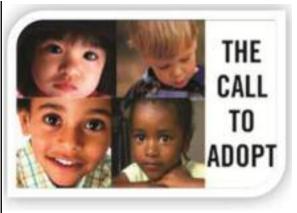


metric TAKE ONE! MODELLE ONE! TAKE ONE!



Adoption/Fostering Guide

PAGE 8

CELEBRATING FAITH, FAMILY AND COMMUNITY IN NORTHEAST KANSAS

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new resident churchguide



Elk Creek Engraving to merge, hold open house at new store



Just a few of the many items available from Elk Creek Engraving.

Elk Creek Engraving has merged with JM Laser and is opening a new storefront in Lyndon.

The new firm will hold an Open House on October 3, from 7am to 2pm, at the new location, 623 Topeka Avenue in Lyndon. Refreshments will be provided, and merchandise will be on display. Outdoor vendors on hand and activities will be going on. The Open House will coincide with Lyndon's 150th Fall Festival the same day.

The firm provides all kinds of personalized products including nametags, trophies, mugs, ornaments, apparel,

For more information visit elkcreekengraving.com, or call 785-217-5701.

When, Where and How Will You Vote?



Registration Deadlines Loom for Shawnee & Douglas Counties

By Amy Buster | Metro Voice

The General Election, November 3, will take place in less than a month. In order to vote in this election, residents of the state of Kansas must be registered to vote by October 13. That is the registration deadline for voting in-person or by mail – no exceptions. Registration may be done in person, by mail, or on-line. In Kansas, voters may register or verify their registration information at the following website:

myvoteinfo.voteks.org.

Andrew Howell is the Election Commissioner for Shawnee County. The purpose of Howell's position and office is to insure honest and fair election procedures by accurately reporting the results in a timely manner. Shawnee County is the third largest county in Kansas.

"Make sure to check your voter registration so that all of the information on it is accurate, and then make sure you are registered to vote before the

deadline. Of course, then make sure that you vote," advised Howell.

Early voting will be held at the County Election Office from 8 a.m. to 7 p.m., October 19-30 (Monday-Friday) and Monday, November 2, from 8 a.m. until 12 p.m. The County Election Office is located at 3420 SW Van Buren in Topeka. To reach the County Election Office for any voter information or assistance, the phone number is 785-251-8900. The website for

■ Please see ELECTION page 2

National Life Chain Sunday is October 4



The National Life Chain is the largest peaceful, prayerful pro-life public witness in the world. More than 1500 cities across the United States and Canada are expected to participate in this 33rd annual event on Sunday, October 4, 2:00-3:30 p.m.

Local pro-life people will be lining up along 21st & Wanamaker Streets for the Topeka Life Chain. This year there will also be a chain at 29th & California Streets for those on the east side.

Topekans can join with their fellow church & community members in standing up for life. Signs will be available at the sites; and, as always with Life Chain, social distancing is encouraged.

While standing in prayer for the unborn, water, lawn chairs, umbrellas & strollers may come in handy.

■ Please see LIFE CHAIN page 3

Washington DC Prayer march called nation to repentance

Christians across the nation are still talking about what happened Saturday in Washington, D.C.. On the same day that President Trump nominated Amy Coney Barret to the U.S.. Supreme Court, tens of thousands of Christians gathered for The Return and a day of prayer and repentance led by Franklin Graham.

The central theme of the day was the call for the nation to seek repentance.

"We drove God out of our hearts, out of our government, out of our ways, out of laws, out of the education of our children, out of the public squares," said Jonathan Cahn, who organized The Return. "Out of our businesses, out of our media, out of our culture, out of our lives. And as we drove him out, we opened up a vacuum into which came a flood of other gods."

A number of Christian leaders called the nation to repentance.

"When you pray, remember that you are appealing to the highest authority there is," said Anne Graham Lotz, daughter of evangelist Billy Graham. "Nobody can go over his head. He is the highest authority we can appeal to. What he says, is so."

President Trump took part in the event, sending a message from the White

■ Please see PRAYER MARCH page 3



What Kind of America Will You Choose?



Much of the media would have you believe that the upcoming elections are really just about personalities. Who's more empathetic? Who's more dignified? Who's more likable?

The truth is, Americans won't just be voting for a particular candidate Nov. 3, they will be choosing what kind of country they want to live in, work in, and raise their families in. They'll be deciding what kind of America they believe in.

As you go to the polls, ask yourself these questions:

Which America do you want to live in? One that upholds your right to freedom of speech and religious beliefs? Or an America that says only certain views are acceptable in the public square, and shames, bullies, and cancels those who disagree?

What kind of America do you want to work in? One like we had before the pandemic hit, when more Americans than ever said they were better off financially than they were just a year ago? Or one that insists we return to more taxes, regulations, and mandates on both individuals and businesses.

What kind of America will you feel safest in? One that honors and respects our law enforcement officers for putting their lives on the line to keep our streets safe? Or an America that calls for defunding the police and permits lawlessness and chaos in our neighborhoods?

Do you want an America where parents are free to choose where their children are educated or one where ZIP codes determine a child's only option and perhaps their future? Do you want an education system that empowers families and rewards schools that succeed or one that props up the status quo and continues to fund those that fail?

The same could be asked about health care—do you want more choices at better prices or do you prefer the government making more and more decisions about what coverage you can have, what doctor you can see, and what your plan will cost? How about the role of the judiciary?

When you vote for president, you are also voting for what types of judges will sit on the Supreme Court and in courtrooms across the nation. Do you want jurists that will interpret the laws as written or ones that make laws from the bench? There is a big difference.

From the interpretation of the Second Amendment and whether one has a right to own a gun to defend themselves and their property to the meaning of the right to life, judges matter.

Do you want to live in an America where we control our own borders and where those seeking to come here obey our laws? Or do you prefer open borders where we have little say about who comes and who goes, rewarding those who jump the line, and also providing easy entry for those seeking to do us harm?

What about America's economic and energy independence? When it comes to consumer goods, medical supplies, and critical resources such as oil and natural gas, do you want to live in a country that can and is producing those for itself or one beholden to regimes like China, Russia, and Saudi Arabia?

Do you prefer a country that upholds America's values on the world stage or one that sells them out to garner approval from international elites at the United Nations or the World Health Organization?

Finally, do you want to live in an America where we honor our founding and our history while learning from our past, or one where monuments are defaced and destroyed and history books

These are the choices you face when you enter the voting booth in November. Don't think for a moment that your vote doesn't matter. Or that you can sit this one out. Or that this election is just a personality contest.

You will be deciding which America you want to live in, work in, and raise your family in. Which American you believe in. The question is, which America will you choose?

- Genevieve Wood

Ribbon cutting set for remodeled center

A 1 p.m. Oct. 5 ribbon cutting ceremony is set for the dedication of the remodeled main entrance and lobby of Hillcrest Community Center. The project is the capstone to a several-year project to update Hillcrest Community Park. Speakers include Shawnee County Commissioner Kevin Cook and Shawnee County Parks + Recreation Director Tim Laurent

Hillcrest is the first of SCP+R's community parks to be updated.

"Hillcrest is a classic community park," notes Laurent. "Come here any weekend and this park and community center are packed with people playing sports, holding meetings in meeting rooms, playing games in the community center or just hanging out with friends. This is a true center for the community."

The remodeling includes a new centralized main entrance to the community center. The reception desk is centered in the lobby with a direct line of sight to the main entrance and a 360 view of the lobby area. Walls have been opened to create a café-like space for the public computer lab in the southwest corner of the lobby area. The ceiling features a stylishly painted grid and new banks of lights. The walls and a new floor now feature SCP+R's brand colors of blue, green and orange.

Improvements to the park since 2017 include the addition of the community's first outdoor fitness equipment, the community's first Futsal courts, multiple improvements to Hillcrest Pool, new playground equipment and safety surface and new LED security lighting in the parking lot. The gymnasium has new LED lighting and newly painted walls. The gym floor will be refinished under a grant.

In addition to hosting sports leagues and recreational sports Hillcrest Community Center serves as a satellite location for the Shawnee County Health Department's WIC program, a Silverbacks meal site and has served as a summer meal location for USD 501.



Shawnee County Awarded Funds to Child Care Aware

Shawnee County in partnership with Child Care Aware ® of Eastern Kansas announces the awarded funding to address critical child care needs in Shawnee County. This financial support will help ensure that Shawnee County child care programs can remain in business. It will provide direct support to 344 licensed child care businesses in Shawnee County, serving over 2,000 of the county's youngest citizens. Funds will provide grants directly to child care businesses throughout Shawnee County to assists with professional development for the child care workforce focusing on business planning and sustainability.

Child Care Aware of Eastern Kansas will also offer extra assistance to Shawnee County families with complex child care situations due to the COVID-19 pandemic. Many families have seen their work hours changed or reduced, increasing their need for flexible child care arrangements. The awarded funds will provide additional support through the enhanced referral process to families in Shawnee County.

"Child Care Aware staff will conduct an intake with the family to gather information about their child care needs and generate the referral listing." Executive Director, Reva Wywadis said. "Staff will dedicate additional time, contacting each provider on the referral list to share information about the family's needs and determine whether the program has an opening to accommodate the child needing care. This will help narrow the search to only programs that meet their criteria and have a current opening for the child, saving the family valuable time choosing child care that meets the unique needs of their family."

For more information or to access this free service, Shawnee County families can call 785-357-5171 and press option 1 to be connected to a resource specialist. Child Care Aware ® of Eastern Kansas has served Shawnee County individuals and families since 1978, and is licensed by the State of Kansas through the Department of Health and Environment as a child care resource and referral agency.

ELECTION

continued from page 1

Shawnee County voters www.snco.us.

Douglas County

"Starting October 14, Douglas County residents may vote in person at four different locations in the county," said Douglas County Deputy of Elections Heather Dill.

The four locations in the county are at the County Courthouse, 1100 Massachusetts, in Lawrence; the Flory Meeting House at the fairgrounds; and a satellite office located at 2329 South Iowa, behind Texas Roadhouse. The fourth location is yet to be announced. Check the website for its location after October 4.

"The Courthouse will be open for voting; however, due to limited space available for voting, please also utilize our other locations," stated Dill. She also recommended that if choosing to vote by mail, mailing in ballots as soon as possible and not waiting until Election Day to send them in.

"Our website, www.douglascountyks.org, is an excellent source of information for voters. Voters can register or check their voter registration information there. The site also lists in-person voting locations, or ballot boxes locations throughout the county," said Dill.

The County Clerk serves as the Election Officer for Douglas County. The office is located at the County Courthouse in Lawrence, Kansas, 1100 Massachusetts, on the first floor, and may be reached by phone at 785-832-



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"Reel Grief" movie series presented for study

___ MetroVoiceNews.com ___



Death, end-of-life and bereavement are topics not easily discussed in our western culture. Reel Grief is an opportunity to help individuals process their grief through the use of movie scenes where others are experiencing the loss of a loved one. By observing how other people respond to their unique, but often similar situations, one can compare and contrast their own grief processing and expectations. Through guided group discussion the audience can share and learn new coping skills to help alleviate the symptoms of grief. Each movie is 2 sessions long.

A different movie is presented each month for the next three months. The discussion is presented by Midland Care. The public is invited to come to just one, two or all three. Registration is required.

October 16th & 23rd 3:00-4:30PM (Fridays): "Dragonfly" (Kevin Costner)

In the movie Dragonfly, Joe Darrow (Kevin Costner) a respected trauma doctor is impacted by the death of his wife in a bus accident while working as a missionary in Venezuela. As a grieving husband, Joe, believes he is seeing and hearing messages from his deceased wife and

PRAYER MARCH

House to be read to The Return crowd.

He stated, "On this inaugural National

Day of Prayer and Return, the First Lady

and Lioin millions of Christians here in

the United States and around the world in prayer, as we turn our hearts to our Lord

He also spoke of the nation's Christian

heritage: "Following in our ancestors'

footsteps we continue the 'firm reliance

on the protection of Divine Providence'

that provides us enduring strength and

CBN's Gordon Robertson and his

father, CBN founder Pat Robertson,

reassurance in our times of need."

that she is trying to communicate an important message to him.

November 10th & 17th 3:00-4:30PM (Tuesdays): "When Harry Met Sally"

(Billy Crystal and Meg Ryan)

When Harry Met Sally is fun uplifting film about companionship between men and women. The two characters have a second chance meeting at a time when they are both struggling with the loneliness of an ending relationship. Throughout the movie the characters debate whether or not men and women can have a strictly platonic relationship and set out on a new journey of friendship and adventure.

December 14th & 21st 3:00-4:30PM (Mondays): "One True Thing"

(Meryl Street, William Hurt, and Renee Zellweger)

One True Thing tells the story of a woman in her 20s who is forced to put her life on hold in order to care for her mother, who is dying of cancer.

Location for the movie series is Midland Care Compass Center, 2134 SW Westport Drive, Topeka. Limited

joined in, with Pat crying out, "Lord, this

is your world, this is your land. We ask

that you'd come and heal our land and

take charge. For, Lord, we don't know

At the same time, Franklin Graham led

a prayer march starting at the Lincoln

Memorial and going down the entire

National Mall. Tens of thousands of

prayer warriors showed up before the

march began, packing every inch around

the Lincoln Memorial and down each

side of the reflecting pool. Graham intro-

duced a surprise prayer participant, Vice

President Mike Pence. He thanked the

massive crowd for doing the best thing

they can for their country: lifting it up to

what to do, but our eyes are upon you."

Prayer March a Success in Overbrook

seating is available, to R.S.V.P. contact: Shannon Dilks at 785.430.2199

ext. 1027 or via email at sdilks@mid-

to keep everyone safe. A mask will be

required, but it can be removed dur-

Social distancing will be practiced

landcc.org.

ing the program.



The inaugural "Northeast Kansas 2020 Healing Prayer March" was held in Overbrook, Kan., this past Saturday, September 26, and the weather was beautiful, and the turnout very encouraging.

"Love is stronger than hate," said event organizer Loretta Harder. "Jesus hit my heart so clearly that it transformed me to do something where many may gather as one and call upon His Name in unity and love."

The 2020 event was hosted by Grace Community Church in Overbrook, 310 E Eighth St., and kicked off with a biscuits and gravy breakfast. The family-friendly event then moved outside for live music featuring local talent, along with face painting and balloon animal artistry for the kids.

The event was in conjunction with Franklin Graham's Prayer March 2020 in Washington D.C., which was held in conjunction with the Overbrook event.

"Partnering with the Franklin Graham Prayer March allowed us to lift up our prayers with one voice to the One that is LOVE, the One who can heal a nation," said Harder, "because with Christ, (Matthew 19:26) ... "with men this is impossible, but with God all things are possible."

Elvin Dillard, pastor of Grace Community Church in Overbrook, kicked off the event with a few words and prayer. He also spoke and prayed outside of Overbrook City Hall with the marchers. Pastor Scott Perkins, known in the region as "The Country Parson," as well as the founding pastor of the Heritage Country Cowboy Church, Scranton, Kan., spoke and prayed with the participants at Seventh and Maple Street. For those people who wanted to be in the march but were unable to physically march very far, they remained at GCC Chapel and united in prayer over the march, lead by Associate Pastor Eustler of the Church of Christian Fellowship in Carbondale, Kan.

The march also was held with the full cooperation of Terry Hollingsworth, Chief of Police of the Overbrook Police Department. Plans are already underway for the event to be held in 2021.

For more information, please contact Event Coordinator Loretta Harder at (785) 231-4376 or visit them on Facebook at "Lion's Den Prayer Group."

Luncheon to Feature Barry Feaker

Barry Feaker will be the featured speaker at the October C5 Luncheon, to be held October 8, 11:30 am to 1 pm at the The Peak, 1920 SW Gage Blvd.

Feaker is the Executive Director of Topeka Rescue Mission.

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.

Pastors will be admitted at no charge this month in recognition of Pastor Appreciation Month.

C5Alive is an organization

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

In addition to monthly "POWER" luncheons held on the

second Thursday of each month, C5 also hosts periodic business fairs and other events, including EASTER-FEST, the annual Topeka Easter Parade and Family Fun Fest, held on N. Kansas Avenue and in Garfield Park on the day before Easter.

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



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APPOINTMENTS AND WALK-IN'S

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

LIFE CHAIN

and Savior."

continued from page 1

continued from page 1

Choose your location

There are several locations to choose from on Wanamaker: on the east side about 20th St. in the parking lot of Pier 1; on the west side near Chili's Restaurant; on 21st Street at Fidelity Bank near Ashworth on the north side;

between Hardee's and Target on the south side. At 29th & California, go to the SE corner by the train.

Questions about the event can be directed to Bibi at 785.969.2706 for the Wanamaker area, or Stella at 785.845.0252.

Kansans can witness for life at intersections across the state at 70+ locations in Kansas. Go to lifechain.net for a list of all state locations.

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Kansas News Briefs from around the state

MetroVoiceNews.com —

Kansas Program to Provide Extra Unemployment to Start Friday

TOPEKA, Kan. (AP) — Kansans who are eligible for an additional \$300 a week in unemployment benefits because of the coronavirus pandemic can begin applying for the funds Friday. Gov. Laura Kelly announced the state will begin processing applications for the Lost Wages Assistance payments on Friday. The payments are in addition to regular federal unemployment benefits under the federal Lost Wages program. To be eligible, applicants will have to certify they are unemployed because of problems caused by the coronavirus outbreak. The benefits will be retroactive and to the week ending Aug. 1, with funds available through the week ending Sept. 5.

Kansas Has \$73 Million Tax Surplus; Recovery Still Seen as Fragile

TOPEKA, Kan. (AP) — Kansas is reporting that it collected nearly \$73 million more than expected in taxes in September. But state officials said the economic outlook in coming months remains uncertain because of the coronavirus pandemic. The state Department of Revenue said Kansas collected nearly \$729 million in taxes last month, when it expected to take in \$656 million. The surplus of 11% for the month was tied largely to better-than-expected income tax collections. The surplus comes after state officials and university economists slashed revenue projections in April. Revenue secretary Mark Burghart said the economic picture remains "uncertain at best."

Kansas Colleges and Universities See 8.1% Drop in Enrollment

TOPEKA, Kan. (AP) — The Kansas Board of Regents reports enrollment at the state's universities and colleges fell 8.1% this fall. School leaders had expected a drop in enrollment because of the coronavirus outbreak. Enrollment at the state's six universities declined 3.6%; community colleges saw a drop of 11.7% and enrollment at technical colleges dropped 8.7%. Regents president and CEO Blake Flanders said it was a challenge this fall to recruit international students and new students while also trying to retain current students. He says the institutions also face long-term issues such as a decline in the number of Kansas high school students going to college.

Kansas Man Accused of Making Threat over Breonna Taylor Case

FRANKFORT, Ky. (AP) — A federal prosecutor's office says a Kansas man has been indicted on charges that he made a threat over the Breonna Taylor investigation during a phone call to the Kentucky attorney general's office. Twenty-nine-year-old Wesley Forrest Clay of Olathe was accused of calling a phone line in Frankfort dedicated to the Taylor investigation and making a threat. A criminal complaint in the case alleged the call was made on Sept. 23, the same day Attorney

General Daniel Cameron announced that a grand jury indicted a former police officer on three counts of wanton endangerment for shooting into a home next to Taylor's.

KC Police Chief: Budget Cuts Would be "Devastating"

KANSAS CITY, Mo. (AP) — The police chief in Missouri's largest city says his department would have to cut staff by 400 people, close divisions and eliminate services to meet proposed budget cuts due to the coronavirus. The Kansas City Star reports that Kansas City Police Chief Rick Smith, in a blog post, wrote that the cuts would be "devastating." All city departments, including police, were asked to provide scenarios for what an estimated 11% budget cut would look like. At issue is a \$60 million decline in tax revenue created by the fallout from the coronavirus. The city's next fiscal year starts May 1.

Kansas City Introduces Another Plan to Combat Growing Crime

KANSAS CITY, Mo. (AP) — Kansas City leaders are introducing a new, fourpart plan they hope will help the city reduce its burgeoning crime rate. Mayor Quinton Lucas introduced Reform Project KC during a news conference Wednesday that was attended by dozens of public officials and community organizers. The four "pillars" of the program are prevention, intervention, enforcement and administrative reforms. Lucas says the focus is to engage residents in ways that have not been tried in the past. Several civil rights organizations didn't attend and Jackson County Prosecutor Jean Peters-Baker acknowledges many of them don't trust officials involved in the latest effort.

Business Leaders: Midwest Economy Keeps Improving

OMAHA, Neb. (AP) — A new monthly survey of business leaders suggests the economy continues to improve in nine Midwest and Plains states. But business remains slower than before the coronavirus pandemic began. The overall index for the region improved to 65.1 in September from the already strong score of 60 in August. Any score above 50 on the survey's indexes suggests growth. Creighton University economist Ernie Goss said even with the positive growth in the economy, manufacturing output remains well below the level it was at before states began imposing restrictions because of the pandemic. The monthly survey covers Kansas, Nebraska, Iowa, Missouri, Oklahoma, Arkansas, Minnesota, North Dakota and South Dakota.

Kansas Unemployment System Blocks at Least 45,000 Bogus Claims

WICHITA, Kan. (AP) — Kansas officials say criminals have targeted the state's unemployment system in a multibillion dollar fraud scheme that has delayed relief

payments to thousands of people around the state who lost their jobs during the coronavirus pandemic. The acting secretary of the Kansas Department of Labor, Ryan Wright, says the agency has blocked at least 45,000 fraudulent payments this year. The agency doesn't know how much money the fraudsters are believed to have stolen in Kansas. But The Wichita Eagle reports(link is external) that the Legislature approved an audit of the program to determine how many payments slipped through to them.

Man Stopped with \$1M in Truck Pleads Guilty to Drug Charge

TOPEKA, Kan. (AP) — An Ohio man has pleaded guilty to federal drug trafficking charges after more than \$1 million in plastic-wrapped bundles were found in his pickup truck during a traffic stop in Kansas. The U.S. Attorney's office in Topeka on Thursday announced the guilty plea by 41-year-old Joseph Michael Martin of Euclid, Ohio. He faces sentencing in January. A Kansas Highway Patrol trooper stopped Martin for speeding on Interstate 70 in Ellsworth County on Sept. 20, 2018. A search of Martin's 2016 GM pickup found \$1.1 million in bundles hidden in metal pipes with welded caps that were in the bed of the truck.

Wichita Woman Gets Life Sentence for Decapitating Ex-Boyfriend's Mom

WICHITA, Kan. (AP) — A Wichita woman has been sentenced to life in prison for decapitating her ex-boyfriend's mother with a pair of kitchen knives. The Wichita Eagle reports that 38-year-old Rachael Hilyard was sentenced Tuesday in the 2017 death of 63-year-old Micki Davis. Hilyard apologized at the hearing. Authorities say Davis was attacked after going to Hilyard's home to pick up some of her son's property on April 9, 2017. Prosecutors said Hilyard had planned the killing, Hilvard claimed that Davis fell during a struggle over a painting and that she carried out the decapitation because she thought Davis was dead and wanted to release her soul from her body. A jury convicted Hilyard in February.

Topeka Authorities: Explosive Device Was Placed in Vehicle

TOPEKA, Kan. (AP) — Topeka authorities say a car was badly damaged after an explosive device was placed inside the vehicle. WIBW-TV reports that police were called Monday night after an explosion inside a car that was parked near an apartment building. The Topeka Fire Department says a preliminary investigation shows that an explosive device had been placed in the car's passenger compartment. The police Bomb Unit was brought in to investigate. The explosion was contained to the car. Authorities say no other explosive devices were found in the area.

Wichita State's Crash Evokes Moving Memories 50 Years Later

SILVER PLUME, Colo. (AP) _ It's been 50 years since 31 people died when an airplane carrying the Wichita State football team crashed in Colorado while traveling to a game at Utah State on Oct. 2, 1970. Among the casualties were 14 players along with coaches, boosters, administrators, trainers and three crew members. The school will hold a remembrance at Cessna Stadium this Friday. It's where the Shockers played until the football program was disbanded for cost-cutting reasons in 1986. Many touched by the

tragedy will be there.

Topeka Police Announce Arrest in 2017 Killing

TOPEKA, Kan. (AP) — A 19-year-old Topeka man is now in custody and facing charges for a killing that happened more than three years ago. Authorities on Thursday announced that Javon A. Smith has been charged with first-degree murder

and aggravated battery. Police say Smith was arrested Thursday. It wasn't immediately clear if he had an attorney. On March 4, 2017, Topeka police found five people injured in a shooting. One of them, 18-year-old Kianna C. Hodge, was found in a vehicle. She was pronounced dead at the scene. The other four victims survived.

-kansaspublicradio.org

Unemployment compensation is taxable: Have tax withheld now

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

With millions of Americans now receiving taxable unemployment compensation, many of them for the



first time, the Internal Revenue Service is reminding people receiving unemployment compensation that they can have tax withheld from their benefits now to help avoid owing taxes on this income when they file their federal income tax return next year.

By law, unemployment compensation is taxable and must be reported on a 2020 federal income tax return. Taxable benefits include any of the special unemployment compensation authorized under the Coronavirus Aid, Relief, and Economic Security (CARES) Act, enacted this spring.

Withholding is voluntary. Federal law allows any recipient to choose to have a flat 10% withheld from their benefits to cover part or all of their tax liability. To do that, fill out Form W-4V, Voluntary Withholding Request (PDF), and give it to the agency paying the benefits. Don't send it to the IRS. If the payor has its own withholding request form, use it instead.

If a recipient doesn't choose withholding, or if withholding is not enough, they can make quarterly estimated tax payments instead. The payment for the first two quarters of 2020 was due on July 15. Third and fourth quarter payments are due on Sept. 15, 2020, and Jan. 15, 2021, respectively. For more information, including some helpful worksheets, see Form 1040-ES and Publication 505, available on IRS.gov.

Here are some types of payments taxpayers should check their withholding on:

- Unemployment compensation includes: Benefits paid by a state from the Federal Unemployment Trust Fund
- Railroad unemployment compensation benefits
- Disability benefits paid as a substitute for unemployment compensation
- Unemployment assistance under the Disaster Relief and Emergency Assistance Act of 1974, and
- Unemployment assistance under the Airline Deregulation Act of 1978 Program

Recipients who return to work before the end of the year can use the IRS Tax Withholding Estimator to make sure they are having enough tax taken out of their pay. Available only on IRS.gov, this online tool can help any worker or pension recipient avoid or lessen their yearend tax bill or estimate the refund they want.

In January 2021, unemployment benefit recipients should receive a Form 1099-G, Certain Government Payments (PDF) from the agency paying the benefits. The form will show the amount of unemployment compensation they received during 2020 in Box 1, and any federal income tax withheld in Box 4. Taxpayers report this information, along with their W-2 income, on their 2020 federal tax return. For more information on unemployment, see Unemployment Benefits in Publication 525



Call Peggy at: 785-286-7899

IRS letters





FINANCIAL PLANNING



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

dave**says**

Dear Dave.

My wife and I are trying very hard to save money and pay off debt, but we're not making progress as quickly as I had hoped. What do you think of the idea of putting a hold on our son's allowance for the jobs he does around the house until we get into a better financial situation? *Kellen*

Dear Kellen,

Kids should learn at an early age that money is connected to work. Even a child who's in kindergarten is old enough to begin doing some age-appropriate chores around the house.

I admire your drive and determination to get out of debt, but if it were me, I wouldn't stop the process. I would, however, stop calling it an allowance. There's a victim mentality attached to that word. He's doing work, and reaping the rewards.

We did this kind of thing in our home with our kids, but we called it a commission. We kept it very simple for them, and very affordable for us. If they did their jobs, they got paid. If they didn't do their jobs, they didn't get paid. It didn't

move your money and why!

MICT-SERGI-A

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take long for them to make the connection.

Don't let these teachable moments slip away, Kellen!

—Dave

Your 15%

Dear Dave,

I read where you recommend investing 15% of your income into Roth IRAs and other pre-tax retirement plans. Do you also advise counting a company match as part of that percentage? *Bryce*

Dear Bryce,

Employment situations, and employers, can change at any time. I want you putting in 15%. That way, you don't have to rely on someone else to complete your retirement savings plan.

Planning for retirement is your responsibility. It's not your employer's job to make sure you have money to live on in your old age. Stick 15% in there yourself, Bryce. If your employer matches workplace contributions, that's great. Things will be even better!

—Dave

Are utilities included?

Dear Dave.

I just received a formal job offer in law enforcement. I'm debt-free, single, and I'd like to move out of a roommate situation and into my own apartment. I'll be starting out at \$34,000 a year, then mov-

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Financial Advisor

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ing up to \$38,000 after my probationary period. You have a rule that says to make sure rent or house payments are 25% or

less of your take home pay. If I can find a place where utilities are included, do they figure into that amount?

Josh

Dear Josh,

It's really more of a guideline than a rule. The point of not letting your housing cost eat up more than 25% of your take home pay is to make sure you have money left over for other important things. But utilities are not part of the

25% of your take home pay guideline.

At this point, it doesn't sound like you need anything fancy. Try to find a safe, quiet place to call home—somewhere you can relax and decompress when you're off duty. And thanks for entering law enforcement. A lot of folks are leaving your line of work, and we need good men and women in that profession right now.

-Dave

Should you change investments ahead of election?

By Ryan Shumaker Smartvester Pro at The Retirement Team

Worried about what might happen to financial markets if we have



As we discussed last month, individual investors have historically dramatically underperformed the stock market and have underperformed institutional investors even more. Remember, for every winner in the stock market there is an equal and opposite loser. If an individual sells a stock when things are plummeting (like we mentioned a whopping 1/3 of investors 65+ with accounts at Fidelity did in our June article) to an institution and that stock then goes up in price (like most have since then) the individual loses out on an equal amount of gains as what the institution receives. As we mentioned last month, the vast majority (70%) of this underperformance can be contributed to just 10 periods when market volatility had picked up and individual investors acted out of emotion and panic sold. With fear running high during what the media has dubbed 'the most important election of our lifetime' (which they seem to do every election cycle) and the world still in the middle of the first global pandemic in a century it makes sense why people would want to 'wait until things calm down' if they panic sold earlier this year or might be tempted to sell everything now that there's been a recovery.

The problem with 'waiting until things calm down' is that things are usually calmest right before market drops causing 'buying high' followed by panic when things drop and 'selling low,' the exact opposite of what you want to do. So what should you do? Stay invested if you are already invested or 'buy and hope' (our term for the 'buy and hold' investment strategy) that things go up if you're one of the people that's been sitting in cash contributing to the record amount in money market? Or should you stay in cash or move to cash?

My answer: probably neither. We could certainly see large gains or large losses and it is important to be in good position for either. If you have a million dollars and you miss out on a 10% gain by sitting in cash it's the same as being

fully invested and experiencing a 10% loss. Either way, you are missing out on \$100,000 the only difference is that in one case you had the \$100,000 and then lost it rather than not having it and missing out on it. It's important to have an investment strategy that can do well in a rising market, but also take advantage of a volatile one. That way you can thrive regardless of whatever happens with the market either because of or in spite of the election and its result.

Don't mix politics with your portfolio. There were far too many investors that missed out on amazing gains when the last 2 presidents were elected because they thought things were not going to go well because their candidate lost. The first year Obama was in office the S&P 500 returned 26% while the first year under Trump yielded a similar 22% gain. The first year after every recent election has actually been the best performing and the years after 'where things have calmed down' have had far fewer gains. Emotions are high right now, especially in this election cycle, but don't let it drive your investment decisions.

The largest strategy we are utilizing in our client accounts currently is designed to have good gains if markets should rise and has historically outperformed the most when things are rocky. In the last 2 years we've certainly seen rockiness with the first 2 selloffs of over 20% in more than a decade, but this particular strategy has outperformed by over 30% all while taking on a ton less risk.

How has this been accomplished? By losing a lot less during declines and taking advantage of them by getting more aggressive as things fall resulting in similar returns when the market is going up. There is the most opportunity for outsized gains when markets are uncertain and volatile, not when they are calm. As Warren Buffett famously said during 2008 'be greedy when others are fearful and fearful when others are greedy.'

Unfortunately most retail investments products and managed accounts available to retail investors are of the 'buy and hold/hope' variety and only do well when markets do well as they are 100% invested 100% all the time and don't

deviate much between their makeup of US stocks, foreign stocks, bonds, cash, etc. over time even if one of these is performing poorly or expected to continue performing poorly. We think this is unfortunate, but the good news is there are some out there that not only don't suffer from this inflexibility, but have consistently blown away the competition over time with a lot less risk.

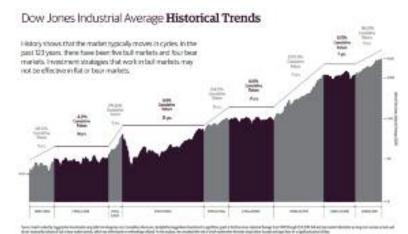
So how do you find strategies like this? Well, the first place to look if you are looking at mutual funds is in the fund's prospectus or annual report. There you will find what the goals of the fund are and how it goes about investing. You want to look for funds that aren't trying to beat their peers and/or an index(es) (meaning an international fund trying to outperform other international funds or an international stock index or a moderate risk fund trying to beat other moderate risk funds or a specific index combination), but rather have goals like 'make up all losses within a 3 year time period while outperforming the stock market over the long term' or 'achieve a high investment return with reasonable risk with no limit or minimum on how much is invested in stocks, bonds, or money market.' Many of these types of investments have really shined the last few years and have done well when markets go up, but have done even better when things are falling. Given that no one knows who the winner of the election might be or how it might impact the markets, it would be wise to look at investments that can prosper regardless of what happens.

If you're near or in retirement certainly having one with a goal to make up all losses within 3 years can help relieve anxiety too. Why? Because if you know there is a good chance you'll be in a worst case scenario back to even in 3 years and have at least 3+ years worth of income sitting in investments that are more conservative, you don't have to worry about short term fluctuations (whether they be from a virus, election, or something else) impacting your ability to have the income you want and need in retirement.

Buying traditional stock strategies or funds that are always 100% invested, par-

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Barbara Bollier is no moderate

Barbara Bollier's entire campaign for U.S. Senate is built on a fiction that she hopes no one will challenge. As a member of the Johnson County delegation to the Kansas Legislature who has served alongside Barbara since 2011, I'd like to present the truth.

Barbara Bollier is not a moder-

Barbara Bollier does not reach across the aisle.

A moderate would have voted for the bipartisan COVID-19 relief bill signed into law by Governor Laura Kelly in June. Barbara voted

A moderate would have voted for the 2019 budget measure that included the landmark, bipartisan deal to restore school funding and satisfy the Kansas Supreme Court in the Gannon case. Barbara voted

A moderate would have voted for reasonable measures like requiring licensing and inspections for abortion clinics to ensure patient safety and accountability. Barbara voted no.

A moderate would agree with eight in ten Americans that lateterm abortions should be banned. Barbara voted no, taking the posi-

tion considered even too extreme by two-thirds of Americans who favor abortion rights. In fact, she's voted against every single abortion restriction considered in her ten years in Topeka. Voting 100 percent of the time on one side of an issue is, by definition, not moder-

A moderate would never cast the single dissenting vote against a law strengthening penalties for failure to report child abuse. Barbara stood alone and voted no, as 123 of her colleagues voted yes.

Would a moderate inaccurately smear longstanding, sincerely-held Catholic beliefs as "sick discrimination" and "bigotry?" Barbara did in a speech on the Kansas Senate floor. You can go watch the video for yourself if you don't believe

Each of these examples puts Barbara well outside the mainstream in Kansas.

Now, less than two years after repudiating the Republican Party, she has made the cynical calculation that she can use her old party affiliation to fool enough Republicans that she's one of them. It's a slight modification of the strategy she employed from



2010 to 2018, when she called herself a Republican on the ballot while proceeding to support hard left Democrat policy. Voting nine times out of ten with one political party while calling yourself a member of the other isn't moderate, it's dishonest. Running television ads touting "bipartisan" endorsements from many of the same "Republicans" who have been endorsing Democrats for many election cycles is dishonest too. Voters deserve to know virtually everyone on the list voted for Paul Davis, Hillary Clinton, Laura Kelly, and plans to vote for Joe

Barbara and her campaign consultants have also decided to tout her "working across the aisle" to "get things done." They're hoping no one will point out that in ten years as a member of the Kansas Legislature, she never got one piece of legislation signed into law.

Not a single one. Definitely not any surprise medical billing legislation like she claims. In 2014, Barbara voted against House Bill 2668 to protect Kansans from this very practice.

Working across the aisle is important for good governance. It

■ Please see CULTURE page 7

PASTORS AND VOTING



CLINT DECKER President and Evangelist with Great Awakenings, Inc.

hopefortoday

Pastor and church leader, do you anticipate encouraging your congregation to vote in the general election on November 3rd? I hope every pastor and church leader will help make the Christian vote the highest turn out among any group.

I understand churches may feel uncomfortable or even resistant to utilizing their church to encourage voting. Perhaps they think it smells of politics and want to get as far away from the odor as possible, especially with political tensions running so high in America right now.

What I am talking about is simply encouraging the act of voting. I do not want the church promoting certain candidates or political parties, nor turning Sunday morning into a political rally. This is just about encouraging followers of Christ to vote, prayerfully and intelligently.

I see voting as an act of loving Christian citizenship when I read the Apostle Peter's letter in the New Testament. His words are not specifically about voting, but about the Christian's relationship to government. 1. Voting is honorable. It is written, 'Keep your conduct among the Gentiles honorable . . ." (1 Peter 2:12). 2. Voting is good. The Scriptures say, "For this is the will of God, that by doing good you should put to silence the ignorance of foolish people" (vs. 15). 3. Voting is an act of freedom. The Bible says, "Live as people who are free" (vs. 16). In the United States men and women and people of all races and religions, or no religion, are free to vote. 4. Voting is loving our neighbor. God's Word states, "Honor everyone. Love the brotherhood. Fear God. Honor the emperor" (vs. 17). The candidates up for election are our fellow citizens, and in a sense, are our neighbors. It is an act of sacrificial love to them when we take time and go vote.

But what if some candidates are lacking the character or will not support Christian principled policies or legislation? That is a valid concern, but please do not let that keep you or your church out of the voting booth. Participate, but do so with greater attention to prayer, seeking the Scripture for guidance and learning



about the candidates.

If you lead or are involved in a church that sees voting as part of the messy political process, consider a different viewpoint. Look at it through the lens of God's Word and Christian citizenship. It is our opportunity to be salt and light in the community when we show up at the polls on election day. And when our votes are joined with prayer and fasting for the candidates along with our city, state and nation election day can truly be a spiritually impactful time.

When it comes time to cast our vote, believers in Christ do so with a theological understanding of sovereign Kingship. Jesus died, rose from the dead and is alive today sitting at the right hand of His Father in heaven, waiting to come again. Christ is King no matter who is on the ballot or in political power. It is in Him whom we

ultimately place our trust with the realization that no earthly power can thwart the purposes of our Lord and

A prayer for you - "Lord God, I pray you will give pastors and local church leaders wisdom and unity in discussions about encouraging their congregations to vote. Open the eyes of fellow believers to the biblical importance of voting. And I pray that our nation would turn toward you. We are in desperate need of a special touch of your glory and grace. Come Lord Jesus. In your holy 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.

Don't 'advance abortions,' Christian leaders tell voters as election nears

Protestant and Catholic leaders are unifying their message to Christian voters for the upcoming election. "Embrace the Gospel of Life," Archbishop Samuel Aquila is urging Americans. He made the comments after the sharp contrast on life was displayed between the Democrat and Republican conventions. The Democrat convention called for unrestricted abortions, including at taxpayer expense.

Aquila has been advocating for the rights and protections of unborn babies for years as the archbishop of Denver, Colorado,. In the past he has stated that Catholics, in good conscience, "cannot support candidates who will advance abortions."

Recently, Aquila posted a meme on Twitter that compared two Catholic speakers featured at the parties' conventions earlier this month.

"A tale of two nuns. One follows church teaching, one does not. RNC Sister Diedre [Byrne]: As a physician I can unequivocally say life begins at conception. DNC Sister Simone [Campbell]: Abortion is above my pay grade," the meme stated.

Emphasizing the importance of protecting unborn babies, Aquila said the meme speaks for itself. He also prayed, "Lord, help us embrace the Gospel of Life!"

"This is about Catholic teaching, the seriousness of abortion, & never to be dismissive or flippant with so serious a matter," Aquila continued. "Catholic public persons & every Catholic has the responsibility to be faithful to the Gospel of Life."

The Catholic Church teaches that every human life is valuable, from conception to natural death, and abortion is evil because it kills a unique, living child inside its mother's womb

Abortions destroy the lives of near-



ly 1 million unborn babies every year, and the two major political parties' views on the matter could not be more opposite.

The Democratic Party supports abortions without restriction and wants to force taxpayers to pay for them. Its presidential candidate, Joe

"A tale of two nuns...."

Biden, touts himself as a devout Catholic, but he has abandoned his faith's teaching on the matter and become even more pro-abortion during his presidential run. He's even been denied communion over his stance on abortion.

The Democratic National Convention invited Campbell, a liberal Catholic nun, to speak. While she did talk about ending "structural racism, bigotry and sexism so rife now in our nation and in our history," she did not include unborn babies in her advocacy for the vulnerable. When

recently asked about her stance on abortion, Campbell said the issue is "above my pay grade."

In contrast, the Republican Party recognizes that life begins at conception and supports protecting unborn babies' lives. President Donald Trump has taken numerous actions to protect unborn babies and the pro-life advocates who are working to save them.

The Republican National Convention featured numerous prolife advocates, including Abby Johnson, Nick Sandmann and former Notre Dame football coach Lou Holtz, as well as Sister Byrne.

In her speech, the pro-life nun described unborn babies as "the largest marginalized group in the world" because of abortion.

"We must fight against a legislative agenda that supports and even celebrates destroying life in the womb," Byrne said. "Keep in mind, the laws we create define how we see our humanity. We must ask ourselves: What we are saying when we go into a womb and snuff out an innocent, powerless, voiceless life?"

-Metro Voice and LifeNews

Is there a biblical basis of capitalism? Top Wall Street trader says yes



Socialism has gone from the fringe to the mainstream in the United States, especially among many young people. A former top Wall Street trader is pushing back, saying capitalism is not only the best economic system but that it is hiblical

Charles Mizrahi, who once was crowned the No. 1 trader in the nation by "Barron's:, explained his perspective on capitalism in a recent interview. As a speaker at the Democrat National Convention called for the destruction of capitalism, Mizrahi argues that the pretense that "capitalism is the cause of all of the problems that we're having in the United States" is misguided.

"I couldn't disagree with that stronger," said the Orthodox Jew, who left his career on Wall Street behind. "Capitalism has put the United States as the envy of nations throughout the world."

Mizrahi, who now produces the newsletter Alpha Investor to show average Americans how to invest and has written investing books, noted that capitalism can trace its roots back to the Old Testament. For example, in Deuteronomy 15:11, God told the

Israelites: "There will always be poor people in the land. Therefore I command you to be openhanded toward your fellow Israelites who are poor and needy in your land."

Mizrahi said Deuteronomy 15 highlights how "the Bible ... was very practical and understood the nature of people: that there will always be economic inequality. There was never going to be a period of time where everyone was going to be equal."

Bottom of FormThe Bible also advises "a person who was blessed with wealth" to "provide for others and act as a social safety net," he stressed.

Mizrahi asked the critics of capitalism: "Why is it that people are getting on ramps and rowboats and standing in line and trying to cross walls in order to come into this country? Why aren't they doing that to North Korea or China or Russia?"

He predicted that the United will bounce back from the difficult economic situation it finds itself in as a result of the COVID-19 pandemic. "The best is yet to come," he said.

-Dwight Widaman

CULTURE

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takes courage and leadership and isn't always easy – and I say that from experience. My work on mental health issues and crisis stabilization centers with Representative Kathy Wolfe-Moore (D) earned both of us national

recognition. The National Council of Behavioral Health awarded us the "Excellence in Advocacy by an Elected Official Award" in 2018. One of most, if not the most prestigious awards in this area. It was the first time any Kansas public official had received the award. The award was shared with Representative Wolfe-Moore in

recognition of bipartisan cooperation. My work on a bipartisan health care access bill with Governor Kelly, Senate Bill 252, received national attention and respect for producing a robust solution for measurable affordable health care in Kansas.

The Bollier campaign is using millions of dollars, raised from

California and New York with Chuck Schumer's help, to claim that she "led the charge" on surprise medical billing in the Kansas Legislature. A short internet search reveals that her bill, Senate Bill 357, received not a single cosponsor, was not debated, and died in the committee where it was introduced.

In what world does not convincing a single member of the Kansas Senate to join your effort amount to being a leader?

Barbara Bollier is running an alternate reality campaign. These are simply the facts.

-By Jim Denning, Senate Majority Leader, Kansas Senate

ELECTION

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ticularly those that follow indexes, historically would have resulted in several lengthy time periods that investors would have had to wait a long time to get back to even. Looking at the Dow Jones Industrial average below you can see that over the last 123 years we've had an 18 year, 25 year, 17 year, and 11 year time period where there was little to no return. These time periods make up 71 of the 123 years, which is nearly 58%!

Having an investing strategy that not

only does well when markets go up, but really prospers when they don't isn't just important with an upcoming election. It's been important for more than a century since the Dow Jones began! If what might happen with the election has you worried about your portfolio most likely the problem isn't politics; it's how your portfolio is constructed or managed.

If you don't have the time or expertise to go through and research every investment out there (there's over 322,000 that the research team at Morningstar tracks) to find one that's appropriate for your financial situation/goals that doesn't just

do well when market are going up, considering speaking with a financial professional that does. At The Retirement Team the majority of the assets we manage are invested in these types of strategies not only because it makes a ton of sense given the pandemic and current political and economic landscape, but because during the majority of the history of the stock market they would have led to a more successful retirement. If you're already working with an advisor and they have you positioned in an antiquated 'buy and hold/hope' approach instead of one like this, consider speaking with another. It is

impossible to say when or how long the next red area from the Dow Jones chart may be, which is why we believe it's important to have a more dynamic approach that still does well in good times, but really excels in bad.

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. The Dow Jones Industrial Average cannot be invested in

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



Three Tips For How to Have a Successful Open Adoption

Open adoptions are one of the three main types of adoption that are available for you to select as a birth mother. Each has their own pros and cons; yet, more and more birth mothers are preferring open adoption above the other two types. As an agency, we strongly advocate for open adoptions as well. We believe that they truly keep everyone's best interests at heart and are among the most successful adoption stories.

That said, if you are trying to determine which type of adoption is best for you and your baby, here are some tips on how to have a successful open adoption.

Take the First Step

With an open adoption, you have the opportunity to see your baby after your adoption process has been completed. Depending on the agreement you and the adoptive parents made, visitations can greatly vary. Be sure to consult with your adoption caseworker about how all of this works, as every adoption experience is different.

As you begin your adoption journey, write down any questions or concerns



you have. What level of openness do you want with your child and the adoptive parents? What kind of adoptive parents would you like to see raise your child? Do you have any specific wishes or requirements for your time in the hospital? Be sure to bring this list with you when you meet your assigned birth parent counselor. They will provide you with all the

resources and information you need to have a positive and empowering adoption experience.

Communicate

Communication is key! There are many ways to keep in touch with your prospective adoptive family — social media, FaceTime, ZOOM or, perhaps, in person.

If, at first, you feel nervous or awkward meeting the prospective adoptive parent(s), that's natural. Start by introducing vourself and go from there. Share your interests. Ask what the adoptive family is looking for in an open adoption. This will help you all establish a strong and healthy relationship moving forward. Speak with prospective adoptive families as much as possible. Involve them in your pregnancy. Invite them to your doctor's appointments if you are comfortable with this. All of this and more will not only deepen your bond with the adoptive parents, but also show your child as they grow older that everything you do is out of love for

Set Clear Boundaries

A third secret for how to have a successful open adoption is through setting clear boundaries between yourself and the adoptive parents. Your adoption caseworker can help with this. Be sure that you lay out your expectations for the open adoption and then listen to what the adoptive parents want as well. If there are any disagreements, do your best to find a

compromise. Once the adoption is finalized, it's important that you are all on the same page and have mutual respect for one another.

A common boundary with open adoptions is the frequency of visits and contact. Communicate how often you'd like to see your child and see where the adoptive parents are most comfortable. For instance, would you like to be a part of their birthday each year? Another option is to have a prearranged number of visits per year, and then let the child decide his or her desired amount of interaction as they grow older. Again, this will greatly vary as every adoption journey is unique. But, it's important to make sure that you have clear boundaries in place so that no one takes advantage once the adoption is finalized.

Following these three tips above will help you have a healthy and successful open adoption journey. Open adoptions do work and are extremely beneficial to you, your child and the adoptive parents. Don't hesitate to reach out with any questions or concerns you may have.

Tips for those considering adoption

Tips for those considering adoption

Whether you are a birth mother, an adoptive family, an adoptee, or just have an interest in the field of adoption, you will need information and resources to ensure you are well informed, and able to make the best decisions for you and your family.

1. Research and learn. Read books and magazines. Visit Websites. Talk to other parents – adoptive parents or birth parents. Meet with adoptive parents and their children and birth parents. Join adoptive parent and birth parent support groups. Don't be afraid to talk about adop-

tion with others nor hide adoption.

- 2. Find professionals agencies, attorneys and other adoption experts in your area. Attend informational meetings held by public and private agencies. Ask for brochures and handouts. Talk with social workers, attorneys, facilitators, agency representatives. Screen any agency or attorney you think you might use. Check references.
- 3. Do some soul searching. Decide whether you want an infant or older child, boy or girl, domestic or foreign-born child. Usually, more specific requests will take longer. Consider whether you open or closed adoption, younger or older

children, or whether you can handle a special needs child. Think about whether you want an open relationship with the birth parents. Decide whether you want an independent non-agency adoption, a public agency adoption or a private agency adoption.

- 4. Finance. Determine the cost of the type of adoption you seek. Draw upon savings, grants, and loans from church groups, friends and family. Check out a list of grants and loans.
- 5. Research the law. If adopting domestically, research state laws. If adopting internationally, investigate the eligibility requirements of target countries and U.S. State Department regulations.
- Complete a home study. Gather multiple notarized copies of birth certificates, marriage licenses, medical exams, financial statements (including the last three years' tax returns, photographs of you and your home, a written autobiography, employment records, criminal clearance documents, fingerprints, three letters of reference, a report on your home with deed, and (possibly) a psychological evaluation, and, in international adoptions, INS documents, passports, and copies of State Department laws in English and in the language of the country you have chosen to adopt from. Prepare for an interview by a social worker or agency.



- 7. Carefully consider any child you might adopt. Explore the child's medical history and social and emotional background. Ask a pediatrician's advice about what to expect.
- 8. Use post-adoption services. Once the adoption is complete, join an adoptive families support

group. If the adoption is international or interracial, seek support groups for help with birth culture. If the child has special needs, seek supplemental medical or counseling services.

-Adoption Choices of Kansas and Missouri



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Practical advice to avoid pitfalls and dispel fears



viewpoint

BEING PRO-ADOPTION WITHOUT BEING SCAMMED

Adoption is an idea that rests in the heart of many couples but fails to come to fruition for a variety of reasons. Sometimes fear holds them back. Hearing stories of fraud causes them to avoid taking those first steps.

Recent news articles have told the stories of families who have lost significant sums of money in adoption proceedings. In some cases, the expectant mother bilked them out of funds. In others, the agencies closed down after accepting payments.

Whatever the reason, it's horribly discouraging to people who are trying their best to adopt and willing to lay out significant amounts of money to do so. The result is even more people who decide it's not worth trying.

If you're considering adoption and want to limit your financial risk, there are a few steps you can take. Due to all the variables, it's impossible to risk-proof an adoption process, but you can put guards in place so you limit your potential loss and insure that you're being good stewards of the finances God's given you.

CONTROL THE HOME STUDY PROCESS

The first step in adoption is getting a home study. It is a written assessment of your home, history, and preparedness for adoption and will be necessary to file for adoption with the court. There is no way around this, and a good social worker will actually help prepare you for your adoption.

Make sure you are getting the right home study. Home studies for fosterto-adopt, international adoption, and private adoption are all different. If you are going through a private agency, make sure you own your home study when it is over and if you choose to go to another agency, you don't need to pay for the home study to be released.

A home study will cost you up front. Someone is investing significant time in writing it for you, so they need to be paid for that – but once you pay for it, you should be able to use it elsewhere for a similar adoption rather than be locked in with one agency. Ask how many signed copies you will receive and if they insist that they don't give home studies directly to families, go elsewhere.

AVOID ALA CARTE MARKETING CHARGES

Some agencies will offer you greater visibility in front of expectant moms if you pay a substantial fee up front. That's a huge red flag – trust God to get you in the right spot rather than paying huge sums for websites or specific ads that highlight your family. Those dollars are hard to justify.

Direct marketing, Craigslist ads, even Facebook pages promoting your availability to adopt are more often invitations to being scammed rather than helpful in connecting with an expectant mother.

BE CAREFUL ABOUT EARLY MATCHES

www.alphachristianchildrenshome.com

It's not unusual to have an expectant woman approach us when she's only 8-12 weeks pregnant, asking to see family profiles so she can choose a family to adopt her child. We are happy to help care for her in the process, but we don't match expectant moms and adoptive parents until the beginning of the third



trimeste

At match, most agencies charge estimated fees for the care of the expectant mom. Many states have relatively modest limits on those amounts, but some do not. A large number of agencies match early to collect those funds up front, knowing the expectant mother may or may not choose to go forward. If she chooses not to make an adoption plan, the expectant family forfeits those funds.

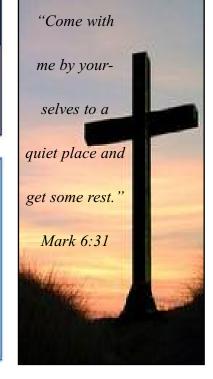
ASK QUESTIONS

Once you are matched, you will most likely need to pay fees. Ask pointedly, if the expectant mother decides not to go through with her plan, what happens to those funds? Some of the fees will be unrecoverable (birth mother expenses) but your match fee should not necessarily be forfeited. Many agencies will offer you a credit on your next match. A few will offer a refund under unique circumstances.

In cases where families are not offered a cash refund, it does not mean they are been scammed. The agency has done all the work they were able to do in caring for the expectant mother, counseling, preparing you, etc. There is inherent risk in adoption that cannot be entirely mitigated, but that is true of any worthwhile pursuit.

Adoption is not easy or without pitfalls. Even so, it is a beautiful expression of the heart of God and a key part of standing for life. May the grace of God rest on those who say yes.

Randy Bohlender and his wife, Kelsey, have ten children, six of which were adopted. They founded Zoe's House Adoption Agency. He recently became the Senior Pastor of Hillcrest Covenant Church in Kansas City.





The foster care crisis is ours and now is the time to save it

By Robert R. Duke

The decision to foster a child brings great challenge and great reward. You become the stabilizing force in a life disrupted by turbulent times. Knowing that reunification with the birth family is the goal, you open your home and heart. And you fall in love.

Several years ago, my wife and I embarked on this adventure. Today our family includes two biological sons, an adopted daughter, and a foster daughter who joined our family at three months old. She just turned two and likely will be reunited with her birth family soon. Saying good-bye will break our hearts, yet we are not called to an easy path—we are called to be faithful.

I can say unequivocally that we sense a calling on our lives to care for these little ones. Children living right in our cities and towns who have no one to hold them, take them to a park, or put a warm meal on the table—this trumps many things that command more attention. Children represent the future. They represent the hope and possibility of our communities, our churches, and our nation. All people, regardless of faith tradition, must come together to advocate for these children.

Since November is National Adoption Month, religious leaders must begin cultivating a massive interfaith movement to target not only adoption but also the need for foster care. On any given day, approximately 402,000 live in foster care in the United States, and on average, these children remain in state care for nearly two years with eight percent of

children enduring five or more years. We must do better than this.

Recently, a Jewish friend, who works for a foster-adoption agency, and I discussed how our faith backgrounds shape our views on how our communities should pursue foster parenting. The Hebrew Bible (Old Testament for Christians) includes several verses about taking care of those who are parentless (Isaiah 1:17, '...learn to do good, seek justice, rescue the oppressed, defend the orphan, plead for the widow."). This provides very tangible directions on community care. I also shared with her that as Christ-followers, fostering is a sacred responsibility that models Jesus' love for us. Just as God adopts us into His family, we have the means to adopt these children—even if only briefly into our homes and forever into our hearts.

The care of children transcends all that divides us and encourages me to reach across artificial lines. I have friends who are foster parents from many (and even no) faith traditions. I have Republican, Democrat, and Independent foster parent friends. We come from different nationalities, ethnicities, socioeconomic means, and the list goes on. But our role as foster parents draws us together in solidarity and advocacy for often-forgotten, voiceless little ones in need of homes and people who care for them. In a world divided by politics and faith, I love the unity I feel with others regarding this issue. Let us come together in heart, mind, and spirit to solve this crisis.

People of faith are called to do no less, and Christians are called to do more.



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Religious freedom under attack, Attorney General William Barr says

The connection between freedom and religion is under assault, U.S. Attorney General William Barr said this week.

"That crucial link between religion and liberty, so well understood at the founding, is all too often forgotten today," he said. "In American public discourse, perhaps no concept is more misunderstood than the notion of 'separation of church and state'. Militant secularists have long seized on that slogan as a facile justification for attempting to drive religion from the public square and to exclude religious people from bringing a religious perspective to bear on conversations about the common good."

Barr made his remarks at the National Catholic Prayer Breakfast.



"Separation of church and state does not mean, and never did mean, separation of religion and civics," he said. "As Supreme Court that 'We are a religious

late as 1952, Justice William O. Douglas could write for a majority of the people whose institutions presuppose a Supreme Being."

Barr said that because the religious foundation of America has been weakened over the decades, traditional morality has been eroded with it, leading to increases in broken families and violence in cities.

"That foundation of our free society has increasingly been under siege," he said. "Traditional morality has eroded, and secularists have often succeeded not only in eliminating religion from schools and the public square but in replacing it with new orthodoxies that are actively hostile to religion. The consequences of this hollowing out of religion have been predictably dire.

"Over the past 50 years, we have seen striking increases in urban violence, drug abuse and broken families. Problems like these have fed the rise of an ever more powerful central government, one that increasingly saps individual initiative, co-opts civil society, crowds out religious institutions and ultimately reduces citizens to wards of the state."

In addition to Attorney General Barr speaking, President Trump also spoke, announcing that he was signing an executive order protecting all infants born alive from actions of medical facilities that allow them to die if they survive

Jim Caviezel Rebukes Christian Fence-Sitters in Inspired Interview

Jim Caviezel is making the rounds to talk about his new movie, Infidel, about the persecution and murder of Christians in Iran, which is a box office

In the middle of an interview on Fox News, some kind of holy fire descended on Caviezel and he lit up the screen with an epic soliloguy about the nature of humanity, the duty of a Christian in the face of oppression, and the coming conflict with our fellow citizens who will not stop trying to remove religious and constitutional freedoms.

There's a moment there where

Caviezel almost comes out of his chair and something takes over his whole body and what's rolling effortlessly off his tongue is one of the greatest arguments against the philosophy appeasement I have ever heard. Has anyone checked Winston

Churchill's grave? Is it empty? What just happened?

Every lesson in history tells us that the



between peace and war, only between fight and surrender. If we continue to accomodate, continue to [move] back and retreat we will have to face the final demand, the final ultimatum and what then?...

Voices pleading for peace at any price, or 'better Red than dead,' or as one commentator put it he would rather live on his knees than die on his feet and therein lies the road to war because those voices do not speak for the rest of us.

You and I know and do not believe that life is so dear or peace so sweet as to be purchased at the price of chains and slavery. If nothing in life is worth dying for, when did this begin? Just in the face of this enemy? Or should Moses have told the children of Israel to live in slavery under the Pharoh's? Should Christ have refused the cross?

Should the patriots at Concord Ridge have refused to fire the shot heard around the world? The martyrs of history were not fools and our beloved dead who gave their lives to stop the advance of the Nazis did not die in vain. Where then lies the road to peace? Well, it's a simple answer after all, that you and I have the courage to tell our enemies, there is a price we will not pay and there is a point beyond which evil must not

-Megan Fox

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Up to 9 more nations line up for peace with Israel Lebanon, which is under the vice

Other Arab countries believed to

be close to recognizing Israel include

Oman, Sudan, Saudi Arabia, Qatar,

Algeria, Tunisia and Morocco. On the

outside chances are Iran and

Lebanon. Iran previously had close

relations with Israel before the

Islamic revolution. Iranians are ethni-

cally Persian, not Arab, and younger

Iranians are more open to peace and

prosperity rather than conflict.

It has been revealed up to nine more nations are seeking peace deals similar to those between Israel and the United Arab Emirates and Bahrain.

President Donald Trump made the announcement to reporters gathered for the historic signing of peace accords at the White House recently.

The President declared a "dawn of a new Middle East" as he presided over the signing of two historic Middle East diplomatic deals between the three nations

'We're here this afternoon to change the course of history. After decades of division and conflict we mark the dawn of a new Middle East," he said at the ceremony in the South Lawn of the White House.

The deals between Israel and the United Arab Emirates, and Israel and Bahrain, involve the exchanging of ambassadors, establishment of embassies and co-operation on a range of fronts -- including trade, security and tourism. The agreements, known as the "Abraham Accords" also allow Muslims to visit Islamic holy sites in Israel. Trump said the deals would form "the foundation for a comprehensive peace across the entire region."

'We have many other countries going to be joining us, and they're going to be joining us soon. We'll have I think seven or eight or nine. We're going to have a lot of other countries joining us, including the big ones. We already have the big one, but including the big ones," Trump said.

Forty-four countries, including thirty members of the United Nations, do not recognize Israel as a nation. Trump did not disclose which countries are in the peace deal pipeline, but mentioned that he has spoken to the king of Saudi Arabia.



Leaders of Israel, Bahrain and the UAE stand after historic peace agreements were signed.

"At the right time, I do think they will come in," Trump said. "This is a very big and very historic moment, and I think everyone agrees to that. But we'll have other countries coming in fairly rapidly."

_____ MetroVoiceNews.com __

The bilateral agreements with the United Arab Emirates and Bahrain formalize the normalization of Israel's relations with the two nations in line with their common opposition to Iran. The United Arab Emirates became only the third—after Egypt in 1979 and Jordan in 1994—to fully normalize relations with Israel. Sixteen of the 22 members of the Arab League, including Iraq and Saudi Arabia, do not recognize Israel.

Israel and the United Arab Emirates agreed to approve bilateral agreements on 15 areas of mutual interest, including finance, trade, aviation, energy, telecommunications, health, agriculture, and water.

"We're here this afternoon to change the course of history," Trump said from a balcony overlooking the South Lawn on Sept. 15. "After decades of division and conflict, we mark the dawn of a new Middle East."

the Riviera of the Middle East before Iranian influence and civil war tore the nation apart. With a fairly large Christian community, the country could move towards peace as it rebuilds from a horrific blast that Lebanese citizens are blaming on Hezbollah and its close relation to the government. "We are very down the road with about five different coun-

of Hezbollah, was once considered

tries," Trump told reporters before the ceremony.

Republicans see the peace deal as a boost for the president ahead of the election. Since the 2016 campaign, Democrats and the media have told voters that Trump would destroy peace efforts in the

Middle East. The criticism increased after Trump recognized Jerusalem as Israel's capitol and moved the U.S. Embassy there.

But with Trump having now having doubled the number of Arab states that have signed a peace treaty with Israel, it is difficult for Democrats to paint that false narrative that the Trump administration was bad for peace. Any American

could easily turn on the television on Tuesday and see the results of Trump's peace efforts.

Democrats, including presidential nominee Joe Biden, are now saying they support the deal though few were willing to speak on camera.

A few House Democrats attended the signing of the peace deal, a notable development at a time when their leader, House Speaker Nancy Pelosi (D-Calif.), is barely on speaking terms with the president.

Rep. Elaine Luria (D-Va.), said she accepted the invitation immediately on receiving it over the weekend.

"It definitely was a monumental event, and the ceremony was very fitting for that," Luria, a member of the House Armed Services Committee, said in a telephone interview.

Trump has been nominated twice in the past two weeks for the Nobel Peace Prize. Once for his work on peace between Israel and its Arab neighbors and a second time for the recent accords between Serbia and Kosovo, which ended one of Europe's last hot spots for potential conflict.



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"Decade of NOTO" to celebrate growth of area

Topeka Arts & Entertainment District is an attraction of all ages from all over. The restaurants, galleries, boutiques and more make NOTO the top Topeka Art Walk destination. Historic buildings are bubbling with artists, arts, music, crafts, and creative items to keep you entertained and wanting to bring a piece of NOTO home with you.

The "Decade of NOTO" celebration will take place October 10th at Redbud Park on N. Kansas Avenue. Hours of the event are

There will be free cookies & Kona Ice, historical exhibits, a silent auction, live music, and a variety of food & drinks. Topekans are also invited to add to the NOTO 2040 Time-Capsule during the

Visit Explorenoto.org for more information and to check events listed on the

NOTO Arts Center is now open Thursday through Friday from 11 a.m. to 5 p.m. and Saturday from 10 a.m. to 3 p.m. It also stays open late on 1st & 3rd Fridays.

"Exploring Art with Food" is an art class for ages 3-5, being held Oct. 8, 5:45-6:15pm at Paper June, 927 N. Kansas. Ms. Shannon is back with a new take on art. Kiddos will create their own inspired work of art using an edible medium. To provide proper distancing our classes are limited to six kids. tickets june.myshopify.com/products/exploringart-with-food-ages-3-5.

For information on art classes call 785-

Grilled Cheese & History is an event held Oct. 13, 12-1pm, at the Wheel Barrel. Join for a special history presentation recapping the rich history of North Topeka and the development of the NOTO Arts & Entertainment. Lunch provided by the Wheel Barrel. Register at: explore noto.org/product/grilled-cheesehistory-please=lunch.

First Friday

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.

Hours are 10 am to 9 pm. Visit the NOTO Arts Center to pick up a map of participating businesses and view the newest exhibit at the Morris Gallery.

Entertainment can also be found on First Fridays, at various venues during the artwalk up and down N. Kansas Avenue, as

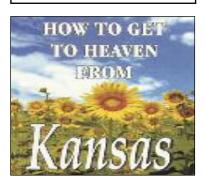


well as streetside vendors. The restaurants, locally owned shops, art galleries and studios have also become favorite art walk des-

You can also visit 3rd Friday's NOTO Night Out! Many Merchants are also open longer hours on Second Saturdays.



NOTO Community Arts Center 935 N Kansas Ave, Topeka, KS Register for classes at notoartsdistrict.com For information: 785.608.6738 or email NOTOartscenter@gmail.com



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

Realize you are a sinner. Everyone starts the same place spiritually. "For all have sinned and come short of the glory of god." (Rom. 3:23). Sin's penalty keeps you out of Heaven and condemns you to Hell, separating you from God. Pergang 6:33 copy. "The ing you from God. Romans 6:23 says, "The wages of sin is death." Sin brings both physical & spiritual death. "And death and hell were cast into the lake of fire. This is the second death." (Rev. 20:14).

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

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

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

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CONCERTS

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

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

THE BERRYTON PICKERS - First Sat. of ea. month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun! GRAND O' OPRY - 2nd & 4th Saturday, 6:30PM-preshow, 7PM showtime, Ottawa Memorial Auditorium, 301 S Hickory, Ottawa. Tickets are \$10 and only at the door. Ph. 785-214-0013, email grandoopry@gmail.com.

JOE CARTWRIGHT AND FRIENDS - Oct. 9. 7:30pm. TPAC. Topeka Jazz Concert tickets \$15.

BEATLES VS. STONES – A MUSICAL SHOWDOWN – Oct. 23, TPAC. Renowned tribute bands Abbey Road and Satisfaction - The International Rolling Stones Show engage in a musical showdown of the hits. 785-234-2787, info@topekaperformingarts.org

WOOD VALLEY PICKERS – Oct. 23, 7:30-10:30, Classic Bean Fairlawn Plaza

CASTING CROWNS – Oct. 23, 7pm, Stormont Vail Event Center. Special guest will be Matthew West. For info:

SPECIAL CHURCH EVENTS

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

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

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

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

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

FIRST SATURDAY BREAKFAST BUFFET -7:30~AM -10:00 AM, Shawnee Heights UMC, 6020 SE 44th NSIDE OUT FELLOWSHIP - Every Saturday, 6:30pm. Faith Temple Church, 1162 SW Lincoln. For info: 785-380-7031 or rhaggertyjr@hotmail.co

CITYWIDE FALL CAMPMEETING — Oct. 4-9, 7pm. City Wide Fall Campmeeting with Evangelist Chad MacDonald. Sunday, 10:30am & 6pm, Monday, 7pm @ Family of God Church, 1231 NW Eugene St., Tuesday & Wednesday, 7pm Harvest Family Fellowship, 522 SW Polk, Thursday & Friday, 7pm @ New Hope UMC, 2915 SW 8th Ave.. For info: 785-234-1111 or revivalfirewm.com FamilyOfGodChurch@hotmail.com

PROPHETIC CONFERENCE — Oct. 16, 7pm and Oct. 17, 10am, 2pm & 7pm, TPAC, 214 SE 8th. Great Light, Aglow International Topeka, will be hosting Larry and Mercedes Sparks of Dallas, and Ana Werner of Lee's Summit. Free registration required at greatlightconfer

THE ROLE OF THE HOLY SPIRIT - Oct. 17, 9:30am, Christian Lord Ministries, 2421 SE California. Free workshop discussing from scripture who the Holy Spirit is and what his role is in a believer's life. Register at 785-232-3417 or exodusministries@aol.com. Zoom option available. www.exodusministriestopeka.org

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 nhonl@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

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

MONDAY FARMERS MARKET — Mondays 7:30-11:30am, Topeka & Sh. Co. Library, Through Oct. 5

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.topekaswingdance.com.

SAFE STREETS COALITION MEETING — First Wed. of the

month, 11:45am-1pm. Great Overland Station. For info: 266-4606 or jwilson@safestreets.org

CARBONDALE FARMERS MARKET - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-produced. For vendor info, contact Mary at 836-7887.

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.

TOPEKA ACAPELLA LINI IMITED ALIDITIONS - Topeka Acapella Unlimited is looking for female singers who would like to sing four part acapella harmonies. Come be our guest via Zoom at our guest nights to meet the Director and learn more about our chorus. Topeka Acapella Unlimited is a Chapter of Sweet Adelines International. Call Cindy Patton at 785-640-7403 for information on how to receive a Zoom invitation

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

HARVESTERS MOBILE FOOD PANTRY, 1st & 3rd Saturdays, 2-3pm, Shawnee Heights UMC parking lot. **DOWNTOWN TOPEKA FARMERS MARKET** - Saturday's April 11 through Nov. 7, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

FREE MOBILE FOOD DISTRIBUTION - Fourth Tuesday through November, 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will be conducting its monthly food distribution. No ID or proof of income required, first come first served. Distributing several tons of fresh

produce and other items to families in need. (785) 234-1111 www.RandelMinistries.co

TERRITORIAL CAPITAL MUSE-**UM** — Now Open. 640 E Woodson, Lecompton. (785) 887-6148 www.lecomptonkansas com historicle-

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

OCT. OUTDOOR ACTIVITIES -Outdoor events and activities. www.getoutdoorskansas.org/

GROWERS POP-UP MARKET — Wednesdays 5:30-7pm, 29th & Wanamaker @ Happy Basset. Local produce. www.topekagrowersgroup.com.

GARY'S FALL FESTIVAL - Thru Oct 31, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Frie nburgers, Brats, Turkey Legs, Apple Cider Slushy and

ANNUAL KAW VALLEY FARM

TOUR — Oct. 3, 4am-6pm, and Oct. 6, 10am-5pm. The farm tour provides fun and interactive farm experiences, supports local farms and introduces individuals of all ages to the many faces of agriculture in the Kaw Valley. A \$10 ticket is good for a carload both days. www.kawvalleyfarmtour.org.

ROCK THE LOT — Oct. 3, 5:15-1pm, Hayden Parking Lot. Outside Mass at 5:15 - In Front of School. Gates open at 6 pm

for Live Music from Chance Encounter and Vandelyn Kross. Food, Soda and Beer available for purchase. \$5 Cover Charge. Fire Pits & Space Heaters. chair & a mask. This is a COMMUNITY event - ALL are

WARD-MEADE GARDEN GLOW - 0 ct.~2 - 11,~7 - 10 pm,~0 ldPrairie Town/Ward-Meade Botanical Garden. Patterned after the popular Tulips at Twilight featuring lighted dis-plays and larger-than-life illuminated flowers. Adm. \$5;age five & under free. 785-251-6989

DIALOGUE POP-UP MARKET — Oct. 3, 4-7pm, Dialogue Coffee House, 4009 SW 29th. Annual after-hours event where we will share our indoor & outdoor space with local artists and small business owners. Dialogue.CoffeeHouse@gmail.com

PINK PARTY HEALTHATHON - Oct. 4, 10am-12pm. Local fitness instructors have teamed up with TopCity Nutrition to present a 2 hour fitness event at Evergy Plaza downtown for Breast Cancer Awareness Month Each instructor will lead for a few songs before passing the reigns to another in this nonstop workout.

NEIGHBOR HELPING NEIGHBOR WALK/5K RUN - Oct. 4, 1pm. Fundraiser for Doorstep. www.DoorstepTopeka.org

NATIONAL LIFE CHAIN - Oct. 4. 2-3:30pm. 21st & Wanamaker (in front of Target, Pier One, Fidelity Bank and Chili's and also 29th & California (SE corner). Signs available at both locations. Water, lawn chairs, umbrel-las & strollers are welcome. For info: Bibi @ 785.969.2706 for Wanamaker or Stella @ 785.845.0252. More info at lifechain.net

RIBBON CUTTING - Oct. 5, 1 pm, Hillcrest Community Center, Dedication of the remodeled main entrance and

C5Alive "POWER" LUNCHEON — Oct. 8, 11:30-1, at The Peak, 1920 SW Gage. Featured Speaker is Barry Feaker, Ex. Dir. of Topeka Rescue Mission.

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

Open to the public — Put POWER in your life with great ood, great speakers and great company! Invite a

SAVE THE DATE: POWER Luncheon, Nov. 12, 11:30-1.

FEAR ZONE — Oct. 9, 10, 16, 17, 23, 24, 30, 31, 8-10:30pm, Sportzone, 3909 SW Burlingame. A second season of terrifying twists and turns out on the trail.

HAUNTED WOODS — Oct. 9, 10, 16, 17, 23, 24, 30, 31, 8-11pm (also 3/7pm on Oct. 31), Forest Park, 3158 SE 10th St. Annual guided Half-Mile Trail of Terror populated with Monsters; Zombie Laser Tag!! 234-8024 TopekaHauntedWoods.com

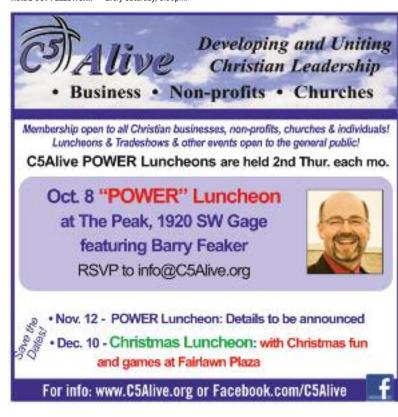
DECADE OF NOTO CELEBRATION – Oct. 10, 11am-9pm, Redbud Park, N. Kansas Ave. Free cookies & Kona Ice, historical exhibit, silent auction, music, food & drinks. Topekans are invited to add to the NOTO 2040 Time-Capsule during the event.

NATIONAL NIGHT OUT EVENTS — Oct. 10. National Night Out events throughout Topeka and Shawnee County. For info call Judy at Safe Streets, 266.4606 or email jwilson@safestreets.org.

BEATLES VS. STONES – A MUSICAL SHOWDOWN – Oct. 23, TPAC. Renowned tribute bands Abbey Road and Satisfaction - The International Rolling Stones Show engage in a musical showdown of the hits. 785-234-







2787 info@tonekaperformingarts.org

REEL GRIEF MOVIE: "DRAGONFLY" (KEVIN COSTNER) — Oct. 16 & 23, 3-4:30pm, Midland Care Compass Center, 2134 SW Westport Dr. Death, end-of-life and bereavement are topics not easily discussed in our western culture. Reel Grief is an opportunity to help individuals process their grief through the use of movie scenes where others are experiencing the loss of a loved one. In the movie Dragonfly, Joe Darrow (Kevin Costner) a respected trauma doctor is impacted by the death of his wife in a bus accident while working as a missionary in Venezuela. Limited seating; RSVP to Shannon Dilks at 785.430.2199 ext. 1027 or sdilks@midlandcc.org

VINEWOOD MARKET — Oct. 17-18, 8am-4pm (2pm on Sun), The Vinewood, 2848 SE 29th. Free outdoor Flea Market & Craft Fair. Food truck and cash bar available. (785) 260-6772

SHHS BAND FALL CRAFT FAIR — Oct. 24, 9am-3pm, Shawnee Heights High School. Also a car show in the parking lot. For info or a booth email johnstonp@usd450.net or lorettadelong@yahoo.com.

TRUNK OR TREAT — Oct. 25, 5-7pm, LEAP, 2925 SW 37th. Food, Games, Fun, & Lots of Treats! Fun on the trampolines!

TRUNK OR TREAT — Oct. 31, 10am-2pm, Milestone Market, 3935 NW 25th St. Prizes for best costume. Ringbearers & Flower Girls especially welcome!

DRIVE THRU TRUNK OR TREAT - Oct. 31, 5-7 pm, Hummer Sports Park parking lot. Topeka Police and Sheriff's Dept. put on their annual event.

MEETINGS & CLASSES

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

HEAT UP TOPEKA - Free fitness classes; learn and build healthy social & eating habits. Held at Trinity

Presbyterian Church, 4746 SW 21st St. Florence Crittenton: 785-233-0516 www.flocritkansas.org

MetroVoiceNews.com

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.

 $\begin{array}{l} \textbf{DEAF WORSHIP SERVICE} - 3 \text{rd Sun., 3pm, Faith} \\ \text{Lutheran Church, } 17 \text{th \& Gage. Also, every Sun.} \\ 9:30 \text{am service is interpreted.} \end{array}$

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

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

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

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

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

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

OUR LADY OF THE FAITHFUL -1st Tues., 6:30pm

Mass followed by Dinner, Most Pure Heart of Mary Catholic Church. A Catholic group for those in their 20-30s. Michelle Ann 580-3071 or ourladyofthefaithful@gmail.com. Facebook: "Ourladyof theFaithful."

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

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

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

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

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

AWANA - Every Wed., 6:30pm, Bethel Baptist Church,

4011 N. Kansas Ave. Bible based program for children & youth ages 3-HS. For info: 286-0467.

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

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

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

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

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

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

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

OPERATION BACKPACK — 1st Thurs., 6pm, Indian Creek Elementary School, 4303 NE Indian Creek Rd Volunteers gather to assemble Weekend Snack Sacks for low-income students. No assembly in August. Sponsored by Topeka North Outreach. For info: 286-1370.

TOPEKA GENEALOGICAL SOCIETY — 4th Thurs., 7pm, Topeka Shawnee County Public Library, 1515 SW 10th St. No program in Nov. or Dec. Promotes & stimulates the education, knowledge & interest of the membership & the public in family history, genealogical records & research. 233-5762 or 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. kingdomadvisors.org or Jim Hanna, james.c.hanna@ampf.com or 357-6278 x19.

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

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

VIP LUNCHEON FOR SENIORS — Every Fri., Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. Free blood pressure checks the last Friday of every month, and birthday celebrations the 4th Friday For Info. 785-274-8803.

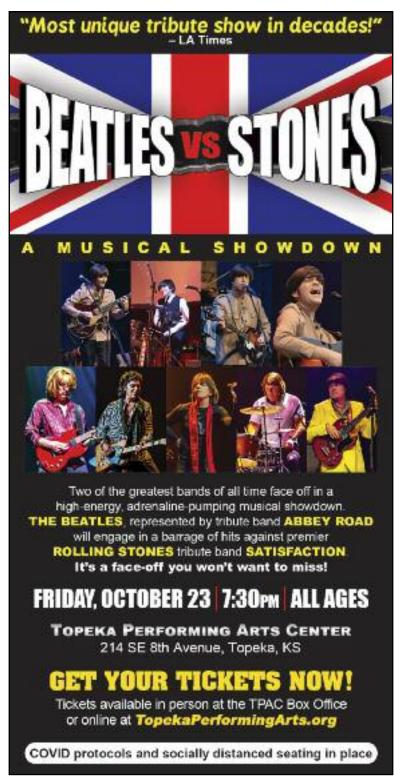
A GOOD YARN CLUB — 2nd & 4th Sat., 9-11am, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & patterns. All are welcome. Anne, 272-9249 or kittens812@sbcglobal.net

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

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

TOPEKA GREAT LIGHT AGLOW — For meeting info contact Vickie Lynch at greatlighttopeka@gmail.com.

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





SUPPORT GROUPS

MIDLAND CARE GRIEF SUPPORT Groups: Building A, 200 SW Frazier Circle; Every Mon., 4-5pm: 12 Week Adult Group for Recent Loss 1st and 3rd Thu., 10:30am & 5:30pm—Ongoing Adult Group 1st and 3rd Thu., 5:30pm: Ongoing Young Adult Group (4-18 years of age) For All Groups: Call for start dates and info packet. Group and individual grief support available upon request. Info: 785-232-2044 ext.341

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

ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion Syndrome. Kay Lyn at KLCarlson20@cox.net.

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

PURSUIT FOR SEXUAL PURITY — Men struggling with pornography & sexual addiction. This bible study/ accountability group uses the Pure Desire book by Ted Roberts. For info: 249-9509. All inquiries confidential.

ALZHEIMER'S SUPPORT GROUPS — Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual.

Starting April 8 - Caregiver support group via Skype 9:30am every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

Starting April 15 - Caregiver Support Group via Google Hangouts, 4:30pm every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info..

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

CELEBRATE RECOVERY - Every Mon. 7-9pm at Topeka First Church, 500 SW 27th, Bldg 'B'. Healing our hurts, habits, and hangups. Learning to grow in a Christ-like

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

MASKS, SOCIAL DISTANCING

Free registration required

greatlighttopeka@gmail.com

For more information:

greatlightconference.eventbrite.com

783-7527 or valeotopeka.org. Open to public. Free. **GRIEF SUPPORT** – Sponsored by Heartland Hospice for those dealing with death or major loss:

MetroVoiceNews.com

1st Mon., 5:30-7:30pm, Individual appointments. other times are available. Call Terry at (785)230-6730.

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

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

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

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

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

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

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

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

DIVORCECARE PROGRAMS - (For updates checkwww.divorcecare.org) locations and times:

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

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

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

AGLOW

 $7 \mu m$, Saint Francis Hospital 2nd floor conf. room of the cancer unit. For info: 266-9533.

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

NICOTINE ANONYMOUS-Every Fri., 6:30pm, Town &Country Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nico-tine. No fees. 402-321-486; Laboomaha@att.net

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

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



Maltby joins Heart Financial Partners

Steve Maltby has joined Jim Hanna of Heart Financial Partners as a financial planning assistant. Heart Financial Partners is a private wealth advisory practice of Ameriprise Financial Services, LLC.

Maltby, who was an elementary teacher for 19 years, will provide client communication and service. He will focus on assisting with

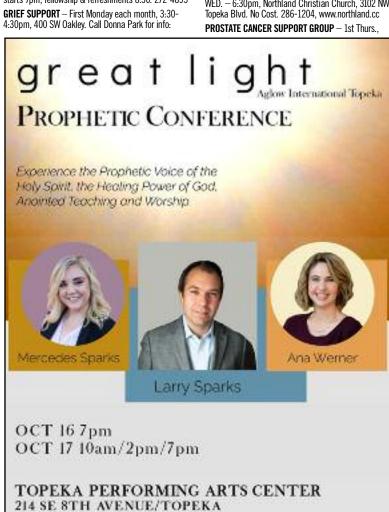
financial plan processing, transactions and digital engagement.

Heart Financial Partners is located at 601 S. Kansas Avenue in Downtown Toepaka.

For mroe information, contact Jim Hanna at 785.357.6278 or james.c.hanna@ampf.com.

Pictured L-R: Jim Hanna, Linda Gualtney and Steve Maltby.







entertainment

'Fatima' takes faith seriously, even if some viewers may not agree

The new movie Fatima, which hit theaters this week, is a well-crafted, reverent and quite provocative piece of filmmaking. It reminds us that miracles are real and that, yes, suffering is, too.

Fatima is based on what its believers would call honest-to-goodness miraculous happenings. Though adherents from some Christian traditions might ask questions about this decidedly Catholic miracle, it's clear that faith becomes the catalyst for some strong character shaping in this story. And that's something that everyone can find room to agree as they did in Mel Gibson's (also a Catholic) The Passion of the Christ.

The film reminds us how shepherds play a central role in the Bible. From the story of Moses, who was tending some sheep when he ran across a burning bush to David was taking some time away from his father's sheep when he fought Goliath. Then there's those shepherds near Bethlehem and what they saw: a bevy of Christmas carols will do that for us.

Likewise, we come to the pint-size shepherds of Fatima, Portugal, on May 13, 1917.

Ten-year-old Lúcia dos Santos and her cousins, Jacinta and Francisco Marto, weren't looking for divine revelation. They were surprised as anyone when that beautiful woman appeared out of nowhere as they were herding their parents' sheep.

"I came from heaven," the strange woman tells them (though Francisco can't hear her). She asks them to pray the Rosary every day and instructs them to come back to come back to that very spot on the 13th of every month for the next six months. "The world needs peace," the woman tells them.

She's right.

The globe had been engulfed by war for three years by then—a war unlike any ever seen before. Men were being mangled by the millions. And even in countries such as Portugal—technically far away from the fighting—the misery is staggering. More than 12,000 Portuguese citizens die fighting for the Allies during World War I. About 82,000 civilians die from food shortages.

The mysterious woman never asked for a wider audience. But telling 7-year-old Jacinta to keep a secret is like telling the tide to stay in. Word quickly hits the Santos family. That evening, Lúcia's pious mother, Maria, confronts Lúcia and her crazy story. "Why would the mother of God choose you, of all people?" she demands.

Maria's hardly alone in her skepticism. Marto, Fatima's mayor, is determined to stamp out "religious superstition" wherever he finds it, even if it shows up in three little kids. The town's priest, Father Ferreira, suspects that someone was playing a trick on Lúcia and her friends—or, more darkly, that the devil paid her a visit to mislead. Many townspeople, grieving over their own war dead and seeing precious little evidence of a loving God, think the kids are conniving brats making up tales.

But Lúcia and her cousins stick to their story. And, as the number of pilgrims



traveling to Fatima grows, it's clear that plenty of other people want to believe, too.

Lúcia stands at the center, and she's understandably bothered when this beautiful vision of the Mother Mary spawns some not-so-beautiful aftershocks. She and her family are belittled by those who don't believe in the visions. Pilgrims trample the family's crops, forcing Lúcia's father to ship their oldest daughter off as a maid and even sell the family's sheep. The controversy surrounding the children's visions worry the local government so much that the Mayor shutters the town's church. Maria even worries that Lúcia's visions are putting her soldier son at risk. And Lúcia herself wonders why the woman-whom she believes to be the Virgin Maryrefuses to alleviate the suffering she sees.

"I beg you!" she says, half praying, half shouting. "I don't want other people suffering!" And in an effort to bring about healing for others, she tries to increase her own suffering instead.

But Lúcia never recants. She knows what she saw. She knows what she's being asked to do. And she's determined to see the thing through, showing courage and fortitude as she does so.

A spiritual film

It's hard to think of an element of this film that isn't spiritual, to be honest. Faith is woven into every scene and every bit of dialogue. As noted above, this is a very Catholic story, too, so elements won't necessarily translate with some Christian viewers from different spiritual traditions.

The core story is told in flashback, as a secular professor and author interviews Lúcia (who's since become a nun) in 1989. He asks her about the Catholic and cultural specificity of her childhood visions. Why do religious visions (he asks) always seem to conform to a given culture's pop iconography and traditions? Could it be that the seers simply translate religious zeal into visions they're most familiar with?

"You call it the unconscious," the nun Lúcia says. "I call it God who, in his infinite wisdom, manifests Himself in a form that we expect, in order to help us understand better."

Taking miracles seriously

Fatima, the movie, takes its miracles seriously. It's based on happenings that took place near this Portuguese city in 1917 which culminate with "The Miracle of the Sun." (I won't spoil the actual mir-

acle, but there's plenty of information online if you want to spoil it for yourself). Though it stars some familiar actors and is distributed by a secular movie studio, this is as sincere a spiritual exercise as you're likely to find in theaters today.

But we can't stop there: Because of its overt religiosity, Fatima is, paradoxically, a challenging and, for some, even troubling piece of cinema.

Superficially, you can credit some of that to the movie's overt depiction of Catholic doctrine. For devout Catholics, little of what's shown here will feel out of place. But for Christians from other traditions, the idea of the Virgin Mary literally bleeding from the heart and telling believers that they need to pray the Rosary in order to curb God's wrath—even though it's all consistent with the real Lúcia's own accounts—can feel a little jarring and perhaps antithetical to their own understanding of faith.

The movie tackles that friction but the fact that Fatima takes on this question so boldly takes us to the film's next challenge—and I think it's a good, healthy challenge.

Yes, Fatima takes its faith seriously. The movie insists that the reason for our faith is grounded in truth, and that's a beautiful thing. But instead of gently sidestepping any skepticism or spiritual questions viewers might have, it gives them a place and voice within the story itself.

At its center is one of Christianity's most vexing questions: If God is so great and so loving, why do people suffer? Does God ask us to suffer? It's a great question, and one that most every believer must struggle with sooner or later. The film suggests that some suffering is caused by our own sin and disregard for God. But it also acknowledges that much of our suffering is a mystery. It offers no pat answers, no "five steps to a happier you" solutions.

For some believers, this may feel unsatisfying. But for others—and I'd count myself among this group—just the acknowledgment of that mystery, that friction, is gratifying. And, of course, just raising the subject can raise plenty of conversations with fellow moviegoers, too.

The film might not resonate with everyone. But for those who can navigate it, it just might lead some to a deeper spiritual encounter of their own.

- By Paul Assay | PluggedIn Movies

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



Disney's 'Mulan' leads this month's streaming lineup, but is it worth \$29.99?

By Michael Foust

A trip to the theater for a family of four costs around \$40 -- and that's without the popcorn and soda.

What if you could save a few bucks and watch the same movie at home on the comfort of your couch?

That's the proposal Disney presented to families in September when it skipped the typical theatrical launch amidst the pandemic and debuted *Mulan* (PG-13) on Disney Plus for the eye-opening "Premier Access" price of \$29.99. The movie is Disney's latest live-action remake and tells the story of a courageous Chinese woman who disguises herself as a man in order to fight in the army and defend her country from invasion.

But is it worth \$29.99, especially when it reportedly will be free to subscribers on Dec. 4? The answer to that question will vary with each family, although I can offer one opinion: Mulan is one of Disney's best live-action remakes yet.

The movie is a re-telling of the 1998 animated film, which itself was based on a poem/folk song, the *Ballad of Mulan*, set in China around the 6th century A.D.

The film follows an active young girl whose sense of adventure collides with her society's belief that women should be quiet and serve their husbands. The plot thickens when China faces invasion, and Mulan's aging father -- who has no sons - is drafted into the army, even though he is partially disabled and walks with a leg brace.

Knowing her father will face certain death, Mulan steals his sword and armor and escapes on horseback in the middle of the night, entering the army disguised as a man.

The gravity-defying battle action is jaw-dropping, and the colorful scenery makes you wish you could hop on a flight and visit China in person. The 2020 version also contains enough surprises to keep fans of the 1998 movie guessing.

The film contains no coarse language or sexuality, although we do see Mulan's clothless body from behind, blurred by the camera and obscured by foliage, when she bathes in a pond.

Mulan earned its PG-13 rating for sequences of violence that include bowand-arrow and sword battles and multiple bodies lying on the ground. (The violence remains bloodless, but we see arrows kill soldiers dozens of times.)

The film offers positive messages about loyalty, bravery, telling the truth, and devotion to family. Some have argued that the movie also promotes women in combat, but the film's real message is for parents to celebrate their daughter's talents. (Mulan's father had urged her to "hide" her gifts -- gifts that could have been used

in ways that didn't involve a battlefield if he had encouraged her.)

Of course, *Mulan* also presents moviegoers with an unbiblical worldview. Her family has a shrine, presumably to their ancestors. Her father asks the ancestors to protect her in battle. When she has success, he tells her they're celebrating. Finally, a bird-like phoenix -- which we learn is the "emissary" to the ancestors -- flies high over her, apparently protecting her.

Meanwhile, Disney has been criticized for filming *Mulan* in the same province, Xinjiang, where it has forced 1 million individuals (mostly Uighers) into concentration/labor camps. That's an issue that's far more problematic than the \$29.99 price tag.

Also streaming this month:

Adults/teens

Social Dilemma (Netflix) -- Former employees for Facebook, Instagram and other Internet giants reveal how social media is changing society for the worse. Rated PG-13 for some thematic elements, disturbing/violent images and suggestive material. Sept. 9.

Away (Netflix) -- American astronaut Emma Green leaves her husband and daughter behind to join an international crew to Mars. Away is a 10-part dramatic series that is entertaining but also includes some sensuality, a little language (but not over the top) and an LGBT angle. If you want a filtered version, then monitor VidAngel and ClearPlay. (Neither had released filters as of mid-September.) Rated TV-14. Sept. 4.

Challenger: the Final Flight (Netflix) — This four-part docuseries examines the 1986 Space Shuttle Challenger explosion, a disaster that could have been avoided but resulted in the death of seven astronauts, Sept. 16.

Children

Red Shoes and the Seven Dwarfs (VOD, DVD) -- It's a modern retelling of the Snow White story -- only this time, the princess must save seven princes who are turned into dwarves. It has a surprising ending that teaches the true meaning of beauty. It releases on video on demand Sept. 18 and on DVD/Blu-ray Sept. 22. Rated PG for some action/peril.

Spirit Riding Free: Riding Academy: Part 2 (Netflix) -- Lucky and her friends continue their adventures at the prestigious Palomino Bluffs Riding Academy. The Spirit series is a favorite of horse-loving children, including my young daughter. Rated TV-Y7. Sept. 4.

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.

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'The Social Dilemma' leads this month's family-friendly lineup

By Michael Foust

You may not smash your smartphone after watching Netflix's newest hit documentary, but if you do, I won't blame you.

Titled *The Social Dilemma* (PG-13), it interviews former Silicon Valley insiders and reveals how Facebook, Twitter, Instagram and other Internet giants have spoiled nearly every aspect of society with a series of tempting products we, too often, don't resist.

The daily time we once dedicated to family and friends is now wasted by chasing fake happiness in a virtual world. The time we once used to read a book or take a hike is now traded for tweeting and posting and scrolling. We no longer live life. We only watch other people pretend to live their lives.

As one expert in the documentary says, social media has become the "digital pacifier" we run to when we're anxious or sad or need a quick pick-me-up. Soon, though, we've wasted an hour of our day -- and we're worse off than we were before.

Social media, another expert says, "operates just like the slot machines in Vegas." That's because you don't know what you're going to get when you slide your thumb down on the screen to refresh, but you know who might find something new and exciting.

It's addictive because it's designed to be addictive, the insiders tell us. The various platforms learn what you like, and then give you more of it. They send you notifications when you're tagged or mentioned. They even suggest things you might like.

"We've moved away from having a tools-based technology environment to an addiction- and manipulation-based technology environment," one expert

Sadly, there are tragic consequences. Since the social media age began booming, hospitalizations for non-fatal self-harm have increased 62 percent for older teen girls and 189 percent for younger teens girls. Even worse: The suicide rate has risen 54 percent for older teen girls and 151 percent for younger teen girls.

"Those kids are the first generation in history that got on social media in middle school," says social psychologist Jonathan Haidt.

The film includes an impressive list of experts: a former senior vice president at Twitter; a former president of Pinterest; the co-inventor of Google Drive and Gmail Chat; and the co-inventor of the Facebook like button, among them.

"I think we were naive" about the negative consequences of the technology,

one of them says.

The PG-13 documentary isn't for small children. It includes mild language and is rated PG-13 for some thematic elements, disturbing/violent images and suggestive material.

Despite the content caveats, it's a must-watch for parents of tweens and teenagers. It's also worth watching for adults who have fallen into the social media trap and need an incentive to climb out.

Also worth watching this month:

'Switched' (Digital and VOD Sept. 4; DVD Oct. 6) -- A bullied high school girl prays that her tormentor will learn "what it's like to walk a day in my shoes." Her prayer is answered when the two girls wake up one morning having "switched" bodies. Switched is a Freaky Friday-style movie that's one of the funniest comedies you'll ever watch. It's also faith-based and has positive lessons about bullying, kindness and beauty. Unrated, it includes no coarse language.

'Small Group the Movie' (Digital and DVD, Oct. 6) -- A director moves from California to the South in order to film a critical documentary about evangelicals -- a film his producer says will reveal them to be hateful hypocrites. The director, though, only finds kindness, love and a body of believers trying to live out Christ's commands. This faith-based comedy drama includes mild language (misuse of "God" -- said by the producer) and is rated PG-13 for thematic material including brief violence and drug references. It's a funny film with a great message for the church.

'Never Again' (Theaters: Oct. 13 and 15) -- A radicalized Muslim, Kasim Hafeez, travels to Israel in order to confirm his hatred for the Jewish people, but is surprised to discover a multi-ethnic nation that welcomes him. Never Again is a documentary about anti-Semitism that follows one man's journey from being anti-Semite to being a supporter of Israel. He also meets holocaust survivor Irving Roth. It's unrated but includes images of the holocaust.

'Christopher Robin' (Disney Plus: Sept. 11) -- An overworked British man rediscovers the joys of life when his boyhood friends -- Winnie, Piglet, Tigger and Roo -- visit him. Christopher Robin is a live-action film with great lessons about family, encouragement, kindness and the balance of work and leisure. Rated PG for some action.

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.

'My Brothers' Crossing': powerful story of racial reconciliation

A new faith-based movie, "My Brothers' Crossing," is based on a true story about a black pastor who unintentionally has a head-on collision with his car into a motorcycle killing a white couple shortly after the Ferguson riots in August 2014.

The movie, now playing in select theaters, tells the story of the tragic death of motorcyclists Bobby and Pam Clark. The plot unfolds from the perspective of Bobby's brother, J.T. Clark, whose onscreen character is played by award-winning actor Daniel Roebuck. Clark eventually forgives C.J. Martin, the black man who killed his brother. Martin's role is played by veteran actor James Black.

"The film was initially set to premiere in theaters last fall, but we are very thankful it was delayed and is hitting theaters now when this country so desperately needs healing across all racial lines." director Ricky Borba said. "I really believe God saved the film to premier for such a time as this."

The movie was produced by Tony



and Edna White and executive produced by the Rev. Samuel Rodriquez, who coproduced the film "Breakthrough" in 2019. Rodriguez said the story of forgiveness is timely in a way that cannot be mere coincidence.

"Especially at a time when we are confronted with the unresolved problem of racism in America, our nation needs to remember that forgiveness can eclipse our racial divisions and heal even our deepest wounds." he said, "I am honored to be part of such a powerful and compelling film, one that shares the hope of transformation for individuals and entire communities through the power of Jesus Christ."

Movieguide gives My Brothers' Crossing three out of four stars, saying the movie is an inspiring story about the power of forgiveness, loving your neighbor and the importance of God.

Chris Tomlin teams with country stars for newest album

Chris Tomlin teams with country stars for newest album

It's easy to make judgments about public figures, according to Chris Tomlin, the award-winning Christian artist.

Tomlin said this proved to be true in the process of writing and recording his latest album, "Chris Tomlin and Friends," a collaboration with multiple country music artists. He said he enjoyed partnering with Thomas Rhett, as well as members of the groups Florida Georgia Line and Lady Antebellum, in part because he was able to hear their individual faith stories and to experience what God was doing in their lives.

"Especially when they're in the public eye and in country music, sometimes [the view] is just partying and alcohol and whatever comes with it all," Tomlin said – who said he found something very different.

"Getting to know everybody on this record, from top to bottom, just where they come from, the influence that the church has been on their life, and faith, and God, and [how] so many of them grew up in the church leading worship or have parents and family members in ministry and just have a real heart for the Lord has been beautiful to see," Tomlin said.

Tomlin noted that Florida Georgia Line's Tyler Hubbard leads a Bible study for musicians in Nashville, while Rhett



and his wife Lauren Akins are engaged in adoption advocacy.

"[These are] things that you would never know that these guys are doing and their heart and their faith, and it's been amazing and something that's been really beautiful to me," Tomlin said. "It just shows me that you can never judge a book by its cover. You may think or see one thing but when you get beyond it, you see, "Wow, these guys have a really beautiful, genuine heart for the Lord."

The album was written and produced entirely in partnership with the country artists. It features fun hooks and choruses in songs like "Thank You Lord," as well as deeper connections to God's relationship with the world and people in tracks such

as "Be The Moon." Tomlin said the album served as a new launching point for a goal he'd always had: merging his country roots with his faith.

Tomlin said as the group worked on or recorded each song, the conversation centered around how the music could bring glory to God.

"[They were] conversations of being a light in these times, and every conversation revolved around that in making this record," Tomlin said. "The overall theme of this record is collaboration. We wrote the songs together, we recorded them together. This wasn't like I had some famous friends on to sing a second verse. ... We wrote these songs together, we recorded them in the studio together. If you listen to the album there's songs where I barely sing. We were just trying to find the right thing, the right voice, for the right song."

The album is available for streaming on all music platforms. Tomlin said he would like to collaborate again with the country artists, and would love someday to perform live with them.

Regardless, he said the friendships formed through the creation of the record have taken flight – even leading to a joint vacation. Tomlin said he does not anticipate the relationship ending with the release of the album.

-By Tess Schoonhoven

New movie to show two nights only

When We Last Spoke is coming to theaters for 2 nights only October 27th and 29th for a special Fathom Event.

In 1967, two rambunctious sisters are abandoned and raised by doting grand-parents and one wacky great-grandmother in the southern town of Fireside. Humor, heartbreak and triumph are served with whipped cream and lots of local nuts in this heartwarming tale of family, friendship and forgiveness.

The movie has received good reviews. "Life is a journey. This story is a reminder that many times our history influences our destiny. Although we may fail time and time again, love never fails." - Patsy Clairmont

"It is rare to find a movie so honest and hope-filled about family relationships. Just as in our own lives, pain and hilarity are woven together in this beautiful story of the unique bond that sisters share." -Anita Renfro

Filmed on location in Toccoa, Georgia. the movie was adapted from the book by Executive Producer Marci Henna.

The film stars Corbin Bernsen, Melissa Gilbert, and Cloris Leachman.

Beatles vs. Stones show postponed

Due to routing issues, the *Beatles vs. Stones – A Musical Showdown* tribute show scheduled for Saturday, September 26 has been rescheduled to Friday, October 23, 2020 at 7:30 pm.

Fans are asked to hold tickets, as they will be honored for the rescheduled date. Please contact the original point of purchase for your tickets if you have any questions or to request a refund.

A Guide to Enjoying Life in the Best Years # Lifestw

Secret formula? World's oldest married couple honored

Is there a secret to both long life and a long marriage? If so, it was discovered by a couple in Ecuador. The Guinness World Record for being the oldest couple in holy matrimony have a combined age of 215 years old.

The pair is now the oldest married couple alive today anywhere in the world and have been married 79 years.

According to People magazine, Julio Mora and Waldramina Ouinteros were married in February 1941, a union that went against their family's wishes.

Mora is 110 years old; Quinteros

"For us, Julio Cesar and Waldramina, it is a great honor and pride to have a Guinness World Records title because it is the highest award that the world recognizes," the couple said in a statement to the record book.

"The secret formula = love + maturity + mutual respect," they added.

The couple were married in the first church, La Iglesia de El Belen, that the Spanish built in Quito, Ecuador's capital, where they

Together they had five children, the eldest of whom died when he was 58. They are also grandparents to 11, great-grandparents to 21, and great-great-grandparents to

"The love and maturity that we had as a couple from the beginning of the marriage allowed us to know each other and grow emotionally to define our future," they

"It was not easy because our relatives did not have a good relationship, but with time and

patience we were able to unite them and we became an example and the best reference for the younger generations."Both Mora and Quinteros are retired teachers. They received the Guinness certification for their record earlier this

"Family unity under the rules of love, mutual respect, honest work, and proper education based on family values are the keys to healthy coexistence," the couple

Due to the coronavirus restrictions, the couple have been unable to have family contact, one of their daughter's told The Associated Press.

"[F]or a month they have been different, more downcast because they miss large family gatherings,"

The couple added, "It is true



because we are overwhelmed by world and we still do not have a solution. However, the first step for us to follow the rules with

bined age of 212 years and 52 days.

HAPPEN!

Four Ways To Find Your Path Later In Life

Teenagers are often told that they don't have enough direction, energy, or foresight to be smart enough to plan their future. Yet, every single teenager and young adult out there is a ball of potential waiting to be unleashed on the world. These young people have to take the initiative to MAKE their lives have a direction, but what do you do when you find yourself starting again at

Life can change in an instant. Who could have imagined a pandemic to turn the world upside down? Just as devastating can be a divorce or job loss. Parents help direct their children, but

who helps adults later in life when they are faced with catastrophic changes and potential roadblocks?

What do you do when you've been thrust into a new environment or out of a comfortable relationship after years of support? It's scary.

You could learn how to read tarot cards and see what your future holds, but there are no guarantees.

If you are at a crossroads of where to go next, here are tips to help you find your path once again in life.

1. Get Over "Overthinking"

It is very easy to get in your own way

when it comes to carving out a path for your future, especially if you have recently lost your job. You probably go back and forth in your thoughts on decisions to make. You might doubt your choices and wrestle with what you want to happen next. All of this leads to our overthinking everything.

It's hard to see as the cliché goes "the forest for the trees" when you are close to it. So sometimes it might be better for you simply to rely on your instincts.

If there is one thing that is common among seasoned adults, it's an understanding of the risks of change. Perhaps, this is the time to really trust your instincts and stop over analyzing every single decision that you make as you plan your future. You might not be able to stare into a crystal ball and know what your future will be, but you can still make the right decisions for your-

2. Do Something – Anything

Action is so much better than sitting around and doing nothing. A big life change later in life is a shock, but you have to do something about it.

Want to make a career change? Dedicate a specific amount of time every day to research the possibilities and what skills you need for the job.

Unhappy with where you live? Get on the computer and start researching places that will make you happy. Feeling like you are out of shape from staying at home for months? Check out online exercise classes or just get out and walk or ride a bicycle TODAY.

Sure, the hardest part is getting started. However, once you start making a point of doing something about what you want from life, you will feel so much better about it.

WORK IT

TI NAJ9

DREAM IT

3. Believe Your Inner Voice

There is a voice inside you that is telling you that you CAN make this next step count and do whatever you want to do. Sometimes, your inner voice is going to try to trip you up, but there will always be another, louder voice telling you what steps to take to get what you want from life.

You need to dig deep and believe that you can do the thing you want to do. Now is the time to follow that passion.

4. Make a Plan

Make a concise plan of action for your future to achieve your goals. It's never too late to retrain yourself for a new career or passion. Where will your next passage take you?

Start with your goals. What have you dreamed of doing next? Museum CEO? Dog walking service provider? Bed and breakfast owner? Photographer? Personal trainer? Tour operator?

What training do you need to make the move? Your life experience has already prepared you in many ways. Taking specialty courses may be the tweak you need to launch your new career.

Next, list the steps you need to follow to achieve your goal. Include a realistic timeline for each step. Add these steps to your calendar and stick to the plan.

It can take time to find your feet for what comes next for your life. There is no one right answer to what is the best thing for your future. Take small steps, keep your eye on the goal, and go for it.

Don't wait for tomorrow. Take the first step today.





Why Swimming Might Be The Best Form Of Exercise

_____ MetroVoiceNews.com _

By Daniel Paulling

Swimming is one of the best forms of exercise you can do, but don't just take our word for it. Here are five reasons why you should be getting in the water if you want to get in shape and stay

Swimming Keeps You Going

The most common New Year's resolutions include becoming healthier and exercising more, but about 80 percent of these goals fall through by February, according to U.S. News & World Report.

Swimming might be the best way for these goal-setters to stay on their targets.

"The enjoyment in activity is extremely important in terms of continuing to engage in those activities," says Hirofumi Tanaka, a professor in the University of Texas's Department of Kinesiology and Health Education.

Tanaka points to a study of minimally to moderately obese young women done by Grant Gwinup and published in the American Journal of Sports Medicine in 1987. Participants reported that



they enjoyed swimming much more than running and cycling.

Swimming is also the thirdmost-popular exercise, according to the most recent data available from the U.S. Census Bureau, meaning you'll have someone to work out with.

Swimming's Easy on Your Body

Let's face it: Jumping into the pool at 6 a.m. each day might not be the most fun you'll ever have. But the fact that you're getting into water is actually one of the best parts of being a swimmer.

"In swimming, you are floating,

so there are no joint forces," says Tanaka, who bikes, runs, and swims. "The impact is much smaller than when you're running."

Swimming's biggest benefits come later in life, when adults may be carrying a few extra pounds because of a slowed metabolism or less time to exercise because of the time demands of their job or family. The extra weight places more pressure on joints while exercis-

Tanaka adds that exercising in water also appears to be the best thing for people with arthritis.

"Every time you move, your joints, you experience those joint pains," Tanaka says. "Swimming in a sense is an extremely good form of exercise for that."

Swimming Can Slow Down the **Aging Process**

David Tanner was taken aback when he participated in his first Masters swim meet at age 29 in 1979. He hadn't expected the older swimmers to be as boisterous as they were, but some relay teams were so excited that he thought they resembled swimmers less than half their age.

Tanner, who largely works with graduate students in Indiana University's School of Public Health after swimming for Indiana from 1968-72, now knows that swimming actually helps make people younger—in a sense.

Tanner and Joel Stager, the director for the Counsilman Center for the Science of Swimming at Indiana, referenced a series of studies produced by Indiana graduate students that found Masters swimmers can have a biological age about 20 years younger than their chronological age if they swim at least an hour a day five times a week. But Stager said the studies are still ongoing.

"With intense training, you can maintain, but you have to be pretty serious about it," Tanner says. "You can maintain up until the age of 70. After 70, time starts to

pants who went through the swimming routine received a higher vigor-activity score, which "represents a mood of vigorousness, ebullience, and high energy, which are some of the central components of health-related quality of life," Tanaka wrote.

His study also found the people who swam reduced their anger and fatigue scores from the first questionnaire to the second questionnaire by 34 percent and 28 percent, respectively.

All good reasons to take the

To find a Masters Swimming club in your area, go to The Club



97-year-old swimmer completing 400 yards under supervision of his swim coach

Swimming Makes You Feel Better

You can find discussion of "runner's high" easily, but what about "swimming high?" It may not be called that, but Tanaka has found evidence of swimming's mental

Tanaka examined people who had stage 1 or stage 2 essential hypertension in a study published in August 1999 in the Japanese Journal of Physical Fitness and Sports Medicine. The participants completed a questionnaire designed to measure their mood, went through either a 10-week swimming program or didn't exercise, and then took the questionnaire again.

Tanaka found that the partici-

U.S. Masters Swimming encourages adults to enjoy the health, fitness, and social benefits of swimming by providing more than 2,000 adult swimming programs and events across the country, including open water and pool competitions. USMS's nearly 65,000 members range from age 18 to 99 and include swimmers of all ability levels. USMS, a nonprofit, also trains and certifies coaches and provides online workouts, a bimonthly member magazine, monthly newsletters, and technique articles and videos at usms.org.









sports

Ben Roethlisberger thanks 'Lord and Savior Jesus Christ' after first game back from injury



After injuring his elbow in Week 2 last year and missing the rest of the season, Pittsburgh Steelers quarterback Ben Roethlisberger couldn't wait for his team's 2020 season opener Monday night against the New York Giants. And he picked right back up being among the most elite QBs in the league.

The 17th-year vet admitted to having a few nerves prior to kickoff, but he ended the night with 229 passing yards and three touchdowns on 21-of-32 passing, leading the Steelers to a 26-16 win. His third TD of the night gave him 366 for his career, a Pittsburgh franchise record and now tied with Eli Manning for eighth-most in NFL history

When asked after the game by ESPN's Maria Taylor how it felt to be back out on the field, Roethlisberger said. "Awesome."

"I'm blessed. I can't thank enough people. I don't have enough time," he continued. "Obviously starting with my Lord and Savior Jesus Christ. My wife, my family, my friends, the doctors, my teammates. It just feels so good to be out there with them. And I'm just so thankful and blessed with this opportunity."

Roethlisberger said he told his teammates in the locker room before the game that they were his motivation to rehab and get back in shape to play.

"I don't need to accomplish anything personally anymore. It's about being with a defense that I think is as good as any I have ever played with, skill guys that are young and fun to play with and then, of course my line, who I love to death and they love me. They are the reason I came back to play," he told ESPN.

Prior to last year, Roethlisberger had never played fewer than 12 games in a season. Now he can look to replicate his 2018, when he led the NFL in passing yards (5,129), and later signed an extension to keep him under contract through 2021. He's said he had felt pain in his elbow for years prior to last season, but that's all gone now after three of the five flexor tendons in his right arm were surgically reattached.

As he alluded to Monday night, Roethlisberger is also thriving in his relationship with Christ. He opened up about his faith on a couple different platforms over the summer, and his spiritual shift was detailed in the Fall 2020 edition of Sports Spectrum Magazine, which highlights how he's become a spiritual leader on the Steelers.

— MetroVoiceNews.com —

He spoke in June during the ManUp Pittsburgh virtual conference, where talked about being raised in a Christian home, getting baptized and making his own decision as an adult to follow Jesus, and how he's dealt with some personal struggles throughout his career.

"It's cool to be a Christian and be an athlete," he told the viewers. "Go ahead and be the best athlete you can possibly be, and see if you can be a better Christian. That's what I'm trying to do now. I'm trying to be a better Christian than I am athlete and football player. I push myself to do that every day and it starts here (puts his hand on his Bible)."

Roethlisberger and the Steelers will play their home opener this Sunday against the Denver Broncos.

FROM THE CHEAP SEATS

by Rob Mooney

The shortened Major League Baseball season has come to an end and as the expanded playoffs begin, the Kansas City Royals have returned to their homes to begin the offseason and prepare for the 2021-2022 season. One player, however, who will not be preparing for next season, or in the way that he has in the past, is left fielder Alex Gordon.

Gordon announced his retirement shortly before the last series of the season against the Detroit Tigers. We all knew that Gordon would retire sooner than later, but I don't think anyone was prepared for it.

The Royals drafted Gordon with the 2nd pick in the 2005 Major League Draft after he had a stellar junior season at the University of Nebraska. In his last season for the Cornhuskers, he won the Dick Howser Trophy, Golden Spikes Award, the Brooks Wallace Award, and the American Baseball Coaches Association Rawlings

Player of the Year Award. After playing Wichita for the Double-A Wranglers, Gordon was promoted to the big league club and debuted in 2007.

He hit a rough patch, being sent down to Triple-A Omaha in 2009. In 2010, he was demoted to Omaha again in May. It was then that he made the switch to the outfield where he flourished. He was promoted to Kansas City in July of 2010 and he has never looked back, becoming a staple of the

Royals organization.

During his time with the Royals, Gordon won seven Gold Glove Awards, four Fielding Bible Awards, and a Wilson Defensive Player of the Year Award, all after moving to the outfield. His most successful offensive season was in 2011 when he hit .303 with 23 home runs and 87 RBI's, all career bests.

He has a career .257 batting average,

190 home runs, 749 RBI's and 1643 hits. Gordon will be remembered for his play in the outfield. Time after time, making highlight reel catches that proved just how athletic he is.

Gordon was instrumental for the Royals during their 2014 and 2015 World Series runs, becoming a World Champion in 2015. His leadership on and off the field epitomized the Royals during that time. It's been said that you're not going to outwork Gordon and that was proven when

several former and current Royals players sent him congratulations after he announced his retirement. The love and respect that came pouring in from his peers was truly a joy to see and it's a testament to the kind of player, leader and man that he is.

He said that the quarantine this year gave him a view of what retired life would look like and he enjoyed it. Asked what the first thing he was going to do after his last game, he said that he was going to eat a pizza.

Gordon is right up there with George Brett as far as players that are important to the Royals organization. I wish him the best and I hope we see him in another capacity for the Royals in the future!

ing I would wake up around 5 a.m. to do a workout, then I would grab my coffee and get breakfast with our twins while my wife took care of the baby. Then I would work out again during their nap time. And it hit me: I don't know if I'll ever get to do this again, especially while my children are at this age.

Everything in my Bible time was pointing me to an attitude of gratitude. I have so much to be thankful for in the midst of the chaos and uncertainty going on around me. Each spring I am normally so laser-focused on football, which I still was, but this year I was able to stop and take time with my kids. I can't even tell you how many photos and videos I took, all of which I will have forever. These are the moments I'll never lose, and I would never trade.

We have so much to be thankful for, both in the present and to look back on. But we have to choose an attitude of gratitude in the midst of the chaos.

— Tress Way, Washington punter

Choosing Gratitude

When the NFL first put out the offer to opt out of this season, my wife and I sat down to have a serious discussion. The biggest factor for me was that I was that I was going to have to be away from my wife and kids. During the quarantine period, we had so much fun spending our days in Oklahoma with family. Every day we were outside in the pool or jumping on the trampoline with our 2-year-old twins or cuddling our newborn baby girl. If I played this season, we would have to leave our family and come out to Washington, where we would really have to master hide-and-seek because we wouldn't be able to go out much, if at all.

My wife was really great as I left for training camp in August to feel things out. After three weeks, she and our three kids came out to join me. Everything is very uncertain, not just for us, but for everyone right now. We are fortunate that the NFL is able to delay the season if needed. As we

watch what happens with baseball and other sports, the league is able to make more informed decisions and create a good protocol for us to follow, which includes daily COVID tests, a wearable tracker to monitor who we are interacting with each day, and mandatory masks while we're in the building.

With baseball, it seems like it may be a little easier to substitute a pitcher out if one gets COVID. With football, if a starting quarterback is out, it's a significant hit to the team. If I get COVID, the team will have to bring in an outside kicker. I'd hate to lose my active-game streak of six seasons, 16 games a season, and one playoff game.

I can't say that I am fearful of what may or may not happen this season, but I am uncertain. I think we all are. But I'm not fearful

At the beginning of the quarantine, I changed up my routine a bit. Every morn-







MetroVoiceNews.com -

5 Seasonal DIY Home Improvement Projects

The calendar pages may be turning fast, but it's not too late to do some work around the house. Now is the time to wrap up home improvement projects before the weather turns too

Consider these five easy DIY tasks that can set you up for a warm, safe and pest-free fall:

Perform routine HVAC maintenance. Heating and cooling systems need regular service to operate at peak efficiency. Some tasks are best left to the pros, but there is plenty you can do on your own to minimize expenses and ensure your unit maintains its performance level. With the breaker and gas off,

wipe the exterior of your furnace with a damp rag then remove the access door and vacuum the burners, base and blower compartment. Remove and clean the blower with a vacuum and small brush then use a drinking straw to blow dust off the pilot. Also inspect the flame sensor, drive belt and air filter, and clean or replace as needed.

Air seal drafty areas. The gaps around windows and door frames give unwanted air an open invitation into a home. However, you can quickly and easily block the flow of air for greater comfort and lower energy bills. If the doors and win-

dows are already finished, start by removing the trim. Prep the area by removing dust and debris. Using a quality sealant like Great Stuff Window & Door Insulating Foam Sealant, apply the foam to fill in about 50% of the gap around the window or door and framework, allowing room for the foam to expand. Wipe away imperfections and let sit 10-15 minutes until it's no longer tacky. Gently press the expanded foam into the gap using a putty knife.

Check for damage to hardscaping. Walkways, patios and decks are all susceptible to wear that can lead to tripping hazards or allow rain, snow and ice to seep in and create larger problems. Take time to thoroughly assess these hardscape features and identify issues like loose stones and cracks in concrete that need repairs. Securing materials, filling cracks and patching problem areas can help prevent further damage during the colder months while restoring aesthetic appeal.

Inspect your home's exterior. Many elements of your home serve essential roles in protecting your safety, regulating your home's efficiency and preventing damage. It's important to regularly check your roof for signs it needs repaired, such as missing or cracked shingles or noticeable sagging. Gutters can also accumulate a great deal of

debris from falling leaves. Clearing these before cooler

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temperatures set in can help ensure rain has a clear path away from your house, protecting the walls and foundation. Also pay attention to other elements like paint that may require periodic updates to maintain its protective func-

Eliminate entry points for pests. When temperatures start dropping, you're likely to see some movement with creatures who want to enjoy the comfort of your home. Make it clear

they're not welcome by sealing up places they may be creeping in. A solution like Great Stuff Pestblock Insulating Foam Sealant lets you fill gaps and openings with a quick bead of foam. If a rodent has an established pathway, try using a combination of steel wool and the foam to deter it from gnawing through the barrier.

Find additional tips for seasonal home projects at greatstuff.dupont.com.

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Community Church

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1. HIGHLAND HEIGHTS CHRISTIAN CHURCH 785-379-5642

Sunday Services: 8:30 and 10:00 AM 2930 SE Tecumseh Road Tecumseh, Kansas 66542 www.highlandheightscc.com Jars of Clay Children's Ctr 785-379-9098

2. CHRISTIAN CAVALRY MINISTRIES INT.

Pastor Beaux Bryant Call about new meeting location for October services. 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: 9:00 & 10:30 am Livestream at 9:00 am Sunday School & Bible Studies: 9:00 & 10:30 am www.discovertbc.com

4. NORTHLAND CHRISTIAN CHURCH

3102 NW Topeka Blvd., Topeka 286-1204 Worship Sun. 8:00, 9:30 & 11am www.northland.cc

5. INDIANA AVENUE CHURCH OF **CHRIST**

"Grace has dispensed, because Grace has redeemed' 3510 SE Indiana Ave., Topeka, Ks. 66605

785-266-7788, www.Indianaavecofc.org Bible University - Sunday - 9:30 a.m.

Classes for all ages. Morning Worship - Sunday - 10:45 a.m. Midweek Bible University - Wed. - 7pm

6. FIRST SOUTHERN BAPTIST 1912 SW Gage, Topeka, KS 272-0443 www.fsbctopeka.org

Sunday Services: 8:30 AM Traditional Worship 9:45 AM Bible study--all ages 11 AM Contemporary Worship

7. TOPEKA BAPTIST CHURCH

"Finding NEW LIFE in CHRIST Sunday Worship 9:15 & 10:45am, 6pm ~ Sunday School for all ages ~ 4500 SW Gage Blvd., Topeka 785-862-0988 www.topekabaptist.org

8. WANAMAKER ROAD BAPTIST CHURCH

"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.wrbctopeka.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.accinoverbrook.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

MetroVoiceNews.com –

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 mi. east of Perry on Hwy 24, 13th & Phillips Rd. Childrens Sunday School - 8:30 a.m. Worship Service - 9:00 a.m. Contacts: Logan Barnett 785-597-5498, or Scott Bond 423-0406

13. WANAMAKER WOODS NAZARENE

Serving Christ - Loving People 3501 SW Wanamaker Rd • 273-2248 Dr. L.D. Holmes, Sr. Pastor www.wwnaz.org

Sun. Worship: 9am (Hymns) & 11 am Children's Worship 9 & 11 am Sunday School 10 am, all ages Sun. Evening Various Children's Programs 6 pm Life Groups; 6:30 pm Teen Service Wed. 6:30 pm Adult & Teen Life Groups Wed. 6:30 pm Kids University ~ Nursery care at all services

14. GRACE LIFE CONNECTION

Living grace inside-out in an upside-down world Saturdays @ 5:00 PM Bible Study Thursdays @ 6:00 PM Meeting at Highland Park Baptist 29th & Pennsylvania, Topeka, KS Pastor Pete Whitebird

15. OAKLAND UNITED METHODIST

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

16. HOUSE OF THE LORD CHURCH

A Spirit-filled, Word-centered church 2531 SE Wittenberg Rd., Topeka Sunday Worship 11am & 6pm

Wed. Prayer & Praise 7pm 785-266-LOVE (5683)

SW 17th Bt

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8

J. Michael Borjon, Pastor 17. EAST SIDE BAPTIST CHURCH

4425 S.E. 29th St., 379-9933. Sunday Worship 10:45am & 6:00pm AWANA Sunday at 5:45 p.m. See our website for info on our Student Ministries & Kid City www.esbcks.org

19. SEAMAN COMMUNITY CHURCH

Independent Christ-Centered Bible Church 2036 NW Taylor, Topeka, KS 354-8777 • www.seamanchurch.com Adult Sunday School - Sun. 9:30am Sunday Worship: 10:30am Children's Sunday School: 10:30am

Youth group 1st & 3rd Sundays 4-6pm

To Overbrook

14

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 Rev 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

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24. TRINITY REFORMED BAPTIST CHURCH

Holding to the authorized King James Version and the 1689 London Baptist Confession of Faith Sunday 10 a.m. Wednesday 6 p.m. Pastor Bob Spagnuolo 785-273-3506 meeting in our home: 4307 SW 30th Ter., Topeka www.TrinityReformedBaptist.org

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SECRETARY Part-Time - Small Law Firm hiring. Duties: Typing legal documents and letters. Excellent English skills required and professional demeanor. Need experience in using Word or Word Perfect computer system. Send Resume to Office Manager, 112 SW 6th Street, Box 102, Topeka, KS 66603.

ASSISTANT EDITOR – Research articles & event info online & on phone. Some writing & editing. Some updating files, social media posting, possibly some deliveries. Mostly work from home. Could be part-time hourly wages, or contract services basis. Call 785-640-6399

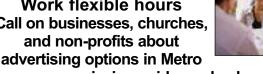
REWARD:

REWARD for return of Trailblazer Travel Trailer - VIN118310713- and arrest and conviction of person(s) responsible for theft of trailer. Stolen early morning hours of Sunday, August 11, 2019 from lot at rear of New Hope Methodist Church at 2915 SW 8th St. Contact my attorney, Kirk Nystrom: (785) 235-6977.

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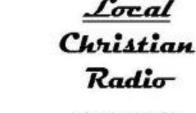
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Livestream at 9:00 am

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Senior Pastor: Jim Congdon





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Topeka Aglow chapter relaunches

__ MetroVoiceNews.com ___

Aglow began in 1967 with four women who expressed a desire to meet together as Christians without denominational boundaries. The first general meeting was held in Seattle, Washington, USA, close to where Aglow's Worldwide Headquarters exists today.

It would originate with an unprecedented move among women, but would ultimately encompass men as well. From a small beginning, God breathed on Aglow throughout five decades to impact lives in over 170 nations. Aglow has been Spirit born, Spirit led for over 50 years.

Locally, Aglow was founded by Virginia Nystrom in Topeka in 1972, with many people being forever changed by the Presence of God. Meetings have been held in different locations and under different leaderships up until a couple of years ago.

Then last fall, Vickie Lynch, who had experienced a supernatural encounter at an Aglow meeting in 1989, felt a stirring within. Knowing how valuable the ministry of Aglow had been to so many, she answered the call to relaunch the ministry in January, 2020. It would be called Great Light, in accordance with Isaiah 9:2, a community lighthouse of Aglow International Topeka. A team was gathered to facilitate meetings that would host the presence of God in worship, prayer, teaching, and healing ministry. Ten meetings were planned in 2020 when covid presented and rearranged the schedule. The July conference was cancelled, but the Great Light Team believes God is up to something in the plans he is unfolding in this city. There is a rich heritage in Topeka, Kansas, dating back to 1901, when God poured his Spirit out on Agnes Ozman, a student of Bethel Bible College, and she spoke in tongues, which was in Chinese. Her experiences sparked the modern Pentecostal Holiness movement, which went on to Houston, where William J. Seymour received, and on to Los Angeles, known as the Azusa



Street Revival.

The ministry team is pleased to announce the Great Light, Aglow International Topeka, Prophetic Conference is set for October 16, at 7pm, and October 17, at 10am, 2pm, and 7pm. Everyone is invited to attend. Childcare is not provided.

It will be held at the Topeka Performing Arts Center. Masks, social distancing and enhanced cleaning practices are in place to give you an enjoyable experience.

Registration is free, but required.

with greater authority and power."

Sparks is publisher for Destiny Image, a Spirit-filled publishing house birthed in 1983 with a mandate to publish the prophets. For over a decade, Sparks has served as a key leader in the Christian publishing industry. With a MDiv. in Church History and Renewal from Regent University, Larry is a prophetic teacher who empowers individuals and church environments to create space for the Holy Spirit to move in presence, prophetic utterance and power.



You can register at www.greatlightconference.eventbrite.com

Free Will offerings will be received. The conference speakers are Larry Sparks, and Mercedes Sparks of Dallas, Texas, and Ana Werner, of Lee's Missouri. IHOP. Summit, International House of Prayer, Kansas City, Missouri will provide worship.

"Holy Spirit will meet us. It will be prophetic," Sparks said. The power of God will be there, and I believe there will be a reformation message that calls us to action and gives us impartation to go out into our assignments

Sparks also hosts the weekly program, The Prophetic Edge on GodTV and The Prophetic Life podcast. He lives in Texas with his wife and daughter. For information rysparksministries.com.

Mercedes Sparks is a wife, mother, conservative, entrepreneur, investor, and prophetic voice. She is all about family, faith, freedom and fun. Her passion in life is to empower creative people with the tools they need to bring their ideas into reality and to provide them with the strategy they need to monetize their message. She presently serves as the Vice President for Lance Wallnau Ministries and is on a mission to empower everyday people to be dynamic Kingdom changeagents in whatever sphere of influence they have been called to.

Ana Werner and her husband, Sam, reside in Missouri with their two beautiful children. She is the founder of Eaglets Network and Ana Werner Ministries. She travels internationally and equips people to see in the Spirit, move in the prophetic, and experience healing and deliverance through her ministry. Her transparency as she shares the realities and experiences she has had in Heaven, brings the Holy Spirit, the love of the Father, and the power of God into the room when she speaks. She is passionate about leading people into encountering Jesus' heart. For more information visit anawern-

Visit Aglow International Topeka on Facebook for more information. Email greatlighttopeka@gmail.com for more

-Jeanne Bigelow

Mike Pompeo tells Christians to remain diligent in prayer



Secretary of State Mike Pompeo encourages Christians to focus on their faith and remain diligent in prayer. "We should be mindful of our responsibility, our duty, our obligation and our capacity to keep our faith, our light in the public square," he

Pompeo made his remarks at a church in Plano, Texas, last weekend.

"As Christians, we're called to do that," he said. "We have that responsibility. It's fundamentally American, too. We should pray. That's the first of all things. I feel prayers. I get notes from people who say they're praying for me. I can feel it. My wife, my son, we all appreciate it."

Pompeo pointed out the essential role that missionaries play and how important it is to support their efforts.

"You should keep supporting the missionaries that come from your church and from others," he said. "They're doing remarkable work. I see it as I travel all around the world. They are bringing salt and light to some of the darkest corners of the world. But you can also do it in simple ways."

He encouraged his audience to be open and honest about their Christian faith, regardless of the occasion. "In every interaction that you have, whether you're at church or at a Bible study, at your work or wherever you may find yourself, exercise your right to religious freedom," Pompeo said. "Be open. Be clear about who you are."

We had an amazing weekend! If you missed any of it, head over to Prestonwood.org/media to hear more from U.S. Secretary of State, Michael R. Pompeo. #PrestonwoodBaptistChurch#C hurchOnline

Posted by Prestonwood Baptist Church on Tuesday, September

Pompeo concluded his speech with a strong message about religious freedom and the privileges bestowed upon Americans to practice their faith freely.

"If you hide your light in an open society like ours, that sends a terrible message to places that are more difficult, who have trouble or who are threatened if they choose to be bold in their faith," he said. "'I urge every one of you to use your precious freedoms to do big things for our country alongside of doing big things for our kingdom.

"Now the world is watching us, and there will be naysayers. There will be critics. If you speak up about your faith, it is undoubtedly the case that someone will suggest that that's not the right thing to do. But don't be discouraged. It means you've got conviction and that you showed it."

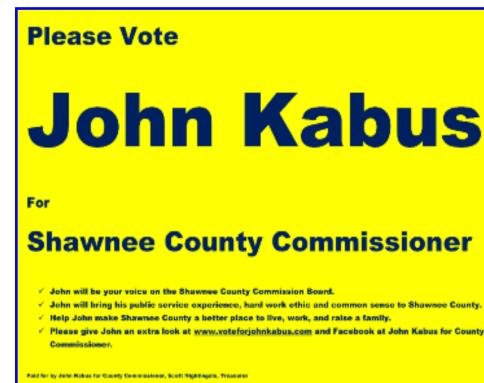


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VOTING INFORMATION



Registration Deadline: October 13 Registration may be done in person, by mail, or on-line at myvoteinfo.voteks.org. Early voting: County Election Office, 3420 SW Van Buren, from 8 a.m. to 7 p.m., October 19-30 (Monday-Friday) and on Monday, November 2, from 8 a.m. to 12 p.m. For questions or to find your voting location, contact the County Election Office at 785-251-8900 or www.snco.us/election **VOTER GUIDES:** ivoterguide.com/state/Kansas

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