



metro VOICE

FREE! TAKE ONE!

IT'S CHRISTMAS!

Make the season bright with the Metro Voice Christmas Guide



CELEBRATING FAITH, FAMILY AND COMMUNITY IN NORTHEAST KANSAS

Now in our 15th year!

VOLUME 15 • NUMBER 4

December 2020

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

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

NEW RESIDENT churchguide



Topeka Bible Church

See inside back cover!

Teens Take After Their Parents Religiously



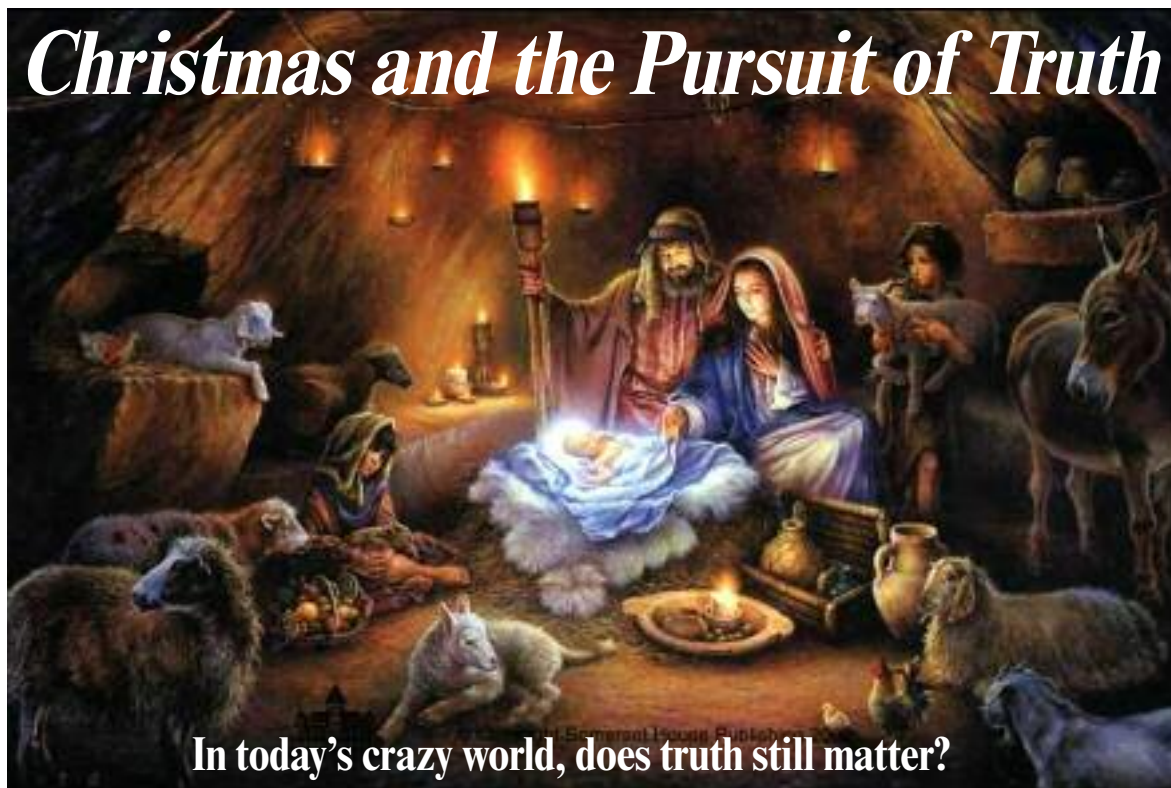
When it comes to religion, American teenagers and their parents tend to have a lot in common – though not quite as much as the parents may think, according to a new analysis of Pew Research Center survey data.

To begin with, most U.S. teens (ages 13 to 17) share the religious affiliation of their parents or legal guardians. Protestant parents are likely to have teens who identify as Protestants, while Catholic parents mostly have teens who consider themselves Catholics, and the vast majority of religiously unaffiliated parents have teens who describe themselves as atheists, agnostics or “nothing in particular.”

Within the broad Protestant category, however, there are stark differences. Eight-in-ten parents who affiliate with an evangelical Protestant denomination have a teen who also identifies as an evangelical Protestant. But among parents who belong to mainline Protestant denominations such as the United Methodist Church, the Episcopal Church and the

■ Please see TEENS page 9

Christmas and the Pursuit of Truth



In today's crazy world, does truth still matter?

“Passion for truth.” That is what I wrote down in my Bible some years ago after reading Luke 1:1-4. This is the beginning section of a detailed account of the life of Jesus Christ starting with a historical record of the Christmas story.

Luke, a follower of Jesus, captured my attention when he wrote, “. . . just as those who from the beginning were eyewitnesses and ministers of the word have delivered them to us, it seemed good to me also, having followed all things closely for some time past, to



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

hopefortoday

write an orderly account for you . . . that you may have certainty concerning the

things you have been taught” (Luke 1:2-4). Do you see how Luke’s passion for truth has provided us an accurate accounting of Jesus’ birth?

Truths are facts. Truth is accuracy. Certainty. It is not wide spread conformity or uniformity, but has a measure of agreeability by some. Luke’s eye witnesses of the life of Christ and the early Apostles were all agreeable. But the enemies of Christ disputed Luke’s claims as mere lies or legend. The thing

■ Please see CHRISTMAS page 2

Foundation donates Christmas Tree for Evergy Plaza



The Parks For All Foundation will donate this year’s Christmas Tree for display at the new Evergy Plaza in downtown Topeka. The 18-foot tall black hills white spruce will be harvested from a former tree nursery near Shawnee County Parks + Recreation’s Warren Nature Area in Felker Park.

“We are returning a former tree nursery to native prairie and this particular tree simply had not been transplanted elsewhere,” said Tom Hammer, SCP+R Natural Areas supervisor. “The tree is so large that it would likely not have survived if we tried to transplant it now so it seemed a natural opportunity to donate it to become this year’s community Christmas tree downtown.”

A virtual tree lighting ceremony will take place at 5:30 p.m. Dec. 5 at Evergy

■ Please see TREE page 2

Inspiration led to Ears to Hear Collection

“Ears to Hear.”

That’s the inspiration that Jerry Hudgins received about two years ago. He didn’t act on it right away, though.

“The timing was not right,” he said.

So he waited.

Now, he says, in a world that seems to get crazier by the day, “One thing stays true: GOD is still in control.”

Hudgins, along with his wife Becky, has now launched the Ears to Hear Collection of Christian apparel to spread that message.

“We design our own items, and new ones are added monthly,” he said. “And 10% of the proceeds goes to Life 88.5 FM – so that you can hear that right song at the right time!”

For the last several years, Hudgins has been operating another ministry called Sole Reason. Basically, they buy new sneakers – via sponsors and other fundraising – and distribute them to kids in the greater Topeka area. Up to 1000 pairs are given out to needy children each year.

■ Please see EARS TO HEAR page 3



Amid election confusion, Americans take bold stand for God

STUART, Florida – As millions of people looked for solid answers in the wake of the disputed 2020 presidential election, Americans in this South Florida city were voicing every single word of the Holy Bible out loud, non-stop, 24 hours a day from Genesis to Revelation.

This year marked the 20th Bible Marathon in Stuart, Florida, an annual event dating back to the immediate aftermath of the terror attacks against America on Sept. 11, 2001.

The idea for the annual 90-hour Bible Reading Marathon began with Pastors Gene and Donna Heaton of the Spirit of Prophecy Ministries, but they have since handed over the reins to Eddie and Joanne Rodrigues of Step Into Grace Ministries. Interestingly, the 2020 event began on Nov. 11, the 20th wedding anniversary of Eddie and Joanne.

The local governments of both Stuart and Martin County have endorsed the event since 2001, issuing official proclamations in support of publicly reading



Scripture in a bandshell at Veterans Memorial Park.

Participants sign up for 15-minute increments as they get to read Scripture that gets blasted through loudspeakers day and night from "In the beginning" in Genesis to the final "Amen" of Revelation.

In 2013, Gene Heaton said, "We know the country is really not in good shape right now and we need to get back on the foundation of the Bible. And if we don't, we're going downhill fast. We know that. Our country needs the Word of God and so we need to continue to declare it and continue to never stop declaring it. They're trying to take God out of all the fabric of our country. Any place at all where God may be, they want to stop it."

Gene's wife, Donna, said "We thought we were just doing it one year ... It's like a mandate God says [to do]. I think this may be the most important thing that the Lord has called us to do here in this county. Just to be able to have God's Word go forth from here, and with the Ten Commandments here on the land, and here we have the cross and the Star of

David. God's people are just coming together and I think it's just exciting what God's doing."

"Maybe the nation is getting worse and worse and we can see it by the things that are happening on the news," she said.

"I really feel like God is sending prophets to speak the Word, but if our government is not going to listen to us, God is going to raise up a people. And I think even though we see things getting harder and people are struggling more with their finances and their jobs and just everything, I mean people are working harder, getting paid less.

"We need to think about building the kingdom of God, and so as people are struggling and having hard times, I think they're seeking God out more. We have to tell people God is our answer, and so we have to turn to Him because He says things are going to happen in the nations, and we're one of the nations. ... There's no hope sometimes if you look in the natural, but with God, all things are possible, and He's our hope."

—Joe Kovacs / WND

TREE

continued from page 1

Plaza just prior to the annual Miracle on Kansas Avenue Parade. Bettis Contractors, Capital Crane and Capital Trucking will move the tree to the plaza on Dec. 1.

"The Parks For All Foundation exists to enhance the community's park and recreation experience," said Angel Zimmerman, chairman of the foundation. "We're pleased for this opportunity to enhance the holiday experience for our entire community."

Capital Crane and Captial Trucking will move the tree to the plaza on Dec. 1.

CHRISTMAS

continued from page 1

about truth though, is it stands the harsh winds of criticism, while lies and legends collapse at the gentle breeze of questioning.

2020 has been a year for the battle of truth in many major news events, and Luke has been a great example in how to seek it out.

- Covid-19. One group of infectious disease experts, medical doctors and scientific studies advocate for mask wearing, social distancing, quarantines and shut-downs to stop or slow the spread of the virus. Yet, there is another group of respectable experts, doctors and studies that question those and have differing information and recommendations. Who is right?

- Racism. One group of black intellectuals argue that America is not a racist nation, does not have a systemic racism problem and that white police officers killing young black men is not a widespread problem. Then a different group of black academics counter that, condemn such conclusions and present their own case for otherwise. Who is right?

- Election fraud. One group of experienced political analysts and lawyers



site signed affidavits of personal witnesses, mathematical improbabilities and poll watchers being severely restricted as evidence of voter fraud. Another group of elected officials and legal experts look at all the data and are fully convinced there was no widespread voter fraud and dispute all findings to the contrary. Who is right?

Luke did not rely upon public opinion or the thoughts of one or two people about the life of Jesus. He rolled up his sleeves and worked hard at digging up the truth. And His ultimate source of truth was God Himself, working through His Holy Spirit, guiding Luke as he wrote divinely inspired Words.

On Covid-19, let us not look to Dr.

Fauci or our personal physician as a source of truth alone. On racism, let us not look to Dr. Thomas Sowell or Rev. Jesse Jackson as a source of truth alone. On election fraud, let us not look to the Democrats or Republicans as a source of truth alone.

Let us roll up our sleeves and go through the hard work of seeking out truth for ourselves. Begin with prayer asking God to show you what is true and what is not, no matter where it may lead. Read God's Word (the source of all truth). Ask questions of others. Respectfully challenge what some state as facts. Listen objectively. Research. Reflect on what you are learning. Pray more. Then take a position with confidence and humility. Remember, without this pursuit of truth, we would not be celebrating Christmas.

A prayer for you - "Lord God, thank you for raising up Luke and using him to provide us the Christmas story. Help us to pursue truth as he did, and not be led astray by the opinions or pressure from others. Be our guide O, Lord. In Jesus name, Amen."

Clint Decker is President of Great Awakenings. Hope for Today is a nationally syndicated column. Please share your comment or question with Clint at cdecker@greatawakenings.org.



The Beloved Joyland Carousel Is Now Restored And Rideable

For many Kansans, Topeka's Joyland was a part of their childhood summers, as it ran for 55 years before closing down.

It's sad to know that Joyland is completely gone, but there is at least one piece still hanging around the state.

If you want to experience a piece of your past you can take a trip to the Wichita Botanica Gardens, where you can see and ride the beloved Joyland Carousel.

It's been beautifully repainted and fixed up, hopefully lasting for years to come for

generations forward to enjoy and make memories with.

Botanica, located at 701 Amidon St. in Wichita, is open from 9 a.m. to 5 p.m. Monday through Saturday, and from 1 to 5 p.m. on Sundays.

To stay updated and learn more about this spot, check out the Wichita Botanica website at botanica.org, or the official Botanica Facebook page.

—onlyinyourstate.com

Childrens Books

Personalize Your Child's Christmas

Customized Candy Bars

Holiday Greeting Cards

Holiday Promotional Gifts

Unique Gifts & Accessories For Any Occasion

Custom Candy Bar Wrappers
Promotional Items
Wedding Invitations & Accessories
Party Favors & Accessories
Gifts & Licensed Sports Prints
Personalized Children's Books

Lori Welch • pyours@att.net
(785) 357-0090

PyGiftsandFavors.com

Fifteen more pro-life women elected to US House

One underreported story from Election Day is that at least 15 new pro-life women will join the House of Representatives in January.

"We attribute their success to the fact that life is winning in America," Prudence Robertson of the Susan B. Anthony List stated. "And regardless of the uncertainty in the presidential election, it's clear to see that life is not a losing issue this year, especially because we see an unprecedented number of pro-life women being elected to Congress."

Those newly elected representatives join 11 incumbent GOP pro-life women who won reelection "These gains are a repudiation of abortion extremism and further evidence that life is a winning issue in politics," Marjorie Dannenfelser, president of Susan B. Anthony List, said in statement.

"And this is a diverse group of women who will no doubt stand up for the unborn," Robertson said. "They come from various backgrounds. We have Maria Salazar, who was one of our endorsed candidates. She's a Cuban-American woman, who understands the right to life. We have Yvette Herrell in



New Mexico, who is newly elected. She is the first woman from the Cherokee Nation to be elected to Congress for the Republican Party."

In addition, least six pro-life women will be a part of the Senate, including re-elected incumbent Joni Ernst of Iowa.

"I'm going to share my favorite Psalm with you, and let it be a reminder of how we can get through this difficult time," Ernst said during her acceptance speech. "And my favorite Psalm is Psalm 121, and it goes like this, 'I lift up my eyes to the hills, and where does my help come from? My help comes from the LORD,

the maker of heaven and earth.'"

A pro-life ballot initiative also won last week. In Louisiana, voters passed a pro-life constitutional amendment saying there is no right to abortion or abortion funding under the state constitution. The ballot measure passed with 62.1 percent support from voters and was also supported by Louisiana State Senator Katrina Jackson, a vocally pro-life female Democrat.

Mat Staver, the founder, and chairman of the non-profit Christian legal ministry Liberty Counsel, spoke out about the elections, saying, "These pro-life women will bring new energy to Washington to preserve precious pre-born children. This is another important step to making the womb a safe place again in America."

Here is the full breakdown:
U.S. Senate
Rep. Cynthia Lummis (R-WY) won election

Sens. Joni Ernst (R-IA), Shelley Moore Capito (R-WV), and Cindy Hyde-Smith (R-MS) won re-election

Sen. Kelly Loeffler (R-GA) advances to a runoff to take place January 5, 2021

U.S. House:
All 11 pro-life women incumbents won re-election

15 new pro-life women elected to the House:

Maria Salazar (FL-27) – flipped Democrat-held seat

Yvette Herrell (NM-02) – flipped Democrat-held seat

Michelle Fischbach (MN-07) – flipped Democrat-held seat

Nancy Mace (SC-01) – flipped Democrat-held seat

Stephanie Bice (OK-05) – flipped Democrat-held seat

Ashley Hinson (IA-01) – flipped Democrat-held seat

Nicole Malliotakis (NY-11) – flipped Democrat-held

Lauren Boebert (CO-03)

Lisa McClain (MI-10)

Kat Cammack (FL-03)

Diana Harshbarger (TN-01)

Mary Miller (IL-15)

Marjorie Taylor Greene (GA-14)

Beth Van Duyne (TX-24)

Victoria Spartz (IN-05)

6 races featuring pro-life women yet to be called:
Claudia Tenney (NY-22)
Esther Joy King (IL-17)
Marianne Miller-Meeks (IA-02)
Young Kim (CA-39)
Michelle Steel (CA-48)
Tiffany Shedd (AZ-01)

C5Alive Christmas Luncheon to celebrate with music, games

The December C5 POWER Luncheon will be held December 10, 11:30 a.m. to 1 p.m. at Fairlawn Plaza Mall, featuring Christmas music and fun activities.

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

The next monthly C5Alive "POWER Luncheon" will be held Jan. 14th.

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

For more details on these and other events, stay tuned to the

C5Alive facebook page and website: www.C5Alive.org.

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

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

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



EARS TO HEAR

continued from page 1

"It's all about sneakers and smiles!" remarked Hudgins.

As if Sole Reason didn't keep Hudgins busy enough – along with a full-time job – now he has another item on his plate with the Ears to Hear Collection.

"Right now we have t-shirts, hoodies, long-sleeved shirts and kids apparel, but we'll soon be adding hats, baby items and more," Hudgins said.

All the fun and creative images and designs are original, he said. Each item has a message to go along with the design, and Christmas items will be available soon also.



Many items are available now at earstohearcollection.com.

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

Now Available!

"Ears to Hear" Collection

Christian apparel with a message

- T-Shirts • Long Sleeve Shirts
- Hoodies • Baby apparel

www.earstohearcollection.com






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

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

20 years experience
at SuperCuts
(17 as a manager)

APPOINTMENTS
AND WALK-IN'S

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

"OLDEST COMPANY, LOWEST PRICES"

HUTTON MONUMENTS, INC.

201 SW Topeka Blvd
785-354-7005
huttonmonuments.com



Since 1987
with 7 locations
Prices You Can Afford

Chapel Oaks Cremation & Funeral Services

Susan Pettit Hutton
Asst. Funeral Dir.

235 SW Topeka Blvd
785-783-7753
chapeloaksne.com

Kansas News Briefs from around the state

Extended Unemployment Benefits Ending

WICHITA, Kan. (AP) — A federal program that had extended unemployment benefits for an extra 13 weeks in Kansas will stop next month just as new COVID-19 restrictions could lead to more furloughs and layoffs. The U.S. Department of Labor informed the state labor agency that the Kansas unemployment levels had fallen below the eligibility threshold for the Extended Benefits program. The last payments for Kansans on the program will be the week ending December 12. The Kansas Department of Labor will notify affected individuals. Kansas previously qualified for the Extended Benefits program in June, which offered an additional 13 weeks of unemployment benefits for workers who exhaust regular unemployment benefits during periods of high unemployment.

Wichita State Grads Become Finalists in Contest Seeking Better Face Mask

WICHITA, Kan. (AP) — Two recent Wichita State University graduates are among the finalists for a \$1 million prize pool in a contest that seeks to design a better mask. The Wichita Eagle reports that Jared Goering and Spencer Steinert are in the top 10 after beating out nearly 1,000 other mask designs from 70 countries. They hope to win the \$500,000 grand

prize or a \$250,000 secondary prize, and they also want to take their mask to market. Both men are graduates of Wichita State's innovation design master's program, and they're both in an apparel start-up called Montana Shirt Co.

Church Organization in Kansas, Oklahoma Pays Medical Debts

OKLAHOMA CITY (AP) — The United Church of Christ Kansas-Oklahoma Conference has paid off medical debts totaling more than \$5.2 million for more than 3,200 families in the two states. Conference President Bobbie Henderson said Tuesday that the conference's 7,000 members in 53 churches in Kansas and Oklahoma raised about \$40,000 that was given to a non-profit debt company, which purchased the debts at a discount from the debt holders, then forgave them. A UCC spokesperson said the project began in 2019 and has now eliminated about \$57 million in medical debt nationwide. The UCC said it does not know who the recipients of the program are.

Report: Cites Need for Economic Diversity in Lawrence

LAWRENCE, Kan. (AP) — A new report commissioned by the city of Lawrence cites a need for the community to diversify its economy or risk becoming

too expensive for many people. The Lawrence Journal-World reports that the city in June hired Ernst & Young to create an economic development strategic plan. The first phase of the process included a report with a community survey. The executive summary of the report says Lawrence's economy is not working for everyone and that there are reasons to be concerned about the city's economic sustainability. Despite the growing population, the report says Lawrence is becoming more expensive, leaving many residents behind.

Execution Rescheduled for Only Woman on Federal Death Row

WASHINGTON (AP) — The U.S. government now plans to execute the first female inmate in almost six decades just days before President-elect Joe Biden, an opponent of the death penalty, takes office. Attorneys for Lisa Montgomery said Monday that the Justice Department rescheduled her execution for Jan. 12. Biden's inauguration comes Jan. 20. A federal judge in Washington had delayed the December execution of Montgomery because her lawyers tested positive for the novel coronavirus after visiting her behind bars. The delay was meant to allow her attorneys to recover from the virus and file a clemency petition on her behalf.

Kansas Man Charged with Federal Hate Crime for Racial Threat

WICHITA, Kan. (AP) — A Kansas man has been charged with a federal hate crime after allegedly threatening a Black juvenile while shouting racial slurs. The indictment alleges 25-year-old Colton Donner told the youth that Paola — where the victim was living — was a "white" town. The Justice Department says he was charged with a federal count of interference with housing. Donner was also indicted for a separate incident with unlawfully possessing a firearm while being a convicted felon, for allegedly possessing a .44 caliber revolver. Court records do not show a defense attorney who could speak on Donner's behalf.

Trucks Keep Striking Missouri Overpass, Repeatedly

KANSAS CITY, Mo. (AP) — Despite the warning signs and flashing lights, trucks just can't seem to stop hitting a Kansas City, Missouri, overpass. The Kansas City Star reports that the bridge on Independence Avenue is struck so often that it has its own satirical Facebook page. The bridge has just 12 feet of clearance, not quite enough for today's box trucks and tractor trailers whose drivers too often don't realize their rigs are just a little too tall to make it. The Kansas City Terminal Railway Company owns the bridge and says it gets hit about twice a month.

Oklahoma Man Sentenced in Murder-for-Hire Plot

OKLAHOMA CITY (AP) — A northwestern Oklahoma man has been sentenced to more than seven years in prison for trying to have the boyfriend of a former employee killed in Oklahoma City. Court documents show 71-year-old Vernon Wayne Brock of Alva was sentenced Monday in U.S. District Court in

Oklahoma City to 87 months in prison. Brock admitted in a signed plea agreement that in November 2019 he offered \$5,000 to a former business partner in Maize, Kansas, to have the unidentified man killed after the former employee ended a sexual relationship with Brock.

Cost of Fishing Licenses Going Down in Kansas

WICHITA, Kan. (AP) — It will be a little less expensive to fish in Kansas starting January 1. The Wichita Eagle reports that the Kansas Wildlife Parks and Tourism Commission has announced several changes related to outdoor recreation. Among them: The cost of a one-day fishing license was reduced from \$8.50 to \$6. For non-residents, the price dropped from \$14.50 to \$10. Fisheries Programs Specialist David Breth says the number of fishing permits being sold had dropped dramatically since 2016. That year, the state sold around 60,000 one-day licenses.

Now, the state is selling about 35,000 annually.

Pandemic Leaves Opening Week of College Hoops in Disarray

UNDATED (AP) — The Wichita State University men's basketball team landed in South Dakota on Monday afternoon, masked up and looking forward to playing in the Crossover Classic. Just a few hours later, the school announced that the Shockers were removed from the tournament after learning of multiple positive COVID-19 tests within their travel party. This kind of situation is cropping up across the country as hundreds of schools try to open play in a pandemic. Along with no fans, many teams are finding no stability. No. 2 Baylor, No. 9 Duke and the No. 3 UConn women have all canceled games because of COVID-19.

—kansapublicradio.org

Mail backlog continues to be processed by IRS

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

During recent testimony before the House Ways and Means Oversight Committee, IRS



Commissioner Rettig said that the IRS currently has approximately three million pieces of mail and one million returns that remain unprocessed. This is down from the backlog of over five million pieces of mail last month.

"For people who had tax refunds affected by our closure, the IRS is paying interest on refunds. These payments, which can sometimes show up as a second deposit, average \$18 for nearly 14 million taxpayers," Rettig testified. "We are also crediting people in instances where there is unopened mail and they are making

a payment. We credit people on the date the mail was received, not the day we process the payment."

"We have done all that we can really do," Rettig told lawmakers during the hearing, adding that the IRS and its employees have gone through the same pandemic hardships as everyone else. "On behalf of the Internal Revenue Service and every employee, for literally every American, we appreciate the patience and understanding."

Looking ahead, Rettig stated that the IRS is expected to open the 2020 tax filing season on time in January and will "determine an opening date in due course," adding that the IRS has been working toward preparing for the 2021 tax filing season for months.

Additionally, Rettig stated that the IRS wants to emphasize how important it is, now more than ever, for taxpayers and practitioners to utilize e-filing and online virtual services.



Listen to

"The Voice of Faith"

RADIO BROADCAST

With Rev. Max L. Manning

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

www.global-missions.com

PO Box 161 Topeka KS 66601
785-232-2992 or 785-231-8183

K. KIRK NYSTROM, Attorney

Wills • Powers of Attorney
Estate Planning • Probate • Trusts

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



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

785-235-6977
k.nystrom@att.net
www.nystromlaw.net

"30+ years Experience"

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



- Multiple Year Tax Returns
- Tax Problem Solutions
- IRS letters

Call Peggy at:
785-286-7899



peggystaxs.com

FINANCIAL PLANNING

This lady's getting it done!

Dear Dave,

I'm single, and I'll be a pilot in the military for the next 10 years. I'm also debt-free, have a fully funded emergency fund, and I'm saving 15% of my income for retirement. After my military days are over, I plan to work as a commercial pilot. I've done the math, and I have about \$20,000 a year to give, have fun with and build wealth. My question is about wealth building. When it comes to rental properties, I know you don't like the idea of a long-distance landlord. Being in the military, there's a good chance I'll move around a bit. What should I do?

Rachel

Dear Rachel,

First, thank you for your service to our country. And, wow! You're in a

tremendous position financially and career-wise. You've got a great future ahead of you as a pilot in the military and after, plus you've followed my plan item by item. You've got so many options, and you can make a difference in your community and in the lives around you right now by giving.

When it comes to wealth building, I hope you've already taken advantage of the TSP, or Thrift Savings Plan, which is kind of the military version of the 401(k). For wealth building beyond that, I'd get with a good investment pro—one with the heart of a teacher—and dive into some growth stock mutual funds. You could have a lot of money piled up just by the end of your military career. Who knows? You may even be able to buy a nice home with cash when you leave the service. Beyond that, you may be



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

davesays

able to settle into some real estate and pay cash for those investments.

You are one cool, smart lady, Rachel. Congratulations on setting yourself up for a wonderful life—one where you can live and give like no one else!

—Dave

Build wealth in college?

Dear Dave,

What advice do you have for college students who want to plan for the future and start building wealth? I'll finish my master's degree in marketing in less than two years, and I've been pretty lucky so far because my parents have paid for school. I bring

in about \$2,200 a month at my job, and I have \$24,000 in savings.

Alex

Dear Alex,

If I were you, I'd get really good at the whole marketing thing. At this stage of the game, you are your best investment. You're a go-getter, so just keep on going and getting it.

If you continue on this path, and by that I mean working, going to school, and piling up cash, you're going to be able to put that marketing know-how to work in a big way. You'll be able to use some of the cash you've got stored away to set yourself up in your new life. What you're doing right now, in your situation, will give you a better return mathematically than a mutual fund.

Do you get what I'm saying? An education that is usable is more valuable to you at this stage of the game than investing. Now, when you finish school and start living life in your new career, good growth stock mutual funds are what I'd recommend for retirement. And at that point, if you've got an extra \$30,000 or \$40,000 sitting there, that's even better.

Great start, Alex. Well done!

—Dave

Mandatory withdrawal at 72?

Dear Dave,

I'll be 72 in October, and I have a Roth IRA I haven't done anything with in a while. I've got about \$30,000 in it, and I believe I read where the government said there will be a mandatory withdrawal at age 72. If this is true, what should I do with that money?

Danny

Dear Danny,

I'm not positive there are mandatory withdrawals on a Roth IRA. I think that applies to traditional IRAs, but double-check with your investment advisor to make sure.

If it does apply to Roths, I'd take the required minimum distribution and move that amount to other investments. Or, since it's only \$30,000, if you've got another nest egg you plan to live on, you could just have some fun with the money.

In any case, talk to your investment professional before taking action. If he has the heart of a teacher and cares about your best interests, he'll look at your overall financial situation and guide you in making the right decision.

—Dave

Leaving your Employer?

Why would you leave your 401K there?

Understand your 401K Options. Call and make an appointment to go over how to move your money and why!



Kevin J Conley
Financial Advisor

3310 Se 29th Street
Suite 700
Topeka, KS 66605
785-266-2265

Edward Jones
MAKING SENSE OF INVESTING
www.edwardjones.com

MKT-55941-A

Don't Play Politics with Your Portfolio

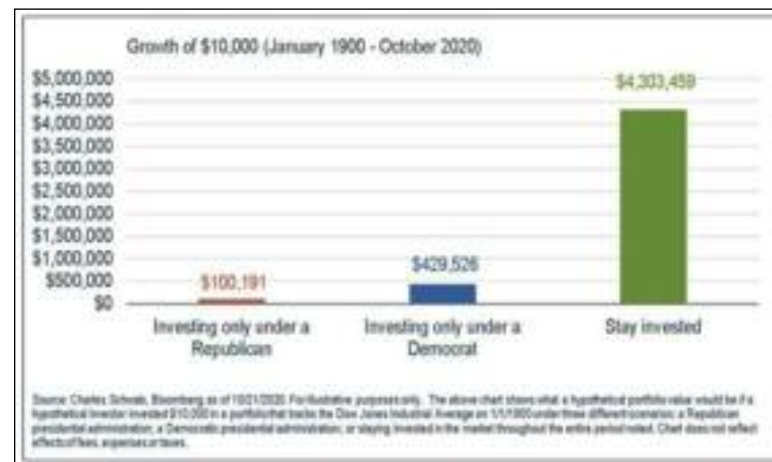
By Ryan Shumaker
Smartvestor Pro at
The Retirement Team



Did the outcome of the election make you really happy and excited? Or did it leave you concerned, especially when it comes to your investments? Either way, you shouldn't play

politics with your portfolio. Why? Because investing when only a specific political party is in the White House would have led to substantially less growth over time.

one should spend their retirement worrying rather than enjoying it and making memories. There are elections every 2 years. Spending half your time (every other year) concerned about how that year's outcome may impact your money is a surefire way to not live a relaxing retirement. Nearly every unsuccessful investor we've ever seen is one that reacts to current events, while nearly every successful investor is one continuously acting on a plan.



politics with your portfolio. Why? Because investing when only a specific political party is in the White House would have led to substantially less growth over time.

investing just during Republican administrations.

While things might seem quite scary when your candidate or party loses; making investment decisions based on politics is a recipe for massive underperformance and having substantially less in and during retirement. The key is to create a portfolio and plan that alleviates fear and concern regardless of what is happening in politics, the market, or the economy by making sure you're going to be successful and have the income you want and need in any scenario.

This is exactly what we help people do at The Retirement Team, because no

If you'd like help setting up a plan that allows for a worry free retirement where you won't have the need to react to current events, like elections, our firm is here to help.

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. Investing in securities involves risk and profit cannot be guaranteed.

Investment advisory services offered through Next Generation Investing, LLC

Securities offered through World Equity Group, Inc. member FINRA and SIPC

Next Generation Investing, LLC, & The Retirement Team are not owned or controlled by World Equity Group

Insurance and annuities offered through Ryan Shumaker, KS Insurance License #10359614

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

— THE —
RETIREMENT TEAM

RetireTopeka.com | 785-228-0222

Advisory Services offered through Next Generation Investing, LLC.
Securities offered through World Equity Group, Inc. Member FINRA and SIPC.
Next Generation Investing, LLC and The Retirement Team are not owned or controlled by World Equity Group, Inc.

Call me today at 785.357.6278 x19 to help make the most of what you've achieved.

Jim Hanna, CFP®, MBA®
Private Wealth Advisor and Certified Kingdom Advisor
Heart Financial Partners
A private wealth advisory practice of Ameriprise Financial Services, Inc.

Ameriprise Financial is not affiliated with any religion or faith-based financial advisor organization. Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and CFP (with flame design) in the U.S. Ameriprise Financial Services, Inc. Member FINRA and SIPC. © 2019 Ameriprise Financial, Inc. All rights reserved. (10/19)

opinion

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

metro
VOICE

MANAGING EDITOR



Lee Hartman
LHartman3@cox.net

ASSISTANT EDITORS

Nick Hartman
Dwight Widaman

ADVERTISING CONSULTANTS

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

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

NEWS & FEATURES

Amy Buster, Carolyn Cogswell, Rob Mooney, Marie Asner, Alan Goforth, Clint Decker, Michael Foust, John Altevogt, Dwight Widaman, Lee Hartman

LAYOUT & DESIGN

Joe Boothe, Lee Hartman, Dwight Widaman

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



CONTACT INFO

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



Putting COVID-19 in Perspective

Coronavirus Disease 2019 (COVID-19) is caused by a virus, SARS-CoV-2. Viruses are not a bug like bacteria. They are strands of genetic material, RNA, and DNA. The COVID-19 virus is an RNA virus. This virus, once it enters the body relies on your own cells to incorporate the RNA into its replication processes to produce more viruses, resulting in disease.

The most prevalent test used for the disease is the RT-PCR test. More specifically the Reverse-Transcriptase PCR. What the test does is magnify the amount of RNA or fragments of the COVID-19 virus. The test essentially takes as few as one fragment of the 30,000 base pairs that make up the genome of the virus and replicates it several times to levels where detection is possible. The first cycle produces two copies, the second cycle produces four copies, and continues for up to forty plus cycles. The result is literally millions of copies of the original fragment.

The goal is to create enough copies, if present, to be easily detected. The test is very accurate and is dependent upon the quality of the sample. Dead virus particles can be replicated and result in a false positive. That is the primary reasoning for utilizing the test for those exhibiting symptoms to confirm the disease. The bottom line is that if the virus is detected within 30-32 cycles, that test is positive, and that individual has the infection. The testing laboratory's equipment uses the FDA approved threshold of 37 cycles to determine positive or negative sample results.

We cannot ignore the worst-case scenario of this disease, that being chronic illness, hospitalization, and even death. The death rate is 1% of the total cases reported by KDHE. But we need to put the situation into perspective. The most recent 2019 data from KDHE listing the causes of death in Kansas were:

1. Abortion, 6,916
2. Heart Disease, 6,058
3. Cancer, 5,520
4. Chronic Lower Respiratory Disease (influenza, including pneumonia), 1,774
5. Accidents, 1,578
6. Stroke, 1,283
7. COVID-19, as of November 16, 2020 stands at 1,266

The obvious difference here is that COVID-19 is a communicable disease and will spread further throughout the population. The only exception may be Number 4, that includes pneumonia caused by influenza viruses.

This virus may be with us for an extended period. This type of RNA virus is prone to changing (mutating), much like its cousin the influenza virus. Great hope is placed on a vaccine and that the virus remains susceptible when it becomes available. Until then, we all must be vigilant and protect others by staying home if ill. Washing hands often is good advice.

We must also recognize the unintended consequences following government intervention (I will be generous and say it was well intended.) The shutdown has caused irrefutable damage. Many businesses have closed, never to reopen. Buying habits have changed to internet purchases, causing a rapid change in local brick and mortar businesses' ability to survive. In just nine months, we have seen the basic business models change, family units disengage, and church attendance dwindle or even stop. The education of our children has been disrupted to such an extent that educators are wondering if they will catch up intellectually. Our elderly may have been most affected. Those in care facilities have been isolated from family and friends resulting in an increase in depression and loneliness.



Another unintended consequence of the shutdown and stay at home orders is the increase illness and deaths due to lack of medical care. Clinics were discouraging office visits and patients were afraid to seek medical attention to include cancer treatments. We will know later how devastating the reduced medical care really was in 2020.

How each of us react to the pandemic is a personal decision and responsibility. We each must decide the risk we are willing to take. This is not a disease with a mortality rate like EBOLA, for example, where the government should react as its sworn duty to protect its citizens. The government has the responsibility to educate the public about the danger, how we can protect ourselves, and recommend methods to do so. The government should practice the Hippocratic Oath which states, above all to do no harm. Local governments, those closest to the people, have the ultimate responsibility to impose restrictions during a disease outbreak. By Kansas law it is solely their responsibility to make that decision.

I am sharing with you information I have gathered from several scientific articles, KDHE, CDC, FDA, and what I learned after visiting with personnel at one of the laboratories doing the testing and reporting of their results to KDHE

electronically every 15 minutes.

A statement by Lou Holtz during an August 2020 interview sums up the attitude of many with whom I have visited:

"Don't Save My Life by Preventing Me from Living!"

I am humbled and honored to be called to serve as you Representative at the Statehouse. Thank you for electing me as your Representative from District 51. I take this responsibility very conscientiously and have worked to help whenever called upon.

I close this message by wishing everyone a wonderful Thanksgiving. Please join with me in giving thanks for our Savior, family, friends, and Representative Republic form of government, founded to insure our individual rights and freedoms.

May I be among the first to send you Christmas Greetings. My hope is that Christmas brings you the happiness and joy this world so desperately needs as we close this uncertain year and celebrate with confidence in the birth of our Savior.

Happy Thanksgiving and Merry Christmas to you and yours!

With kind regards,

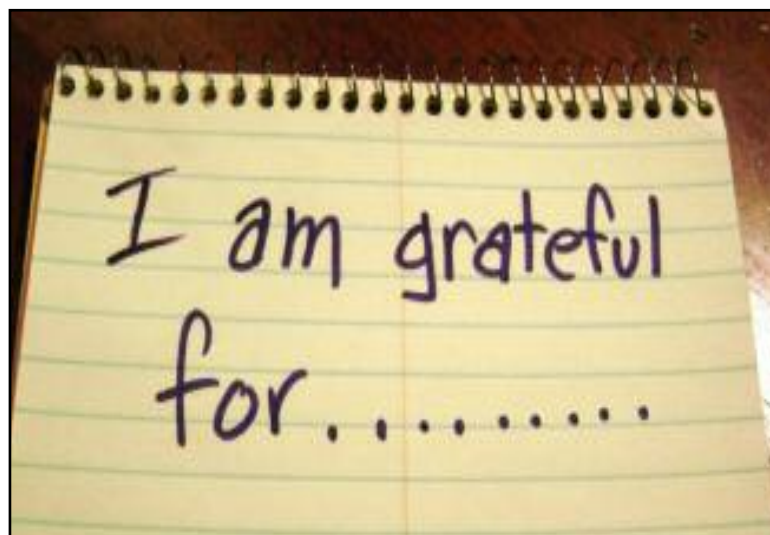
Ron Highland
House of Representatives, District 51

Why We Should Be Grateful for Hard Times

This may be hard to swallow, but we need to start being thankful for hard times.

That may sound counterintuitive, and yet as many of get set to celebrate Thanksgiving here in America, this is a great time to remember that challenging times like this are heaven sent to make us stronger and open our eyes to those blessings we may have been missing in our lives.

It's interesting, whenever we interview successful business leaders about their careers, they most often begin by recalling the worst of times: when they had to overcome a seemingly impossible obstacle, when they almost lost everything, when a big bet didn't pay off. Why are those hard times so important to them? Because they realized who they really were and what mattered



most. Those were the times that strengthened their characters and helped them grow.

There was a fascinating experiment in the 1980s called the Biosphere. An area of just a few

acres was completely enclosed, a potential Shangri-la. For two years, it was expected that a group of people would live in a perfect environment—an ecosystem that could later be replicated on the moon or another planet for human habitation. That was the hope at least.

After a time, the researchers noticed that the trees they planted were starting to topple over. Why in a perfect environment, with plenty of water and nutrients, would the trees not stand? The conclusion: there was no wind. The trees faced no adversity, nothing to test their roots and challenge their growth. In the absence of hard times, they could not stand.

I got some great advice recently from a friend who said that in hard

■ Please see HARD TIMES page 7

COVID survival rate up to 98.9% in Kansas

Data from the Kansas Department of Health and Environment shows the COVID survival rate reached a new high of 98.9% as of November 11. That's a significant improvement over time. Early in the pandemic on April 20, the survival rate was 94.2%; it improved to 98.1% by July 6 and has been steadily improving since then.

The survival rate for kids aged 0-17 is 100%; adults aged 18-64 survive at a rate of 99.8% and the rate for adults 65-84 is 95%. The survival rate for adults over the age of 85 is 84.6%.

About 46% of the 1,215 deaths attributed to COVID have occurred in nursing homes. The survival rate outside of nursing homes is 99.4% for all ages.

The COVID demographics and many other charts and tables are in the COVID Information Center published by Kansas Policy Institute; KPI owns the Sentinel.

Counties with mask mandates have higher case growth

Kansas Governor Laura Kelly and some local health officials continue to push for more mask mandates even though the data from KDHE continues to show higher case growth in the counties that already

Age	Cases		Hospitalizations		Deaths		Survival Rate
	Number	% Total	Number	% Total	Number	% Total	
0-9	3,265	3.0%	44	1.0%	0	0.0%	100.0%
10-17	7,405	6.8%	30	0.7%	0	0.0%	100.0%
18-24	19,502	17.9%	118	2.8%	3	0.2%	99.98%
25-34	19,006	17.4%	270	6.4%	10	0.8%	99.9%
35-44	16,755	15.4%	367	8.6%	16	1.3%	99.9%
45-54	15,435	14.2%	541	12.7%	44	3.6%	99.7%
55-64	13,188	12.1%	768	18.1%	129	10.6%	99.0%
65-74	7,530	6.9%	896	21.1%	243	20.0%	96.8%
75-84	4,154	3.8%	761	17.9%	345	28.4%	91.7%
85+	2,755	2.5%	455	10.7%	425	35.0%	84.6%
totals	108,995		4,250		1,215		98.9%

Source: KDHE; excludes unknown ages

have mandates.

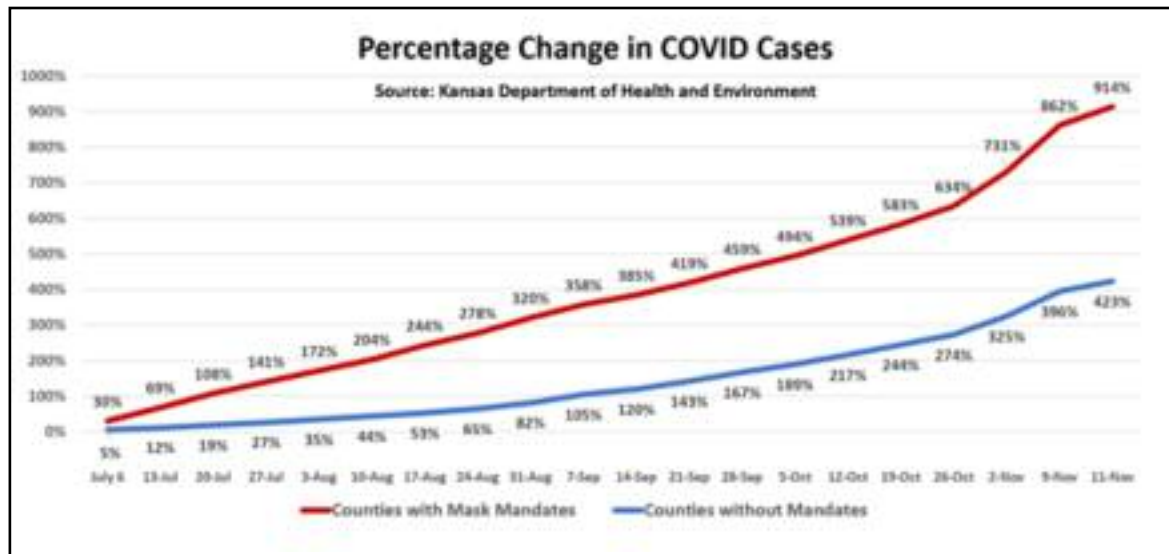
Twenty-five of the state's 105 counties adopted the governor's mask mandate that went into effect on July 2. Since June 29, those counties collectively have had a 914% increase in COVID cases, while the 80 counties that rejected the mask mandate have seen cases increase by 423%.

Last month, the Sentinel exposed an attempt by researchers at the University of Kansas to justify mask mandates by understating case growth in the counties with mandates. The Lawrence Journal-World,

the Kansas City Star, the Wichita Eagle, and the Kansas Reflector ran news stories touting the research and they have declined to run corrections after the Sentinel showed them how they'd been duped by the KU researchers.

The KU report may have been an attempt to rehabilitate the efficacy of mask mandates after the Sentinel caught KDHE Secretary Dr. Lee Norman trying to mislead with his own fabricated data. Even the Wall Street Journal said KDHE fudged the data.

—Dave Trabert / The Sentinel



Fueled by mercy, kindness wins



If Jesus hadn't gotten a hold of me almost 20 years ago, there might have been a fight yesterday. But, since he and his mercy never gave up on me, kindness won.

Although I grew up attending church, I never had a personal relationship with Jesus until my late 40s. I wasn't a "bad" person, but my tendency to open my mouth and insert my foot often got me into trouble, meaning I didn't think before speaking. Acting impulsively was also one of my character flaws. Without thinking of the consequences, I would often jump in with both feet and then live to regret it.

"But when the goodness and loving kindness of God our Savior appeared, He saved us, not because of any works of righteousness that we had done, but according to His mercy, through the water of rebirth and renewal by the Holy Spirit. This Spirit He poured out on us richly through Jesus Christ our Savior, so that, having been justified by His grace, we might become heirs according to the hope of eternal life"—Titus kindness3:4-7 (NIV).

What happened yesterday? I was at the drive-through at a local fast-food place to order a drink. In the outside lane, I moved forward after placing my order. Another vehicle was in front of me paying for theirs. To my left, in the inside lane, was a large pick-up truck. When I pulled forward, the driver was still placing his order. However, he decided he needed to inch in front of me. He was so close, I could've reached out to touch the truck's bumper. Then, it happened.

When We React with Kindness

I must confess. Kindness was not my first reaction. However, all I did was look at him. Maybe it was more of a glare. What did the driver do? He returned my "look" with an obscene gesture. My anger increased. But I didn't respond—although I would've been tempted to in the past.

Kindness mercyManaging to move forward in line to the window, I was still seething. Then, it happened. God's Holy Spirit spoke through my anger. Upon reaching the cashier, I asked her what the driver behind me had ordered and the total. When she replied with his breakfast order and the amount, \$6.40, I said, "I want to pay for his, too."

When I told her why, she said, "What a jerk!" Although I agreed with her, I added, "I'm going to show him some kindness." As she handed me my change, the anger dissipated. I learned a lesson as I hope the rude driver did. But it didn't matter because I was flooded

with peace. If I'd held onto the anger, the rest of my day might have been ruined.

Kindness in the Flesh

Jesus was kindness in the flesh. The first example of His kindness that comes to my mind is the story of feeding the multitudes. Found in all four gospels, Matthew's version (14:13-21), reveals a Jesus who was already tired from preaching to people in His hometown who weren't receptive to His message. Then, upon hearing the news of His cousin, John the Baptist's death by beheading, He was overwhelmed with grief.

Matthew 14:13-14 tells us that upon hearing the news of John's death, Jesus "withdrew by boat privately to a solitary place." But the crowds followed Him on foot from the towns after hearing of the miracles He'd performed. When Jesus landed, He saw a large crowd, and Matthew tells us Jesus "had compassion on them and healed their sick."

Jesus left His private grieving space and embraced the crowds with kindness. He not only preached the message and healed their sick, but Jesus also fed the 5,000 with five loaves and two fishes. From a small boy's lunch, Jesus multiplied the small offering into enough to feed the crowd and still bag up leftovers.

Even in His Grief

Even in His grief, Jesus was kind. He could have exhibited anger at being interrupted and sent the crowd away. After Jesus healed the sick and preached to the crowd, His disciples wanted to send them on their way to find something to eat. But Jesus, not only fed their spirits, He provided nourishment for their bodies.

In Galatians 5:22-23, Paul writes, "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." The word, "kindness," as used here comes from the Greek word, "Chrestos." It means a softening of something that was once harsh. While it's not in our nature to give humble, merciful kindness to others, especially to those who don't deserve it, we've been given something that only God can give.

John 3:16 says, "For God so loved the world that he gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." If we accept the gift of God's amazing grace, His benevolence should flow from us.

—Carol Round / carolaround.com

HARD TIMES

continued from page 6

times, rather than asking "Why me?" we should be asking, "What am I supposed to learn?" That produced a change in attitude that has served me well. I now try to take what could be debilitating situations and turn them into opportunities for development. I remember that the headwinds in life serve to make me stronger in the long run.

In a recent interview I conducted with John Strelecky—an author, ponderer, and traveler—he talked about using these trying times to get ready to launch to the next great adventure in our lives. He said it's okay to dream and to be ready for the time when we can travel again, to meet again, to engage with colleagues and friends again. He said we should think not in days and weeks, but in minutes. We should

engage the minutes we have each day to enjoy relationships and look for ways to improve our skills and talents. I love that.

John's comments remind me to take a few minutes in-between Zoom calls to engage with my wife and kids, to let them know how much they mean to me, to express my love to them. I use my minutes to read a few pages of a good book, to ponder or meditate, to read my scriptures and pray, to reach out to friends in need and let them know they are not forgotten. Minutes matter. They matter even more when things are hard.

As we approach this season of Thanksgiving, when it seems there is precious little to be thankful for, my advice is to remember that these difficult times are forging us into the people we need to become. And for that, we can be grateful.

—Chester Elton

metro
VOICE

metrovoicenews.com

Most of our print articles, plus much more, can be found on our Mobile-ready Breaking-news Website.



6 ways to make Christmas more meaningful at home

It was breathtaking . . . simple, yet incredibly elegant. After a quick stop at the dollar store for supplies, I hurried home to recreate the festive showpiece that had caught my eye in a storefront display.

I wrestled for over an hour with florist's wire and containers of various sizes. At last, an arrangement of bright red dogwood branches finally remained upright at our fireside, adorned with bright white Christmas lights and beautiful white doves. When my husband arrived home, I invited him to comment on my Christmas wonder.

"Nice," he responded, "but what do seagulls have to do with Christmas?"

"They're doves!" I replied, marvelling that he could be confused by something so obvious.

Those Christmas seagulls didn't reappear the following year, or for any subsequent Christmases. But this year, my husband's comment about the Christmas seagulls keeps returning to my mind.

Intentionality over busyness

As our youngest of three reaches his teens, I've found myself wondering what memories our children will retain of our Christmas celebrations as a family. And I can't shake the feeling that I, in my own way, have been confusing doves with seagulls, too. Year after year, I've spent an enormous amount of effort cleaning and decorating the house, purchasing Christmas gifts and preparing a delicious menu. But I've seldom been intentional about building family traditions that truly capture the heart of Christmas. I just never gave it much thought. When I evaluate all the busyness of Christmases past, it hardly seems an appropriate way to mark the birth of our Saviour.

So what's a wannabe super-mom, who's searching for more meaningful ways to celebrate the birth of Christ, to do?

Meaningful traditions for your family

Some Christmas traditions seem almost as universal as the Christmas tree itself – traditions like baking Christmas cookies together and gathering around the Nativity set to read the account of Jesus' birth. Here are a few novel ideas to help jump-start ideas for your own family traditions.

• **Returning the blessing** – Instead of tucking Christmas greeting cards away on the mantle once they've been read, gather up the latest batch each suppertime and pray for the senders and their families.

• **Tree of promise** – When it's time to trim the Christmas tree, many families surprise their children with an ornament that commemorates a milestone in their child's life. Tiny ballet slippers, ice skates or graduation caps work well. If your children are a little older, you can encourage them to mark their own spiritual milestones. I plan to present each family member with a

photo frame ornament, encouraging them to frame a Scripture verse that has been especially meaningful to them in the past year.

• **Indoor Christmas camp-out** – Falling asleep in the glow of the Christmas tree lights appeals to both tiny tots and teens. My kids initiated this idea themselves a few years ago, but it was such a hit, I had trouble getting them back to their bedrooms; they wanted to sleep by the tree every night! If you plan to adopt this tradition, you might get around this by reserving it as a special celebration for a particular date.

• **Christmas countdown calendar** – One of my great Christmas pleasures was the annual gift of a box of chocolates I could keep all to myself. But the first Christmas morning I introduced this gift to my own kids, they consumed most of their chocolates before breakfast. Since they love the anticipation created by our Advent calendar, I've combined these two ideas this year and created homemade Advent calendars that help ration out the kids' chocolates.

You can adapt this simple idea for any small treats that will fit in the "wells" of a chocolate tray. Overlay the tray with a Christmas scene cut from a calendar or magazine. Using a craft knife, cut perforations in the overlay to create the outline of a small flap above each chocolate "well." The perforations will allow the flap to be torn open later. Complete the calendar by numbering each flap from one to 25. If your child has food allergies or you'd like to give something other than candy, alternative gift ideas could be little beads or charms (collected one per day to complete a bracelet or necklace just before Christmas), Lego®, stickers or money to buy gifts for siblings.

TIME TO RETHINK CHRISTMAS GIFTS?

With Christmas and the holiday season upon us, maybe you're wanting to rethink store-bought Christmas gifts.

Christmas time can break the bank for a lot of people. Alternatives to store-bought Christmas presents can help save your budget.

Maybe it's time to be looking for ways to partake in the spirit of giving without wasting dollars on more made-in-China kitsch.

Here are some alternative ideas.

• **Gifts of Time** – As a penniless kid, it was cute to give mom and dad a coupon good for some extra chores. Who would have guessed twenty years later, it's still not a bad idea? With the frantic pace of life today, a coupon for a lunch with your folks, a few hours of slave labor, or a romantic date with your sweetie is as good as gold.

Have a skill? Can you fix somebody's computer or car? You can make your coupons even more valuable. Just make sure you follow through on your gift of time!

• **Art** – You have a one-up if you're artistic. If not, buying a print or two from a local artist is a gift more meaningful than anything you can find in a store. To find a painting or two, keep your eyes peeled for open studio events, sidewalk sales, or

• **Random act of Christmas** – Although we encourage members of the family to engage in "good works" throughout the year, this year, we decided to undertake a special Christmas service project as a family. To us, the project was straightforward: we simply cleared out a friend's shed, allowing the mobility-challenged homeowner easy access to his firewood supply. But the results made a tremendous difference to the recipient. If you have teens, a similar "random act of Christmas" tradition may be all it takes to get your kids excited about using their youthful energy to help others.

If you have younger children, try filling a sturdy, waterproof container with small treasures: Christmas tree ornaments, candy, candles, a few small puzzles or sim-



holiday fairs.

• **Food** – Who doesn't love delicious home cooked food? That is, as long as it's not a fruit cake. If you don't want to overstuff everybody on your holiday list, consider putting together a booklet of your favorite recipes.

Locally-grown produce, honey, etc., also makes a great gift. Look around for local cheese makers, chocolatiers or vineyards.

• **Charitable Gifts** – If you think your recipient will appreciate it, consider donating to a charity of his or her choice in lieu of a gift. You can ask that they do the same. Got an animal-lover on your list? Check out AnimalGift.org where you can give gifts packages that will also help

endangered species or animal shelters.

• **Photo Gifts** – Have some great photos that your recipients would appreciate? Rather than simply framing them, it's fairly cheap to get a calendar or notepad made with your favorite shots.

• **Experiences** – If you do decide to buy gifts, consider giving experiences as gifts rather than objects. Give a massage or spa treatment, a round of golf, or the chance to try skydiving or deep-sea fishing. The possibilities are endless, and the result will be far more memorable than another gadget.

• **Of-the-Month Clubs** – One of the best gifts I ever received was a three month membership to a wine club that sent two premium wines in the mail each month. It was something I enjoyed but would never splurge on myself, and the gift came not just once but three times! From coffee to BBQ sauces to neckties, you can find something of the month for everybody on your list at AmazingClubs.com.

Use your imagination and you can make gift-giving more fun and less expensive.

–David Weliver

ply a gift certificate to a local restaurant. One evening close to Christmas, load flashlights with fresh batteries, then head out on a nighttime adventure together. Under the cover of darkness, visit a friend's or needy neighbour's home and hide your gift container in their yard. Leave "footprints" cut from sturdy cardboard leading from their front door to the hidden treasure, so they'll be sure to find it. If you're extra daring or the gift is perishable, ring the front doorbell before racing away into the night, revelling in the knowledge that your recipient will delight in their waiting surprise.

• **"Let's reconnect!" card** – I think everyone has them: dear friends who were once very close but have drifted away for one reason or another. Sometimes even think-

ing of them brings a twinge of guilt. Christmastime, with its tradition of exchanging cards, can be a big help in these situations. This year, I've chosen a special "Let's reconnect" Christmas card for some old friends. Along with the usual greetings, I'm sending my current phone number and letting them know that I'll be trying to call them before Christmas. That way, I'm committed to taking action, and they have time to think ahead about the call – and hopefully plan a date for us to get together!

Whatever your plans for Christmas, I hope you'll begin some memorable family traditions that make celebrating Christ's birth unique from any other holiday. It's a good way to ensure your Christmas features doves, not seagulls.

–Catherine Wilson




Jim Spencer
Owner

Jim.dano@aol.com
2811 SW 17th St.
Call for appointment!
785-806-3266

Consultant, Trainer, System/Software Analysis, Special Projects, Data Backups




RELIVE YOUR MEMORIES!!!

Let us convert your personal memories into Electronic Data files for safety: your senior pictures laying around, grandparents picture on the wall, VHS home videos, cassette tapes; also backup computer documents, pictures, etc.!



There is no better Teacher than the Holy Spirit and no better Text than God's Word.

Celebrating Victories in Life!

CUSTOM TROPHIES, GIFTS, AWARDS, GLASSWARE, MEMORIALS, DECOR, AND MORE



NEW LOGO. SAME GREAT SERVICE
WWW.ELKCREEKENGRAVING.COM
INFO@ELKCREEKENGRAVING.COM
785.217.5701

ELK CREEK
Engraving

How to Have Hope for a Difficult Christmas Season

Christmas carols fill the air; smiles and laughter are everywhere. A drive through town reveals glistening windows boasting of tasty holiday treats and shiny red ribbon. Twinkling lights dance in unexpected places and bounce off sparkling trees. Whether you appreciate lots of gold and glitter or simple candles, the blessing of our Lord's birth is celebrated with expression!

While Christmas is full of joy and celebration, the world is not exempt from sorrow during this season. For many of us, our hurting hearts experience intensified ache as memories flood our minds. Perhaps the memory is of a loved one now in heaven. Maybe the memory haunts as part of a painful past; something we wish could be changed or undone. Pain not only exists from the past, but in the daily present. Discouragement doesn't stop lurking. Disease doesn't stop waging its war. Death doesn't pause for a few days.

No matter what is causing your hurt, allow yourself the opportunity to recognize the struggle you feel during the holiday season. Think also of your friends or family who may benefit from words of encouragement in hard times. When a difficult holiday is threatening to overwhelm you or a loved one, call to mind the many uplifting Bible vers-



es about trusting in God in hard times.

When Jesus was born, His parents didn't plan a gender reveal party. No one ordered a baby shower cake. Oh, Mary, yes, as the mother, she prepared for the arrival of her baby. But a business trip for tax purposes was probably the last thing on her agenda. Riding a donkey most likely would have been her last wish in her ninth month of pregnancy. The point is: Jesus wasn't born into ideal circumstances. Despite the stable which most of us would deem

unsuitable accommodations, the Light of the World made His grand entrance in the form of a little baby. Human flesh held the Son of God and the glory of the night could not be contained. Angels sang their glory to God and hope, true Hope for the world was born!

Glory to God in the highest, and on earth peace among those with whom he is pleased! Luke 2:14 ESV

Rather than focus on the gifts we can't unwrap, let's focus on the gifts we do have. Rather than wish for better circumstances, let's do our

best to rest in God's plan as the best plan for our life. Rather than walk through this suffering alone, hang on to the hope that Jesus gives as He walks through this valley with us.

Regardless of the trials you face during the Christmas season, the gift you need the most is the One

who longs to live in your heart. Despite the tough circumstances you're facing, God's plan is the best plan for your life; He loves you too much to think anything otherwise. No matter the ache or the longing, the sorrow or the suffering, the birth of Jesus brought hope and healing to the entire world. For this, we can celebrate with JOY!

Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word. 2 Thessalonians 2:16,17 ESV

Know someone who is having a difficult Christmas? Reach out to them right now with a loving message. Let them know you are praying for them, make time for that long overdue phone call or visit, and maybe even send them a sweet gift or thoughtful flower arrangement. Whatever you do, be sure to encourage them with God's pure light this holiday season.

—Rachel Wojo

TEENS

continued from page 1

Presbyterian Church (U.S.A.), 55% have a teen who identifies in the same way – and 24% have a teen who is unaffiliated.

On the whole, U.S. teens attend religious services about as often as their parents do: 44% of U.S. teens say they go to religious services at least once a month, almost exactly the same as the share of their parents who say they attend monthly (43%).

When there are religious differences between adults and their 13- to 17-year-old children, however, it's usually the teens who are less religious than the parents. For instance, far fewer teens (24%) than parents (43%) say that religion is very important in their lives.

The survey also asked parents and teens about how important they think religion is in the other person's life, and found that, overall, most are on the same page. For instance, 73% of teens give the same answer as their parent about how important religion is to the parent, and 68% of parents give the same answer about how important religion is to their teen.

But among those who do not agree, parents are far more likely to overestimate the importance of religion to their teen than to underestimate it. For example, among all parents who give a different answer than their teen does regarding the importance of religion to the teen, 69% think religion is more important in the life of their teen than their teen does, and 29% believe it is less important to their teen than their teens says. Meanwhile, among

all teens who give a different answer than their parent on the importance of religion in their parents' lives, 43% overestimate how important religion is to their parent, while 55% underestimate it.

Of approximately 1,800 teenagers who were surveyed alongside one of their parents, about half the teens (48%) say they have "all the same" religious beliefs as their



parent. But among the other half of all teens – those who say they share "some of the same" beliefs or hold "quite different" beliefs from their parent – about one-third (34%) say their parent doesn't know that they differ religiously. And one-in-six (17%) say this difference causes at least some conflict in their household.

These are among the key findings of a Pew Research Center survey of 1,811 teenagers, each of whom was interviewed along with one parent or legal guardian. To obtain parental consent and put families at ease about the content of the survey, the parent was asked to complete the survey first. Then the parent was encouraged to allow the teenager to take it independently, without coaching or other interference.

The survey was conducted March 29 to

April 14, 2019, long before the COVID-19 pandemic disrupted attendance at many churches and other houses of worship. The questions were administered online, using the Ipsos KnowledgePanel. For more information on how this survey was conducted, including margins of sampling error, see the Methodology.

A previous Pew Research Center report, based on the same survey, examined teenagers' experiences with religion in public schools. This report focuses on the religious lives of teens and the family dynamics of religion, including the degree to which parents and teenagers share religious identities, beliefs and practices; how often they talk about religion, pray before meals and read scripture together; the reasons teenagers participate in religious activities; and the relative level of importance that parents ascribe to raising their children in their religion.

The survey included teens from many religious backgrounds, including non-Christian faiths, such as Judaism, Islam, Buddhism and Hinduism. However, the sample of 1,811 teens did not include enough teens in those religious groups – or in some of the smaller Christian traditions, such as the Church of Jesus Christ of Latter-day Saints (sometimes called Mormons) or the historically black Protestant tradition – to allow their views to be analyzed and reported separately. The sample size is sufficient, though, to allow separate analysis of Catholic, evangelical Protestant, mainline Protestant and religiously unaffiliated teens.

Donaldson's
JEWELERS

Family owned, full line jewelry store and repair shop

Dave Horn Jewelry Design & Repair

Online Store at DonaldsonsTopeka.com

902 N Kansas Avenue • 785-273-5080

Alpha Christian Children's Home & School

www.alphachristianchildrenshome.com

WHAT WE DO:

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

HOW YOU CAN HELP:

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

In His Hands

Alpha Christian Children's Home

Find out more by calling
785-597-5235

Located East of Topeka
15017 27th Street
PO Box 727
Perry, Kansas 66073

Adopt Kansas Kids

Teens in foster care need loving families that can guide them into adulthood & be there for them **no matter what.**

877-457-5430 • adoptKSkids.org

Adopt Kansas Kids works to connect foster and adoptive families with children throughout Kansas who need adoption. The website is provided by Kansas Children's Services League, a nonprofit organization with the Kansas Department for Children and Families (DCF).



Celebrate the Holidays in Downtown Topeka!

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

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

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

A Full-Service Florist & Gift Shop

Absolute Design by Brenda, 629 S. Kansas Avenue, offers hand-selected flowers and exquisite designs with delivery throughout the Topeka area. They have an expansive line of gifts, jewelry and home decor for all your holiday and year-round needs.

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

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



Let your sweet tooth run wild

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

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

Handmade chocolate truffles,

home-style fudge, crispy-creamy caramel apples and more - they fashion delightful treats for every palate. Need a gift basket, gift box, or just a few delicious chocolates to go? They'll take care of all the packing and shipping, too.



Diamonds are Forever

With the Christmas season in full swing, you'll find many specials and gift ideas at David's Jewelers, 623 S. Kansas - a family business that has served Topeka for four generations, with over 50 years in business.

Diamond rings, pendants and ear-



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

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

Pancakes and more

Hanover's Pancake House at 1034 S. Kansas Avenue has been a local favorite since 1969! With a wide variety on the menu, and friendly service, it's a great place to stop for breakfast, lunch or brunch! They are also famous for the pork tenderloin sandwich, and it is huge!



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

A little bit of Heaven

Working side-by-side at Cashmere Gourmet Popcorn, Bill and Angie Anderson's goal is to create a high-quality product in every handcrafted batch of popcorn, and provide it to you with unmatched customer service. Faith and family is the driving force behind this amazing company. In fact, their family motto has always been, and will always be, "Thanks Be To God!"



Along with daughters Aleigha and Emily, they produce, package and market the popcorn. With about twenty flavors to choose from,



you'll find a little bit of heaven in every bag. Hours are Tuesday-Friday 10-6 and Saturday 10-4; closed Sunday & Monday.



CELEBRATE
the
REASON
for the
SEASON

CashmerePopcorn.com
728 S Kansas Ave
Topeka, KS 66603
(785) 554-8895



H
HAZEL HILL
chocolate traditions

Open
10-7 Mon. - Thu
10-9 Fri. - Sat.
724 S. Kansas
215-8833
www.hazelhillchocolate.com



**Christmas & Seasonal Gifts • Fresh Bouquets
Jewelry • Home Decor
Permanent Flowers**

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

Absolute Design *by Brenda*

a unique full-service florist and home design shop

785-266-7999
629 S. Kansas Ave.
AbsoluteDesignByBrenda.com

David's Jewelers

623 South Kansas Avenue ~ Topeka, Kansas ~ Since 1968

Where *quality* and *affordable prices* are a *family tradition*.



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

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

Register to Win a \$2500 Diamond Pendant!

Drawn on Christmas Eve. No purchase necessary.

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

Call for information at 785-234-4808 or 785-234-3771

(785) 234-4808 • davidsjewelersstopekaks.com



Holiday Memories, Events, & Gift Ideas!

Check Out Some of the Upcoming Holiday Events & Activities

Personalized gifts

For a variety of personalized gift options, contact Melissa at Elk Creek Engraving. They have a large selection of awards and gifts for all of your business and personal needs.



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

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

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



COMMUNITY THANKSGIVING DINNER - Nov. 26, 12-2pm, AG HALL. A warm and inviting meal is provided to residents of Topeka & surrounding areas. For delivery & info: 295-3889



SMALL BUSINESS SATURDAY - Nov. 28. Go out and support small businesses in Topeka & Shawnee County to celebrate Small Business Saturday. Enter to win gift baskets.

CHOCOLATE NUTCRACKER - Nov. 28, 2pm & 7pm, TPAC. Tickets available at the TPAC box office or Ticketmaster.com. For info: 785-234-2787



SHIMMERING HOLIDAY LIGHTS POPS - Dec. 2, 7:30pm, TPAC. Topeka Symphony Orchestra's 75th Anniversary - A concert of favorites. Visit Website for Tickets: <http://topekasymphony.org/>

FIRST FRIDAY ART MARKET - Dec. 4, Downtown and NOTO arts district. Arts, antiques, fine crafts, flea market items, snacks & beverages, entertainment and more.

MIRACLE ON KANSAS AVENUE PARADE - Dec. 5, 5pm, Downtown. This year's event will be a "reverse" parade, in which people drive by a route around the Capitol to look at the different parade floats and performers lining the streets.

BREAKFAST WITH SANTA - Dec. 5, 8am, 1st Presbyterian Church, 817 Harrison. Pancakes, sausage, Santa photos, letters to Santa, decorate cookies, more.

BALLET MIDWEST'S THE NUTCRACKER - Dec. 11, 12, 13, TPAC. Tickets available at the TPAC box office or Ticketmaster.com. For info:



785-234-2787

A VIRTUALLY CELTIC CHRISTMAS - Dec. 16, 7:30pm, TPAC. Filmed at the National Opera House of Ireland, the festive Holiday concert features the ethereal voice of top

Irish tenor Michael Londra, backed by the Irish Concert Orchestra, two nationally acclaimed choirs (Valda Choir and The Presentation Children's Choir), and top-class guest singers and musicians from the island of Ireland. <https://www.showtix4u.com/event-details/42342>



For Breakfast and Lunch it's...

HANOVER PANCAKE HOUSE

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

Best of Topeka 2014

Hanover Pancake House...need I say more?

Elk Creek Engraving

www.elkcreekengraving.com
info@elkcreekengraving.com
785-217-5701

Personalized awards and gifts for every occasion in life!



Celebrate the Holidays in North Topeka!

Lots going on in North Topeka during Holidays

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

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



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

First Friday - 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. If you haven't had a chance to the amazing and free N. Topeka historical exhibit dating back to the 1840s you only have Dec. 5 to do so!

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

Fire Me Up Family Day - Make an appointment for all-inclusive family fun. A great opportunity for kids or adults to try the pottery wheel or hand-building to focus on creativity and exploring the endless possibilities of clay. Make as many things as you can in two hours, instruction, clay, firing and glaze included. Pick up your finished fired pieces in a couple weeks. \$20 per person. Appointments Monday through Friday at Fire Me Up Ceramics, 1000 N. Kansas. (785) 766-4667 <https://firemeupceramics.com/>

A Very Merry Story Time - Santa will read Christmas stories and take photos with the kids. Guests will also receive a holiday treat!. Storytimes will be at 5:30pm and 7pm. Reserve your tickets today! Paper June, 927 N Kansas Ave. December 4, 5:30-6:30pm and 7-8pm. paper-june.myshopify.com/collections/very-merry/products/a-very-merry-story-time

THE PAD RESTAURANT

234-3596
1730 N. Topeka Blvd.

Try our lunch specials Monday - Friday!

Davidson Funeral Home & Cremation Services

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

Ed & Carolyn Popkess, Owners

"Stick With The Best!"

HERMAN'S BEEF & SAUSAGE HOUSE

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

We Specialize In Meat & Deli Items

Come and be a part of what God is doing at **Family of God Church**

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

MERIDEN ANIMAL HOSPITAL

Jeffrey F. Van Petten, DVM
Veterinary Acupuncture & Chiropractic Care
Member - AVMA, IVAS, AVCA

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

PHONE: (785) 286-2390 FAX: (785) 286-2393
TOLL FREE: (800) 894-2390 EMAIL: RICH@TARWATERS.COM
MOBIL: (785) 224-6298

TARWATER FARM & HOME SUPPLY

RICH TARWATER
OWNER

4107 N TOPEKA AVE
TOPEKA, KS 66617

BECAUSE OF THE CUSTOMER... WE EXIST!

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

COUNSELING YOU CAN TRUST

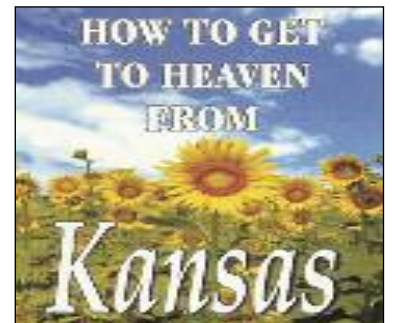
Areas of expertise:

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

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

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

www.shanemjones.com



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

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

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

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

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

brian.thomas01@gmail.com or 785-727-9439

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SAFE STREETS MEETING – 1st Wed., 11:45am, Great

Overland Station 266-4606.

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

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

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

OPERATION BACKPACK – 1st Thurs., 6pm, 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: 785-224-8803.

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

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

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

TOPEKA 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.

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

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

SUPPORT GROUPS

MIDLAND CARE GRIEF SUPPORT Groups: Building A, 200 SW Frazier Circle; Every Mon., 4-5pm; 12 Week

Adult Group for Recent Loss 1st and 3rd Thu., 10:30am & 5:30pm—Ongoing Adult Group 1st and 3rd Thu., 5:30pm: Ongoing Young Adult Group (4-18 years of age) For All Groups: Call for start dates and info packet. Group and individual grief support available upon request. Info: 785-232-2044 ext.341

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

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

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

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

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. 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 maturity.

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

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

GRIEF SUPPORT – Sponsored by Heartland Hospice for those dealing with death or major loss:

1st Mon., 5:30-7:30pm, Individual appointments; other times are available. Call Terry at (785)230-6730. 3rd Thurs., 11am, Lunch After Loss, Paisano's Ristorante, Fleming Place, SW 10th & Gage Blvd. . For reservations or info: 785-271-6500.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ON AIR

BUZZR news ANTENNA TV ACTION THE ACTION CHANNEL

NEWSmaxTV W WeatherNation REVV UNTAMED SPORTS

retro tv SHOP LC this tv jtv

TV25

We make Home Sweet Home a little sweeter

FREE on your antenna or at www.TV25.tv

Knights OF LIGHTS
A Winter Extravaganza

Canterbury has been transformed into a fantastic and colorful light spectacle for the debut of Knights of Lights!

Partnering with Landers' Visions, we're bringing a new KCRF holiday tradition to enjoy from the safety of your vehicle. Load up the whole family to drive through the village and be amazed by fantastic dazzling holiday lights and scenes!

Nov 27-29 • Dec 10-13, 17-24, 26-27, 5-10pm

Renaissance Festival

Israel, Arab countries plan embassies



Regardless of the outcome of the U.S. election, one legacy of the Trump administration is the historic success at Middle East peace. That was on display on Wednesday as U.S. Secretary of State Mike Pompeo welcomed Bahrain's and Israel's commitments to open embassies, establish online visa systems, and launch weekly flights between the countries soon, in broadened cooperation on the basis of the Abraham Accords brokered by the Trump administration.

The accords' goal is to advance prosperity and counter Iran's destabilizing activity in the region.

Pompeo met with Israel's Prime Minister Benjamin Netanyahu and Bahrain's Foreign Minister Dr. Abdullatif bin Rashid Al Zayani in Jerusalem, to discuss the historic Abraham Accords and "the path to peace, stability, and security in the region," according to a State Department statement.

"The United States welcomes the exchange of letters that will enable the opening of embassies in each respective country — a truly historic step for building warm and fruitful diplomatic ties," Pompeo said at a joint press conference before the trilateral meeting.

"We're pleased, too, that Israelis will now be part of Bahrain's e-visa system, a truly remarkable achievement in normalizing relationships and easing travel between the two nations," he added.

Pompeo pointed out that "these agreements also tell malign actors like the Islamic Republic of Iran that their influence in the region is waning and that they

are ever more isolated, and this shall forever be until they change their direction."

The accords will also "advance religious freedom," Pompeo said. Once new flight connections from Bahrain and the United Arab Emirates to Israel are launched, "Muslims will be able to more easily pray at the al-Aqsa Mosque" in Jerusalem, Pompeo said.

On the first official ministerial visit by Bahrain to Israel, Al Zayani said that the talks would center on practical means to achieve the objective of the Sept. 15 deal normalizing relations.

"We intend to focus on areas including trade, investment, entrepreneurship, tourism, banking, health, education, communication, technology, and innovation, to name just a few," Al Zayani said at the joint press conference.

Bahrain expects to establish up to 14 weekly flights from Bahrain to Tel Aviv starting next year, as well as flights to the smaller Israeli destinations of Haifa and Eilat, and up to five weekly cargo flights, Al Zayani said.

To facilitate travel, Bahrainis and Israelis will be able to apply online for entry visas as of Dec. 1, Al Zayani announced.

Both countries will also reciprocally open their embassies, Al Zayani said, adding, "I am therefore confident that this emerging cooperation between Bahrain and Israel will pave the way to a dawn of peace for the entire Middle East."

The success in brokering the Abraham Accords owes to President Donald Trump's different approach from the

common understanding on how "how to create security for the Middle East," Pompeo said in an interview in September.

"The Trump administration recognized "that the central challenge in the Middle East wasn't the conflict between Israel and the Palestinians, but rather the challenge that is presented by the Islamic Republic of Iran and their anti-Semitic terrorist campaign all around the world,"

Pompeo explained.

"The peace between Israel and Bahrain is built on solid foundations of mutual appreciation and shared interest," Netanyahu said at the press conference. The Abraham Accords made it possible "to enable the free flow of ideas, innovators, entrepreneurs between Israel and Bahrain, both directions. And we are unleashing a tremendously potent economic force and a force for peace for the

benefit of both our peoples," Netanyahu said.

Israeli Foreign Minister Gabi Ashkenazi, who is due to visit Manama, Bahrain, next month, said he hoped opening ceremonies for the embassies would be held by the end of 2020.

Sudan followed Bahrain and UAE in announcing last month it would move toward ties with Israel.

Have you ever heard the phrase, "I will do that when I get around to it"?

WELL, HERE'S YOUR "ROUND TOIT":

ESTATE PLANNING

You need a plan to set your mind at ease and ensure a **strong future for your family.** Contact Patton & Patton to get answers to:

- Where will my assets go?
- Do I need to designate a guardian?
- Will my loved ones be able to make healthcare decisions for me?
- Do I need a Will?

Scan the code to learn more!




TOPEKA
Health & Wellness
MAGAZINE

Seeking partners for a Healthier Topeka!

Topeka Health and Wellness Magazine depends on our local sponsors and content experts to guide Topekans toward a healthier lifestyle.

Will you help us?

We need partners to help us provide expertise in these and other areas:

Family medicine practitioner • Optometrist
Dentist • Massage therapist • Sports Medicine
Fitness coaching • Pediatrician • Emergency Care • Nursing
Health insurance provider • Ear, nose, and throat doctor • Pet care
OB / GYN • Senior Health and Wellness provider • Health Care Finances

By partnering with us, you can contribute to healthier lives of our loyal readers by sharing your expertise!
For more information, contact Kevin Doel at 785-554-5336 or Kevin@topekahealthandwellness.com.

PATTON & PATTON

(785) 370-0001 | PattonAndPatton@gmail.com
534 S. Kansas, Ste 1120; Topeka, Kansas 66603

entertainment

'The Iron Lady' looks at public, personal struggles of Margaret Thatcher

Released 2012. Currently available on DVD for purchase or at libraries, and streaming on Amazon Prime Video, Hulu, Netflix. CAST: Meryl Streep as Margaret Thatcher; Jim Broadbent as Denis Thatcher; Alexandra Roach as Young Margaret Thatcher; Harry Lloyd as Young Denis Thatcher; Olivia Colman as Carol Thatcher; Anthony Head as Geoffrey Howe; Nicholas Farrell as Airey Neave.

The Soviet Union gave Margaret Thatcher her colorful nickname "almost lovingly," we hear in *The Iron Lady*. And, as anyone who knew the woman—or even knew of her—it was apt.

The daughter of a small-town grocer, Margaret, through strength of intellect and force of will, pushed her way into the male-dominated halls of the British parliament. When her party favored conciliation, Thatcher advocated confrontation. When her adversaries thought her weak, she showed she could fight with the best of 'em.

Through recession and war and 11 rough-and-tumble years, Thatcher dominated U.K. politics—a leader both loved and loathed, a prime minister admired and reviled. While many regard her as one of the island kingdom's greatest leaders, people also called her merciless when she sliced budgets, a warmonger when she fought Argentina for possession of the Falkland Islands. In the end her own conservative party deposed her for being too rigid, too hard, too—

"Obstinate," she says.

It's 2008, and Margaret Thatcher—18 years removed from office—is helping husband Denis complete a crossword puzzle. She's not speaking of herself in that moment, but she might as well be. She's older now, and softer it would seem. She tut-tuts over the price of milk, fusses at Denis for not wearing a scarf. And yet the iron has not yet begun to bend ... even as the rest of her faculties begin to fade.

Denis, you see, is dead—gone for years. And yet Margaret still sees him, hears him, converses with him over soft-boiled eggs.

She knows she's living a fantasy. Or, at least, most of the time she knows. And in moments of clarity, she knows she needs to dispel him for her own good.

"I can manage perfectly well without you now," she tells him.

But is it possible the Iron Lady has finally, after all these years, met her match? Can she, with sheer force of will, push away the scourge of dementia?

Prodded by her daughter, Margaret visits a doctor who begins asking questions related to her state of mind. Is she sleeping well? Is she having hallucinations? How is she



feeling?

Margaret pounces on the doctor's use of the word feel. "People don't think anymore," she says. "They feel." Margaret is far more interested in the realm of thoughts and ideas than mere feelings. So the doctor rephrases his question: What are you thinking? he asks.

"Watch your thoughts for they become words," she says. "Watch your words for they become actions. Watch your actions for they become habits. Watch your habits, for they become your character. And watch your character, for it becomes your destiny. What we think we become. My father always said that ... and I think I am fine."

Politics aside, the Margaret Thatcher we see on display in *The Iron Lady* is strong, principled and in many ways admirable. She is not without her flaws: She can come across as a bully—someone who might do well to pay more attention to how other people feel. Her drive to power did not come without sacrifice. And yet we see a hero, too—one who stands on her principles and articulates them beautifully. With every turn and every step, she walked into the political breach unblinking, and many a quote that comes from her mouth here might wind up on someone's refrigerator.

And despite Margaret's disdain for feelings, we also see a subtle, measured affection emanating from her to Denis: a meaningful glance, a squeeze of the hand, a playful game with a toy mouse. Their relationship is not, perhaps, ideal. But they stand by each other through the best and worst of times. Margaret's dedication to the country is equaled only by Denis' dedication to his driven, difficult spouse. And while Margaret is not the best mother, either, she does love her children. When an image consultant tells her what she'll need to get rid of in order to push for party leadership, she agrees to everything ... except her dual strand of pearls. Those, she says, were a gift from her husband on the birth of her twins, and "they are absolutely nonnegotiable."

Through this and other hints, the

movie subtly confronts us with the idea that sometimes service to one's family can be just as meaningful and just as world-changing as storming the gates of power. Margaret makes some pretty difficult—questionable—choices to further her political career: When she wins a seat in parliament, the film shows her driving away, her children running after her and calling desperately for her to come back. Later, she gives her daughter a driving lesson: "One must be brave if one is to take the wheel," she says. Her daughter, Carol, thinks they're sharing a moment—but in reality Margaret's plotting a move for party leadership. When the two get home and Carol realizes the truth, she storms off.

When Denis asks Margaret to marry him, she says yes—under one condition: She will not be someone who will stand in the background; she'll not die washing teacups. "One's life must matter, Denis," she tells him. "Beyond all the cooking and the cleaning and the children, one's life must mean something!"

Margaret was at the threshold of her incredible career—a political arc that would see her change the face of Great Britain and mightily influence the world. Indeed, her life would mean something.

And yet, it would've meant something too had she turned her back on politics—opted to devote herself as a wife and mother. Her life would've meant something to the people most important to her.

In *The Iron Lady*, we see the cost of Margaret's devotion to her country. She tears down her share of barriers. But in so doing, she builds others between herself and her family. By 2008, we see a woman largely alone: Her son's in South Africa; her daughter doesn't quite know how to relate to her. Her only confidante is her husband. Her dead husband.

The Iron Lady has earned her nickname. Strong. Unyielding. Hard. Cold. And by the time the credits roll—even as the film lauds her courage and principles and achievements—it whispers, was it worth it?

When Denis' spirit prepares to leave, Margaret begs him to stay. I'm

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



New musical from Dolly Parton focuses on twin themes of goodwill and grace

"Christmas on the Square," a new musical holiday movie from country music star Dolly Parton, explores grace and goodwill toward others.

The plot centers on a despicable and wealthy woman named Regina Fuller, who returns to the small town she grew up in after her father's death. Her objective is to drive out all the local residents, and then sell the land to a mall developer—just ahead of the Christmas holiday. But Regina begins to reconsider her plans after connecting with the townspeople, catching up with a former sweetheart, and accepting advice from an angel.

The film stars Parton, Christine Baranski, Jennifer Lewis and Treat Williams and features 14 original songs by Parton, including "Christmas on the Square" from her new album "A Holly Dolly Christmas," which is her first Christmas album release in 30 years. Parton said the film demonstrates the importance of forgiving others,

a timely message while the nation remains deeply divided over multiple issues.

"There's a lot to be said about forgiveness; it cleans you for other good stuff to come in," she said. "If you go around with a bunch of hate and anger and bottled up stuff in you, you can't blossom as a person, and you're not doing yourself any favors or anyone else. It's just so much better to forgive."

"And of course, we can't forget; we still remember things. But I think when they say 'forgive and forget,' that just means to forget about that now and move on. I really think that that's so important to cleanse your own heart and your own soul, to be able to forgive and to ask forgiveness. You never should be too proud to ask for forgiveness."

The 74-year-old said she "loves to touch on things that are meaningful to people."

The musical will debut on Netflix on November 22.

not ready, she pleads as he walks down the hallway. "I don't want you to go!"

"You're going to be fine on your own, love," Denis tells her. "You always have been."

It's a complicated statement. Is it true? Absolutely. We've seen her go her own way from the beginning of her career—a grocer's daughter making an impact in a world dominated by men. Is it laudatory? Absolutely. Who could deny the strength of will and character it took for her to do what she did?

And yet there's a rebuke in there, too. You always have been.

And with that, Denis is gone. Margaret is alone, truly alone. She speaks more softly, it would seem, more gently. She asks Carol to help her with her hair, an uncommonly intimate gesture in their family. And we see her washing a teacup.

We're left to wonder, doesn't a life spent washing teacups mean something, too? Isn't it also beautiful? Isn't it also bold?

—Reviewed by Paul Asay |



1618 SW Washburn Ave.
Topeka, Kansas
785-232-4091

Hours of Operation
Monday - Saturday 11am - 10pm
Sundays 11am - 6pm



‘Farmer and the Belle’ leads family-friendly spotlight

By Michael Foust

Her name is Belle, and she is one of the world's most popular models, having graced billboards, magazine covers and TV ads.

Lately, though, her work has been slow. It seems companies want a younger, fresher face. That's because Belle is getting ... well ... old.

Facing an identification crisis and searching for life's purpose, Belle returns to the small town she once called home - a place where her childhood friend, Josh, still lives.

Will Belle find answers to what's troubling her? Will she even discover romance?

The new film *The Farmer and the Belle: Saving Santaland*, now on DVD and video on demand, follows the story of Belle as she uncovers the true meaning of beauty and then uses her fame to help save her town's main attraction (Santaland).

It's a family-friendly film in the style of a Hallmark movie, although its spotlight on faith and God's view of beauty helps it stand out from the typical family film. The Bible-centered message, coupled with a fun plot and solid acting, make it one of the best family movies of 2020.

It was inspired by a true story and stars Jenn Gotzon (*My Daddy Is in Heaven*) in the lead role, Jim E. Chandler (*Lodge 49*, *Stranger Things*) as Josh, and Corbin Bernsen (*Major League*) as her father.

The movie opens with a young Belle growing up under a fashion-centric mother who teaches her that beauty is skin deep. Belle embraces that message until she grows a few wrinkles. When she returns home, she meets a pastor (Josh) and other Christians who tell her that true beauty is found on the inside.

"You are beautiful because God made you," she is told.

It's a message our Instagram-crazed culture needs to hear. It's also a film every girl should see.

The film is being released alongside a

30-day devotional and a children's book that reinforce the biblical message. A bracelet (like the one featured in the film) also is available. For more information, visit TheFarmerAndTheBelle.net.

The film contains no language, sexual or violence.

Also worth watching this month:

'*Magic of Disney's Animal Kingdom*' (Disney Plus) -- It's a behind-the-scenes look at Disney's zoological theme park. More than that, though, it's an entertaining and educational show about animals. (Episode 5, for example, teaches us about armadillos, rhinos and crocodiles.) Even if you're not crazy about all things Disney, this one is worth watching. TV-PG.

'*LEGO Star Wars Holiday Special*' (Disney Plus) -- Rey, Finn, Poe, Lando and Rose reunite for this special that's set just after the events of *The Rise of Skywalker*. Lucasfilm, the LEGO Group and Atomic Cartoons produced it. TV-G. Nov. 17.

'*Voices of Fire*' (Netflix) -- Leaders at a predominantly black church hold a singing content with the goal of building the best-ever (and most diverse-ever) gospel choir. The congregation is the hometown church of singer/producer Pharrell Williams. His uncle is the pastor, Bishop Ezekiel Williams. It's a multi-episode series. TV-PG. Nov. 20.

'*Brave Blue World*' (Netflix) -- Matt Damon and Liam Neeson take us to regions around the world that are experiencing a water shortage -- and then show us the ingenious ways the citizens are solving their problems. (One of the areas that the film spotlights is a Christian orphanage.) It's a 50-minute documentary that will make you appreciate one of God's most amazing (and necessary) creations: water. TV-PG.

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.

John Michael Talbot helps the faithful find common ground



Protestants and Catholics, despite their theological differences, have much in common. Legendary Christian musician John Michael Talbot says they especially need to stand together today as the sanctity of life, religious freedom and the traditional family are being eroded. All too often, however, their relationship has been marked by suspicion and misperceptions.

Talbot, a pioneering Christian musician and author, has followed a journey that led him from evangelical Protestantism to Catholic monasticism. His music is beloved by Protestants and Catholics alike, and his monastery welcomes Protestants. Few Christians are more qualified to promote unity and understanding in the church.

"I was shocked to find the Catholic faith," he said. "I didn't want to be a Catholic, and I didn't even like Catholics — I'm still working on that. But God gave me a word, and it was, 'John, I want you to become a Catholic. My first church became sick and nearly died, but I'm going to raise it up, and I want you to be part of it.' That word was personal for me, but I think it's also corporate for the church today. It's a word that Catholics need to hear. She's been sick and nearly died, but I will heal her and raise her up."

"Metro Voice" recently visited with Talbot at his Little Portion Hermitage near Eureka Springs, Ark., about the Catholic faith, the lessons Protestants can learn from monastic life and how to practice solitude and contemplation in a busy world.

From Jesus Movement to Monasticism

Talbot has deep roots in the country-rock sound and the Jesus Movement of the early 1970s. He and his brother, Terry, founded the band Mason Proffit, which many fans consider one of the most influential country-rock groups of the era. He and Terry then performed as the Talbot Brothers before John Michael began his solo career. "Songs from Solitude," his 56th recording, recently was released, and he has sold more than five million records.

So what led a popular and influential musician in the early days of contemporary Christian music to convert to Catholicism?

"One of the reasons I became a Catholic is that I discovered the first 1,600 years of the church," he said. "I immersed myself in it and became a Catholic. I believe in the very primitive expressions of Catholicism. My forte is in the apostolic fathers — Irenaeus, Tertullian, Clement of Rome, St. Ignatius of Antioch and St. Joseph the Martyr. These are the formative expression of what we call the Christian church.

"It's from that that the Bible was even written, because we know the apocalypse was written at the same time that Clement of Rome was writing. Then it was com-

one, but they are just attracted to it."

Practicing Solitude

Although not every Christian is going to convert to Catholicism, much less adopt a monastic lifestyle, Talbot believes anyone can enrich their spiritual life by taking time to practice solitude and contemplation.

"Simplify your life and get rid of the clutter and noise so you can focus on Jesus," he said. "It's not because stillness is the end of it but so we can discover what God is saying. What is the Holy Spirit saying to us?"

Of course, this advice is much more difficult to practice than it is to preach. Talbot offers several practical suggestions.

"My advice first of all is that just as make an appointment to go to dinner with your spouse, make an appointment with Jesus," he said. "You have to do that on a daily basis. Take 20 to 30 minutes in the morning or evening. Turn off the tablet, turn off the TV, don't answer your phone. Just be with the Lord. Prayerfully read the Bible and really let the words soak in. Visualize Jesus as you read the words of scripture. Use your imagination in a good way, and then move beyond your imagination into intuition, which is where contemplation comes in. The rest of it is focusing, seeing Jesus, disciplining your body, living a disciplined life — that's all the active life."

He refers to this process as setting the table.

"The contemplative life is when Jesus shows up," he said. "So you set the table for Jesus, and then he shows up. Setting the table is work, the things we can do. Turn off the TV, the phone, social media, have a quiet place in your house, have a prayer corner or prayer room. Do all that. That's the work. Then you simply praise and worship God, you repent and then suddenly, he shows up. And when he shows up, there is nothing to do but simply be with the one who is. Jesus is the I am. Simply be with the one who is God's name. I think that is something that is terribly missing."

Talbot encourages Christians to commit to a more contemplative life in the new year. He also invites anyone — Catholic or Protestant — who is interested to visit Little Portion for a day or even a week or two. Guests are welcome to participate in the life of the monastery or simply spend time alone.

"You can't give what you don't have," he said. "A lot of times in ministry we try to give what we don't have. You can't have it until you get it, and the way you get it is to be in a place where you are in really deep communion with God through Christ. Then you overflow. Monasteries are reservoirs, and ministry is an aqueduct of grace coming out of the reservoir of prayer. When you are in ministry, you can't keep anything for yourself. All the water goes to those who need it. So traditionally, ministry has overflowed from monastic life all through the history of the church.

"Monasteries are places where you are separated from all and untied with all. You renounce all to gain everything."

Talbot's new CD, "Songs from Solitude," and latest book, "Exploring the Gifts of the Spirit: Discovering the Power God Has for You," are available at www.johnmichaeltalbot.com. Learn more about Little Portion or order gifts from its bakery at www.littleportionhermitage.org.

Elizabeth Anne Mall releases Christmas EP

Kansas native Elizabeth Anne Mall has released a Christmas EP titled "Noel" produced by 14-time Grammy award winning producer Rob Chiarelli.



and iTunes.

Mall graduated in 2010 from Clay Center Community High School and is a songwriter with Polychord Records.

She was raised on a farm west of Morganville, gradu-

ated with a bachelor degree in Music Ministry from College of the Ozarks in Branson, MO, and is currently completing graduate work from Biola University (Los Angeles) in Christian Apologetics.

She resides in Wichita, Kansas with her husband Scott and two children.

piled by the church throughout history. We have this thing called the biblios or collection of books. So to understand the Bible correctly, and if there is a debate over a passage of scripture that is dividing us today — and I think there may be one or two — let's go back to the early church from which the scriptures were birthed and see if they had an understanding of what it meant and how to live it. That was my big journey."

Talbot founded Little Portion on land that he had purchased while playing in Mason Proffit.

"Jesus is our founder, the scripture is our ruler and our greatest law is love, guided by truth that comes to us from scripture, apostolic tradition and the teaching of the church," he said. "The greatest expression of that is integration. We integrate seeming opposites through the cross into a harmony. Those integrations include stages of life, self-monastics, singles, celibates and married people with families. We also integrate the lay state and the clerical state, the charismatic and the liturgical, East and West and to some degree, Catholic and Protestant."

Clearing Up Misperceptions

Talbot clarified several common misperceptions about the Catholic faith.

- "We don't worship Mary. We venerate the saints. Mary in the early church was kind of called the saint of saints. It is similar to worship and veneration. Mary is given hyperdulia, because no other saint gave birth to Jesus. Saints are revered. If you look at the early church, the role of Mary was always there. Even during the Protestant reformation, Luther never did away with the veneration of Mary."

- "We don't believe magically in transubstantiation. We believe Jesus is fully present, but it's through the word of God that he is fully present."

- "The pope is not infallible every time he speaks. He has spoken infallibly just a handful of times in the entire Christian history. We don't believe the pope is without error every time he speaks. Popes have said things that are right and wrong, but somehow through the grace of God, we've been kept from heresy."

- "Monasteries are very busy places. People have misconceptions. If you visit a monastery and walk the grounds and visit the chapel, you think this is heaven on earth. You are going to find out that, no, it's purgatory, because you have to live with other people and do a lot of work. We have to pay the bills. Monasteries are very human places with a very divine calling. The people you meet are just like anybody else. There are a few saints here and there, but most monastics are just trying to be good Christians."

Although Talbot is Catholic, his music has always been popular among Protestants as well. His brother, Terry, is a worship leader at a large evangelical church in Fresno, Calif. "We have about 20 percent non-Catholic participation in our domestic community," he said. "A lot of them become Catholic. We don't push anybody into the pool and force it on any-



4 Tips For Beating Back Holiday Stress This Year

The holidays will be especially stressful for people who are already struggling with isolation and loneliness due to the pandemic. Many families haven't gathered at all for the past ten months. Many are grieving that they cannot celebrate in their traditional ways.

Erin Wiley, MA, LPC, LPCC, a licensed clinical psychotherapist, has tips to help people navigate a pandemic holiday season.

"The patients I see for counseling regularly are already struggling with the idea that they haven't seen many of their family members since last December. Knowing they won't see any of them for possibly another 6 to 18 months is really weighing on them emotionally," Wiley said. "It's a real grieving process, knowing that you should forfeit seeing loved ones for the greater good of all."

People who live close to family and people who still live in the towns where they grew up don't seem to be phased by the restrictions as others are, she noted. Those who are transplants in their communities struggle more because they may already have felt isolated.

"Singles, in particular, have mentioned to me how hard it is to always be alone," Wiley said. "I have encouraged many to consider a pet for company."

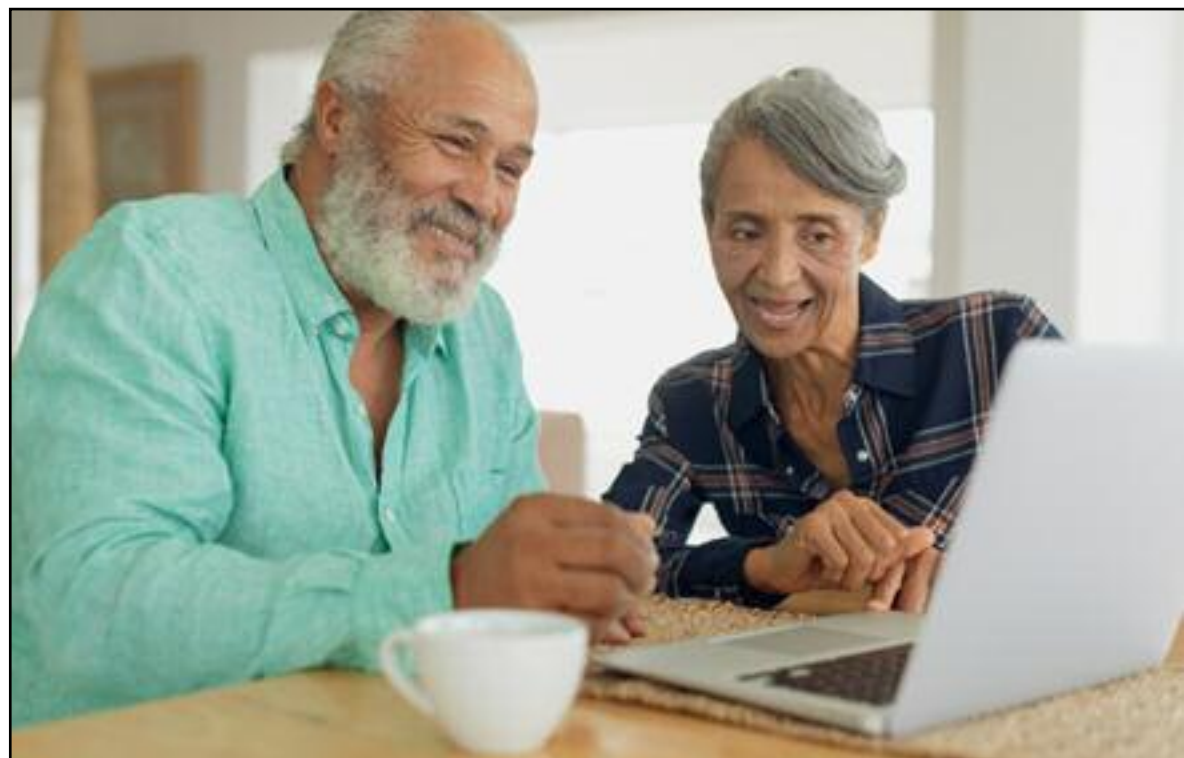
In Wiley's suburban area, many families are still meeting as usual. "Plenty have decided to forgo holiday gatherings altogether, for fear of getting anyone, especially older family members, sick," Wiley said.

"Some are making plans to exchange gifts and food plates on each other's doorsteps," Wiley said. "Some are mailing gifts to open together on zoom. A few families are driving south to stay in isolation in a rental where it's warm since they can't see any family this year. People are getting creative, but it's because they are trying to find a way to cope with the loss of the traditional holiday as they've always known it."

Letting Go of Expectations

Suggestions for better mental health during the holiday season include letting go of expectations. Things are going to be much different for most families this year. Knowing this and managing it emotionally will help bring peace.

"If we let ourselves get carried away in the list of things we lost this year, it can be overwhelming and depressing," Wiley said. "Give yourself time to experience the sadness, disappointment, and emotional pain of this loss, then resolve to find new and creative ways to celebrate the holiday, even with the restrictions we are under."



If you are someone who has looser boundaries than others, try understanding that people are afraid and that the fear is legitimate, Wiley said. "Being angry because people want to stay safe isn't fair. We all need to take a step back to work on regulating our emotions when upset and disappointed. Know that, even if you can't see family members this winter, you will be able to again at some point in the future. Think of that joyful reunion!"

If you are someone who is holding stricter rules for isolating this season, explain your boundaries the best you can to your family. "Prepare for people to be frustrated or disappointed but remember that it isn't your job to make others happy," Wiley recommended. "Your primary job is to keep you and your family safe."

Here are 4 mental health self-care tips to practice particularly during the holidays:

1. Take time to focus on the good

Writing and meditating on the things we are grateful for is a proven method to increase joy because it helps us find the positive, no matter our situation. If you do it every day, you will find over time that you see wonderful things all around you to add to your list for the next day's gratitude practice.

2. Take time to be alone

Holidays are notoriously busy even in times of social isolation. Get away from the noise, from the internet, social media, and other busy distractions. Turn off the TV and the music and spend some quiet time in solitude. Even if you are an extrovert, especially if you are an extrovert, it's good to slow down and give our brains a break from the chaos.

3. Focus some of your energy on people in need

At a time of year when everyone is feeling more generous and especially in a year where so many have struggled with maintaining stable income, and someone in need who you can assist. It can be as simple as an anonymous \$10 gift card for the grocery store or gas station, or as elaborate as "adopting" a local family in need for gift giving. Keeping our eyes off of our own troubles and instead focusing on helping others is a solid strategy for increased joy.

4. Make an effort to remain emotionally connected during the holidays

Create new traditions with those around you, even if you can't spend time with them in person. Families can send packages of small gifts to family members they can't see this year, we can reach out to neighbors by sharing holiday foods, make decorations for a local nursing home, or adopt a family in need. Online calls are still a good

way to see people who we miss, even though many of us are tired of staring at screens because of work.

Make it interesting: hold an online gathering where younger children ask the older generation about holidays past. Create a fun trivia contest around a holiday theme and crown a virtual winner. Send presents in the mail and open them "together" in a group online.

Erin Wiley, MA, LPC, LPCC, is a clinical psychotherapist and the executive director of The Willow Center, a counseling practice in Toledo, Ohio. For further information visit ErinWiley.com



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

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

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

**For more information call
(785) 260-6444**

www.phoenixhomehc.com



metro
VOICE

metrovoicenews.com

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

5 Tips for Managing High Cholesterol

High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke, but typically shows no symptoms. Understanding the role cholesterol plays, potential risk factors and how to manage it are important aspects of protecting your heart health.

LDL cholesterol (low-density lipoprotein) is considered “bad” cholesterol because it contributes to fat buildup in the arteries while HDL cholesterol (high-density lipoprotein) is considered “good” cholesterol as it can carry LDL cholesterol away from the arteries to be broken down and passed from the body.

The LDL cholesterol level is important to monitor and is optimal when it is less than 100 for otherwise healthy people, according to the American Heart Association, which recommends adults age 20 or older should have their cholesterol and other risk factors checked every 4-6 years by their primary care physician with a simple blood test. Cholesterol management is not one size fits all, so those who have already experienced a heart attack or stroke, or have family history of high cholesterol, may need to have their cholesterol levels and risk factors checked more often and may need to make lifestyle changes or take prescribed medication to help manage cholesterol levels.

Make informed decisions about managing your cholesterol levels and



overall health with these tips from the American Heart Association’s “Check. Change. Control. Cholesterol” program, nationally supported by Amgen:

1. Assess your risk. Your health care professional can help determine your risk for a cardiovascular event like heart attack or stroke and help manage your cholesterol as one aspect of preventive care.

Your medical and family history and your lifestyle provide important clues about your risk level. Risk is elevated for people who have had a heart attack or stroke; blockages in the arteries of the heart, neck or legs; chronic inflammatory disease; kidney disease; or other medical concerns. Your health care professional will also consider your age, sex, whether you have diabetes, high blood pressure, high cholesterol and if you smoke. Your diet, physical activity levels,

alcohol intake and any drugs or supplements you’ve been taking factor into your risk level, as well.

2. Eat a heart-healthy diet. From a dietary standpoint, one of the best ways to lower your cholesterol is to avoid foods with saturated fat and trans fat. Limit saturated fat to 5-6% of your daily calories and avoid trans fat, which means limiting intake of processed or fatty meats and full-fat dairy products. Choose low-fat dairy products and lean proteins instead.

A heart-healthy diet emphasizes fruits, vegetables, nuts, legumes, whole grains, lean vegetable or animal proteins and fish while limiting things like trans fats, sodium, processed meats, refined carbohydrates and sugary foods and beverages. Eating this way may also help increase your fiber intake, which can help lower cholesterol levels by as much as 10%.

3. Be physically active. A sedentary lifestyle lowers HDL cholesterol. Just 150 minutes of moderate-intensity aerobic exercise a week is enough to help lower both LDL cholesterol and high blood pressure. Consider mixing up the options to keep your exercise routine engaging and prevent boredom. Try activities like brisk walking, swimming, bicycling or dancing.

4. Quit smoking and avoid second-hand smoke. Smoking lowers HDL cholesterol. What’s more, when a person with unhealthy cholesterol levels also smokes, his or her risk of coronary heart disease increases more than it would otherwise. Smoking also compounds other risk factors for heart disease, such as high blood pressure and diabetes. By quitting, smokers can lower their cholesterol levels and help protect their arteries. Nonsmokers should avoid exposure to secondhand smoke as much as possible.

5. Lose weight. Being overweight or obese tends to raise LDL cholesterol and lower HDL cholesterol. A weight loss of as little as 10% can help improve your cholesterol numbers.

Find more resources and tools to help manage your heart health and cholesterol at heart.org.

— Family Features



5 Ways to Ensure Medication Safety During COVID-19

During the COVID-19 pandemic, staying healthy is top of mind. For individuals at risk for or diagnosed with COVID-19, the addition of new treatments may pose another medical danger: adverse drug events (ADEs). ADEs cause an estimated 150,000 deaths per year in the United States and 1.3 million emergency room visits, resulting in nearly 350,000 people hospitalized for further treatment.

The experts at Tabula Rasa HealthCare, a team of clinical pharmacists building solutions for personalized medication safety, recommend several actions to improve medication safety and prevent ADEs:

1. Keep an updated list of all your medications.

Ask your doctor(s) for a list of all your medications and update it with over-the-counter medications to ensure you both have a complete profile. Document why you take each medicine, the dose, frequency and time of day. Always have access to it by, for example, creating a secure note in your phone for safekeeping. Also, share a copy with a loved one in case of an emergency.

2. Ask your pharmacist to review your medication regimen.

Make an appointment with your pharmacist to review your medications, including prescription, non-prescription, supplements, herbals and recreational drugs. While you may see multiple health care providers, your pharmacist can provide a holistic review of your regimen. Ask questions and try to understand the purpose of each medication. Your pharmacist likely has access to technological tools that identify risk for preventable ADEs. For example, Tabula Rasa HealthCare’s MedWise is a one-of-a-kind technology solution that compares how medications interact together. Using this unique solution, pharmacists may assist you with managing your medications safer and smarter. If you are not aware if your health plan covers pharmacist visits, consider selecting a plan that does.

3. Ask about the benefits of a “pharmacogenomic” test.

If you have a chronic illness and take multiple medications, ask your pharmacist for a test that identifies your personal gene make-up that can affect the way certain medications interact with each other in your body. With this data, your pharmacist can determine if your medications will work as expected, or if they may put you at risk for ADEs. With tools that store this data, your pharmacist can personalize your medication regimen and help reduce your risk for ADEs.

4. Ask your pharmacist about risks with every new medication.

If you are diagnosed with COVID-19, talk to your pharmacist before taking any new medications to determine if they may increase your risk for ADEs. When adding or removing medications to or from your regimen, it is important to understand how these changes impact your risk for an ADE. Another tool your pharmacist may use is the MedWise Risk Score to help you better understand and measure medication risk with changes. Your pharmacist may adjust how you take your medications or recommend an alternative that is safer for you.

5. Develop a routine for taking your medications and stick with it.

Be consistent when you take your medications to avoid ADEs. Your pharmacist can provide you with a unique medication profile that outlines the time to take each of your medications for safety. Setting reminders such as an alert on your cell phone or sticky notes can help remind you to take your medication on time.

Pharmacists are medication safety “quarterbacks,” helping optimize your medication regimen, avoid ADEs and assure you and your loved ones stay healthy and safe, during and after COVID-19. To learn more, visit trhc.com/nextfrontier.

— Family Features

Aldersgate VILLAGE
RETIREMENT COMMUNITY

Independent Living	Rehabilitation Services
Assisted Living	Sub-acute Program
Memory Care	Transportation
Skilled Nursing Care	

Call (785) 478-9440 or visit aldersgatevillage.org
7220 SW Asbury Drive | Topeka, KS 66614

CPAP
Supplies & Services LLC

Specializing in all your CPAP needs

785-289-3188

2905 SW Gage Blvd., Topeka, KS

sports

With Christ-centered program, Liberty football now 8-1 under head coach Hugh Freeze



Each autumn, as the leaves change and the temperature dwindles, so does the number of undefeated teams in college football. One of the most surprising programs to emerge unblemished from its first six games of this unprecedented 2020 season is the Liberty Flames.

Led by second-year head coach Hugh Freeze and in only their third season in the FBS, the Flames improved to 8-0 before falling to NC State Nov. 21, 15-14.

The Flames' fast start has earned votes in the AP poll for the first time in program history.

"We have the same message weekly," Freeze said in his postgame press conference after beating Syracuse. "We put self aside and we look at what's best for the team. I do think you have to have that echoed in the locker room. ... When you have a staff that has chemistry and the kids see that, and you have leaders in the locker room that echo it and will call others out on it, then I think you have the makings of a special

unit."

The football program at Liberty, a large private evangelical Christian university in Lynchburg, Va., has seen unparalleled success since it hired Freeze in December 2018. He brought with him a wealth of top-tier college football success as the head coach at Ole Miss for five seasons. However, he resigned from the job in July 2017 amid NCAA recruiting violations and a personal scandal involving calls he made to an escort service.

Freeze's reputation fell into disrepute after his undignified departure from Ole Miss, yet he said it is in the forgiveness that Christ offers that he has been able to recover. He addressed Liberty students and staff in 2018, his first public appearance since his resignation, to express his regret but also to share about Christ's great forgiveness.

"When my walls came crumbling down around me, the faith that I stand on through the son of God, Jesus Christ — it is a solid rock. A

FROM THE CHEAP SEATS

By Rob Mooney

Covid19 is not only wreaking havoc across the United States, it's also causing a nightmare for the NCAA as they try and get the football season in. There have been over 80 games that have either been cancelled or postponed this season already, including 16 from Week 12. As we are 3 days out from Week 13, there are already 2 games that have been cancelled. We are definitely limping towards the finish line and who knows what the college playoffs will look like.

Right now it's a 4 team stampede consisting of Alabama, Notre Dame, Ohio State and Clemson. As long as all of these teams win out, these should be the teams that get in. Notice that there are no Big 12 teams this year. All of the Big 12 teams have at least 2 losses, including conference

leader Iowa State. Wait, did I just refer to the Iowa State Cyclones as the conference leader? This has been a crazy year!

This past weekend, Clemson traveled to Tallahassee, Florida to play the Florida State Seminoles. Just hours before the game, Florida State administration decided to postpone the game because a backup offensive lineman for Clemson tested positive for Covid and they felt uncomfortable playing the game.

When I first heard this I was rather surprised and assumed that the Seminoles were just looking to not play the Tigers. However, after researching a bit more, since the infected player is an offensive lineman, it makes a little more sense. Clemson coach Dabo Swinney blasted the Florida State administration for the post-

giveness."

Freeze joined the Sports Spectrum Podcast in March 2019 to discuss his faith and his journey to forgiveness.

"The foundational core of who I am is based on faith in God through His Son Jesus Christ," Freeze said. "And that certainly doesn't mean I'm perfect, as everyone knows, but I am forgiven and I want everyone to experience that forgiveness, that same grace and mercy that I've received."

Roethlisberger seeks to live like Christ; Steelers lead NFL

The 2020 version of the Pittsburgh Steelers have done something that no other team in the history of the storied franchise has ever managed to accomplish: begin a season 8-0.

Led by head coach Mike Tomlin and veteran quarterback Ben Roethlisberger, Pittsburgh has since gone on to improve to 10-0 going into their Thanksgiving game against the Baltimore Ravens.

The Steelers remain the league's only undefeated team.

A big reason why they were able to stay unblemished is because of the play of the 38-year-old Roethlisberger.

Yet in a postgame press conference, Roethlisberger was sure to compliment the resilience and effort of his teammates multiple times.

"I can't say enough about the skill guys," he said, "the way that they're able to do things on the fly, and the line blocking, and I'm just really proud of everybody."

Later, he added, "I don't want to let [my teammates] down. So I want to give everything I have and fight."

In 2019, Roethlisberger suffered a right elbow injury in Week 2 and missed the remainder of the season. He's opened up more since his return about how his perspective has changed throughout his career and the greater purpose he seeks to live for every day. In June, Roethlisberger was asked about his faith in Jesus.

"Three years ago now I made the decision to be baptized because I felt like I needed to do that," he said. "I wanted to have a closer walk, a better relationship with Jesus, with my wife, with my kids,



with my family — become a better person. So I think the person that brought me to Him was Jesus. Jesus is the One who brought me back to Him, and I'm so thankful for it because I feel I'm a better Christian, a better husband and a better father today because of His forgiveness of me."

Later, he added, "One of the things that I want to tell guys and tell people out there is that I could be a really good athlete and a Christian. It's not one or the other. You can do both. I want that to be known, especially to all you young men out there. It's cool to be a Christian and be an athlete. 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."

Since then, the quarterback has

ponement and went as far as saying that the Seminoles forfeited the game. It cost Clemson around \$250,000 to travel to Florida for the game and they even offered to play the game on Sunday or Monday, but Florida State wasn't having any of it. The game is tentatively scheduled for December 12th.

This college season has been a mess and I think that most schools are just trying to get through the process. I know that schools are following protocol and doing the best that they can but if the football season is having such a difficult time, just wait until basketball season begins. It could real messy. As a matter of fact, Duke's opening game against Gardner-Webb scheduled for Wednesday, November 25th has already been cancelled.

It will be interesting to see how the football season finishes and how the basketball season plays out. Whatever happens, brace yourself for more cancellations and postponements as we move forward.

The Flames were eligible to qualify for an FBS bowl game for the first time last fall, Freeze's first season, and they accomplished the impressive feat. Freeze and his team went 7-5 during the regular season and captured the Cure Bowl over Georgia Southern in December.

Those in the Liberty football program have their eyes on even greater postseason success in 2020 even as they hold to their one-week-at-a-time approach.



How to Bring More Space into Bathrooms

Today's designers, architects and builders are creating modern bathrooms that are practical, luxurious, comfortable and accommodating. They know homeowners and homebuyers desire – even demand – these features regardless of the bathroom's size or layout.

Therein lies the challenge: How to create a feeling of spaciousness and openness without sacrificing valuable floor space, obstructing traffic flow or forfeiting storage space. Despite these impediments, building professionals can meet these bath-design challenges and even exceed them with an option like Johnson Pocket Door Frame Kits.

Pocket doors can be installed in virtually any room but are particularly well suited for use in bathrooms, where space is often at a premium. The typical hinged door requires up to 14 square feet of floor space to swing open. A pocket door, conversely, slides into the wall, leaving the space in front of and on either side of the doorway open and available.

Pocket doors are commonly installed at the entrances to bath-

rooms and can also be used to conceal linen closets and washers and dryers when the bathroom serves double duty as a laundry room.

There's also a growing bathroom remodeling trend of enclosing the toilet alcove to create a toilet "room" within the bathroom. However, space restrictions seldom allow for the installation of a swinging door, so remodelers often install pocket doors.

Pocket door frames also allow for items to be mounted on the pocket wall. For instance, when used with Johnson's 151558PL Pocket Wall Reinforcement Clip



Set and 5/8-inch thick plywood, the 1500SC Pocket Door Frame with all-steel split studs can support wall-mounted fixtures such as towel bars, shelves, framed mirrors or artwork. The pocket door frame kit comes equipped with soft-close hardware that allows doors up to 200 pounds to be opened and closed by the touch of a fingertip for less risk of pinched fingers and slammed doors. The frame also comes with self-tapping screws that work for both drywall and finish trim, and the smooth-rolling pocket door hardware and track exceed ANSI standards, meaning they can successfully complete 100,000 opening and closing cycles.

Another potentially unexpected benefit of using pocket doors in bathrooms is the free space gained can be used to install larger vanity cabinets, freestanding shelving units, bigger bathtubs and other fixtures that may have been squeezed out in order to accommodate swinging doors.

To find more ways to bring more space to your bathrooms, visit johnsonhardware.com or call 800-837-5664.

– Family Features

BRUSHLESS **AUTOMATIC WASH** featuring **ZERO SPOT RINSE**

OTTO CAR WASHES

5821 SW 21st St just west of I-470

Self-Service Bays with **BUSTER BRUSH** and **Detail Areas** with **FREE** Vacuums

Open 24 Hours Major Credit Cards Accepted

1 Topeka and 4 Kansas City Locations

AUTOMATIC CAR WASH STARTING AT **\$7.00**

Text "OTTO" to 71441

10% OFF Furnace Check (5% Off Parts)
Time to change your filters! Coupon Expires Dec. 31, 2020

DEBACKERS, Inc. Since 1949
Heating - Cooling New Construction & Replacement Systems
232-2916 • 1520 E. 10th St.

YOU NAME IT HANDYMAN

Home & Mobile Home Repair, Painting, Barn Restoration & Property Cleanup, Building Maintenance, Skid Loader, Dump Truck, 61-foot Condor man-lift & 35-foot Bucket Truck for Hire

Terry Fox
785-966-2628

No Job Too Small!

Bodine's Pest Control Call 228-9962
Free estimates!

• Business & Residential
• Honest & Reliable Service
• Licensed and Highly Trained

bug-man@sbcglobal.net

Ask about our Total Home Care Package!

GOD FIRST • VETERAN OWNED

Mention this ad for 10% OFF!

Mickey's Handyman Service

Complete Home Repair & Improvement
Quality Work at a Lower Cost

Call for free estimate: 785-383-0269

ROOF MAXX
MORE LIFE. LESS MONEY. GUARANTEED.

Rejuvenate your Roof and Extend its Life!

Roof Inspection is Always Free!

Mark McBeth • Certified Dealer
785-554-9868 • mmcbeth@roofmaxx.com

Watch the video at www.roofmaxx.com!

ENEMY PAINTING
RESIDENTIAL & COMMERCIAL
INTERIOR & EXTERIOR

785-383-4965

New Resident Church Guide

1. HIGHLAND HEIGHTS CHRISTIAN CHURCH

785-379-5642
Sunday Services: 8:30 and 10:00 AM
2930 SE Tecumseh Road
Tecumseh, Kansas 66542
www.highlandheightsccc.com
Jars of Clay Children's Ctr 785-379-9098

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.gccinoverbrook.com
office@gccinoverbrook.com

10. LORD'S HOUSE CHURCH

300 SW Roosevelt, Topeka KS 66606
Pastor Marilyn Hahn McGinnis
10 a.m. Sunday (Non-traditional Service)
See "About Us" at our website
www.kawriverkeruv.com
Questions? kawriverlordshouse@att.net

11. COMMUNITY CHURCH
1819 SW 21st St., Topeka
233-3537 www.CommunityChurchKS.com
Sun. 9:30am - Sunday School for all ages
Sun. 10:30am - Worship & Word, Children
Wed. 6:30pm - Children, Youth, Adult
~ Nursery care for all services ~

12. BUCK CREEK COUNTRY CHURCH

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

13. WANAMAKER WOODS NAZARENE

Serving Christ - Loving People
3501 SW Wanamaker Rd • 273-2248
Dr. L.D. Holmes, Sr. Pastor
www.wwnaz.org
Sun. Worship: 9am (Hymns) & 11 am
Children's Worship 9 & 11 am
Sunday School 10 am, all ages
Sun. Evening Various Children's Programs
6 pm Life Groups; 6:30 pm Teen Service
Wed. 6:30 pm Adult & Teen Life Groups
Wed. 6:30 pm Kids University
~ Nursery care at all services ~

14. GRACE LIFE CONNECTION

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

15. OAKLAND UNITED METHODIST

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

16. HOUSE OF THE LORD CHURCH

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



Wed. Prayer & Praise 7pm
785-266-LOVE (5683)
J. Michael Borjon, Pastor

17. EAST SIDE BAPTIST CHURCH

4425 S.E. 29th St., 379-9933.
Sunday Worship 10:45am & 6:00pm
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

20. HERITAGE BAPTIST CHURCH

1937 NE Madison St,
Topeka, KS 66616 • 785-506-4594
Pastor Dale Stockburger
Sunday Worship: 10 am and 6pm
Junior Church for kids: Sun 10am
Wed. Evening Worship: 7pm

21. HARVEST FAMILY FELLOWSHIP

Meets at 522 SW Polk
785-220-5418
Pastor Rey Rodriguez
Sun. Worship 10:30 am
www.topekaharvest.vpweb.com

22. FAMILY OF GOD CHURCH

1231 NW Eugene St.
Topeka, KS 66608

Pastor Roger Randel
Sunday Worship 10:30am & 6pm
Wednesday Bible Study 7pm
234-1111 • FOGchurch.com

24. TRINITY REFORMED BAPTIST CHURCH

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

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

classified

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

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

FOR SALE:

HONEY for sale, local, new crop. Tecumseh area. Pick up or we deliver. All types of honey products. Call 785-215-5280. Prairie School Honey.

WANTED:

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

PART-TIME ACCOUNT REP - Work your own hours. Call on businesses, churches & non-profits about their advertisements in Metro Voice. Generous commission on all ads you place; no base. 235-3340 Voice@cox.net

FEMALE SINGERS WANTED - Topeka Acapella Unlimited is looking for female singers who would like to sing four part acapella harmonies. Topeka Acapella Unlimited is a Chapter of Sweet Adelines, International. Call Cindy Patton at 785-640-7403 for more information.

VOLUNTEER WRITERS - Metro Voice

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

Part-Time Income
Work flexible hours
Call on businesses, churches, and non-profits about advertising options in Metro Voice.
Generous commission paid on any ads placed.
Call 235-3340 or email voice@cox.net

\$300 HIRING BONUS
Direct Support Professionals
O/N sleep positions \$10/hour
Full time & Part time
Paid training & great benefits
SLI
Serving People with disabilities since 1972
3401 SW Harrison St, Topeka, KS 66611
EOE www.slitopeka.org

TOPEKA BIBLE CHURCH
1101 SW Mulvane, Topeka, KS 66604
1135 SW College Ave., Topeka, KS 66604
234-5545 www.discovertbc.com
Worship Service: 9:00 & 10:30 am
Livestream at 9:00 am
Sunday School & Bible Studies 9:00 & 10:30 am
Senior Pastor: Jim Congdon

Local Christian Radio
Listen at work!
KFGB 97.7 FM Upper Room Radio
UpperRoomRadioOnline.com

Life
CHRISTIANS FOR LIFE, INC.
EVERY LIFE COUNTS
INFO@HEARTOFAMERICAWALL.ORG
785-267-5777
P.O. Box 3856, TOPEKA, KS 66604



MINISTRY NEEDS GUIDE



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

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

BREAKTHROUGH HOUSE, INC. 785-232-6807; 1195 SW Buchanan, Topeka, KS 66604. www.breakthroughhouse.org; www.facebook.com/Breakthrough-House-Inc-228527173160/. A non-clinical, non-medical, private non-profit that helps support individuals with mental illness. Our mission is To Empower Our Mental Health Consumers to Live Independent, Impactful Lives. We serve over 350 residents of Shawnee County through three programs: Breakthrough Clubhouse, a place for consumers to gather for socialization, activities, and a healthy meal; Breakthrough Residential Program, a supportive-care program of two group homes and independent apartments; and the Breakthrough Representative Payee Program, ensuring our consumers' rents, utilities and medical bills are paid. Needs: non-perishable foods, personal hygiene items, volunteers.

CATHOLIC CHARITIES OF NORTHEAST KANSAS. 234 S Kansas Avenue, Topeka, KS 66603. www.catholiccharitiesks.org. Founded in 1956, Catholic Charities of Northeast Kansas is a nonprofit health and human services agency that assists annually more than 85,000 people of all faiths. Our work strengthens both families and communities in the 21 counties we serve. Our vision is that our neighbors who are challenged by poverty of mind, body and spirit find the open door of Catholic Charities in our communities and are met with help, hospitality and hope. The Topeka location always has a need for food drives and donations.

CHRISTIAN STREET WITNESS and CHRISTIAN NEIGHBOR CENTER. 107 SW 14th St., Topeka, Ks, 66612; 354-8763. James Kincaid, House Manager. Purpose is to share the Good News, feed and clothe the hungry, work with ex-convicts, the down and out, alcoholics, drug addicts, widows and orphans, abused women and children, and others going through

difficult times; help them find jobs, counsel them and offer them a safe place. Donations/volunteers needed. Current needs include canned goods and help with the chapel window project.

CHRISTIANS FOR LIFE. PO Box 3856, Topeka, Ks, 66604. 267-5777; bakerbarb54130@gmail.com; Barbara Saldivar. A pro-life ministry that facilitates the Heart of America Memorial Wall for the Unborn, located at 1216 SE Republican Ave., offering those who lost a baby through miscarriage, still birth, or abortion a place to put their child's name on the wall of remembrance. Donations toward the cost are welcome and needed but not required. Meetings are monthly, please call for details. Public is welcome. Donations & volunteers to assist with upkeep are needed.

DOORSTEP, INC., 1119 SW 10th Avenue, Topeka, Ks, 66604; 357-5341; www.doorsteptopeka.org. An emergency aid agency providing assistance for families and individuals in need for over 53 years, primarily supported by 53 area member congregations, businesses, individuals, community groups and grants. Doorstep provides food, clothing, household goods, and assistance for rent, utilities, rx/dental, gas vouchers and local bus tickets for thousands of households all year long, and adopts 260 households with over 800 individuals from the Christmas Bureau during the holidays. Needs: new, winter clothing for boys, girls, women & men, as well as donations & volunteers for the Christmas Store.



KANSAS CHILDREN'S SERVICE LEAGUE (KCSL). 3545 SW 5th St, Topeka, Ks, 66606; 274-3100 or Toll Free 877-530-5275; kcsl.org; almiller@kcsl.org. A statewide not-for-profit agency with over 125 years of experience keeping kids safe and strengthening families in Kansas. KCSL serves more than 40,000 children and their families each year. KCSL's mission is to protect and promote the well-being of children. Our services focus on preventing child abuse, strengthening families and empowering parents and youth. KCSL is the Kansas chapter of Prevent Child Abuse America. In northeast Kansas, KCSL offers a variety of services including foster care, infant adoption, the Adoption Exchange Adopt Kansas Kids, the Parent Helpline 1-800-

CHILDREN and app, and a range of child abuse prevention programs like Healthy Families, the Period of PURPLE Crying® and Community Resource Library. Needed items include gift cards for groceries and new baby items (bottles, bibs, diapers, clothes, etc.).

KANSANS FOR LIFE. Topeka, KS. Phone: 785-234-2998, E-mail:

topeka@kfl.org

Website:

www.kfl.org.

Jeanne Gawdun,

Senior Lobbyist

and Events

Coordinator.

Kansans for Life is a statewide non-profit educational organization also engaged in social action. It is dedicated to protecting and fostering the most basic human right...life itself. KFL is a state affiliate of the National Right to Life Committee.

LET'S HELP, INC. 200 S. Kansas Ave., Topeka, Ks, 66603; www.letshelpinc.org; 234-6208. We provide programs and services through Comprehensive Emergency Services by offering aid with rent, utilities, and medication; Food & Clothing Banks, including professional attire; Adult Basic Education & GED; Pre-Employment Training & Job Placement Coordination; and a Community Lunch. Let's Help is committed to building a better community by inspiring hope, promoting self-sufficiency and breaking the cycle of poverty one person at a time.

LIFELINE CHILDREN'S SERVICES. Amy Snow 785-249-6130. Our needs are diapers size 3-6, 12 oz cans of formula, toddler size clothing and shoes and maternity clothes. To learn more about Lifeline Children's Services and all the ministries God has given us to serve in, visit www.lifelinechild.org or Facebook: Lifeline Children's Services Kansas.

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

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

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



TOPEKA NORTH OUTREACH, INC. 210 NW Menninger Rd. Topeka, KS 66617. 785-286-1370. topekanorthoutreach@gmail.com, www.topekanorthoutreach.org. "Christian Churches United in Service." Emergency Assistance: Limited financial help to families to assist in paying utilities, rent & prescriptions. Food baskets, Hygiene baskets, Bibles. VIP Luncheons: Free lunch served to Senior Citizens every Friday at 12 noon at North Topeka Baptist Church. Youth Program: Operation Backpack program provides "Weekend Snack Sacks" to area students in need. Scholarship assistance for school, medical or emergency expenses. Christmas Project:



Families adopted through Topeka Christmas Bureau. Also providing Holiday Food Baskets with Bibles, Blankets, Towels, Hygiene Baskets, Hats & Gloves. Donations of funds, food, time and prayers are needed.

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

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

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

TRM MINISTRIES

TOPEKA RESCUE MISSION MINISTRIES

"FAITH WITH ITS SLEEVES ROLLED UP"

Main: 785-354-1744

Non-cash Donations: 785-357-4285

Donate, Finances: 785-354-1744 ext. 316

Volunteers, Tours: 785-354-1744 ext. 393

www.TRMonline.org • trm@trmonline.org

600 N. Kansas Ave.

Topeka, KS 66608

P.O. Box 8350

Topeka, KS 66608



Remember the true reason for the season

What's Christmas without the birth of our Lord and Savior Jesus Christ? He is the true meaning behind the reason we celebrate this special occasion. Now you can read the biblical account yourself.

The Birth of Jesus Foretold

In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a village in Galilee, to a virgin named Mary. She was engaged to be married to a man named Joseph, a descendant of King David. Gabriel appeared to her and said, "Greetings, favored woman! The Lord is with you!"

Confused and disturbed, Mary tried to think what the angel could mean. Don't be frightened, Mary," the angel told her, "for God has decided to bless you! You will become pregnant and have a son, and you are to name him Jesus. He will be very great and will be called the Son of the Most High. And the Lord God will give him the throne of his ancestor David. And he will reign over Israel forever; his Kingdom will never end!"

Mary asked the angel, "But how can I have a baby? I am a virgin."

The angel replied, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the baby born to you will be holy, and he will be called the Son of God. What's more, your relative Elizabeth has become pregnant in her old age! People used to say she was barren, but she's already in her sixth month. For nothing is impossible with God."

Mary responded, "I am the Lord's servant, and I am willing to accept whatever he wants. May everything you have said

come true." And then the angel left.

Mary Visits Elizabeth

A few days later Mary hurried to the hill country of Judea, to the town where Zechariah lived. She entered the house and greeted Elizabeth. At the sound of Mary's greeting, Elizabeth's child leaped within her, filling with the Holy Spirit.

Elizabeth gave a glad cry and exclaimed to Mary, "You are blessed by God above all other women, and your child is blessed. What an honor this is, that the mother of my Lord should visit me! When you came in and greeted me, my baby jumped for joy the instant I heard your voice! You are blessed, because you believed that the Lord would do what he said."

The Magnificat: Mary's Song of Praise

Mary responded, "Oh, how I praise the Lord. How I rejoice in God my Savior! For he took notice of his lowly servant girl, And now generation after generation will call me blessed. For he, the Mighty One, is holy, And he has done great things for me. His mercy goes on from generation to generation, To all who fear him. His mighty arm does tremendous things! How he scatters the proud and haughty ones! He has taken princes from their thrones and exalted the lowly. He has satisfied the hungry with good things and sent the rich away with empty hands. And how he has helped his servant Israel! He has not forgotten his promise to be merciful. For he promised our ancestors — Abraham and his children — to be merciful to them forever."

Mary stayed with Elizabeth about three months and then went back to her own home.

The Birth of Jesus

At that time the Roman emperor, Augustus, decreed that a census should be taken throughout the Roman Empire. (This was the first census taken when Quirinius was governor of Syria.) All returned to their own towns to register for this census. And because Joseph was a descendant of King David, he had to go to Bethlehem in Judea, David's ancient home. He traveled there from the village of Nazareth in Galilee. He took with him Mary, his fiancee, who was obviously pregnant by this time.

And while they were there, the time came for her baby to be born. She gave birth to her first child, a son. She wrapped him snugly in strips of cloth and laid him in a manger, because there was no room for them in the village inn.

The Shepherds and Angels

That night some shepherds were in the fields outside the village, guarding their flocks of sheep. Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord's glory surrounded them. They were terribly frightened, but the angel reassured them. "Don't be afraid!" he said. "I bring you good news of great joy for everyone! The Savior — yes, the Messiah, the Lord — has been born tonight in Bethlehem, the city of David! And this is how you will recognize him: You will find a baby lying in a manger, wrapped snugly in strips of cloth!"

Suddenly, the angel was joined by a vast



host of others praising God:

"Glory to God in the highest heaven, And peace on earth to all whom God favors."

When the angels had returned to heaven, the shepherds said to each other, "Come on, let's go to Bethlehem!" Let's see this wonderful thing that has happened, which the Lord has told us about."

They ran to the village and found Mary and Joseph. And there was the baby, lying in the manger. Then the shepherds told everyone what had happened and what the angel had said to them about this child. All who heard the shepherds' story were astonished, but Mary quietly treasured these things in her heart and thought about them often. The shepherds went back to their fields and flocks, glorifying and praising God for what the angels had told them, and because they had seen the child, just as the angel had said.

Jesus is Presented in the Temple

Eight days later, when the baby was circumcised, he was named Jesus, the name given him by the angel even before he was conceived.

Then it was time for the purification offering, as required by the law of Moses after the birth of a child; so his parents took him to Jerusalem to present him to the Lord. The law of the Lord says, "If a woman's first child is a boy, he must be dedicated to the Lord." So they offered a sacrifice according to what was required in the law of the Lord.

When Jesus' parents had fulfilled all the requirements of the law of the Lord, they returned home to Nazareth in Galilee. There the child grew up healthy and strong. He was filled with wisdom beyond his years, and God placed his special favor upon him.

—Taken from *The Book, Luke chapters*

How to NOT Have a Blue, Blue, Blue, Blue Christmas

Since long before Elvis Presley first crooned those famous lyrics in 1957, Thanksgiving through the New Year has been a lonely reality for many who feel that "you might be doing all right with your Christmas of white, but I'll have a blue, blue, blue Christmas."

There is just something about this time of year that seems to amplify aloneness, especially if it is a new status, and even if you enjoy your solitude the rest of the year. Never has this been truer than in 2020. With government lockdowns and social-distancing rules, many may not be near the people they love.

If the coming holidays have you singing the blues, here are a few ways to make it a holly, jolly holiday time instead.

No, I am NOT going to offer the well-worn suggestion to work in a soup kitchen, host an orphan or volunteer in some uncomfortable way. Yes, these are all rewarding activities and they have the power to shift your focus from your loneliness to the joy of others—and that comes with a little endorphin boost that may help. So, if you want to serve at a shelter, make a meal for a neighbor, or buy an entire list of holiday groceries for a family



in need, go for it.

If what is really on your mind is making yourself, not necessarily others, feel better, that is perfectly okay. Here are three questions to help you get there.

WHAT do you really enjoy doing?

Make a list of things you love to do with or without others. Circle those you are most likely to choose when you might be tempted to succumb to isolation and self-pity.

Do you enjoy your work or like working on projects around your house? Why not chose to do a work or home project—

even if it is Christmas Day? If you genuinely enjoy it, and you know you're going to have extra time on your hands, it makes sense to spend some of that time being productive in a way that truly satisfies you. If your work is around people, even better. Then you truly are not alone.

Love hiking? Go for a hike! Enjoy traveling? Take a solo trip. No matter what you enjoy, the holidays are the best time to treat yourself.

WHO do you really enjoy spending time with?

Make a list of people you genuinely

enjoy. If no events are planned with them, plan one!

I'll give you an example. After my divorce a few years ago, I lost contact with much of my family—former in-laws (which were more like my own) and my own relatives (which were difficult relationships anyway, and their demise is a story for another day). The point is that when I take inventory now of the people who mean the most to me, it's a different list. My "family" consists of my boyfriend, my closest friends, my kids and my grandson. So, this year, rather than stay stuck in the struggle of not enjoying Thanksgiving with large extended families as I always have, I planned a "Friendsgiving" meal for the Sunday before the holiday. I also encouraged my boyfriend to take the time off work for us to drive the six hours to spend Thanksgiving Day with his family across the state. We'll watch our favorite football games, play some board games—just like old times, except I had to recreate it in a way that fits my new life. Sure, it looks and feels different, but it's not at all lonely. It just required some creative initiative.

If you or your loved ones feels the need

to social distance or you live too far apart for gathering, you can do this across the globe using platforms like Zoom and House Party where your guests can drop in and out as they please—and no one has to cook, clean or even get fully dressed!

What is it that you are ACTUALLY MISSING this year?

When you stop for just a moment and think about the loneliness you feel this time of year, what exactly do you think you are missing? If it is a particular event, get creative and recreate it. If it is a certain person you can no longer be with for whatever reason, think of who else brings you similar joy then make plans with them.

Whatever you determine to be the missing ingredient in your recipe for holiday happiness, just add in a dash of contemplation and a heaping spoonful of intention. You truly can make your holiday season what you want it to be. Even in 2020.

—by Annie Allen, *Life Transitions Coach* | *Starting Over Stronger™ Coaching & Podcast* | StartingOverStronger.com