, FEB. 10, 7-9PM. STORMONT VAIL EVENTS CENTER FOR INFO CALL 235-1986**

**FEB. CYCLING EVENTS** – Various cycle rides are offered by Kansas Cyclist. [www.kansascyclist.com/](http://www.kansascyclist.com/)

**FEB. OUTDOOR ACTIVITIES** – Outdoor events and activities. [www.getoutdoorskansans.org/calendar](http://www.getoutdoorskansans.org/calendar)

**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.

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

**MARKETPLACE AMBASSADOR LUNCHEON** – Feb. 5, 11:30-1pm, AJ's NY Pizzeria, 1930 SW Westport Dr. Speaker: Jim Hanna. Come connect with like-minded business and professional men seeking effective ways to become an ambassador for Christ in the marketplace. For info: [gtenpenny@cbrmc.com](mailto:gtenpenny@cbrmc.com) or 913-219-9064

**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

**WAKE UP WITH WASHBURN BREAKFAST LECTURE** – Feb. 6, 7:30-8:30am. Washburn University, Bradbury Thompson Alumni Center. Breakfast served in Convocation Hall. Featured speaker Lance Sparks, BBA '93, owner and partner of Market Synergy Group, Inc., will give advice to young executives. \$10 Members/\$13 non-members. Register at [www.wualumni.org/WakeUp-Sparks](http://www.wualumni.org/WakeUp-Sparks); For info: 670-1641

**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.mhkprd.com/](http://www.mhkprd.com/), or call 785-776-5440.

**FIRST FRIDAY DOWNTOWN CHOCOLATE WALK** – Feb. 7, 5-8pm. Sample free chocolate offerings at various downtown businesses during First Friday ArtWalk, including NexLynx Gallery, David's Jewelers, Hazel Hill Chocolate, Cashmere Popcorn, Two Wolves Studio and others.

**HEAVEN ON WHEELS WINTER PRAISE RALLY** – Feb. 7-8, 6:30pm, Topeka Baptist Church, 4500 SW Gage. Entertainment, food, fellowship, praise. Sponsored by Christian Motorcyclists Association

**RV & SPORT SHOW** – Feb. 7-9, Kansas ExpoCenter. For info: 235-1986. \$8. [www.ksexpo.com](http://www.ksexpo.com)

**POLAR PLUNGE & STRUT** – Feb. 8, 9:30-Noon. Swim Beach, 3300 SE 29th St. Registration at 9:30am; 5k at 11am, Polar Plunge at 12pm. Save some time at pre-registration and packet pick-up: Feb. 7, 4-7pm at Gary Gribbles, 2130 SW Wanamaker Rd. For info: 620-408-4450 [plungeks.org](http://plungeks.org)

**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.

**SWING DANCING PAL-ENTINES** – Feb. 11, 6:30-9pm. Jayhawk Theatre, 720 SW Jackson St. Appropriate for all ages, includes snacks, games, a beginner dance lesson, a birthday jam and competitions). For tickets or info: [jayhawktheatre.org](http://jayhawktheatre.org)

**C5Alive "POWER" LUNCHEON** – Feb. 13, 11:30-1, Speed Networking at Fairlawn Plaza Mall. Catered by Grandma Wock's.

- 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](mailto: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:** Mar. 12, 11:30-1, C5Alive POWER Luncheon at Thornton Place. Catered by Thornton Chef.

**GO RED FOR WOMEN BREAKFAST** – Feb. 14, 8-9am, The Brownstone, 4020 NW 25th St. Wear red and RSVP by Feb. 7th. [Heart.org/topekabir](http://Heart.org/topekabir) or 316-768-3830

**NAMI KANSAS MEET & GREET** – Feb. 14, 10am-9pm, second level at West Ridge Mall near Furniture Mall. Get to know the NAMI 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.

**TOPEKA HOME SHOW** – Feb. 14-16, Stormont Vail Events Center. Adults \$8 Kids \$5. 785-273-1260

**HIGH SCHOOL SEASONAL JOB FAIR** – Feb. 17 & 20, 9am-2pm, Topeka Workforce building at 1430 SW Topeka Blvd. Feb. 17 for Seaman, Hayden, Silver Lake, Rossville and Shawnee Heights; Feb. 20 for Auburn-Washburn. 300 Shawnee County Parks + Recreation seasonal staff positions ranging from lifeguards to staff for summer camps, golf course maintenance, landscape and horticulture, natural areas and forestry,

campground attendants, park police, cashiers and Gage Park Mini-Train drivers. Pay ranges from \$7.25-15 per hour. Apply at [www.snco.us/oasys](http://www.snco.us/oasys). Call 785-251-6825 for info.

**REVIVE Topeka** – Feb. 21, 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](mailto:revivetopeka@gmail.com) or 785-215-5664.

**KANSAS GARDEN SHOW** – Feb. 21-22-23, Stormont Vail Events Ctr. Adm. \$8. Children 12 & under free. Free parking. Friday is Senior Citizens Day: 55 & older buy one, get one free. For info: 235-1986

**CHOCOLATE AFTER DARK** – Feb. 22, 6-8pm, Dillon House, 404 SW 9th St

Everyone's a VIP: ticket includes: Chocolate sampling with Hazel Hill Chocolate; Chocolate-infused heavy hot 'd oeuvres; Chocolate & wine pairings with Crooked Post Vineyard & Winery & Stone Pillar Vineyard & Winery. Glaciers Edge Winery and Norsemen Brewing Company. Live music from Stratton and Spring; VIP gift bag includes wine glass, insulated bottle carrier and special gift

**DOORSTEP OPERATION SOUP LINE FUNDRAISER** – Feb. 25, 11am-2pm, ExpoCenter Ag Hall. Chili or soup, dessert & drink. \$10 adults; \$5 children 12 & under. Local celebrity servers, entertainment and a theme basket silent auction. Carry out & delivery available. 785-357-5341. [www.DoorstepTopeka.org](http://www.DoorstepTopeka.org)

**ANNUAL ARAB SHRINE CIRCUS** – Feb. 28-29 and Mar. 1, 7pm, Stormont Vail Events Center. For info: [arabshrinecircus.com](http://arabshrinecircus.com) or 785-221-4523

**22ND METRO VOICE MIDWEST CHRISTIAN EDUCATION & COLLEGE EXPO**. Feb. 29, 9:30 am-12:00 pm. Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. FREE SEMINARS. 50 Christian Colleges from 17 states. 816-524-4522. [MetroVoiceNews.com](http://MetroVoiceNews.com)

**COMMUNITY HARVEY HOUSE LUNCHEON & TOUR** – Mar. 5, Great Overland Station. Elegant luncheon served by costumed Harvey Girls, plus guided tour. For info: 785-232-5533 or email [contactus@greatoverlandstation.com](mailto:contactus@greatoverlandstation.com) by Feb. 27.

**TOPEKA WOMEN'S CONNECTION LUNCHEON** – Mar. 5 11:30am, T&SC Public Library, 1515 SW 10th Ave. The speaker will be Karen Blankenship, author. Music by Sandy Hestand. Prepaid luncheon reservations are \$14 and are due by Feb. 28, by calling (785) 554-3617. There is no charge to attend the program only.

**THE ILLUSIONISTS** – Mar. 12, TPAC. Magic tricks, death-defying stunts. Tickets \$39-\$69 [ticketmaster.com](http://ticketmaster.com)

**BLARNEY BREAKFAST FUNDRAISER** – Mar 14, 7 am – 10 am, Blind Tiger. A buffet of breakfast delicacies and beverages, activities for wee lads and lasses, entertainment as well as enter to win raffle prizes. Celebrity servers from the community will be competing for the most tips to benefit children, teens and adults with disabilities and their families served by Capper Foundation.

**ST. PATRICK'S DAY CONCERT** – Mar. 15, 4pm, Morganville School, 307 Main. Community Chamber Orchestra. Tickets: \$8/person or \$18/family at [www.kansasmusic.net](http://www.kansasmusic.net). For info: Dr. Anne Clark, 785-926-4725; [baclark@twinvally.net](mailto:baclark@twinvally.net)

**59TH ANNUAL KANSAS PRAYER BREAKFAST** – Mar. 18, 6am, Ramada Inn downtown. Guest speaker: Jerry Schemmel, a radio announcer with the Colorado Rockies Major League Baseball team, will be the featured speaker, along with leaders in government, business, education and industry. \$20 each or tables of 10 for \$200. Sponsored by Topeka Fellowship, Inc. For info and RSVP: [info@kansasprayerbreakfast.net](mailto:info@kansasprayerbreakfast.net) or 380-2901

**TOPEKA LIONS JOURNEY FOR SIGHT 10K/5K RUN/WALK** – Apr. 4. Info and registration: [topekaliions.org](http://topekaliions.org)

**7th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR** – Apr. 11, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed

north on Kansas Avenue past Garfield Park. Egg Hunt begins right after the parade at the playground in Garfield Park. Food Trucks will be on hand and the Family Fun Fair, Vendor Market with Bingo, and Health Fair will be 10-3 in Garfield Park, in the Shelter House & in the Gym, including vendor booths, children's games, food, facepainting, pony rides, laser tag, bubble soccer, cake walk and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: [info@C5Alive.org](mailto:info@C5Alive.org) or 640-6399.

**STATE OF KANSAS HOLOCAUST COMMEMORATION SERVICE** – April 20, 1pm. Ramada Hotel, 420 SE 6th. The speaker will be Megan Felt, program director of Life in a Jar: The Irena Sendler Project, which is based in Kansas. Participants will include Kansas clergy, political leaders, choirs and students. A reception will follow the program. Admission is free.

**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](http://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.flocritkansans.org](http://www.flocritkansans.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

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**Harvey House Luncheon**  
**Mar. 5**  
**11:30 am - 2pm**  
**\$23.50/person**  
**RSVP by Feb. 27**

These uniquely elegant luncheons are served by our very own costumed Harvey Girls who enjoy sharing their knowledge of the historical Harvey Houses. Following lunch, a docent in authentic Sante Fe ticket agent uniform gives a guided tour of the Great Overland Station.

**Reservations Required! Call 785-232-5533**  
**Great Overland Station • 701 N. Kansas Ave.**

music all centered around the word of God for 45 minutes. A free family worship event. For info: Emily Moore, 272-6322 or fxlhelawn@gmail.com.

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

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

**THE FORCE (Students Taking Action)** - 1st Mon. & 3rd Tue., 6:30-8pm, Safe Streets, 2209 SW 29th St. Committed to being alcohol & drug free. Associate with like-minded peers, plan activities & get involved 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 ourladyofthefairful@gmail.com. Facebook: "Our Lady of the Faithful."

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

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

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

**O.W.L.S. (Older Wise Loving Saints)** - meets the second Tuesday of the month. Location varies and can be

found at www.faithfamilylife.com

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

ities, free yarn, needles, hooks & patterns. All are welcome. Anne, 272-9249 or kittens812@sbcglobal.net

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

**KINGDOM ADVISORS TOPEKA AREA STUDY GROUP - 3rd Thu., 11:30am, Northland Christian Church, 3102 NW Topeka Blvd. Christian financial professionals: financial planners, accountants, attorney's & insurance agents invited. king-domadvisors.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.

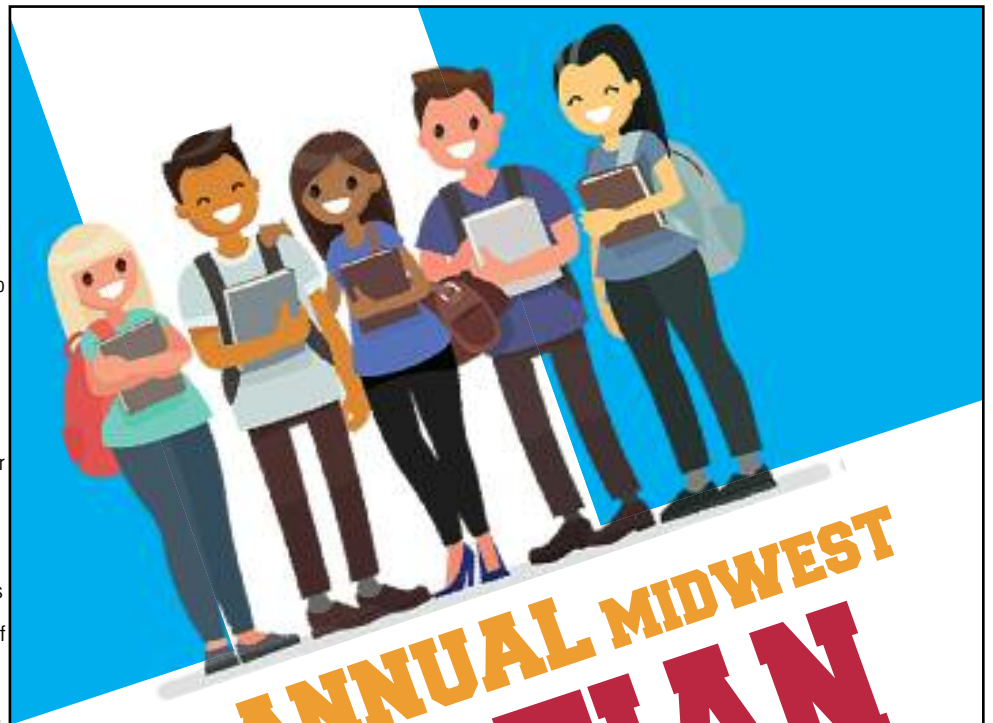
**A GOOD YARN CLUB** - 2nd & 4th Sat., 9-11am, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Char-

ing. 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.

**FOR MORE CALENDER ENTRIES AND UPDATED LISTINGS VISIT WWW.METROVOICENEWS.COM**



# 22<sup>ND</sup> ANNUAL MIDWEST CHRISTIAN COLLEGE expo

10 A.M. TO NOON!

60 COLLEGES FROM 17 STATES

Saturday Feb. 29 Kansas City Missouri

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## BLEEDING KANSAS

### PROGRAM SERIES 2020

CONSTITUTION HALL STATE HISTORIC SITE | HISTORIC LECOMPTON  
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## 'Unseen Realm' documentary reveals fresh look at supernatural world

by Michael Foust

"The Unseen Realm: Recovering the Supernatural Worldview of the Bible," a new original documentary film from Faithlife TV productions, reveals the strange and enigmatic realm of the supernatural described within the pages of Scripture. It was inspired by the bestselling book by Dr. Michael S. Heiser and hosted by Emmy-nominated actor and director Corbin Bernsen

"The Unseen Realm" takes viewers on a journey to understand the supernatural as Heiser and a panel of biblical scholars unpack the theological intricacies of angels, demons, Nephilim, giants and more.

"Much of what we think we know about the spirit world isn't true," Heiser said. "It's been filtered down through centuries of church tradition. Angels do not have wings, demons don't have horns or tails. And for the biblical writers, the unseen realm was home to more than angels and demons. There were other bigger players. So do you believe what's in your Bible?"

Experts and scholars interviewed throughout the film draw from decades of research and a personal relationship with Christ when tackling tricky topics head-on, including what comprises God's heavenly host, which supernatural beings are found on earth and why a good God would allow corruption among the supernatural.

In *The Unseen Realm*, Heiser examines the ancient context of Scripture, explaining how its supernatural worldview can help us grow in our understanding of God. In his book "Unseen Realm," Heiser examined intriguing and amazing passages of the Bible that have been hiding in plain sight. Even renowned theologians



have stated it gave them a new appreciation for God's Word. Some of the questions addressed in the book and the documentary include:

- Why wasn't Eve surprised when the serpent spoke to her?
- How did descendants of the Nephilim survive the flood?
- Why did Jacob fuse Yahweh and his Angel together in his prayer?
- Who are the assembly of divine beings that God presides over?
- In what way do those beings participate in God's decisions?
- Why do Peter and Jude promote belief in imprisoned spirits?
- Why does Paul describe evil spirits in terms of geographical rulership?
- Who are the "glorious ones" that even angels dare not rebuke?

"The Bible asks us to believe a lot of strange things about the spiritual world," Heiser said. "At first, we might be tempted to ignore them but if we say we believe the Bible, we can't avoid these concepts."

"How was it possible that I had never seen that before?" asks David Allan Hubbard who is Professor of Old

Testament, School of Theology. "Heiser's survey of the complex reality of the supernatural world as the Scriptures portray it covers a subject that is strangely side-stepped."

Leading biblical scholars in the film include:

- Heiser, author of "The Unseen Realm" and scholar-in-residence at Logos Bible Software.
- Ben Witherington III, Ph.D., professor of New Testament Interpretation at Asbury Theological Seminary in Wilmore, Ky.
- Darrell Bock, Ph.D., executive director of cultural engagement at The Hendricks Center and senior Research professor of New Testament studies at Dallas Theological Seminary.
- Eric Mason, Ph.D., founder of Epiphany Fellowship.
- Gary Yates, Ph.D., professor of Old Testament at Liberty University's Rawling School of Divinity.

To learn more about "The Unseen Realm," visit [faithlifetv.com/the-unseen-realm](http://faithlifetv.com/the-unseen-realm).



## Eye-opening 'One Child Nation' leads this month's streaming lineup

By Michael Foust

What would happen if a nation limited families to one child in a society that has a strong preference for boys?

Answer: Horrors that you can't imagine.

The new documentary *One Child Nation*, now on Amazon Prime, takes a critical look at China's One Child Policy through the eyes of director Nanfu Wang, who grew up in China under the policy before moving to the U.S. The policy began in 1979 and ended in 2015, limiting urban families to one child and -- subsequently -- sparking the abandonment and deaths of countless baby girls. It also led to a demographic gender imbalance.

Wang interviews family members, former government officials, midwives and orphanage experts as she uncovers a not-so-hidden history of infanticide, forced abortions and forced sterilizations.

Female babies were put in baskets and placed on the side of the street.

Women were sterilized against their will.

Pregnant women were ordered to abort their babies -- and, if they complained -- were held down while the procedure was performed.

Twins were split up, with the "extra" one adopted to a family overseas.

Signs were placed across the country reading, "Report anyone who has more than one child, get up to \$120 reward."

A member of Wang's own family abandoned a baby girl. It died after several days from malnutrition and bug bites.

Millions of baby girls either were aborted or abandoned. Wang interviews one man who says he was responsible for the transporting of 10,000 baby girls to an orphanage -- at a pace of five a day. She interviews a midwife who says she killed thousands of infants.

*One Child Nation* is one of the most eye-opening documentaries you'll ever watch. Content warnings include two f-words (only in subtitles), jars of formaldehyde housing deceased unborn babies, and discussion of infanticide. Aside from a brief, out-of-place pro-

choice statement from Wang, it's a pro-life film.

No, it's not for kids, but it will forever change the way you view China's government and the unborn.

Also worth watching this month:

### Adults/teens

*The Lord of the Rings* series (Netflix) -- The final two films based on J. R. R. Tolkien's novels -- *The Return of the King* and *The Two Towers* -- enter the Netflix lineup. Both are rated PG-13 for battle sequences and frightening images. The movies contain Christian themes about sin, temptation and redemption, although they're not as obvious as they are in *The Chronicles of Narnia* films. Jan. 1.

*Tiny House Nation: Volume 2* (Netflix) -- It's a reality series that will challenge your beliefs about possessions, as families prepare to live in extra-tiny homes. TV-PG. Jan. 17.

*The Conspirator* (Hulu and Prime) -- A woman, Mary Surratt, is convicted for taking part in the plot to assassinate Abraham Lincoln. Even today, her conviction remains a controversy. Rated PG-13 for some violent content. Jan. 1.

### Children

*Chitty Chitty Bang Bang* (Netflix) - An inventor (played by Dick Van Dyke) takes children on a fantastical ride in his flying car. This 1968 musical was nominated for an Oscar and is rated G. Jan. 1.

*Lady and the Tramp* (2019, Disney Plus) -- A pampered female Cocker Spaniel named Lady befriends a homeless mutt, Tramp. This live-action remake is rated PG for some mild thematic elements and action/peril. It entered the lineup late last year.

*Aladdin* (2019, Disney Plus) -- A street urchin tries to win the heart of a princess with the help of a genie. This live-action Disney remake is rated PG for some action/peril. Jan. 8.

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

## Several faith-based films among this year's Academy Award nominations

Faith-based movies are starting to make inroads in Hollywood. "Breakthrough" and two other faith-centric films received Academy Award nominations earlier this week.

"Breakthrough" was nominated for best original song for "I'm Standing With You," which was written by Diane Warren and sung by Chrissy Metz, who also starred in the film.

"Harriet" and "A Beautiful Day in the Neighborhood" also received nominations.

"Harriet" was nominated for best original song ("Stand Up," by Joshuah Brian Campbell and Cynthia Erivo) and best actress (Erivo, who played the lead role of Harriet Tubman). Tom Hanks was nominated for best supporting actor for his role as Fred Rogers in "A Beautiful Day in the Neighborhood."

Although "A Beautiful Day in the Neighborhood" and "Harriet" aren't categorized as Christian films on some movie websites, both were marketed to Christian audiences. "Breakthrough," on



breathe for 45 minutes. His heart starts beating again after his mother begins praying.

On Monday, the cast and crew of "Breakthrough" celebrated the Oscar nomination on social media. It was Warren's 11th Oscar nomination. Devon Franklin produced the movie.

"Congratulations, @warren\_diane on your 11th Oscar Nomination for Best Song!"

Metz wrote on Instagram. "Thank you, @devonfranklin for putting us together and making dreams come true! And a HUGE thank you to theacademy for this incredible honor."

Franklin wrote on Twitter, "@breakthroughmovie got an Oscar nomination!!! For best song for 'I'm Standing With You!' Huge congrats to the one and only warren diane."

Among the Top 10 grossing Christian movies of all time listed by Entertainment Weekly, only one -- 2004's "The Passion of the Christ" -- received an Oscar nomination.

the other hand, was considered a faith-based film by most Hollywood websites. The movie is based on the true story of a teenage boy who is presumed dead after he falls through an icy pond and doesn't







## Netflix's 'The Repair Shop' leads this month's family-friendly lineup

By Michael Foust

Long ago, our grandparents and great-grandparents didn't toss things when they broke. They repaired them.

From clothing to furniture to gadgets, our ancestors knew what to do when something got damaged or stopped working.

Times certainly have changed.

The repair culture has been replaced by the throwaway culture. We no longer fix stuff. We throw it in the dumpster -- and then we log onto Amazon to find the replacement.

A new BBC reality program might help us change our mindset.

Appropriately named *The Repair Shop* (TV-PG) and now streaming on Netflix, the series follows expert craftspeople as they restore family heirlooms. It stars furniture restorer Jay Blades but includes other experts who work in the same picturesque English shop, including specialists on carpentry, metal, leather and ceramics.

*The Repair Shop* is one of my family's new favorite shows, and it leads this month's list of "5 Family-Friendly Things."

In one episode, the experts restore an old jukebox, transforming it from a non-working hunk of junk into a shiny music box straight out of the 1950s. In another episode, they restore a century-old piano bench and an old-fashioned telephone.

Netflix is home to the first two seasons of *The Repair Shop* and more than 30 episodes.

It's entertaining and nostalgic, yes, but it's also a reminder of the joy that can be discovered in fixing things. Perhaps that's because we serve a God who restores -- and because we're made in his image.

"Nowadays things are not made to last, so we've become part of this throwaway culture," Blades says, explaining that the series is "all about preserving and restoring."

Of course, repairing things has another benefit: Saving money, learning a new skill, and not needlessly filling landfills.

Also worth watching this month:

'**The Inbestigators**' (Netflix) -- Four Australian tween-aged kids conduct investigations into day-to-day mysteries, such as missing money in a piggy bank and even a missing girl at school. They always solve the case, and they always have a blast along the way. *The Inbestigators* is a comical kid-friendly "crime" mocumentary free of the nonsense found in many modern children's series. (And mostly free of the name-calling, too.) The first two seasons are now on Netflix. Rated G.

'**Adventure Force 5**' (Vudu) -- If you haven't discovered Vudu's free family-friendly content, then now is a good time to start. *Adventure Force 5* is an original free movie on the Vudu streaming platform that follows the story of five teens after their parents -- and the other adults in town -- disappear. *Adventure Force 5* borders on corny at times, but my 11-year-old son loved it. It may be too scary for small children, though. And if you don't like it, then check out Vudu's collection of hundreds of filtered mainstream movies. It contains no coarse language or sexuality. Rated TV-PG.

'**Inexplicable: How Christianity Spread to the Ends of the Earth**' (TBN) -- It's a six-part original TBN documentary that charts the spread of the gospel -- from its origins in Judea to every continent on the planet. It features interviews with historians and is hosted by actor Dennis Haysbert (*Breakthrough*, 24). It's educational and well-done. Stream it free at [TheStateofFaith.com](http://TheStateofFaith.com).

'**Chitty Chitty Bang Bang**' (Netflix) -- An eccentric inventor and widower takes his children (and a wealthy woman) on a ride in his flying car. It's a 1968 musical comedy that starred Dick Van Dyke and received Oscar and Golden Globe nominations. It's not as popular (or as entertaining) as Van Dyke's more well-known musicals, but it's still worth a watch. Some content might frighten sensitive children. Rated G.

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

## 1917 takes you on a journey through the 'war to end all wars'

For many, The Great War, also known as the War to End All Wars or World War I as it was later known, serves as the most tragic of human events and doomed youth. When a film like *1917* comes along that shows both the horror and humanity that humans are capable of, you almost feel a sense of duty to see it. This was, after all, the war that changed history, and civilization forever.

That sense of duty is something that Lance Cpl. Blake felt as he grabbed Lance Cpl. Schofield sitting nearby when asked to come talk to the general about a mission.

A dangerous mission? Perhaps. But as soldiers in the Great War, sitting was dangerous, too. As was sleeping. Eating. Breathing. Millions had already died in the war by then -- by that warm, April day in 1917. Millions more might die before it ended. Blake and Schofield had seen their share of friends fall in this "war to end all wars." But a mission involving just the two of them couldn't be that bad, could it? Maybe they'd just be sent to find food, or to take a message through the labyrinthine maze of trenches. "Something fun," Blake would say later.

But when Blake saw the general, he knew this was no mere food run. Generals, when they come to the trenches bring the prospect of more blood.

General Erinmore announces that the Germans, for now, are gone. They've pulled out of their own formidable trenches and retreated about nine miles back. Two battalions of British soldiers, led by the battle-hardened Col. Mackenzie, have pursued the enemy and are now preparing to attack. The German retreat, Mackenzie believes, means the enemy is just about out of fight. One last push might break the German lines and bring the interminable conflagration to, finally, a close.

But Mackenzie is wrong.

Erinmore has seen the reconnaissance photos. He's seen what the Germans are retreating to: the massive web of trenches and fortifications known to the Germans as the Hindenburg Line, the strongest series of entrenchments the world has ever seen. The trenches themselves are lined three deep, with bends and angles forming murderous approaches. Artillery bristles in back, able to literally tear apart



anything that's in range.

To throw 1,600 men against this -- it isn't war. It's butchery.

And Blake's older brother is part of the planned attack, set for tomorrow morning.

Erinmore gives Blake and Schofield a grave assignment: Cover the nine miles between here and Mackenzie -- through no-man's land and scorched earth and still-held German territory. And they'll need to do it alone.

*Pick a man*, the sergeant said. *Grab a kit*. For Blake, it's all well and good. This mission is personal: He has to save his brother. But for Schofield ... well, why couldn't Blake have picked *another* man?

Schofield is not pleased about being sent on this near-suicide mission. But when Blake tells Schofield that he can go back to the relative safety of the trenches if he wants, Schofield literally soldiers on.

"If you're going through hell, keep going."

So said Britain's great Winston Churchill, who experienced his own political Hades during World War I. He presided over a couple of catastrophic disasters in what was to be one of history's most horrific wars. Anywhere from 9 to 11 million military personnel died in the conflict. Tack on civilian deaths, and the count just about doubles.

We don't see all those dead bodies in 1917. But we see enough.

1917 is filmed through one apparent camera and one take though cuts are artfully hidden here and there, making the film appear almost seamless. The camera follows Blake and Schofield through trenches, war-torn landscapes, skeletonized towns and scenes that seemed

ripped right from medieval depictions of hell. Director Sam Mendes wants us to be fellow travelers, not just observers. He wants us to see the carnage in a way that feels urgent and raw and real.

It's a terrible, awful trek that our two soldiers make -- one that we appreciate (and loathe) all the more for making it with them. It's a hellish landscape and we are there for the journey.

But they keep going.

Sam Mendes' camerawork and storytelling both magnify the horrors of war and humanize those in it. While Blake and Schofield dominate the story, their sparse interactions with their fellow soldiers and civilians are illuminating and sometimes even encouraging--with people offering kindness and care in the middle of the worst possible conditions.

The world Schofield and Blake is a cruel one, and hungry. But in its face, they show courage and sacrifice. By living so vicariously through them, we find just a hint of beauty in all that brutality -- a touch of inspiration to go with the tang of all that blood.

There's a reason the film is up for so many Oscars and if there's one film of significance you see this year, make it 1917.

*Rated R for war violence and language; Genre: War Drama; Cast: Dean-Charles Chapman as Blake; George MacKay as Schofield; Colin Firth as General Erinmore; Benedict Cumberbatch as Colonel Mackenzie; Mark Strong; Andrew Scott as Lieutenant Leslie; Director: Sam Mendes; Distributor: Universal Pictures*

## Elizabeth Anne Mall releases two Contemporary Christian singles

Elizabeth Anne Mall has released two Contemporary Christian singles with producer and sound engineer James Kocian through Firstcom Music. Firstcom Music is a division of Universal Publishing Production Music that creates music for film, broadcast, advertising, digital media and corporate productions.

Mall's song "Fearfully, Wonderfully" was featured in the '700 Club Interactive' on 06/28/2019 as well as on



'Pryzyjaciolki,' a Polish television drama. Her song "All Because Of You" appeared on a show called "The Franchise," episode #1904 about the Kansas City Chiefs.

"Both songs are about changing how we look at ourselves and our lives based on what God's done for us and how He sees us. It's truly amazing to see these songs being put out in the world like this already, within a year of being written!" Mall says.

Both songs can be found on Spotify, iTunes, and Amazon Music.



## 10 Common Misconceptions About Aging

By Dr. Allen Weiss

An old adage is again proving true: What we think will happen, happens. Essentially, as we age, we become what we think we will become.

This is the thesis that Yale University professor of public health and psychology, Becca Levy, Ph.D., has been researching for more than 20 years. One study authored by Dr. Levy found that having positive perceptions about aging (e.g. wisdom, self-realization, satisfaction, generally being vital and robust) instead of negative perceptions (e.g. useless, helpless, devalued) is associated with a nearly eight-year increase in average lifespan.

Dr. Levy was interested in how perceptions those over 50 hold about growing older affect their longevity. She relied on longitudinal data from a group of 660 adults collected between 1975 and 1995 and mortality data obtained through 1998. At the beginning of the study, participants completed a survey designed to detect personally held stereotypes about aging. Statements like “things keep getting worse as I get older” and “as you get older, you get less useful” were answered positively or negatively.

Those participants with positive scores outlived those with negative scores. People with a positive bias were more likely to exercise, eat well, limit alcohol, be non-smokers and have had preventive health care. All these good characteristics are consistent with taking control of one's life.

Another of Dr. Levy's studies published in the Journal of the American Medical Association suggests that seniors with positive age stereotypes are 44 percent more likely to fully recover from a severe disability. Being optimistic, diligent and having the will to live are important characteristics of folks whose prognosis improves, no matter how bad the diagnosis. Those who are overwhelmed, pessimistic, negative and expect the worst typically experience the outcome they anticipate.

Changing Our Perceptions of Aging

Every day, around 10,000 baby boomers turn 65. The Population Reference Bureau estimates that folks ages 65 and older will make up about 20 percent of the U.S. population by 2029, up from almost 14 percent in 2012. There is great potential in keeping this older group engaged, productive and contributing to our overall quality of life.

When we think of old age, we tend to envision a slowdown or a person napping in a rocking chair. The fallacy of

judging another person's state of mind, actions or behaviors based on our own experiences, state of mind, actions or behaviors propagates widespread misconceptions about aging.

Contrary to popular belief, there is no typical “older personality.” Our basic personality is formed probably before six months of age but is modifiable. Those are two underlying concepts to keep in mind as we examine the following common misconceptions about aging as outlined by Donald E. Riesenberg, M.D., in the Journal of the American Medical Association.

### COMMON MYTHS ABOUT AGING

#### 1. Older people aren't interested in the outside world.

The over-65 age group uses the Internet a lot. Far from being passive TV watchers, more than 100,000 individuals over age 50 participate in the non-profit Road Scholar experiential learning program each year to better understand other cultures around the world. Staying involved academically has also been a focus of many colleges and universities that have designed ongoing education programs for older residents or for the aging adult who wants to learn while on vacation. And many people, either by choice or necessity, stay involved in the workforce well beyond the typical retirement age.

#### 2. Older people don't want or need close relationships.

We are social creatures. Families, tribes, teams and whole organizations have a better chance of survival and actually thriving when they are socially connected. The need for meaningful relationships does not diminish with age. However, there may be fewer people to relate to as we get older, and there may be physical and mental barriers that arise with age. Maintaining social relationships allows older adults to reap numerous rewards—intellectual challenges, maintaining information processing skills, feedback and just plain sharing of feelings.

#### 3. Older people contribute little to society.

With years of personal skills and professional expertise, older adults are highly valued employees, colleagues and volunteers. Senior Corps has more than 200,000 volunteers age 55 and older who contribute to their communities by tutoring, helping small businesses, assisting in placing foster children, providing fellow seniors who are homebound with companionship and help with daily tasks, and participating in other valuable endeavors. Older

workers have a strong work ethic and are great mentors and models for younger generations.

#### 4. As you age, you get more set in your ways.

Older people tend to have high levels of mental resilience. The older generation's ability to accept and rebound from adversity has been demonstrated many times. For instance, Outward Bound was founded when the owner of a British merchant shipping line noted that the survival rates among older sailors during World War II were much higher than those of younger sailors. The intergenerational program strove to pass on skills that seasoned sailors possessed, such as self-confidence, self-sufficiency, selflessness and a general attitude of toughness, to younger generations of seamen.

#### 5. Mental and physical deterioration are inevitable in old age.

There is a certain amount of loss of function as we age, but much can be done to prevent (or at least slow down) the physical and mental aging processes. Stem cells lose some of their potential and other cells weaken, but healthful habits hinder the process. Weightlifting helps retain muscle and bone integrity. Aerobic exercise and diet lessen the chances for physical and mental deterioration. Exercising the brain and continuously learning help to fight cognitive decline. Too much sedentary time spent watching TV is detrimental at any age but is particularly unhealthy for older adults, who often see their generation stereotyped in programming as feeble, forgetful, cranky and confused. Remember, what you think will happen, happens.

#### 6. Older people are impoverished.

According to a Congressional Research Service report, “The poverty rate among Americans aged 65 and older has declined by almost 70 percent in the past five decades.” However, certain groups are still struggling financially. For example, the poverty rate among aged African Americans in 2017 was 19.3 percent and the poverty rate among the aged Hispanic population was 17 percent. Being on a fixed income as inflation takes its toll is a liability for older folks.

#### 7. Older people are not interested in sex or intimacy.

This myth has persisted largely due to sexual activity and sexual health among seniors being infrequently discussed and studied. A 2017 University of Michigan National Poll on Healthy



Aging asked a national sample of adults ages 50 to 80 about their perspectives on sex and relationships. The results showed that nearly two in three respondents (65 percent) were interested in sex, and most (76 percent) agreed that sex is an important part of a romantic relationship at any age. Forty percent of respondents indicated that they were still sexually active.

Furthermore, studies have consistently found an association between positive sexual activity and overall well-being, even among seniors. Whether one causes the other is unclear, but the mutual benefit is real. While the frequency of sexual activity tends to decline with age, one such study published in The Journal of Sexual Medicine found that sexual activity and feeling emotionally close to one's partner during sexual activity were associated with greater enjoyment of life in both men and women age 50 and older.

#### 8. Older people can't make good decisions about important issues.

Age brings wisdom. Cognitive skills are based on a lifetime of experience and education. Shared decision-making—whether about a medical choice, financial decision or anything else relat-

ed to an older person—should involve that person as long as they are still competent. Participation by everyone will improve outcomes.

#### 9. Older adults lose their desire to live.

Older folks become more accepting of death when they have some sense of control over it. A comfortable and controlled environment is desired by most, regardless of age. Well people want to live and live well. No one who is mentally stable desires to shorten his or her life.

#### 10. Science has answered all our questions about aging.

We have so much more to learn and experience. According to the National Institute on Aging, people age 85 and older are the fastest growing segment of the U.S. population. As we live longer and better, we will face even more questions, prompting us to seek answers.

Mark Twain supposedly said, “Age is an issue of mind over matter. If you don't mind, it doesn't matter.”

We mind and it does matter. Think positively and you can live longer and better.

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# Helping vs. Enabling: How to Strike a Balance While Caregiving

Most family caregivers want what is best for their loved ones, and they'll do whatever it takes to make that happen. Unfortunately, discerning what's best for a senior is often easier said than done. In many cases, a loved one's own desires (or demands) may actually jeopardize their health, erode their independence and diminish their quality of life. Caregivers are left to walk this thin line between helping care recipients just enough and enabling bad behaviors that may come back to bite both parties.

Care decisions are hard enough as it is, but how do you know when you're enabling an elderly loved one to slide by the easy way as opposed to helping them out with something they truly need? The truth is, it's rarely an easy call, and the answer may differ on any given day.

I watched my mom struggle with painful arthritis in every joint. She had undergone two hip replacements already and with every step she took, her knees rubbed bone against bone. Sometimes, watching her struggle with her walker tore at my heart so much that I couldn't help but insist that she let me get her into her wheelchair.

Yet, we both knew that if she didn't move, her joint pain would only worsen. Arthritis can freeze the joints so that movement gradually becomes almost impossible. This is one of many examples of "use it or lose it" that comes with getting older. Knowing this, I tried to rein in my tendency to be overly helpful. I attempted to encourage Mom to do what she could while still being available to help when she needed me to.

Other family caregivers are likely to find themselves in situations like mine and even some more conflicting circumstances. I've cared for several elders over the years and encountered my share of challenges. Below, I address two relatively common dilemmas that cause family caregivers a great deal of grief. Keep in mind that every family and caregiving situation is unique, and toeing the line between assisting and enabling a love one can involve many different things.

## Handling an Elder Who Wants Everything Done for Them

Some seniors adamantly refuse to accept help from anyone even when they really need it. This poses a whole other set of challenges. Other older adults, however, take the opposite approach. They aim to retire from life and let their relatives handle all of their affairs. Some even expect their caregivers to be available at all times to satisfy their every need.

How do you handle elders like this? Well, it depends on the reasons behind this behavior. In some cases, caregivers step in to lend a hand after an elder has a health scare or an accident. Even if they aren't in terrible shape, we caregivers tend to nurture and sometimes coddle our loved ones in situations like these. What starts as a bit of pampering here and there to show an elder they are loved can get out of hand very quickly.

Some seniors grow accustomed to being waited on hand and foot, regardless of their health and abilities. If a loved one is frail and in delicate condition, yes, healing and recovery can take a great deal of time. But, part of aiding in a senior's recuperation is allowing them to do for themselves and reestablish their old routines as much as possible.

Making yourself too available and helping too much crosses the line into enabling. In fact, this can actually hinder a senior's progress—in some cases permanently. We hate to see our elders struggle or endure pain or embarrassment, but sometimes these hard times are necessary for them to pick themselves up, focus on getting better and adapt to new circumstances.

In other cases, even if caregivers haven't set the pampering precedent, some seniors wind up relying heavily on their family members because they crave attention. A little voluntary doting usually conveys affection, therefore an isolated or self-involved elder may force such a scenario by asking for (or demanding) help with every single little thing whether it's needed or not. This can get annoying for caregivers very quickly, but again, it can have some of the same unintended consequences for elders as described above.

In either of these scenarios, the best thing to do is set some boundaries. This can be difficult but sticking to them is best for both of you. Try tapping into the "ignore bad behavior and reward good behavior" philosophy. Press your loved one to do what they can for themselves (as long as it's safe) and reassure them that you are available only for specific tasks and emergencies. If attention-seeking is the problem, make a point of visiting with them regularly just to socialize and see how they are doing. This may serve to reinforce the idea that they needn't demand your attention and affection to get it.

## How to Handle a Senior's Addictive Behavior

On a more serious note, millions of caregivers struggle to cope with an elder's addictive behavior. This may involve anything from cigarettes or alcohol to prescription drugs or unhealthy foods. When a family member steps up to care for an elder with addiction issues, it can bring a lot of grief for both parties.

The biggest question these caregivers face is what role do they play in their loved ones' addictions? Should they refuse to take part? Should they selectively enable their elders? Should they take it upon themselves to help put an end to the self-destructive behavior?

Some may say there is only one right answer: you take away the harmful substance, or at least don't help them obtain more of it. However, I can't say that I'd always agree with this take. A common example is cigarettes. Many caregivers are torn between their elder's need for cigarettes and the knowledge that smoking is incredibly unhealthy.

My feeling is that, unless there is a way to humanely help an addicted person quit smoking, there isn't much of a choice other than accepting that the elder will continue to smoke with or without the caregiver's help. One potentially helpful device that is available these days is the electronic cigarette (e-cigarette). This device is an electronic inhaler that vaporizes a liquid solution of nicotine into an aerosol mist. The inhaler resembles a cigarette and the physical act of inhaling simulates the act of tobacco smoking.

While this device may not be "healthy" or help smokers to kick the habit as advertised, it may provide a safer way for a shaky, forgetful elder to "smoke" without the need for an open flame or the risk of



fire. Some readers have said that the e-cigarette has given them a middle ground when it came to convincing their elders to give up conventional cigarettes.

Alcohol is another issue altogether. Alcoholism and alcohol abuse are serious problems among the senior population. Alcohol can interact with medications, contribute to falls, disrupt normal self-care and household routines, cause interpersonal issues, interfere with sleep, suppress immune function, and increase the risk of health problems like cancer, nutritional deficiencies, heart disease, and various types of cognitive impairment.

Obtaining help through medical detoxification and/or Alcoholics Anonymous would be ideal for an alcohol-addicted elder who is even slightly willing to undergo treatment. You can also try an intervention with the help of a professional addiction therapist, but the close supervision of medical professionals is highly recommended to properly manage any withdrawal symptoms.

However, the reality is that many elders are too far along in life to give up their addictive behavior. Thus, the humane approach may be to allow them to keep their long-held sources of comfort. Watering down their alcohol—if you can gain access to it—may help them drink less and minimize some of the negative effects.

If a loved one can't or won't quit smoking, drinking, eating junk food or abusing their prescription medication, keeping them as safe as possible may be your only realistic choice. You—and they—know that they are damaging their body and risking their health and independence. But for most, short of locking them up, there is no other way.

Much depends on a loved one's age and physical and mental condition. Forcing a ninety-year-old woman who is nearing the end of life to stop smoking isn't likely to have a significant impact on her longevity at this point. If she continues to enjoy her cigarettes and is supervised while smoking, this is one instance where enabling is okay in my book. On the other end of the spectrum, when it comes to illegal amounts of pain killers and other drugs, you cannot help them continue that kind of addiction. Seek medical help right away for withdrawal and try not to judge. Never risk your own future in an effort to obtain illegal substances for an elder.

One of the most difficult things a caregiver in this kind of situation must accept is that a competent elder is entitled to make their own decisions—even bad ones. Only you can make the decision whether to cooperate with, ignore or flat out refuse to be a part of your loved one's addiction. The sad reality is that there will

be consequences no matter what you choose to do.

## When in Doubt, Encourage Independence

When it comes to walking the line between helping and enabling, easy solutions rarely present themselves. Nearly every caregiver will regularly face the dilemma of determining whether they are helping or hurting their vulnerable loved ones by providing a particular service or access to some substance.

However, even the most vulnerable elders may have areas where they can help themselves.

The first elder I cared for was my neighbor, Joe. He liked to walk the ten blocks or so to our local downtown area whenever the weather permitted. His destination was a bar that had been a big part of his life when he'd been a working man. He'd then

take a cab home when he was good and ready.

When I offered to give Joe a lift into town, he'd decline, saying the walk was good for him. I knew it was, both physically and psychologically. However, a deaf old man hobbling down sometimes slippery sidewalks is scary business. Many times, I'd practically hold my breath until I saw the cab drop him off at his home next-door.

Yet this was Joe's choice. He was happy for me to get his groceries. He was happy for me to take him to run errands. But his bar run was his own. Frankly, this was good for me, too, because I didn't have to feel guilty if he was even more wobbly when he arrived home. We both agreed that I would mind my own business when he chose to take those journeys.

If there is some way your loved one can exercise a little independence, then that should be encouraged. Good days may require less help from a caregiver, whereas bad days may require significantly more. Helping versus enabling is just one more moving target that makes caregivers second-guess themselves, so pick your battles.

Be sure not to let guilt dominate your care decisions. Whether you intervene and prevent an elder from participating in something they truly enjoy despite the risks that come with it, or you cave and give them free rein, you are bound to feel some undeserved guilt either way.

Above all, try not to doubt yourself. Accept that all your decisions won't be perfect ones. Instead, rely on making decisions based on the best information you have at the time and move forward.

—agingcare.com

# sports

## Mahomes passes Tom Brady as player with most sold merchandise



There is a new king in NFL jersey sales and Patrick Mahomes has officially knocked off Patriots quarterback Tom Brady as the player with the most sold merchandise.

The data used to compile the list is based on sales of officially licensed NFL Player-identified merchandise from March 1 through November 30, 2019.

The final list for the full season will be released in April. Here is the current list:

1. Patrick Mahomes (Chiefs QB)
2. Tom Brady (Patriots QB)
3. Ezekiel Elliott (Cowboys RB)
4. Baker Mayfield (Browns QB)
5. Odell Beckham Jr. (Browns WR)

6. Khalil Mack (Bears LB)
7. Aaron Rodgers (Packers QB)
8. Dak Prescott (Cowboys QB)
9. Saquon Barkley (Giants RB)
10. JuJu Smith-Schuster (Steelers WR)
11. Drew Brees (Saints QB)
12. Lamar Jackson (Ravens QB)
13. Carson Wentz (Eagles QB)
14. Russell Wilson (Seahawks QB)
15. Jimmy Garoppolo (49ers QB)
16. Mitch Trubisky (Bears QB)
17. Alvin Kamara (Saints)
18. Leighton Vander Esch (Cowboys)
19. Adam Thielen (Vikings)
20. Sam Darnold (Jets)

Travis Kelce of the Chiefs came in at #35.

## 49ers ' Raheem Mostert thanks God after big game

Raheem Mostert spent much of NFC Championship Sunday running through the Green Bay Packers' defense as his San Francisco 49ers advanced to Super Bowl LIV with a 37-20 home victory over Aaron Rodgers and company.

Mostert rushed the ball 29 times for 220 yards and four touchdowns. The fifth-year pro was the only 49er to score a touchdown during the game and was so effective on the ground that starting quarterback



Jimmy Garoppolo only attempted eight passes, completing six (two of them to Mostert).

"It's still surreal," Mostert said in his postgame press conference. "I can't believe that I'm in this position right now and I did the things that I did tonight."

And even while nearly everyone marveled at his own performance, Mostert's praise was directed elsewhere.

"I would like to thank God first and foremost for blessing not only myself but everybody in the organization to be in the position that we're in," he said during the press conference.

Mostert's Twitter bio lists Psalm 23:4-6, which says:

"Even though I walk through the valley of the shadow of death, I will fear no evil,

for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever" (ESV).

In 2016, Mostert expressed his faith in God's plan at a tumultuous time in his life and career. He was trying to make his way in the NFL, being signed and then cut repeatedly throughout 2015 and 2016. "God's plan is the best plan," he tweeted in September 2016:

In all, Mostert spent time with seven different NFL franchises before finding a home in San Francisco. He went undrafted out of Purdue in 2015 and caught on with NFL teams mostly due to his ability as a kick returner and special teams player. Mostert's first rushing attempt didn't come until he was with the 49ers in 2016, and his first rushing touchdown didn't come until 2018.

His breakout season came in 2019, as he rushed for 772 yards and eight touchdowns on 137 carries. And his breakout game came on NFC Championship Sunday.

## FROM THE CHEAP SEATS

By Rob Mooney

The Kansas City Chiefs are headed to the Super Bowl for the first time since they beat the Minnesota Vikings 23-7 in Super Bowl IV in 1970. A lot has changed since then, both on and off the field. In 1970, the average cost of a new home was \$26,600. Today the average cost is \$270,400. The median household income was \$8,734. The median household income today is \$75,000. A gallon of gas was \$0.36. Today the average cost gas is \$2.54. In addition, the United States was \$380.9 billion dollars in debt compared to \$23 trillion today.

When the Chiefs won Super Bowl IV, I was 2 years old. As a matter of fact, I didn't start caring about football until the middle of the '70s, probably closer to 1980. When I first began paying attention, I was drawn to the Dallas Cowboys because they were on TV every weekend it seems. Hence the nickname, America's Team. Of course, this was before cable



changed the way we watched television.

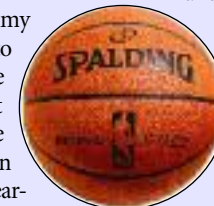
In 2001, I moved my family to Lawrence, KS, where I began to listen to lots of sports talk radio – something I still do to this day. It was then that I started to follow the Chiefs; after all, I was listening to shows based out of Kansas City. I would say that I've liked the Chiefs since 2001, but I still like the Cowboys.

This Super Bowl should be a great game. The Chiefs have really improved their defense and I'm not sure if San Francisco quarterback Jimmy Garoppolo is talented enough to beat the Chiefs. If the 49ers have to play from behind, they might be in trouble. Either way, the Chiefs look poised to have a run of playoff and Super Bowl appearances. Maybe they'll be the next dynasty.

I was appalled when I watched the end

of the KU-K-State basketball game at Allen Fieldhouse. Sure, things got out of control and players were suspended, but when I saw KU big man Silvio DeSousa pick up a chair, I almost came unglued. What are you going to do with a chair? My boss suggested that he saw the chair and was afraid someone might trip on it, so he picked it up as a safety precaution. But I digress. Lessons learned. We must remember that these guys are kids. Suspensions were kind of harsh, but they've got to do the time.

Like most of the country, I was shocked and saddened to hear of the passing of NBA legend Kobe Bryant. As more information was released following the crash of his helicopter, I was heartbroken. Nine people died in that crash, including Bryant's 13-year-old daughter and 2 of her 13-year-old teammates.



It makes me realize that no matter who you are or what you do, or how much money you have – you have an appointed time to die. It's one of few things that we all have in common. You can't cheat it. You can't escape it. Hebrews 9:27 says, "And as it is appointed unto men once to die."

## Kansas City Chiefs punter Dustin Colquitt sees God at work 'in all aspects' of his life

It's been a long wait for the Kansas City Chiefs to return to the Super Bowl — 50 years, in fact. Their AFC championship victory secured the franchise's first Super Bowl berth since 1970.

No current Chiefs player has been a part of that drought longer than punter Dustin Colquitt, who is the team's longest-tenured player. He's in his 15th season with Kansas City, and he is the only player currently on the roster that was with the team before Kansas City hired Andy Reid in January 2013. But he'll finally get his Super Bowl moment when the Chiefs and San Francisco 49ers meet in Super Bowl LIV.

Colquitt will also get a chance to share about his faith.

"I think God put me in this position as a punter and in sports — professional football — because I think He wants something out of me to be able to share with other people," Colquitt said in a 2015 video for Fellowship of Christian Athletes, along with then-teammates Ryan Succop and Thomas Gafford. "As a Christian, I think God has given me that platform to say, 'Hey, I've allowed you to do a lot of things, and I need you to speak My Name.' He always finds a way to put people, His people, in situations where He can spread His Word and spread His Kingdom."

Colquitt sees God at work in his life both on and off the field.

"We're told in the Bible that God will never put us in a situation we can't handle, and that's with Him," he said. "So, believing that, we know He's put us in this game or this situation. We see God reflecting in all aspects of our life. Why wouldn't He do it on the football field too?"

Kansas City selected Colquitt in the third round of the 2005 NFL Draft. He made the Pro Bowl in 2012 and



2016 and has played in 238 games for the Chiefs, a franchise record. His brother, Britton, just finished his 10th

season as an NFL punter, appearing in all 16 games for the Minnesota Vikings.

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# Make the Most of Your Bathroom Renovation

Adding additional bathroom space to your home or renovating an outdated lavatory can improve your home's usability and increase its value, too. To get the most practical benefits and value out of your new space, there are several factors to consider.

Before you get started, take into account these considerations about the design and function of your new bathroom from the remodeling experts at the National Association of the Remodeling Industry.

### Space

A primary consideration is the available footprint to create your new bath.

This is often a concern as children reach their teen years and also with expanding families. If there aren't enough bathrooms in the house, you may want to add another, or it may be that you simply need to improve the layout and features to make better use of the existing space. For example, if the bath will be shared by multiple members of the family, a separation of the sinks from the rest of the room may be helpful.

### Features

Determining how you will use your



bathroom dictates the features you'll want to include. A guest or hall bath is likely to have far fewer features than a master bath but may share some similarities with a kids' bathroom. First, you'll need to make decisions about basics like lighting, the number of sinks and amount of counter space you'll need.

If you like baths, you'll need to decide between a tub and shower combination unit or separate facilities. With a separate tub, the style you prefer may guide your overall design. The aesthetic for a bathroom with a focal point like a claw-foot tub is likely different from a jetted tub.

### Storage

Storage is one of the biggest concerns in any design, particularly in rooms as small as typical bathrooms. Carefully consider this aspect of the room during your pre-planning phase. To help determine how much space you need, make a list of all the items you need to store in the bathroom, including cleaning agents, toiletries, linens, first aid items and medications.

It's a good idea to also think about where in the room you would like to store each of these items. You may want some of the toiletries in the shower area, while others will be used near the sink or dressing area.

### Sustainability

Many contemporary bathroom fixtures are designed with sustainability in mind, so you can manage your water usage while still enjoying a water-rich environment. You can find water-saving features on everything from toilets to shower heads to even sink faucets.

### Accessibility

Applying universal design principles to your project can promote safety and increase your home's appeal to a wider range of buyers in the future. In the bathroom, you can improve safety by incorporating non-slip flooring surfaces and ensuring the space is well-lit.

Other ideas include adjusting counter and toilet heights to make bathrooms more accessible (wall-hung toilets should be approximately two inches higher). You could incorporate structural bracing around the tub, shower and toilet for grab bars. You might also consider a walk-in tub or stand-up shower with no threshold, levered handles for faucets and an adjustable showerhead.

Find more ideas and inspiration for your bathroom design at remodeling-doneright.com.

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

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

- Wed. 6:30pm - Children, Youth, Adult  
~ Nursery care for all services ~
- 12. BUCK CREEK COUNTRY CHURCH**  
Meeting at Buck Creek School House  
5 mi. east of Perry on Hwy 24, 13th & Phillips Rd.  
Childrens Sunday School - 8:30 a.m.  
Worship Service - 9:00 a.m.  
Contacts: Logan Barnett 785-597-5498,  
or Scott Bond 423-0406
  - 13. WANAMAKER WOODS NAZARENE**  
Serving Christ - Loving People  
3501 SW Wanamaker Rd • 273-2248  
Dr. L.D. Holmes, Sr. Pastor  
www.wwnaz.org  
Sun. Worship: 9am (Hymns) & 11 am  
Children's Worship 9 & 11 am  
Sunday School 10 am, all ages  
Sun. Evening Various Children's Programs  
6 pm Life Groups; 6:30 pm Teen Service  
Wed. 6:30 pm Adult & Teen Life Groups  
Wed. 6:30 pm Kids University  
~ Nursery care at all services ~
  - 14. GRACE LIFE CONNECTION**  
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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  
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  - 17. EAST SIDE BAPTIST CHURCH**  
4425 S.E. 29th St., 379-9933.  
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- 18. CHRIST THE KING CATHOLIC CHURCH**  
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Topeka, KS 66614 • 273-0710  
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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  
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Student Ministries & Kid City  
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- 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 10:30 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
- 24. TRINITY REFORMED BAPTIST CHURCH**  
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## NOTO offers art classes & more

Pre-K Exploring Art gives your preschooler an opportunity to learn more about art while also preparing their little hands for skills they'll need in kindergarten. Each class is 30 minutes and meets weekly 5:45 pm - 6:15 pm on Jan. 27, Feb. 3, Feb. 10, Feb. 24, Mar. 2. Drop-ins are welcome! Drop-in fee is \$15 on the day of the class at Paper June, 927 N Kansas Ave.

Drawing & Painting is also offered - in this class, students will focus growing as painters by developing their current drawing and painting skills while

learning new techniques. Each class is 45 minutes and meets weekly 5:45 pm - 6:30 pm on Jan. 28, Feb. 4, Feb. 11, Feb. 25, Mar. 3. Drop-in fee is \$20 on the day of the class. Register for either class at <https://paperjune.com/art-classes-2/>

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>.

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.

Many Merchants are also open longer hours on Second Saturdays, Feb. 8.

On Feb. 21 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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