



WOOD VALLEY PICKERS

metro VOICE

FREE!
TAKE ONE!



CELEBRATING FAITH, FAMILY AND COMMUNITY IN NORTHEAST KANSAS

Now in our 15th year!

VOLUME 15 • NUMBER 6

February 2021

VISIT US AT [facebook/metrovoicenews](https://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



First Southern Baptist Church

See inside back cover!

NAMI to hold "Not So Silent" Art Auction



The 2021 "Not so Silent" Art Auction, supporting NAMI Kansas, will open on Monday, February 15th and run through Saturday, February 20th. The art will be on display and open for bidding at KB Design Solutions showroom, 4028 SW Huntoon, right next to Skinny's. On Saturday, the final day of the auction, there will be live music, snacks and other entertainment.

The event is hosted by the Topeka Business Network. Funds raised for NAMI (National Alliance on Mental Illness) go directly to the growth of no cost Signature Programs, Training, and support groups.

All art must be picked up and paid for at the end of the auction. Cash and checks will be accepted.

For information about NAMI or the auction contact Stacey Lyddon at development@namikansas.org or 785-220-1623.



Value Them Both amendment passes Kansas Senate; Voters will now decide abortion question on ballot

The Kansas Senate approved the Value Them Both Amendment to the Kansas Constitution at the end of January, allowing voters to weigh in at the ballot box in August of 2022. The measure, having previously been approved by the House, received 28 votes with 11 opposing.

"The Value Them Both Amendment protects the bi-partisan supported limits on the abortion industry that pro-

fects both women and their babies," stated Jeanne Gawdun, Kansas for Life Director of Government Affairs.

"Thank you to the State Senators who backed the measure and struck down extreme amendments that would leave vulnerable women behind."

"Just like in the House, there were many heroes who stood for mothers and babies. Special thanks to Senators Molly Baumgardner (R-Louisburg)

and Kellie Warren (R-Leawood) for carrying the amendment during floor debate. Additionally Renee Erickson (R-Wichita) and Senate President Ty Masterson (R-Andover) have also showed exceptional leadership throughout this whole process."

The amendment results from the Kansas Supreme Court decision of April 2019 that the 1859 state

■ Please see AMENDMENT page 2

TRM partners with Blue Cross / Blue Shield to feed hungry



The Topeka Rescue Mission (TRM) has announced funding from Blue Cross and Blue Shield of Kansas to provide much-needed food resources for families in need across Northeast Kansas. The health insurer granted up to \$350,000 to TRM's Operation Food Secure (OFS) initiative. This funding will be used to purchase nutritious staples over the coming weeks so that hungry families do not have a gap in their food supply. OFS expected a pause in food resources when it looked as though funding for a federal covid relief program had run out.

Over the past seven months, OFS has distributed 76,107 food boxes—the equivalent of 3.8 million meals—to families in the greater Topeka area facing hunger, made possible through the USDA Farmers to Families Food Box Program.

■ Please see HUNGRY page 3

23rd annual Christian college fair features schools from 17 states

Christian colleges from across the nation will gather in Kansas City February 27 for the Annual Midwest Christian College Expo.

For the 23rd year, the college fair will feature Christian colleges and universities plus ministry opportunities. Organizers say that the fair received approval from county and city health authorities and will follow established health guidelines.

The free event runs from 10 a.m. to Noon. on Saturday, February 27 at Colonial Presbyterian Church, a large suburban church located at 9500 Wornall Rd. in south Kansas City, Mo.,

just east of Overland Park. It has been held at this location for 22 of its 23 years.

"Surveys have found that enrollment at private Christian schools skyrocketed in 2020, partly in response to Covid and social unrest" says expo coordinator Anita Widaman, "This year's event provides students with great options and may be the only in-person college fair in the region this Spring."

Widaman says that college education should reinforce the strong family values of hard work, compassion for others and give young people an opportunity

■ Please see COLLEGE FAIR page 2



Topeka Vendors Market to expand in Downtown warehouse building

Todd and Nicolle Konkel have opened a new business called Topeka Vendors Market in a downtown warehouse building.

The new business is located at 528 SE Adams St. in what was formerly the old Topeka Transfer & Storage Co. warehouse.

"The original red-brick structure was built in 1911 and is solid as a rock," Todd said. "It has lots of character."

Sitting just north of the 6th Street viaduct, and about a block east of the Ramada, Topeka Vendors Market features handmade items, antiques, vintage items, furniture, decor, and eclectic collectables.

"It has been so successful that the ground floor of 10,000 square feet is now full and we are opening the lower level on February 1,



occupy one or more booths of various sizes on the ground floor of the warehouse, or now on the lower level as well.

"We have loading docks, and a big freight elevator if they need help bringing in larger items," Todd said.

The entryway features a lounge area, a coffee bar, and a display area where they display works from local artists.

The market is open 10 a.m. to 6 p.m. Thursday through Saturday each week.

The Konkels were inspired by the West Bottoms district in Kansas City, where patrons can find handmade goods, antiques, specialty items and vintage finds, as well as food trucks, live music and more.

"We want it to be something exciting and fun for Topeka," Nicolle said. "Topeka hasn't done anything quite like this before."

As part of the larger project, the Konkels have also purchased the adjacent buildings to the north of the warehouse, including the former Jordan Baking Co., which opened in the early 1920s at the corner of 5th

Street and Adams. That building is now being outfitted with office space and a business lounge.

All the inter-connected buildings on the block offer a total of about 100,000 square feet, Todd said.

One of the buildings will feature

ice the food trucks, event/wedding space and music venue.

The top two floors of the warehouse could make for great studio apartments.

There is an opportunity for a rooftop deck, and a brewery/distillery is also planned.

"This whole block could be a destination," Nicolle said. "somewhere where you would find food trucks, live music and street vendors, among other things. There's a lot of opportunities!"

The Konkels have a vision to redevelop these historic buildings in a way that offers something unique to the Topeka market, and they are well on their way.

By partnering with other small business people, they are creating a win-win situation for all.

For more information about the Topeka Vendors Market or other opportunities in that block, contact them at 785-251-0944 or info@topekavendorsmarket.com.



which will more than double our size," Todd said.

Over 70 vendors are now part of the Topeka Vendors Market. They include makers, dealers, vendors and pickers. Each vendor can



an indoor food truck plaza.

Another is being fitted with a commercial kitchen that will serv-

You can also visit the website at Topekavendorsmarket.com, or find them on Facebook.

AMENDMENT

continued from page 1

Constitution contained a "right to abortion." For 150 years there was no mention of abortion in the Constitution, but suddenly five Democrat justices found such a right.

What is meant by "Value Them Both" is that both the mother and the unborn baby should be protected from what could become an unregulated abortion industry.

To be clear, the amendment does not prohibit abortion in Kansas, nor does it overturn federal law on abortion. It simply requires that the legislators for whom we vote make the laws, not five unelected Kansas Supreme Court justices.

Even if Roe v. Wade were to be overturned in the U.S. Supreme Court, abortion laws would be determined by state legislatures.

The proposal states: "The Amendment would affirm there is no Kansas constitutional right to abortion or to require government funding of abortion and would reserve to the people of Kansas, through their elected state legislators, the right to pass laws to regulate abortion."

Dr. Martin Luther King wrote: "He who passively accepts evil is as much involved in it as he who helps to perpetrate it."

In 2019 (latest numbers) 6,916 babies were aborted in Kansas. Black women account for 23.6% of abortions but are, roughly, only 6.1% of the population.

For more information on how to get involved with the Value Them Both Amendment, please visit KFL.org.

COLLEGE FAIR

continued from page 1

nity to change the world. Often times, public education struggles to do that because their values often conflict with those of Christian students.

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

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

Organizers say the Expo is a convenient way to visit with colleges from many states by finding them in one location - for one day, thus saving travel time and gas. In 2020 colleges attended from Missouri, Kansas, Arkansas, Oklahoma, Iowa, Nebraska, Indiana, Illinois, Tennessee, Kentucky, Michigan, Virginia, Texas, Colorado, Minnesota, Arizona and numerous other states.

Social distancing will be encouraged as well as masks inside the building.

The expo is organized by the Metro Voice Newspaper - Kansas City's Christian community newspaper. For 32 years, Metrovoiceneews.com is currently one of the largest independent Christian news and lifestyles digital platforms in the nation. You can also sign up to receive a free weekly news email from Metro Voice HERE. For more information call 816-524-4522.

A final list of attendees will soon be available.



Help us Celebrate our 2nd Floor Grand Opening Feb. 4-6!

Over 80 Vendors!

Antiques, collectibles, home décor, and more!

Open Thu. - Sat. 10am-6pm

528 SE Adams, Topeka
TopekaVendorsMarket.com
(785) 251- 0944





Jim Spencer
Owner

Jimdano@aol.com
2611 SW 17th St.
Call for appointment!
785-806-3266

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



"HELP PLEASE!"



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.

New outdoor bench made of recycled material donated to NOTO Arts Center

Topeka's Sunflower Lions Club has installed a free bench in front of the NOTO Arts Center. The project was part of a challenge by the Trex Corporation to collect 500 pounds of stretchable plastic in a 6-month period, after which a free bench would be provided. The Lions Club went beyond the requirements and collected 960 pounds of plastic – plastic that otherwise might have gone into the landfill.

Any organization can accept this challenge by registering with Trex and then collecting, weighing and reporting the poundage to the company.

In Topeka, the collected plastic can be taken to Dillon's, Kohl's, HyVee, Home Depot and other locations. These companies collect the plastic, take it to their warehouses, bale it and then contact Trex when they have a semi-trailer load. Trex pays the company for the plastic, picks it up and makes useable man-made material to be used in the construction of decks and outdoor furniture.

The types of stretchable plastic are grocery bags, produce bags, ice bags, bread bags, Ziplock-type bags, cereal box liners, newspaper sleeves, dry cleaning bags, bubble wrap and more.

For more information, contact Vern Failor of Sunflower Lions Club at vfailor@gmail.com.



Stefanie Hanna joins Heart Financial Partners

Stefanie Hanna has joined the practice of Jim Hanna at Heart Financial Partners, a private wealth advisory practice of Ameriprise Financial Services, LLC, as a Financial Planning Assistant in Topeka, KS. Stef, formally Stef Taunton, is a native of Emporia and the daughter of Phil and



the late Myrna Taunton. Her husband, Jim Hanna, is also a native of Emporia and the son of Chuck and the late Doris Hanna.

Stef received a BS in Geology from the University of Kansas. She also holds a teaching certificate and has been an educator for 20+ years, specializing in the sciences. Stef

provides back office support of reporting functions and documentation controls to help meet recordkeeping and compliance/regulatory responsibilities.

Steve Maltby, who was an elementary teacher for 19 years, provides client communication and service at the firm. He focuses on assisting with financial plan processing, transactions and digital engagement.

HUNGRY

continued from page 1

Farmers to Families began last May, and was designed to support the agricultural supply chain, prevent food waste, and provide hunger relief. However, as 2020 came to a close, federal funding ran out, with little to no guarantee that the program would continue. Blue Cross and Blue Shield quickly responded to help keep families fed. USDA recently announced there would be a continuation of Farmers to Families, though reactivation is expected to take several weeks.

"COVID-19 has impacted the health, safety, and economic stability of Kansans, especially those in high-poverty neighborhoods" Virginia Barnes, director, Blue Health Initiatives, Blue Cross and Blue Shield of Kansas said. "We are thrilled that our support will go to ensuring our fellow Kansans have access to the healthy food that will directly address that impact."

"Jesus tells us if we have faith like a grain of mustard seed, we can move mountains," said Barry Feaker, Executive

Director of the Topeka Rescue Mission. "When it seemed as though Farmers to Families was ending, our team looked at each other and said, 'If God wants us to continue marching ahead, He will make it clear.' And sure enough, with that mustard seed's worth of faith, we saw mountains move."

"We are inspired and grateful to Blue Cross and Blue Shield for making it possible to ensure that no one misses a meal during this gap," said OFS Director Marissa Dake, "Good nutrition is the bedrock for mental and physical health. I can't think of a better investment for our community."

"Operation Food Secure distributed 2.3 million pounds of nutritious foods in 2020, but even more astounding is the fact that each food box has a name—a family—a story," said Dake. "A parent facing reduced hours at work while trying to tele-school his kids; a senior citizen on a fixed income, struggling to afford basic necessities; a multi-generation family squeezing into a single home just to scrape by. Our volunteers have come to know the names and faces behind these

stories and have not only gone 'the last mile,' but the extra mile to bring hope amid this pandemic. Blue Cross and Blue Shield's generosity allows us to continue doing just that."

At the onset of the coronavirus crisis, the Topeka Rescue Mission (TRM) was invited to join a group of ministries across the nation who were seeking innovative ways to address hunger and food insecurity in the fallout of closures and shutdowns. TRM developed OFS and engaged the United Way of Greater Topeka and the City of Topeka, ultimately activating and leveraging over 90 civic, community, and faith-based organizations to work together and stabilize neighborhoods with food boxes from Farmers to Families. Each site provided food boxes filled with surplus products from farms across America, redirected from markets like restaurants, school cafeterias, stadiums, and other foodservice closures.

Feaker said the Topeka Rescue Mission is still committed to providing help and hope to those in need.

"Business Matchmaker" at C5Alive POWER Luncheon

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

The cost to attend 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 Mar. 11.

C5Alive "POWER" luncheons are held on the second Thursday of each month,

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.



K. KIRK NYSTROM, Attorney

Wills • Powers of Attorney
Estate Planning • Probate • Trusts

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



"30+ years Experience"

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

785-235-6977

k.nystrom@att.net

www.nystromlaw.net

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

"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

Kansas to Shut Down Unemployment System to Deal with Fraudulent Claims

TOPEKA, Kan. (AP) — Kansas will shut down its system for processing claims for benefits from unemployed workers this weekend to impose new anti-fraud protections. Democratic Governor Laura Kelly made the announcement Wednesday shortly after Republican lawmakers said they will push to protect employers from being on the hook for fraudulent claims. GOP lawmakers said a surge in claims is a signal that the state is potentially seeing thousands more fraudulent claims. Kelly said they might be right and that the unemployment system will go down from 2 pm Saturday until 7 am Tuesday. No benefits will be paid during that time but Kelly said the state will try to catch up afterward.

Demand Surges as Kansas Opens Up Vaccine to Second Group

MISSION, Kan. (AP) — Kansas is seeing demand for the coronavirus vaccine

surge as it moves beyond vaccinating health care workers and long-term care residents. The state is leaving it up to county health departments to determine how to distribute the vaccine to those in the second phase. The Kansas Association of Local Health Departments conducted a survey that found nearly three-quarters of health departments planned to tier residents in the second phase, with the remainder leaving everyone on equal footing. Many health officials noted in a comment section that they planned to focus on residents that were 65 and older. But others were prioritizing teachers, law enforcement officers and essential workers.

Kansas to Spend Bulk of Federal Virus Aid on Education

TOPEKA, Kan. (AP) — Kansas anticipates getting at least \$1.1 billion from the latest federal coronavirus relief package and expects to spend about half of it on K-12 schools, higher education and grants for child care. State data shows

about \$168 million is earmarked for testing, tracing and mitigation. Another \$26 million is planned for vaccine distribution. How the money is spent is dictated by federal law. The new funding, which follows \$1.03 billion in federal aid received last year, arrives as the state is working to speed up vaccinations. Gov. Laura Kelly received her second dose Wednesday and used the occasion to urge continued caution, saying “we all must remain vigilant.”

Suit: Background Check Failure Led to Kansas Patient's Rape

ANDOVER, Kan. (AP) — A Kansas assisted living facility is accused in a lawsuit of failing to vet staff and turning a blind eye while a woman with dementia was sexually assaulted. The Wichita Eagle reports that the suit alleges administrators at Mapleton Assisted Living facility waited six months to perform a background check on the former worker charged with raping the woman. That meant they didn't know the certified nursing assistant had a sexual battery conviction and that the Kansas Board of Healing Arts decided in 2008 to restrict his solo contact with female patients. The Wichita Eagle reports that the suit said administrators also took steps to dissuade an investigation, including discouraging a sexual assault exam. No one from Mapleton returned a phone message from The Eagle.

Former Kansas Governor Sam Brownback to Focus on Racial Reconciliation

TOPEKA, Kan. (AP) — Former Kansas Governor Sam Brownback said he plans to make promoting racial reconciliation a focus of his life as a private citizen after more than a quarter century in politics. The 64-year-old Republican stepped down as the country's ambassador-at-large for international religious freedom last week after Democrat Joe Biden took office. In an interview with the Kansas City Star, Brownback declined to discuss any political plans he may still have but said he'll now focus on racial reconciliation while continuing to promote religious freedom. He did not give specifics and declined to discuss whether he had any future political ambitions.

Bucs Fans Set to Cheer Inside, Outside Super Bowl Stadium

TAMPA, Fla. (AP) — Because of coronavirus pandemic concerns, the NFL's decision to limit capacity to 22,000 at Raymond James Stadium and soaring prices for the limited number of tickets available for the league's title game will prevent the Tampa Bay Buccaneers from packing the stands for the first Super Bowl played in a host team's home stadium. All's not lost, though, for an excited fan base embracing a bittersweet opportunity to enjoy the NFC champions on football's biggest stage after being forced to follow the Tom Brady-led Bucs and playoff runs by the region's other two major pro franchises from afar.

5 Tips for Buying Your First Home

By Jim Hanna



Low interest rates and a desire for more space as COVID-19 leads people to spend more time at home are boosting demand for homeownership. According to the National Association of Realtors, home sales jumped a record 20.7% in June — over a third of which came from first-time home buyers.

If you are one of those people looking to purchase your first home, here are some tips to help you get your finances ready.

Determine your down payment and monthly housing cost. Traditionally, lenders have preferred a down payment of at least 20 percent. If 20 percent or more is possible for your situation, it can be advantageous as you'll likely reduce the interest you'll pay and avoid Private Mortgage Insurance (PMI) attached to low-down-payment loans. However, if a large down payment is not suitable for your situation, there are many low-down-payment options available, especially as a first-time buyer, including Federal Housing Administration (FHA) loans and conventional loans. But be aware that a lower down payment usually means you'll pay a higher interest rate.

You can determine your monthly housing cost by adding the cost of your mortgage payment, taxes and homeowners insurance. You'll want to look at the total monthly housing cost before purchasing a home to make sure it fits into your overall budget.

Get preapproved for a home loan. With preapproval in hand from a reputable mortgage company, your offer has a better chance of being accepted. Plus, you may be able to shorten the closing period since the loan approval process has been completed. Keep in mind that getting prequalified for a loan is not the same as obtaining preapproval. Prequalification is merely an estimate of how much you may be eligible to borrow based on self-reported income information — it is not a guarantee you will receive a loan. You are still required to undergo an approval process.

Approach fixer-uppers with caution. Unless you are confident the house you're buying has been deeply dis-

counted based on the current housing prices in your area, you may place yourself at greater financial risk if your new home requires a lot of work. Be realistic about what you can afford in terms of fix ups. If you have the time and know how to retille the bathroom, paint the living room or enhance the landscaping, a moderate fixer-upper could be worth the financial investment. Otherwise, to avoid overextending yourself, you may want to look for a home that is in good shape and will stay that way for the foreseeable future.

Limit your demands. If you want to make a compelling offer, particularly in a strong real estate market, you may want to be selective about the conditions you're adding to your offer. An inspection contingency is smart but asking for extensive repairs may tip the scales in favor of another buyer who is less demanding.

Do your research so you're ready to act. Buying a home can be a very emotional decision and it's important to go into the process well prepared. Take some time to lay out your priorities and research the market. What's most important to you long-term — resale value, location, school district, number of bedrooms? Be practical about what you can truly afford and take the time to obtain preapproval from your bank or mortgage company. When you start seriously looking, you may have to act fast if you find the perfect house for you. If you're prepared and thoughtful at the beginning of the process, you'll be in a better position to make the right move.

Jim Hanna, CFP®, MBA®, CKA®, is a Private Wealth Advisor and Certified Kingdom Advisor® with Heart Financial Partners a financial/private wealth advisory practice of Ameriprise Financial Services, LLC. in Topeka, KS. He specializes in fee-based financial planning and asset management strategies and has been in practice for twenty-six years. To contact him, <https://www.ameripriseadvisors.com/james.c.hanna>, 785.357.6278x19, 601 S Kansas Avenue, Topeka, KS 66603.

Investment advisory products and services are made available through Ameriprise Financial Services, LLC, a registered investment adviser.

Ameriprise Financial Services, LLC. Member FINRA and SIPC.

© 2020 Ameriprise Financial, Inc. All rights reserved.

Taxpayers should gather tax documents now for smooth filing

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

The Internal Revenue Service is reminding taxpayers that organizing tax records is an important first step for getting ready to prepare and file their 2020 tax return.



Taxpayers should keep all necessary records, such as W-2s, 1099s, receipts, canceled checks and other documents that support an item of income, or a deduction or credit, appearing on their tax return.

Taxpayers should develop a system that keeps all their important information together, which could include a software program for electronic records or a file cabinet for paper doc-

uments in labeled folders. Having records readily at hand makes preparing a tax return easier.

To avoid refund delays, taxpayers should be sure to gather all year-end income documents so they can file a complete and accurate 2020 tax return.

Most taxpayers will receive income documents near the end of January including:

- Forms W-2, Wage and Tax Statement
- Form 1099-MISC, Miscellaneous Income
- Form 1099-INT, Interest Income
- Form 1099-NEC, Nonemployee Compensation
- Form 1099-G, Certain Government Payments; like unemployment compensation or state tax refund
- Form 1095-A, Health Insurance Marketplace Statements



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



Call Peggy at:
785-286-7899

Meet your future with confidence.



Jim Hanna, CFP®, MBA®, CKA®
Private Wealth Advisor
Certified Kingdom Advisor
james.c.hanna@ampf.com
ameripriseadvisors.com/team/
heart-financial-partners

785.357.6278, Ext 19
601 S Kansas Ave
Topeka, KS 66603

Ameriprise
Financial

Certified Financial Planner Board of Standards, Inc. (CFP Board) owns the CFP® certification mark, the CERTIFIED FINANCIAL PLANNER™ certification mark, and the CFP® certification mark (with plaque design) logo in the United States, which it authorizes use of by individuals who successfully complete CFP Board's initial and ongoing certification requirements. Ameriprise Financial is not affiliated with any religion or faith-based financial advisor organization. Ameriprise Financial Services, LLC. Member FINRA and SIPC. © 2020 Ameriprise Financial, Inc. (11/20)

FINANCIAL PLANNING

Relationships and giving

Dear Dave,

Do you have guidelines for giving when it comes to helping family members? My wife and I are both 52, we're debt-free, and we have savings along with about \$750,000 in retirement. We agree with you that it's a bad idea to loan money to relatives, but we were hoping you could give us a little extra guidance.
Samuel

Dear Samuel,

I love that you have a helping and generous heart toward your family. Wanting to help is a noble and caring thing. Wanting to help in the best way possible for all concerned in a sign of maturity and wisdom.

The big thing is to make sure you're helping someone get back on their feet, and make positive changes in their life. You're not helping anyone when you give a drunk a drink, so you have to ask yourself if your generosity is really helping them or if you're just enabling bad behavior. Also, you can't give to a point where you're putting your own household at risk. You have to continue to be responsible with your finances where your own family is concerned, as well.

This isn't about being a control freak, Samuel. It's about using the resources God has given you in a wise and responsible manner. In human terms, that means helping someone get out of a mess they're in, while at the same time ensuring they're working to make sure they never end up there again!
—Dave

Try to help, but slowly

Dear Dave,

My boyfriend lives in a different state, and I'm planning to move there when we get married. I know I love him, but sometimes he is not what I consider to be responsible with money. There have been times in the past when he has taken out small loans or paid bills late in order to buy something he wanted. How can I

talk to him about this?

Heather

Dear Heather,

If it were me, I think I'd make sure things move a little more slowly in the relationship until he gets his spending under control. Sometimes when things like this happen it's just a situation where a person needs to learn the benefits of budgeting and handling money in a mature, responsible way. You can't do something if you haven't been taught how to do it, and hopefully this is the case with your boyfriend.

You mentioned marriage, so that tells me you're both taking this relationship seriously—that you're in the process of making sure you want to spend the rest of your lives with each other. Bring it up gently, and tell him why you're concerned. Share your hopes and dreams for the future with him. You might even offer to help him make out a monthly budget. That way, once he understands the process and value of spending money on paper before the month begins, it will be easier for him to stick to it.
—Dave

Saving for a car

Dear Dave,

I decided a couple of years ago to start following your plan. Part of getting out of debt for me included paying off my car. I'm taking your advice, and saving up to pay cash for my next vehicle. I know you like mutual funds, so should I put the money I'm setting aside for that purchase in a mutual fund?
Corey

Dear Corey,

I'm glad to hear you've decided to get control of your money. Mutual funds are great for long-term investing, and by long-term investing I'm talking about a bare minimum of five years—preferably 10. But I wouldn't recommend them as a way of saving up for a vehicle pur-



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

davesays

chase. The problem with mutual funds, in the type of short-term scenario you're talking about, is they can go up, or down, in value.

I'd suggest a simple savings or money market account when it comes to stashing the money you're saving for a newer car. They don't pay much in terms of interest, but your money will be safe, and you won't have the ups and downs of the stock market to worry about.

Did you know the average monthly payment in America for a new car right now about \$554 a month? It makes my head hurt to think about that much cash flying out the window every month on something that's dropping in value like a

rock. Even if you just stashed that kind of money in a shoebox you'd have over \$6,600 saved in just a year. And despite what some people say, that's enough to buy a dependable, pre-owned car.
—Dave

Debt collectors

Dear Dave,

Do you have suggestions on how to interact with debt collectors? Sometimes they are reasonable and easy to work with, but others are rude and pushy. Your advice would be appreciated.
Paul

Dear Paul,

You'll run into all sorts of collectors, no matter what kind of debt you have. Occasionally they are friendly and understanding, while others can be downright nasty. Whatever their approach is, you have to keep in mind they're all after one thing—your money.

Most debt collectors prey on a person's emotions and lack of confidence. If you don't know your rights, they can scare you by using bogus threats. Understand what I'm saying here, Paul. If you have debt, you have a legal and moral obligation to pay it. At the same time, you need to calmly and confidently control these kinds of conversations. You might have made some financial mis-

takes, but that doesn't mean you should allow someone to abuse you.

When it comes to dealing with debt collectors, keep track of all the calls and emails. Write down the names of anyone you talk to and when they called. A record of all contact is important, and it will make it easier to report them if they violate the federal Fair Debt Collection Practices Act. If the collector agrees to settle the debt, get it in writing and keep the document as proof in case they "forget" they made the offer.

Also, be completely up to speed on your accounts. Know what you owe, who you owe, and have a record of all the payments you've made. Knowing the facts gives you the upper hand in any situation. Don't be intimidated by debt collectors, either. Calmly explain your situation, the reason you're behind on the debt, and how you plan to pay it off. Don't get emotional and let yourself get drawn into an argument or shouting match. If they insult you, or yell or curse at you, hang up immediately.

Financial troubles like debt can make every aspect of your life feel messed up. If you want to get back on track, start living on a written, monthly budget, and attack your debts using the debt snowball system. It takes discipline, hard work, and sacrifices, but it's worth it!
—Dave

The New \$15.7 Billion Tax on Retirement Accounts

By Ryan Shumaker
Smartvestor Pro at
The Retirement Team



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

The largest source of increased taxation in the new SECURE Act is a provision requiring non-spouse beneficiaries to completely withdraw and pay taxes on all tax deferred retirement accounts (like 401(k)s, 403(bs), TSPs, IRAs, etc.) within 10 years. There are a few exceptions to this, which we will discuss next month. Under previous tax law, beneficiaries could stretch withdrawals over their entire lifetimes instead of the much shorter 10 year time period. What this means is the larger the balance you have in your retirement account, the more likely the IRS will become one of the largest beneficiaries of it. For example, if you had a retirement account worth \$1 million and you have a single child as your beneficiary. Your child would be forced to withdrawal and pay taxes on \$1 million within 10 years. If they earned 0% interest on the inherited money the most they could spread this out is \$100,000 a year for 10 years. Typically if you add a sum as large as \$100,000 to your tax return you will

jump into a much higher tax bracket. Under the old law where a beneficiary only had to take out a much smaller amount jumping one or multiple tax brackets higher would rarely occur. The Congressional Research Service estimates that beneficiaries will pay an additional \$15.7 billion in taxes over just the next decade alone because of this change.

For those that have a trust as a beneficiary on their retirement account things can be dramatically amplified since trusts and estates hit the highest tax bracket the fastest. At just \$13,051 in taxable income the tax starts to be a whopping 42.7% (37% federal tax and 5.7% in state taxes in Kansas)¹. What this means is that if you had a beneficiary with a trust that is taking out \$100,000 a year like in the above example, \$86,949 of that withdrawal each year will be taxed at the highest tax bracket rate of 42.7%. If you have a poorly written trust that tax could apply to nearly all \$1 million all at once too. Nearly every trust written prior to 2020 should be reviewed and revised to prevent this scenario from potentially playing out. Some of the best written trusts in the past may now be a tax disaster moving forward.

To add insult to injury, the new administration has also made it quite clear that they would like to raise this highest tax rate to an even higher level too. The preliminary Biden plan would increase the tax up to an outrageous 45.3%². Certainly state taxes could increase from here too given budget concerns.

There are many changes being brought about by the SECURE Act besides just this tax increase. We will be

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

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

- 1) IRS.gov & KSrevenue.org
- 2) Joe Biden.com/two-tax-policies

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.

RetireTopeka.com | 785-228-0222

smartvestor

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.

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

CONTRIBUTING 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. (by appt.)
Correspondence & Payments:
P.O. Box 5724, Topeka, KS 66605
Phone/Fax: 785-235-3340
Voice@cox.net
MetroVoiceNews.com
facebook.com/metrovoiceneews

metro
VOICE

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

The left wants to eliminate competing ideas

By Dr. Michael Brown

It was President Dwight Eisenhower who once wrote that “in a democracy debate is the breath of life.” Today, it seems as if the left wants to snuff that breath out. Competing ideas must be censored and even canceled. Only PC groupthink will be tolerated.

Dr. Michael Brown | Opinion

In October 2020, Keith Olbermann opined, “The terrorist Trump must be defeated, must be destroyed, must be devoured at the ballot box. And then he, and his enablers, and his supporters, and his collaborators, and the Mike Lees and the William Barrs and the Sean Hannnitys and the Mike Pences and the Rudy Gulianis and the Kyle Rittenhouses and the Amy Coney Barretts must be prosecuted and convicted and removed from our society while we try to rebuild it and rebuild the world that Trump has nearly destroyed by turning it over to a virus.

Remember it.”

Today the attempt to stifle competing viewpoints has expanded with full support of the guardians of the internet and those in power.

We have seen the rise of the campus thought police, with our colleges and universities replete with trigger warnings and safe spaces.

We have seen Big Tech’s attempts to censor and control.

And now, in the aftermath of the storming of the Capitol, the witch hunt is out in full force.

If you voted for Donald Trump, you too stormed the Capitol.

If you supported his policies, you are, by default, a xenophobic white supremacist.

If you preferred Trump to Hillary or Biden, you present a real threat to America and you must be either purged or reeducated.

Your words are dangerous. Your views are dangerous. You yourself are dangerous.

Today, the net is being cast even wider, in particular when it comes



to shutting down opposing views.

During a recent segment on CNN with Brian Stelter, Alex Stamos, a former Facebook chief security officer, said, “We are going to have to figure out the OANN [One America News Network] and Newsmax problem.”

Indeed, he noted, “These companies have freedom of speech, but I’m not sure we need Verizon, AT&T, Comcast, and such bringing them into tens of millions of homes.”

And so, Stamos concluded, “We have to turn down the capability of these conservative influencers to reach these huge audiences.”

They must be stopped in their tracks. Freedom only goes so far.

So the cat is clearly out of the bag. These rightwing nutjobs, who directly incited the storming of the Capitol, must be starved out if not shut down. And this comes from CNN, the last network in America that can accuse other networks of

■ Please see IDEAS page 7

How to Find Peace in a Divided Nation



CLINT
DECKER

President and
Evangelist
with Great
Awakenings, Inc.

hopefortoday

As President Joe Biden begins his leadership of the United States, he has made calls for peace, reconciliation and unity in the country. Former President Donald Trump issued similar thoughts in some of his outgoing speeches. The desire for such a thing is warranted after all our nation has been through in the last year, from riots in major cities to chaos at the capital. I agree whole heartedly! Words are a start. But, where do we go from there? It is easy to say, but hard to do.

I always look to Jesus and the Bible in times like this, which gives us a command to live by that is relevant, “Do not be overcome by evil, but overcome evil with good” (Romans 12:21).

Jesus illustrated how to do this. He spent much of his three-year ministry doing good to the people of His nation. He fed the poor, healed the sick, raised the dead, cast out demons, stilled dangerous weather, forgave sins and taught people how to live godly lives. He was hailed by the people and built an incredible movement rapidly. Lives were being changed day by day.

Jesus and His work was great for the nation. Yet, the leaders constantly condemned him. He was viewed as a threat. They were continually plotting and scheming to stop his ministry and eventually it rose their most desperate reaction – murder. They conspired to kill Him and succeeded (for three days).

How did Jesus respond to this evil aimed at Him? He never returned evil with evil, instead He returned evil with good. While He was dying unjustly on His cross, He prayed for those who put Him there saying, “Father, forgive them, for they know not what they do” (Luke 23:34).

Jesus did not respond with bitter, angry words demonizing his opponents. Rather, in a calm and peaceful tone, He spoke truthful and graciously. When they splattered evil upon Him, He patiently responded, showering them with undeserving grace.

Did this change a nation? Yes! Three days later Jesus rose from the dead, then a short time after that, His followers went across the nation speaking about His life and teachings. Multitudes were transformed and began to overcome evil with good as Jesus did. Did it vanquish the nation of evil? No. Jesus did not promise that. Through His resurrection, He overcome evil. He triumphed over it. And when we turn from our sin and trust in Him with all our heart, that resurrection power comes to live with us. Therein lay the answer. With Christ in us, evil does not have to con-



trol our hearts. Instead, we can be controlled by the love of Christ.

What is the opposite of this? There is a statement in the Bible that says if we return evil for evil instead of good, then evil will perpetually live in our house. We will never be rid of it because of constantly encouraging it. In our natural humanness our instinct is to fight back. We feel justified in doing so because of the evil done to us. Consequently, we use all the levers of power and influence to retaliate. In such cases, evil remains in control, and round and round we go.

Through the spirit of Christ working in us let us not bow to the temptation to speak evil of those whom we oppose. Let us be truthful, not flattering, with wisdom and kindness. Forgiveness is a choice and command. Through the risen Lord, forgive those who have harmed you and continue to do so, refusing to acknowledge their

wrong. Do not allow the dark, sharp and bony fingers of evil to grip your heart.

Yes, we can work towards a more peaceful nation, but it can only be done through the transforming power of Christ in us. Only He has the power to enable us to overcome evil with good. Turn to the merciful Savior and invite Him to change you.

A prayer for you - “Lord God, You are the only hope for our nation. You, working in the hearts of people. Rid us of selfishness, pride and a spirit of revenge and retaliation. Let us return good to the evil thrown at us. Help us when we are weak. Help us to love and forgive. In Jesus name. Amen.”

Clint Decker is President of Great Awakenings. Hope for Today is a nationally syndicated column.

If God used one of Clint’s columns to impact your life, share your story at cdecker@greatawakenings.org.

Ely Parker: An American Indian's lesson of unity in a divided country

Ely Parker (born Hasanoanda, later known as Donehogawa) was born in 1828 to Elizabeth and William Parker of the Tonawanda Seneca tribe of the Iroquois Confederacy in western New York. Parker became a leader in his tribe at a very young age. Trained as a civil engineer, he earned a reputation in that field. In 1857, when he was 29 years old, he moved to Galena, Illinois, as a civil engineer working for the Treasury



Department, and there his life took a fateful turn.

He became friends with a fellow named Ulysses S. Grant. In these years, Grant was an ex-Army officer working as a clerk in his father's store. Parker later liked to tell the story of coming to Grant's aid in a barroom fight in Galena, the two of them back to back, fighting their way out against practically all the other patrons. At about five feet eight inches and 200 pounds, the robust Parker referred to himself as a "Savage Jack

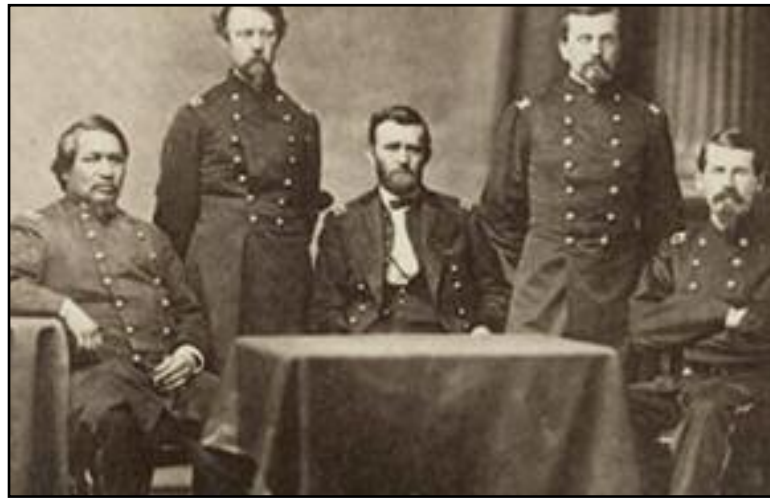
Falstaff?"

When the Civil War came on, Parker tried several times to join the Union Army as an engineer but was turned down because he was not a citizen. When he approached Secretary of State William Seward about a commission, he was told that the war was "an affair between white men," that he should go home, and "we will settle our own troubles among ourselves without any Indian aid."

Eventually, with Grant's endorsement, Parker received a commission, with the rank of captain, as Assistant Adjutant General for Volunteers. By late 1863, he had been transferred to Grant's staff as Military Secretary. He soon became familiarly known as "the Indian at headquarters" and was promoted to lieutenant colonel and later to brigadier general. He may have saved Grant's life or at least prevented his capture one dark night during the Wilderness Campaign in 1864, when Grant and his staff, unbeknownst to themselves, were riding into enemy lines.

But Parker is rightly most remembered for something that happened in the parlor of a private residence in the village of Appomattox Court House on April 9, 1865.

In the days preceding, Union armies had captured the city of Petersburg and the Confederate capital of Richmond. Grant and the Federal Army of the Potomac had put Confederate General Robert E. Lee and the Army of Northern Virginia in such a position that in the late afternoon of April 7, Grant, sitting on the verandah of his hotel headquarters in Farmville, said to a couple of his generals, "I have a great mind to summon Lee, to



Parker, seated at left, with Ulysses S. Grant,

surrender." He immediately wrote a letter respectfully inviting Lee to surrender and had it sent to him under a flag of truce. It took Lee a couple of days of desperate failed maneuvers to come around to the idea. But by the morning of April 9, Lee had concluded that "there is nothing left me to do but to go and see General Grant, and I would rather die a thousand deaths."

They agreed to meet in the village of Appomattox Court House to discuss terms.

Grant had been riding hard for days on rough roads in rough weather. When he met Lee in the parlor of the brick house where they had arranged to meet, he had on dirty boots, "an old suit, without [his] sword, and without any distinguishing mark of rank, except the shoulder straps of a lieutenant general on a woolen

blouse." Lee was decked out from head to toe in all the military finery he had at his disposal.

After introductions, and not much small talk, Lee asked Grant on what terms he would receive the surrender of Lee's army. Grant told him that all officers and men would be "paroled and disqualified from taking up arms again until properly exchanged, and all arms, ammunition, and supplies were to be delivered up as captured property." Lee said those were the terms he expected, and he asked Grant to commit them to writing, which Grant did, on the spot, and showed them to Lee.

With minor revisions, Lee accepted, and Grant handed the document to his senior adjutant general, Theodore Bowers, to "put into ink." This was a document that would effectively put an end

to four years of devastating civil war. Bowers' hands were so unsteady from nerves that he had to start over three or four times, going through several sheets of paper, in a failed effort to prepare a fair copy for the signatures of the generals.

So Grant asked Ely Parker to do it, which he did, without trouble. This gave occasion for Lee and Parker to be introduced. When Lee recognized that Parker was an American Indian, he said, "I am glad to see one real American here."

Parker shook his hand and replied, "We are all Americans."

The American story, still young, is already the greatest story ever written by human hands and minds. It is a story of freedom the likes of which the world has never seen. It is endlessly interesting and instructive and will continue unfolding in word and deed as long as there are Americans. The stories that I think are most important are those about what it is that makes America beautiful, what it is that makes America good and therefore worthy of love. Only in this light can we see clearly what it is that might make America better and more beautiful.

Christopher Flannery is a senior fellow of the Claremont Institute, contributing editor of the Claremont Review of Books, and host of The American Story podcast at theamericanstorypodcast.org. He is a professor emeritus of the Honors College at Azusa Pacific University, where he taught for over 30 years. He received his M.A. in International History from the London School of Economics and Political Science and his Ph.D. in Government from the Claremont Graduate School.

Dear conservative, corporations are not your friends

Over the past three decades, the Left-Right debate in America has been full of oddities and contradictions. Perhaps the strangest of them all has been the conservative movement's devotion to the interests of large corporations, which routinely use their wealth and power to support causes that directly conflict with conservative ideals.

Among the most notable examples is the recent attack on political speech waged by large technology companies (and multi-billion-dollar corporations) such as Apple, Microsoft, Twitter and Facebook.

Conservatives spent years calling for limited regulations, special laws that allow for tech companies to operate more easily online and lower tax rates for all corporations, including tech giants. Tech companies have responded by limiting the political speech of conservatives—and no, I am not referring to restrictions placed on the social media accounts belonging President Trump.

One could present dozens of examples of social media's bias against prominent conservative voices and right-leaning media outlets. For instance, consider Twitter's decision to ban The New York Post in October because it refused to remove a story from Twitter about evidence showing Chinese and Ukrainian businesses had paid Hunter Biden—and possibly Joe Biden as well—to gain access to the White House while Joe Biden was serving as vice president.

Regardless of whether you believe the Post's story, there was no denying that the evidence it presented was compelling and in line with modern journalistic standards, and thus should never have been prohibited on an allegedly "open forum" like Twitter.

Conversely, hundreds—perhaps even thousands—of stories claiming to show that Donald Trump had colluded with Russian officials during the 2016 presidential campaign were reposted millions

upon millions of times during Trump's four years in office. Social media platforms did nothing about these stories, despite the fact that many of them relied solely on a dossier paid for by Hillary Clinton and dependent on interviews with unnamed foreign sources.

Consider also the recent removal of social media app Parler from the Google Play and Apple app stores, as well as the subsequent removal of the website from web servers run by Amazon.

Apple, Google and Amazon all claim they decided to effectively shut down the right-leaning Parler app—silencing its more than 10 million users in the process—because Parler had not done enough to moderate obscene content and calls for violence on its platform. But if that were truly the reason for the actions taken against Parler, why haven't these big tech companies also closed down left-leaning services like Facebook and Twitter,



which permit all sorts of reprehensible posts on their platforms?

For example, to this day, Twitter continues to allow the supreme leader of Iran, Ayatollah Khamenei, to spew hateful language on its platform, including this racist, violent post from June 2018: "Israel is a malignant cancerous tumor in the West Asian region that has to be removed and eradicated: it is possible and it will happen."

Of course, large technology companies are not the only powerful corporations that have worked against conservative

interests.

The massive corporations controlling the health insurance industry were some of the biggest supporters of the Affordable Care Act in 2009 and 2010, when President Obama and Vice President Biden were working to push their proposal through Congress.

Today, dozens of prominent leaders in business and finance, including the CEOs of Mastercard, BP and Bank of America, are working with the World Economic Forum to create a "new social contract"

■ Please see **CORPORATIONS** page 9

IDEAS

continued from page 6

extreme bias while keeping a straight face. Are you kidding me? (For the record, I wish that all networks, on all sides, would be more circumspect in their reporting and rhetoric, given the tumultuous times in which we live.)

Even someone like Katie Couric,

hardly considered a radical leftist, could say to Bill Maher, "And the question is how are we going to really almost deprogram these people who have signed up for the cult of Trump?"

Note that word carefully: deprogram.

The people who stormed the Capitol are dangerous fanatics who must be denounced without

qualification. As I wrote previously, those involved did not represent anything truly Christian, despite the "Christian" expression of some of the participants. (This includes their despicable prayer in Jesus' name in the Halls of Congress, which they had just taken over. It's one of the more repulsive scenes I've ever witnessed.)

But let's not deceive ourselves.

The left wants to cast us all in the same light. All of us should be viewed as brainwashed cultists. As for those on the left having a cult-like devotion to their own ideologies, they seem oblivious even to the possibility.

But just because some conservatives have become almost hysterical in their fears does not mean that we should take the threats of

the left lightly.

Just ask the CEO of Parler if you're unsure.

I encourage every reader, yet again, to keep speaking up and standing up for what is true and right, using every platform at your disposal and carefully guarding the freedoms we still have.

It really is a matter of use it or lose it.



A special day for your Sweetheart

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

Tips for a smooth Valentine's Day:

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

Gift Ideas:

Candy and Flowers and Jewelry:

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

Gift basket for her:

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

Gift basket for him:

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

Dinner:

- Avoid the Valentine's Day rush - create a romantic meal at home



- Go to a restaurant where you share special memories
- Get dinner and a room, and enjoy the indoor pool or other activities

Dates:

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



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

Heart-Healthy Valentine's Day Tips

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

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

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

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

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

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

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

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

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

lower blood pressure. So indulge your inner chocoholic with a moderate piece of dark chocolate each day.

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

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

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

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

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

Rekindle an old flame – try prepar-

ing one of your sweetie's favorite recipes in a healthier way. These healthy substitutions can help you cut down on saturated fats, trans fats, salt, and added sugars, while noticing little, if any, difference in taste.

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



H H
HAZEL HILL
chocolate traditions

Handmade chocolate truffles, home-style fudge, crispy-creamy caramel apples and more – Hazel Hill Chocolate fashions delightful treats for every palate. Stroll into our cozy shop in downtown Topeka and savor the intoxicating aroma of new-born sweets.

Need a gift basket, gift box, or just a few delicious chocolates to go? We live to satisfy. Stop by and let your sweet tooth run wild.

- Homemade Fudge
- Truffles
- Gourmet Caramel Apples
- Personalized Chocolates
- Handmade Candies

724 S. Kansas • Topeka, KS 66603
785.215.8883 • www.hazelhillchocolate.com

Happy Valentine's Day to my love

February Spa Package Valentine Special:

- One Cellulite Treatment • One Swedish Massage • One Reflexology Treatment: 3 hours - \$175.

Natural By Nature 785-383-8236

holisticcellulitetreatment.com

1170 SW Mission Suite D, Lower Level
Entrance on west side (Studio One Building)

Personally Yours

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

Valentine's Day brings back that lovin' feeling



By Rusty Wright

February is known for cold weather, presidents' birthdays and Cupid's delight. As Valentine's Day approaches, hearts flutter, lovers sigh and Charlie Brown hopes that little red-haired girl will like the card he's been gathering up the courage to give her.

Love, sex and amorous relationships have dominated the news over the past year. Not every culture is as comfortable as ours with public displays of affection. In one Malaysian state, laws ban total darkness in movie theaters "to prevent immoral acts like kissing, cuddling and other activities," as one official explained it. Public kissing there usually rates a \$70 fine.

Smooch Cops

In Venezuela, extended public kissing and embracing can get you arrested. "If you kiss for more than five seconds, the police will grab you," complained one young woman whose friends were jailed. "It's ridiculous," groused a 24-year-old man. "Whoever invented this law must not have a girlfriend."

Defining immoral kisses can be difficult admitted one policeman, but "when you see it, you should know it." (Has he been reading U.S. Supreme Court decisions?)

Kids on Love, Dating and Marriage

Kids often have unique insights

into adults' urge to merge. A friend passed along from the Internet children's answers to questions about love. What do people do on a date? Lynnette (age 8): "Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough."

Martin (age 10) sees the bottom line: "On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date."

When is it OK to kiss someone? Pam (7): "When they're rich!" Curt (7): "The law says you have to be eighteen, so I wouldn't want to mess with that." Howard (8): "The rule goes like this: If you kiss someone, then you should marry them and have kids with them....It's the right thing to do."

How does one decide whom to marry? Allan (10): "You got to find somebody who likes the same stuff. Like if you like sports, she should like it that you like sports, and she should keep the chips and dips coming." Allan may find it prudent to slightly revise that theory in a few years.

Do You Love Me?

This season pundits ponder, "What is genuine love?" Popular speaker Josh McDowell delineates three kinds of love that can inform kids' (and adults') attitudes: love if, love because of, and love period. Love if and because of are based on personality or performance: "I love

you if you go out with me, if you have a good sense of humor, if you sleep with me. I love you because you're attractive, intelligent or athletic."

But the best kind of love says, "I love you period: even with your weaknesses, even if you change, even if someone better looking comes along. Even if you have zoo-breath in the morning. I want to give myself to you."

Real Love

Paul, an early Christian writer, eloquently described this unconditional love: "Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ...Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. ... [Love] will last forever...."

Committed unconditional love could probably heal many romantic rifts. Solid spiritual roots that help produce it can help undergird stable relationships. And the children have noticed that families and adult relationships can use some strengthening.

How can a stranger tell if two people are married? Derrick (8): By "whether they seem to be yelling at the same kids." And how would the world be different if people didn't get married? Kelvin (8): "There sure would be a lot of kids to



explain, wouldn't there?"

Rusty Wright is an author and lecturer who has spoken on six continents. He holds Bachelor of Science (psychology) and Master of Theology degrees from Duke and Oxford universities, respectively. www.RustyWright.com

CORPORATIONS

continued from page 1

that aims to dramatically alter the global economy in line with progressive goals.

Corporations across the country frequently use their vast resources and influence in the labor market—about half of all employees work for large businesses, many of which are corporations—to coerce state and local governments to provide crony tax breaks or government funding in exchange for relocating, expanding or keeping business operations in particular regions.

Large corporations have been some of the largest advocates for and beneficiaries of government bailout programs, going all the way back to the George W. Bush administration. Analysts on the ideological Left and Right have found that the government coronavirus bailouts provided in 2020 mostly favored large, often very wealthy, corporations.

There is nothing even remotely "conservative" about any of this. And yet, many within the conservative movement, a group I have belonged to for my entire adult life, have for years supported policies designed to help this powerful group. The question is not whether this has occurred, but rather why it has occurred. Why have conservatives fought so hard for people who have worked so tirelessly to undermine right-wing principles?

"We're for the free market!"—that's the response you'll most likely hear if you ask many, but certainly not all, within the conservative movement. But the truth is, large corporations are often the creations of government policies, not free-market economics.

Corporations operate under different regulatory and tax structures than individuals. They have special liability protections that are not available to individuals, either. And publicly traded corporations are typically not loyal to any one country; they will often go wherever they can secure the most lucrative conditions, often at the expense of taxpayers. In fact, they are the opposite.

The era of conservatives supporting large corporate interests must end. Taking any other course of action would not only be hypocritical; it would be in direct opposition to conservatives' interests, and possibly even the survival of the movement.

If those of us who value free markets and individual liberty cannot see the desperate need to reverse course by now, then we will deserve the catastrophic consequences in the years to come.

—Justin Haskins is the Editorial Director and a Research Fellow at the Heartland Institute.

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



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

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

My six days behind the Iron Curtain and why it matters in today's world

In the summer of 1981, I sang with a group called, "The Continental Singers." After a two-week rehearsal camp, we started our tour in San Bernardino, CA, to New York and back. At New York we flew to Switzerland and primarily toured there and in Austria. For six days of our three weeks in Europe we crossed the Iron Curtain into Hungary and Yugoslavia. Yugoslavia was more "westernized" and much more comfortable to be in, however, Hungary was something I will never forget!

While waiting at the border for the large, smelly guard in an uncomfortable looking uniform with a red star on his cap to clear our passports... we sat very quietly. The top of the fence with the razor wire tilted toward the country, but the people were told "it is for your protection." Everything about Hungary felt "gray" – the buildings, clothing, even people's expressions. In Budapest our group had to split up and stay at a couple of



small, old hotels. We pretty quickly noticed that some men sitting in the lobby were always there when we returned from our concerts.

Once we were inside a church or home of Christians, the people would turn from gray to full of color and

life! It was a wonderful feeling but being hugged tight and close to an eastern block European in 1981 was not a welcomed smell! I'm just keeping it real. People would be packed in the churches and cathedrals when we sang about the Lord! When each concert was over, the gray returned, and everyone went quietly home, and us to our hotel where the same men were sitting. Four of us were visiting outside our rooms one night and we heard very pronounced footsteps coming up the stairs. One of the men simply looked over the banister at us and we quietly went into our rooms. He didn't say a word, none of them ever did. The depression and control over that country was affecting us, and I will never forget how quickly it did!

Now, I read where Hungary is considering sanctions against the social media giants over "systematic abuses" of free speech. Praise God for the changes that have taken place in Hungary since the fall of Iron Curtain in 1989! Today, we in the USA can feel "gray"... eyes staring over a mask, having many of our freedoms taken away or greatly controlled. Many are fearful of being turned in for having too large of a gathering, not wearing a mask, for being a "Trump supporter" or simply attending a rally – and possibly losing their job. Horrible statements are being made of how some should be "de-programed" or "banned" from serving in congress."

It's at times like these that we have to be strong in spirit and in mind. I have a saying I share with my clients: "we have to have healthy-ticked-off-ness." It's the right kind of anger, a resolve that makes us stand firm and not be fearful. We serve a mighty God and if He is for us, who can be against us?! My father once told me that the book of Psalms is good to read during tough times, and I have found it to be true. Social control could not withstand the steady onslaught of the Church of God in Hungary, and it will not stand against it here. All we have to do is follow the example of God's people through the ages, and trust in Him and be faithful to do what He asks of us.

– Shane M. Jones, LSCSW, Shane M. Jones & Associates, P.A.



New podcast series from R.C. Sproul is now available

Just in time for the new year, Ligonier Ministries is releasing a new podcast titled "Ultimately with R.C. Sproul." It features classic teaching moments from Sproul, who died in 2017. It also includes content that has never been released. New episodes will be released every Monday, Wednesday and Friday, and listeners can subscribe to the podcast at UltimatelyPodcast.com.

Created to help Christians grow in their knowledge of God and think biblically about the world around them, each episode of "Ultimately with R.C. Sproul" is only a few minutes in length. This helps believers of all ages regain perspective amid the noise of everyday life and focus their thoughts on scriptural truths that matter most.

Chris Larson, president and CEO of Ligonier Ministries, said: "People everywhere, both inside and outside the church, need to know who God is. That is why our founder, Dr. R.C. Sproul, dedicated his decades of ministry to teaching the Bible, helping Christians know what they

believe, why they believe it, how to live it and how to share it. As our team has mined the deep archives of Dr. Sproul's teaching to develop this podcast, we have been reminded of the timeless relevance of the truths he conveyed.

"R.C. knew that a novel message would not ultimately help anyone; it is the unchanging truth of Christ that sets us free and anchors us in every season. The Lord raised up R.C. to become one of the most gifted communicators of the Bible and theology in the last century, and we're privileged through this podcast to bring unique moments from that teaching to people from every age and stage of the Christian life. 'Ultimately with R.C. Sproul' is a podcast to serve the whole church, and we encourage you to share it with believers and nonbelievers alike."

The first episode of "Ultimately with R.C. Sproul" is now available on Apple Podcasts, Amazon Music, Google Podcasts, iHeartRadio, RSS, Spotify, Stitcher and TuneIn, and is coming soon to RefNet.

Cair Paravel Latin School



Kindergarten Round-Up

Friday, March 19 • 9-11 a.m.

Why are so many Topeka parents choosing a classical Christian education for their children?

"The school culture is unique and you can actually feel it when you visit."

"The teachers bring a fun, creative energy to the classroom and the students are excited to be in school. I've been blown away by all the things my child has learned so far this year."

Register for Round-Up at www.cpls.org. (Space is limited and COVID precautions will be taken.)



Call or register online for a tour of our campus!
785-232-3878
www.cpls.org



635 SW Clay St. • Topeka, KS 66606 • www.cpls.org

#sleevesrolledup

TRM MINISTRIES

Visit TRMonline.org or check us out on Facebook

TOPEKA
RESCUE MISSION
MINISTRIES

To donate: text TRMgive to 77977

FCA announces 'Pursue' is 2021 ministry theme

Fellowship of Christian Athletes is urging athletes to move from state of uncertainty to a position of confidence as they move into the new year. "It is important that we continue exercising truth by pursuing Jesus and the calling that He has on our life for this next season," the organization said in announcing the 2021 ministry theme — Pursue. The theme will guide the entire year of events, studies, gatherings, camps and more.

The inspiration of athletes is nothing new for the organization. The life-changing impact on coaches and athletes has been the main focus of FCA Camps since 1956. Today, competitors who want to reach their potential through comprehensive athletic, spiritual and leadership training attend a variety of Camps, including sports, power, coaches, team, leadership, partnership, and international Camps.

For many coaches and athletes, feelings of uncertainty, confusion, loss and disappointment can seem like a certain reality. However, the truth is that our identity in Christ is greater than our identity in sports. It is confidence in Christ that wipes away any uncertainty of this world.

"Much like we pursue our goals in sports, God does the same with us," said Shane Williamson, president and CEO for FCA. "He pursues us. He loves us and accepts us as we are. Success is no longer defined by our skills. With Him, we can leave the pressure of performance behind. With Him, we're already a winner. His sacrifice for us gives us significance. We have a new purpose when we play. We can pursue the mission He has paved for us: a relationship with Him."

Throughout the year, FCA will create content and share a story that focuses on what it means to pursue Jesus and the calling that



He has on our lives. The four elements the organization will explore this year include: Pursue Truth, Pursue Life, Pursue Team, Pursue Mission.

"The Pursue theme is meaning from both a biblical standpoint as well as a practical one," continued Williamson. "Timothy 6:11 talks about pursuing righteousness in a

of Camps, events or other meetings.

FCA Camps take the best attributes of an athletic-focused camp and a spiritual-focused camp and combines them into an athletic/spiritual experience like none other. FCA Camps remove athletes and coaches from the routine of their sport, friends, co-



Godly life. We are also encouraged to pursue love, gentleness and faith in that verse. These are the attributes that we should chase after."

More about FCA's 2021 ministry theme of Pursue can be explored at www.fcacamps.org where visitors can also watch the Pursue theme video as well as the 2021 Camps video. FCA also offers an outline to coincide with the Pursue theme that addresses sacrifice, surrender, surround and serve over four days

workers and community, and place them into an exciting, healthy, athletic environment that allows them to pursue their passion for sport and clearly see and hear Christ's passion for them.

In 2019, Fellowship of Christian Athletes also celebrated its 65th year in existence. After extensive growth, FCA has reached millions of people with the Gospel. View a timeline of FCA's 65-year history.

Read more about Fellowship of Christian Athletes at www.facebook.com/TheFCATeam or its Twitter feed <https://twitter.com/TheFCATeam>.



U.S. Conference of Catholic Bishops concerned with Biden and 'liberty of the church'

Although President Joe Biden continues to tout his Catholic faith, U.S. bishops question his commitment to central church teachings.

José H. Gomez, archbishop of Los Angeles and the president of the U.S. Conference of Catholic Bishops, said he is praying for Biden and looks forward to working with the new administration but remains concerned that the new president supports policies that "advance moral evil."

"I am praying that God grants him wisdom and courage to lead this great nation and that God helps him to meet the tests of these times, to heal the wounds caused by this pandemic, to ease our intense political and cultural division, and to bring people together with renewed dedication to America's founding purposes, to be one nation under God committed to liberty and equality for all," he said.

Catholic bishops, Gomez said, "are not partisan players in our nation's politics" but simply offer principles that "are rooted in the gospel of Jesus Christ and the social teachings of his church."

"I must point out that our new president has pledged to pursue certain policies that would advance moral evils and threaten human life and dignity, most seriously in the areas of abortion, contraception, marriage and gender," he said. "Of deep concern is the liberty of the church and the freedom of believers

to live according to their consciences."

Gomez said he hopes Biden won't further expand abortion but instead begin a dialogue with the bishops and the pro-life community "to address the complicated cultural and economic factors that are driving abortion and discouraging families."

"We are all under the watchful eye of God, who alone knows and can judge the intentions of our hearts," Gomez wrote. "I pray that God will give our new president, and all of us, the grace to seek the common good with all sincerity."

Biden has been denied communion in the church over his support for unlimited abortion.

An organization that opposed Biden's campaign, CatholicVote.org, applauded Gomez's statements. They fully agree with USCCB President Archbishop Gomez's assessment of Joe Biden's Policies.

The group added that several of Biden's plans create "confusion among the faithful and pose a serious threat to the common good."

Biden was then urged to repent by Texas Bishop Joseph Strickland two days after the online meeting.

Strickland tweeted, "As a bishop, I beg Mr. Biden to repent of his dissent from Catholic teaching on abortion & marriage for his own salvation & the good of our nation."

IN A CAR ACCIDENT?

Before you sign anything, get our Free Book.

Get Your Answers, Lower Your Stress, Get Your Bills Paid, and Take Home More Money from Your Injury Settlement.

PATTON & PATTON
ATTORNEYS AT LAW

(785) 268-3601
KansasAccidentBook.com

metro VOICE

metrovoicenews.com

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

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



NOTO has new pole decor, Valentines events

A pair of local artists has completed installing eight metal artworks on NOTO light poles and in other locations in North Topeka.

The metalworks by artists Michael Bradley and Larry Peters join a collection of NOTO banners featuring work from local artists. NOTO leaders say visitors will be immersed in art this year.

"This was the final component of a plan we developed to place art throughout the district," said NOTO Executive Director Thomas Underwood. "The light poles feature the banners with the artsy NOTO logo, banners featuring works by area artists, and now these unique metal art pieces. Visitors cannot help but to experience an immersion in art when they come to NOTO."

Bradley and Peters both helped develop the NOTO Arts District. The two have studio space at Studio 831 off Mission St.

Fire Me Up Ceramics is presenting Valentines Day Clay on Feb. 14. Grab your beverage of choice (*9BYOB) and come on down to the studio and learn to hand-build with clay! They

provide the wine glasses, clay, and instruction, you relax, socialize and create! Make as many pieces as you like. From 8:30 to 10:30pm, it's 2 hours of fun while learning to make your own memories in clay. Projects are Valentine Day themed but you can make whatever you like. \$30 per person. Limited to 14 people, firing and glaze included.

There's also a Clay Night Out the evening of every Second Thursday: \$25 per person. Limited to 14 people.

For details visit firemeupceramics.com/ or call 785-766-4667.

First Friday Art Walk & Market: 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 antiques and studios have become a favorite art walk destination.

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



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

Also, a new Saturday Vendor Market is now open on 1st & 3rd Saturdays 10am to 3pm in Redbud Park.

THE PAD RESTAURANT

Try our lunch specials Monday - Friday!

234-3596
1730 N. Topeka Blvd.

Davidson Funeral Home & Cremation Services

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

Ed & Carolyn Popkess, Owners

"Stick With The Best!"

HERMAN'S BEEF & SAUSAGE HOUSE

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

We Specialize In Meat & Deli Items

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

TRM MINISTRIES TOPEKA RESCUE MISSION MINISTRIES

FAITH WITH ITS SLEEVES ROLLED UP

Main: 785.354.1744
Donate: Text TRMgive to 77977
Non-Cash Donations: 785.357.4285
Volunteer Services: 785.354.1744 ext. 393
TRMonline.org

Mail Donations to:
600 N Kansas Ave
Topeka, KS 66608
OR
P.O. Box 8350
Topeka, KS 66608

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

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

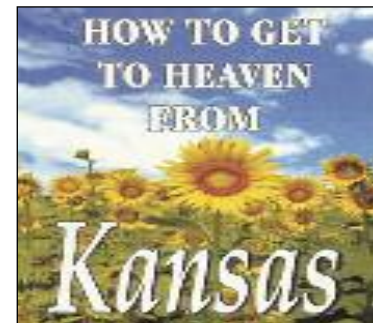
Areas of expertise:

- 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.

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

the events calendar

FREE LISTINGS! E-mail your events to: Voice@cox.net; mail to Metro Voice, P.O. 5724, Topeka, KS 66605; fax to 785-235-3340 or enter online at metrovoicenews.com Get your event **Highlighted in Blue in print, our online calendar and promoted in social media for only \$29!**

CONCERTS

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

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

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

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

HEARTSTRINGS – Feb. 12, 7:30pm, Classic Bean, Fairlawn Plaza. Free admission.

WOOD VALLEY PICKERS – Feb. 19, 7:30pm, Classic Bean, Fairlawn Plaza. Bluegrass, folk & country. Free admission.

CASTING CROWNS – Oct. 3, 7pm, Stormont Vail Event Center. Special guest will be Matthew West. For info: castingcrowns.com

SPECIAL CHURCH EVENTS

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

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

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

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

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

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

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

FREE MOVIE NIGHT – Feb. 13, Highland Heights Christian Church, 2930 SE Tecumseh Rd. MOVIE: "I Still

Believe." the true life story of Christian music star Jeremy Camp. Available for Children: A Veggie Tales Movie. Doors open at 6:00 pm - Movie begins at 6:30 pm. Free Movie Snacks Provided. For information, call 785-379-5642. Masks and Social Distancing will be in place.

FAMILY-FRIENDLY EVENTS

SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, at noon at Auburn Civic Center, 1020 N. Washington Street. Minimal cost per person. Reservations/cancellations required 24 hours in advance by calling Meals on Wheels of Jefferson & Shawnee Co. at 295-3980. Each meal includes 1% milk & sugar-free items for diabetics. 215-0064.

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

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

SHEPHERDS CENTER PICKLEBALL GROUP - plays Mon. & Wed. Mon. at Countryside UMC, 32nd & Burlingame, from 3-5. Park on the NORTH side & use the furthest WEST door. Follow the hallway to gym. On Wed. at First Baptist, 30th & MacVicar, from 1-3. Park on the WEST side. Gym is right inside the doors.

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

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

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

COUNTRY AND BALLROOM DANCING - Thursdays 6-9pm. Croco Hall. Info: Edwina 379-9538 or 478-4760.

SHEPHERDS CENTER LINE DANCING GROUP - meets 2nd & 4th Thur, 2-4 at First UMC, 6th & Topeka. Park on the west side & use west door. Immediately inside, turn left & walk the ramp to the library, then left to elevator. Push [B] for fellowship hall 785-249-3258.

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

TOPEKA ACAPPELLA UNLIMITED AUDITIONS – Topeka Acapella Unlimited is looking for female singers who would like to sing four part acapella harmonies. Come be our guest via Zoom at our guest nights to meet the Director and learn more about our chorus. Topeka Acapella Unlimited is a Chapter of Sweet Adelines, International. Call Cindy Patton at 785-640-7403 for

information on how to receive a Zoom invitation

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

HARVESTERS MOBILE FOOD PANTRY, 1st & 3rd Saturdays, 2-3pm, Shawnee Heights UMC parking lot.

TERRITORIAL CAPITAL MUSEUM – Now Open, 640 E Woodson, Leocompton. (785) 887-6148 www.lecomptonkansan.com historiclecompton@gmail.com

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

FEB. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansan.org/calendar

TACO & MARGARITA CRAWL – Feb. 6, 2-8pm, various locations in Topeka. Register to take part in food and drinks at various venues. Check facebook page for details.

VALENTINE POP-UP SALE – Feb. 6, 9am-3pm, Barb's Country Barn, 4008 SW Topeka Blvd. Valentine/ Chiefs Sugar cookies, (Valentine) Cocoa Bombs, Color Street, Homemade Candies, lots of Crafts, Red Aspen Nails, Tupperware. 31 bags.

C5Alive "BUSINESS MATCHMAKER" LUNCHEON – Feb. 11, 11:30-1, featuring Speed Networking at Fairlawn Plaza Mall.

- Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door
- \$15 for non-members & repeat guests.

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

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

SAVE THE DATE: POWER Luncheon, Mar. 11, 11:30-1, C5Alive POWER Luncheon.

NICHOLAS GOOD HARPSICHORD RECITAL - Feb. 14, live-streamed. Presented by Topeka's Chapter of the American Guild of Organists. It will be live streamed from the First United Methodist Church at 2:00 PM and can be accessed at forthegoodofthecity.org/live-music.

BUDDY - THE BUDDY HOLLY STORY – Feb. 14, 3:30pm, TPAC. 30th ANNIVERSARY TOUR - The Broadway Musical & Concert

Experience. Cost: \$39 - \$69. Tickets for the original date of April 8, 2020 and November 7 will be honored.

NAMI "Not so Silent" Art Auction – Feb. 15-20, KB Design Solutions Showroom, 4028 Huntoon in Gage Center. Silent Auction open daily Mon- Fri, then final bidding is Sat. 2-4pm with live music. Benefits NAMI programs. development@namikansas.org or 785-220-1623.

23RD METRO VOICE MIDWEST CHRISTIAN EDUCATION & COLLEGE EXPO - Feb. 27, 10:00 am-12:00 pm. Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. FREE SEMINARS. 50 Christian Colleges from 17 states. 816-524-4522. MetroVoiceNews.com

QUEEN OF HEARTS DADDY DAUGHTER DATE – Feb. 27, 1 - 6pm, The Brownstone, 4020 NW 25th St. Two sessions available with limited ticket availability: 1pm & 4pm. Dress up for Alice in Wonderland themed date and grab a pic at the photo booth! Includes a craft to complete together, music, a snack and beverage. All dads, grandparents or uncles and kiddos come join the fun! Socially distanced fun. For info go to the facebook page or call 785-235-0057 or visit thebrownstonetoepka.com.

THE CHOCOLATE NUTCRACKER MIDWEST – Feb. 27, 2pm & 7pm, Topeka Performing Arts Center, 214 SE 8th Ave. It Takes a Village, Inc. Presents a Black History Month production of The Chocolate Nutcracker, Midwest. VIP Tickets \$25. www.ticketmaster.com/event/0600595C7B4A0C6F. General Admission \$10 Youth, \$15 Seniors, \$20 Adults. www.ticketmaster.com/event/0600595C7BFC0C7D

MEETINGS & CLASSES

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

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

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

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

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

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

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

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

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

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

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

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

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

FRATERNAL ORDER OF EAGLES Aerie 4319: First & Third

Saturday, Feb. 20th, 2021
2pm to 4pm

Hosted by

'NOT SO SILENT'
Art Auction

Supporting NAMI Kansas

KB Design Solutions Showroom
4028 SW Huntoon
Topeka, KS 66604

For more information, contact Stacey at:
development@namikansas.org (785)220-1623

C5 Alive

Developing and Uniting
Christian Leadership

• Business • Non-profits • Churches

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

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

Feb. 11, 11:30-1: "Business Matchmaker"
Luncheon at Fairlawn Plaza Mall.

Featuring speed networking,
catered by Grandma Wocks

RSVP to info@C5Alive.org.
Open to the public.

Save the Dates!
• Mar. 11 - POWER Luncheon: Details to be announced
• Apr. 15 - POWER Luncheon: Details to be announced

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

That **CHRISTIAN**
70's Show!

The 70's At 7pm
7 Nights A Week
On 97.7

KFGB 97.7 FM
Upper Room Radio

UpperRoomRadioOnline.com

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

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, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & patterns. All are welcome. Anne, 272-9249 or kittens812@sbcglobal.net

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

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

TOPEKA 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.



1618 SW Washburn Ave.
Topeka, Kansas
785-232-4091
Hours of Operation
Monday - Saturday 11am - 10 pm
Sundays 11am - 6pm



ON AIR

TV25

We make
Home Sweet Home
a little sweeter

FREE on your antenna
or at www.TV25.tv

For Breakfast and Lunch it's...



HANOVER PANCAKE HOUSE

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



Hanover Pancake House...need I say more?

Pastors now more skittish to preach on race

Pastors seem more reluctant to address issues of race in their congregations today than four years ago.

According to a LifeWay Research study, 74% of pastors agree their congregation would welcome a sermon on racial reconciliation, with 32% strongly agreeing. In 2016, however, 90% of pastors believed their congregation would be open to a sermon on the topic, with 57% strongly agreeing.

Today, 17% of pastors say their church would not want to hear about racial reconciliation, up from 7% in 2016.

“While most pastors’ teaching is not limited to things their congregation wants to hear, it is helpful to know the reaction pastors anticipate from their congregation,” said Scott McConnell, executive director of LifeWay Research. “Instead of a majority strongly agreeing, now only a third of pastors have no hesitation that their congregation would welcome a sermon on racial reconciliation.”

African American pastors (93%) are more likely than white pastors (73%) or pastors of other ethnicities (74%) to say their church would be open to a sermon on racial reconciliation.

Pastors of churches with 250 or

more in attendance (83%) are the most likely church size to say their congregation would welcome such a sermon.

Denominationally, Methodists (83%), Presbyterian/Reformed (79%), Pentecostals (78%) and Baptists (74%) are more likely than pastors of Lutheran churches (59%) to believe their congregation would like to hear a sermon on the topic.

Sermon feedback

More than 8 in 10 pastors (83%) say they’ve preached on racial reconciliation in the past two years, including 70% who say they have not received any negative feedback because of those sermons and 12% who have been criticized.

Close to 1 in 6 pastors (16%) admit they have not addressed racial reconciliation from the pulpit in the past two years.

Compared to 2016, however, more pastors say they have received negative feedback, and more have ignored the topic in their sermons.

Four years ago, 5% said they were criticized for a sermon on racial reconciliation compared to 12% today. One in 10 pastors (10%) said they had not preached on the topic in the last two years in

2016, while 16% say that is the case now.

“The typical pastor is addressing racial reconciliation from the pulpit and without pushback from their congregation,” said McConnell. “However, the noticeable increase in pastors avoiding the topic and receiving criticism could signal there are new dynamics emerging.”

White pastors (17%) and pastors of other ethnicities (18%) are more than twice as likely as African American pastors (6%) to say they have not addressed racial reconciliation from the pulpit in the past two years.

White pastors (14%) are also more likely than pastors of other ethnicities (3%) to say they have received negative feedback from sermons on the topic.

Pastors 65 and older (20%) are more likely than pastors 45 to 54 (13%) to say they’ve not talked about the topic from the pulpit in the past two years. Younger pastors (18 to 44) are the most likely to say they’ve had negative feedback from preaching a sermon related to race (21%).

Lutheran pastors (27%) are twice as likely as Baptist (13%), Presbyterian/Reformed (13%) and Pentecostal pastors (12%) to say



they have not addressed the issue in a sermon in the past two years.

Sermon requests

Around 1 in 5 pastors (21%) say leaders in their church have directly urged them to preach on racial reconciliation, while 77% have not heard such requests.

In 2016, a quarter of pastors (26%) said they had been asked for sermons on the topic, and 73% said they had not.

“There are many possible reasons fewer churchgoers are asking for sermons on racial reconciliation,” said McConnell. “However, you cannot say that fewer Americans are talking and thinking about race today compared to four years ago.”

White pastors (79%) and pastors

of other ethnicities (77%) are more likely than African American pastors (56%) to say they have not heard such requests.

Evangelical pastors (81%) are more likely than their mainline counterparts (63%) to say no leaders in their church have asked them to preach on racial reconciliation.

Pastors in the South (79%) are more likely than pastors in the West (70%) to say they haven’t heard such congregational urging.

Lutheran (90%) and Baptist pastors (86%) are more likely than Pentecostal (77%), Restoration movement (70%), Presbyterian/Reformed (68%) and Methodist pastors (63%) to say they have not had leaders ask for a sermon on that topic.

‘Jesus the game changer’ – Amazing testimonies of changed lives

“Jesus the Game changer: To the Ends of the Earth” is the title of the second series of an award-winning documentary by Olive Tree Media. It examines how the Gospel has traveled across the world over the centuries.

Hosted by Karl Faase, it includes interviews with over 50 guests including two Iranian women whose lives have been transformed by the message of Jesus.

‘Jesus the Game Changer’

‘Jesus the Game Changer: To the ends of the Earth’ is filled with inspiring people and compelling stories of faith and courage. It

shares the testimonies of those who risked death, to ensure the Gospel message is heard in even the most dangerous of places.

Viewers of the new season will be amazed at the faith and courage of many bold believers including two Iranian women, Maryam Rostampour and Marziyeh Amirizadeh.

Maryam and Marziyeh both from Iran, were predominately taught about the Islamic faith. When reading the Koran, Maryam never felt the presence of God and struggled to find the answers she was looking for, until she gave her life to Jesus after reading the book

of Luke, aged 17.

Her heart was to learn more, so she moved to Turkey, and that’s where she met Marziyeh. There they spent time learning about God but felt a call to go back home to Iran to share the Gospel. Both women gave out 20,000 New Testaments across Tehran and formed house churches for young people in Iran, including those caught in prostitution.

Unfortunately, the women were arrested by the Iranian authorities, and incarcerated for nine months in one of the most horrifying prisons. In prison they recall sleeping under urine-soaked blankets, being threatened and facing potential physical attacks.

However, Maryam and Marziyeh started to view their prison as a church. They brought many people to Christ and made friendships that would last a lifetime. Thankfully, Amnesty International was able to get them out of jail.

Maryam says: “God had a purpose. He wanted us to see those injustices and to bring awareness about the situation of many people in Iran especially women as in Islam they have no rights. We believe God wanted us to see all these injustices and to share them with the world.”



“Jesus the Game Changer” can be viewed and purchased online, seen on various television net-

works, or ordered from Christian bookstores.



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

If you want to keep up-to-date on important issues and news from a Christian perspective, concerts & seminars, and uplifting stories & accounts of what others are doing in ministry

Then Turn To The

metro VOICE

Northeast Kansas’
Monthly Christian
News & Events Source
One year subscription
for only \$24.95

Call us at 235-3340



entertainment

2021 looks like a good year for faith-based films

Faith-based movies performed well in 2020 despite many theaters closing because of the pandemic. For example, the film "I Still Believe" landed at No. 1 for its debut opening and brought in more than \$9 million in ticket sales before theaters were shut down. That's when it was quickly moved to online streaming providers and brought in \$16.4 million in total making it the most successful films of 2020.

In 2021, fans can expect to see Christian movies being released on a grand scale. Here's a list of 10 faith-based movies coming out in the new year.

"The Passion of the Christ: The Resurrection." The sequel to the 2004 blockbuster release "The Passion of the Christ" is scheduled for a 2021 release and although few details have been shared, the film will center around the resurrection of Christ.

"Redeeming Love." Another film coming out in 2021 is the adaptation of the bestselling novel "Redeeming Love." Produced by Roma Downey ("The Bible") and Cindy Bond ("I Can Only Imagine"), the film is scheduled for a spring release.

"Jesus Revolution." Lionsgate and Kingdom Story Company are teaming up to make a film about a spiritual awakening in Southern California in the early 1970s known as the Jesus Movement. According to reports, actors Jim Gaffigan and Joel Courtney have been selected to play the lead roles in the faith-based film, which will be titled "Jesus Revolution."

"Unbreakable Boy." Jon and Andrew Erwin, the creators behind the blockbuster film "I Can Only Imagine," also announced another film coming this year titled, "The Unbreakable Boy." The film follows



the true story of Iowan Austin LeRette, a boy with autism and a rare bone disease. LeRette's faith-centered story was chronicled by his father, Scott, in the book "The Unbreakable Boy."

"Courageous." Another brother duo, award-winning filmmakers Alex and Stephen Kendrick, announced last year that they will be rereleasing their blockbuster film "Courageous" with new scenes and a new ending. The fourth film from Sherwood Pictures is scheduled to be released in theaters. The brothers said viewers "will get to see what happens to many of the characters 10 years later. It's a new ending with a few surprises."

Kendrick brothers movie The successful Christian filmmakers are also gearing up to release a new film this year, following the success of their last hit "Overcomer," released in 2019. Alex Kendrick attended the 28th annual Movieguide Awards in early 2020 where he revealed the plans for the film but did not release the title.

"A Week Away." Also premiering

this year after being delayed is Netflix's first original faith-based musical, "A Week Away," which features a number of rearranged contemporary Christian music hits with the compelling story of a troubled young man whose life is transformed. The concept for the movie came from Christian singer and actor Alan Powell, who co-wrote the screenplay with Kali Bailey.

"Journey to Hell." The bestselling classic novel by John Bunyan, "Journey to Hell," was adapted into a film that will be released this year. Like the book, the film is about a man who goes to hell and back but in the end finds redemption. Popular faith-based director Tim Chey ("Freedom") will direct the film. "My hope and prayer is this film scares people out of hell, not scares the hell out of people," Chey said.

"Reckless Love." Hollywood filmmaker DeVon Franklin and worship leader Cory Asbury are teaming up to turn the popular song "Reckless Love" into a feature film coming out this year. Based on Asbury's difficult relationship with his father, the movie will explore how that vital relationship affected the singer's personal view of God.

"Don't Say My Name." This movie is based on the true story of a human trafficking survivor who escaped her captors. "We'll follow her (Adriana) harrowing journey of survival as she navigates the road to recovery and healing," the film's synopsis reads.

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



Actor Jon Voight defends freedom in interview

God-given freedom is at risk in the United States, Oscar-winning actor Jon Voight said in an interview with worship leader Sean Feucht.

"I think about freedom as this amazing thing that God created this world and all of us humans, and he gave us freedom," Voight said. "If I was advising God, I'd say 'wait a minute.' It's the greatest gift we have, and the freedom of religion is why this country became what it is."

Feucht has been at the center of several large Christian gatherings since the start of the COVID-19 pandemic. According to data, none of them have gone on to be super spreaders. He went on to share with Voight about his many citations. He asked the 82-year-old star if he thought freedom was eroding throughout the years of his life.

"Well, certainly there's been an attack," he told Feucht. "This country has been under attack by an atheist force, which

started with the KGB and then it went on to others, but this is an atheist force. So we have to stand up. We have to be as bold as you are and carry on and not give in to this, but we also have to know that in this journey, this is what we're meant to do. We can have a lot of fun, and we'll make a lot of great friends along the way."

Voight, one of Hollywood's most prolific actors, challenged Americans to fight for their freedom.

"We're fighting for all the Americans out there, a lot of us, we're fighting for all you guys, that you have this freedom that you pass it on to your generations ahead," he said. "We have to stand, we have to make a stand here. We got to hold the line, we got to take a stand and that's what we're going to do, we'll have a lot more amazing shows, they're going to be fun, full of joy, but yet all at the same time have some teeth to it."

Bill Smith and his 'home stretch' coming of age story

The diagnosis of leukemia at age 43 laid bare a brief flirtation with escape for Bill Smith. After all, he had battled depression and suicidal thoughts from a young age; mortality was really nothing new for him to grapple with. To put it bluntly, for Bill Smith, the end had always been in view. But that life-defining moment — that brief descent into darkness — triggered a profound fight for survival.

The Home Stretch, from award-winning author Wayne M. Johnston, features everyman Smith (loosely based on Johnston himself), who, throughout his life, is confronted with extraordinary circumstances.

Johnston is relatively new to authoring novels. For 19 years he taught high school English, creative writing and publications. For the 22 years prior to that he worked on tugboats towing freight barges between Canadian and West Coast American ports. That experience has become the basis for experiences in his work, providing a reach and authentic tapestry in which his stories are set.

His 2016 debut novel, North Fork, drew from years of experience reading student journals to reproduce the way kids voice serious matters to a trusted adult.

The Home Stretch is book two in a planned trilogy and is told through the voices of three 17-year-olds as journal entries for their English class. Bill Smith, the protagonist in The Home Stretch, is their English teacher, and the new novel serves as his back story.

This is a coming of age story in which

the peace that allegedly comes with maturity is often shunted aside to make room for yet another crisis. It is also an uplifting story in its candid, reality-based portrait of a man struggling to find personal integrity through challenging conditions.

From an early age, Bill grapples with depression. Raised in a religious cult, he cannot reconcile his own experience with the worldview of his parents, and although he's bound to them by love and obligation, he rejects their beliefs.


His father's palpable disappointment in Bill leads him to contemplate suicide and to provoke his father into a confrontation with a surprising outcome that would redefine their relationship and alter the course of both of their lives.


Given to a physical, adventurous life, Bill becomes the chief engineer on a seagoing tugboat, and his tales of weathering gale-force winds and violent storms at sea provide metaphorical undercurrents for his fraught relationship with his father, his failed early marriage, his father's descent into Alzheimer's and his own battle with leukemia, which he is told will kill him.

Just when Bill has come to believe he has put the worst of it to rest, he learns something more about his father that opens everything up again.

While not a faith-based book, The Home Stretch is a poignant, ultimately inspiring coming of age story that weaves themes of mortality and forgiveness through life-defining moments of reckoning that many adults have to face head-on and learn to overcome.

PreK3-12th Grade Christian Education





Heritage Christian

FINE ARTS • ACADEMICS • SPORTS

"The Best Kept Secret in Topeka!"

CALL (785) 286-0427 FOR YOUR TOUR! HCGSTOPEKA.ORG

Get the complete &
updated event calendar
on our web site!

The news and information
you want...on-line.

metrovoicenews.com &
Facebook.com/metrovoicenews



Discovery Plus is one of the best streaming options for families

By Michael Foust

America's newest streaming service has hardly any movies and just as few scripted series, yet it's one of the best options for families yet.

Discovery Plus, which launched Jan. 4, doesn't include the hundreds or thousands of movies that Netflix, Disney Plus and Amazon Prime have.

What it does have, though, are thousands of unscripted programs that families can watch together. Like nature documentaries. And cooking and home improvement shows. And history series.

All total, Discover Plus includes 55,000 episodes from more than 20 brands, including the best shows from Discovery, HGTV, Animal Planet, Food Network and BBC Earth.

At a starting price of \$4.99 a month, it's one of the best streaming deals yet.

Its owner, Discovery, Inc., calls it the "the definitive non-fiction, real-life subscription streaming service."

Fans of nature documentaries can enjoy landmark BBC Earth series such as Planet Earth I and II, Blue Planet I and II, Frozen Planet, Africa and Nature's Great Events.



If cooking shows are your thing, then try Magnolia Table with Joanna Gaines, The Pioneer Woman, Cake Wars, and Diners, Drive-Ins, and Dives.

If you enjoy home improvement programs, then watch Property Brothers, Flip or Flop, Love it or List It, or Home Town. (House Hunters and House Hunters International debut on the service Jan. 29.)

If you want to learn a little history, then check out Expedition Unknown, World War II: Witness to War, or The American Revolution.

It even has three seasons of Duck Dynasty.

Discovery Plus also includes programs

from the Travel Channel, OWN, A&E, Lifetime, the Science Channel, DIY Network and the Cooking Channel.

Although the network includes tons of family-friendly programming, this doesn't mean you should use it as a babysitter. For starters, Discovery Plus is filled with true crime and paranormal shows. It's also littered with a few unsightly titles I'd rather never watch (like My 600 Pound Life -- you can thank TLC for that one). Of course, even a few of the family-friendly shows might include minor language. (Most are rated TV-G or TV-PG.)

Overall, though, Discovery Plus is a great choice for fans of entertaining, educational programming. My family loves it.

Also worth watching this month:

'Mary Slessor: Hero of the Faith' (DVD, Streaming) -- Scottish missionary Mary Slessor boldly takes the gospel to the jungle of Nigeria, where she halts evil practices and stands for righteousness. It's the newest animated film in the Torchlighters: Heroes of the Faith series. Visit Torchlighters.org or stream it at RedeemTV.com.

'We Can Be Heroes' (Netflix) -- A group of courageous kids save Earth after aliens kidnap their superhero parents. The movie is produced by the same filmmaker behind the Spy Kids series. But unlike the kids in those earlier movies, these children have superpowers. It's rated PG. ClearPlay and VidAngel each offer filters for it.

Roku Christian Movies (Roku) -- If you have a Roku, then you likely use it for streaming platforms such as Netflix and Disney Plus. But did you know Roku has its own streaming channel, The Roku Channel, that offers free faith-based content? I found several titles: Jesus of Nazareth, God's Compass, Left Behind (2000) and Greatest Heroes and Legends of the Bible. Content changes often, so check back every now and then.

'Burrow' (Disney Plus) -- A rabbit begins digging underground to build a new home, only to learn that the best land has been taken by moles, worms and other subterranean critters. Thankfully, his new friends step in to help. This endearing Pixar short film was scheduled to precede Soul in theaters but went straight to streaming when that other movie did the same. Rated G.

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

New Christian music addresses mental health

Amid hardships brought on by the pandemic and lockdowns, multiple Christian music artists have homed in on the needs of their communities. New releases speak directly to those dealing with increased mental health trials including anxiety and doubts.

Chris Renzema, nominated for "New Artist of the Year" at this year's Dove Awards, released both a full-length album ("Let the Ground Rest") and a new single ("Mercy") during the global pandemic.

Renzema, signed to Nashville-based Centricity Records, said while the majority of the songs he released this year were written before COVID-19, he still crafted them while walking through his own anxiety. Now, those songs that chronicled the deep emotions of his heart during such a difficult time are able to minister to others in similar mental health situations.

"We're experiencing this insane time on a scale that I would consider unprecedented for the modern human experience, and it's taking a magnifying glass to those things -- to worry and anxiety and the ways that we already as humans try to numb ourselves," Renzema said. "So, I see it as providence of the Lord -- taking songs that mean one thing in one context, and they've totally taken on a deeper level of meaning for myself as well, coming out during this time."

He believes his latest single Mercy, released Sept. 18, is surprisingly applicable at this time.

The second verse and chorus of the song denotes "The stressed out, the worried/Those terrified of right now/The wandering, the hurried/Who don't know how to slow down/There's room at His table for you/There's room at His table for you/'Cause His mercy's new with the morning/Even when you can't sleep at night/And if you're too anxious to notice/He'll hold your hand while you cry."

Renzema explained one of his goals is simply to write about and uncover the human experience -- no matter how raw or unfiltered it may be.

"Music can be this incredible tool for empathy in the world -- Christian and non-Christian music alike," he said. "But specifically music that points people to



Jesus has this powerful ability to say 'Hey, me as a writer, I have a struggle that you probably have too, and you're not in this alone, and Jesus is in this with us.' When I've heard songs, both secular and sacred, that are able to say 'You're not alone in this thing you're going through,' those have become so dear to my heart.

"I wrote the songs on 'Let The Ground Rest,' and I wrote 'Mercy' with the desire to reach out empathetically to people and just never expected that it would be so applicable to how badly we're all hurting right now."



Independent Christian artist Megan Brown, whose debut single "If I'm Honest" deals with themes of self-doubt and pain, expressed similar sentiments. Brown released multiple singles during the quarantine season and explained she typically writes out of her own experience of suffering, hoping to show listeners they

are not alone.

"The reality is, the more honest I am in my songs about what I'm specifically going through and how that related to my relationship with God, it's going to resonate with people even more," Brown said. "The feedback has been exactly that -- people reaching out to me that I don't even know saying 'Hey, this is exactly what I feel and I just didn't know how to say it,' and I think that God uses that authenticity and honesty to reach people."

A few lines Brown emphasized from "If I'm Honest," say "Maybe You took these pieces, and saw someone worth saving/Could these scars be a perfect work of art?/I'll never see myself, a beautiful reflection/Buried in shadows, I have to look up."

Brown said while someone is stuck within their fears or mental struggles, moving forward alone is nearly impossible. But it is in that moment where Jesus enters.

"Right now, I'm in this dark place and it's hard for me to look up," she said. "When I feel like I'm trying to look to Christ I realize that in myself I don't have enough strength to lift my head off the floor right now because of the state of mental being. But, that's encouraging because I'm not the one who is going to lift my head. That's God, and He promises that He's going to do that. All we have to do is just ask."

"I hope that encourages people to not feel like they have to reach down into the

metro VOICE

metrovoicenews.com

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

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.



Five Ways to Make Your Home a Healthier Place to Be

Our homes are our sanctuaries. It's more important than ever to ensure your home is a safe and healthy environment for you and your family. Indoor air quality can have a negative effect on your health, and the air inside your home is oftentimes more polluted than the air outside. Explore five effective wellness design principles that can lead to better indoor air quality and on overall healthier home.

1. Increase natural light. One of the most effective ways for improving the interior environment of your home is by bringing in more sunlight. Sunlight also provides numerous health and wellness benefits:

- helping the body to produce vitamin D
- boosting productivity
- promoting better sleep by helping the body maintain its circadian rhythm
- improving your mood and energy

Consider large windows and win-

dow combinations. Casement windows from Andersen, which are available in dramatic sizes, create a stronger connection to the outside. Certified by ENERGY STAR, homeowners can opt for more glass in their windows while continuing to prioritize energy efficiency.

2. Invest in safe materials. Potentially harmful VOCs, or "volatile organic compounds," are gases emitted from certain common household products, including paints, varnishes and cleaning supplies. Exposure to VOCs can lead to eye, nose and throat irritation, headaches, dizziness, and over time, can even cause organ damage, according to the EPA. However, "zero-VOC" and "low-VOC" options exist and selecting these alternatives will minimize the potential for these common pollutants to impact the air quality in your home, helping reduce health risks to you and your family.

3. Foster ventilation. Ventilation



helps your home rid itself of moisture, smoke, cooking odors and indoor pollutants. Natural ventilation is a great alternative to air conditioning in moderate climates. To ensure maximum ventilation, be selective about the insect screens you choose for your windows and doors. TruScene insect screens from Andersen for example, let in over 25 percent more fresh air and 50 percent more clarity than standard

Andersen fiberglass insect screens, making them a good choice for people who want to take advantage of open windows.

4. Eliminate dust. Accumulated dust can irritate the eyes, lungs and skin and further aggravate the symptoms of people living with allergies. Sometimes attempts to free a home of dust only end up kicking up more debris. To

avoid this, use wet dusting methods. When it's time to empty vacuum bags and canisters, do so carefully — this is one task that may be best to perform outdoors. Finally, make maintaining a dust-free home easier by investing in an air purifier. Consider also selecting machine washable curtains, furniture covers and other fabrics.

5. Decorate with plants. Decorating your living spaces with plants is not only a beautiful design statement, but plants act as natural air purifiers, absorbing toxicants and converting indoor carbon dioxide into oxygen.

For more healthy home ideas and inspiration, visit andersenwindows.com.

Improving the interior environment of your home is vital. Fortunately, there are many effective steps you can take to promote healthy indoor spaces.

—StatePoint

5 Ways to Help Prevent the Spread of Illness

This year, as cold and flu season converges with the COVID-19 pandemic, it's important to take precautions to help prevent the spread of illness and infection both in and out of the home.

The similarities between cold, flu and COVID-19 symptoms can be confusing, and a spike in the seasonal flu could place additional strain on already tight health care resources. To help ease confusion and provide guidance, Dr. Darria Long-Gillespie, ER physician and Clorox spokesperson, outlined these best practices that can help keep you and your family healthy.

Develop a Household Plan: Make sure everyone in your household and immediate family is on the same page about how to best prevent the spread of

illness within your home. Consider an informal "household contract," where each member will alert the household if he or she comes in contact with an infected person or starts showing symptoms. This is important to help protect everyone in the house as well as visitors to your home, particularly those who are at-risk (such as older relatives) and can allow you time to prepare should any family member need to self-quarantine.

Don't Skip the Flu Shot: Your first line of protection against illness is a flu shot, which not only reduces your risk of getting the flu, but also helps protect your community and conserve health care resources. This is especially important this year, since some of the symptoms of COVID-19 and the flu overlap

and can be difficult to tell apart. Because accessing the flu vaccine may be more challenging this year for many Americans due to the pandemic, Clorox has donated \$1 million to Direct Relief, Visiting Nurses Association of America and Families Fighting Flu to help provide access to, and spread awareness of, the importance of flu vaccinations.

Maintain Regular Healthy Habits: One of the best defenses is a good offense, and the same is true when preparing for cold and flu season. Aiming for a well-balanced diet full of non-processed foods, staying hydrated, exercising and keeping a regular sleep schedule are all keys to keeping illness at bay. Disinfecting high-touch surfaces with a disinfectant that's approved by the Environmental Protection Agency to kill SARS-CoV-2, the virus that causes COVID-19, can also help support prevention, especially if you have members of the household leaving frequently for work or school.

Attend Necessary Medical Appointments: It's important for you and your family to attend annual physical exams and other necessary medical appointments — whether it's virtually or while following appropriate safety precautions in person. These checkups are crucial for keeping up to date on your prescriptions and general well-being, identifying any potential medical issues and monitoring recurring issues. Contact your doctor's office to see if it is



open for in-person or telehealth appointments in order to make the best decision for receiving care for you and your family.

Create Prevention Packs: Keep illness prevention items, such as face masks, hand sanitizer, disposable gloves and disinfecting wipes, in one centralized

spot at home. Also keep additional kits in easy-to-reach areas like the center console of your vehicle or inside your purse or backpack for when you're on the go.

Find more tips for fighting illness this cold and flu season at Clorox.com.

—Family Features




CPAP

Supplies & Services LLC

Specializing in all your CPAP needs

785-289-3188

2905 SW Gage Blvd., Topeka, KS



Aldersgate VILLAGE

RETIREMENT COMMUNITY

Independent Living

Assisted Living

Memory Care

Skilled Nursing Care

Rehabilitation Services

Sub-acute Program

Transportation

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

7220 SW Asbury Drive | Topeka, KS 66614

Boost Your Immune System from Coronavirus or Any Other Germ

Boost Your Immune System from Coronavirus or Any Other Germ

Overcoming any virus, flu, bacterial infection or coronavirus begins by understanding your immune system is different from your neighbor, sibling and or spouse. This is important because your immune system is what is going to keep the infectious germs from setting up shop and making you sick, and instead look for a more susceptible person to land and multiple on.

Washing your hands, coughing in your elbow, fist bumps and sanitizer are all good things to practice, but it's your immune system that truly makes the difference and protects you. Why do you think when someone walks on a plane, classroom or house...the entire plane, classroom or family doesn't get sick?

It's Your Immune System! It's an individual thing. Think of it like your own little security force guarding your body. That's what it does, it makes antibodies, white blood cells, lymphocytes to kill-off foreign invaders. The question is, is your security force fully maned? Or are you running at 75, 60 percent or less efficiency?

What determines the strength of your Immune System? Rest, Good Nutrition and Stress!

What hampers your Immune Response? Not enough sleep, fun or sun, Too much Stress, Lack of Good Nutrition.

Rest and sleep are simple things to do, but if you aren't doing it - don't



along with them lots of other important nutrients and phytochemicals that help support your immune system.

The question is, are you getting your 6-8 servings of fruits and vegetables a day? If you're not, the quickest and easiest way to get alkaline and reduce your risk of catching an infection is - Grab a green

drink or a capsule formula. Do this once or twice a day and you will quickly get your body more alkaline, while also providing your body with a lot of nutrients your diet is missing. Maybe that's why they are called supplements, you're not getting them in your daily diet and need to supplement.

Lastly, it's Stress and Dis-Stress, because stress weakens your immune response! So, get control of your stress, and remember stress isn't just worry, fear and anxiety. Lack of sleep is stressful. Exercise is a form of stress! Can your body handle the amount of physical stress you are placing on it?

Not all exercise is stress reducing! It's the intensity of your workout that determines if it is stress reducing or stress producing

Let's not forget about all the Dis-Stress, as I call it, we place on our body, by making the wrong dietary choices. If we eat the wrong foods and trigger our blood sugar to go up and down all day or skip meals or delay eating. This triggers more of your stress hormone cortisol, which hinders your immune system.

The other Dis-Stress we unnecessarily throw on our body comes from all the irritation and inflammation our tummy has to deal with when we eat foods that we know irritate our tummy. This produces inflammation. How does our body respond? Your adrenal glands produce more cortisol to reduce the inflammation. Again, it is more cortisol racing through your body, weakening your immune system.

Too much stress and adrenal overload will also throws off your metabolism, hormones cardiovascular system and the list goes on.

So, if you want to strengthen your immune system, get your body alkaline (fruits and veggies or a green drink) and reduce the level of stress and dis-stress in your life! Swallowing more supplements is helpful, but you also need to quit doing the things that weaken your system too. It's a game of plusses and minuses!

- Dr. Len Lopez, cbn.com

Health resolutions for your pet

I gained four pounds the first month of quarantine. I blame the evil mix of gym closings, excessive yoga pant wear, and the fact that peanut butter pretzels seem to diffuse all stress caused by being furloughed and promoted to home-school teacher. I watch yard squirrels for fun now, so if Sun Chips get me through the day, I was okay with a little bloat. But then, as we all know, it can be depressing feeling all a frump. Especially when we try on the new skinny jeans we planned to rock on Cinco de Mayo before life shut down, and realize there aren't enough margs that could ever make our reflection okay. I've since bid those pounds adieu, and as a lifetime dieter and exercise freak, so I thought I'd share my weight loss hacks.

Find Your Carb Doppelganger

If you really love starchy foods like pasta and bread, giving up carbs is a heartbreaking statement. Right up there with when the Lord told me to stop watching Game of Thrones. You know I'm in the third season, right Lord? But 'tis a sad fact. Our bodies won't burn fat until they're through with the carbs. So through the years I've found a few carb substitutes that happily scratch the itch. The spiralizer has been a life changer. With enough yummy sauces you can almost pretend you're eating linguini, and fettuccini every night. Mashed cauliflower and butternut squash are other faux carb rock stars. If sweets are your thing, find some low sugar, high protein snacks that scratch the itch. The beauty of today's health conscious age is there's a yum substitute for almost anything.

Drinkity Drink Drink

My daily goal is to basically fill my belly so full of water and coffee, it can't bear that fistful of Chex Mix. I find when I'm constantly drinking, either water, or flavored seltzers, or hot tea, I snack much less. I usually fill a big sports bottle with room temp water (aids digestion) and lemon juice in the morning and take it with me on the go- which sadly had been from kitchen to bedroom. I have a bit of an oral fixation so I'm also constantly drinking coffee with sugar free creamer, and tea.

Become a Grazer to Avoid Eating Two Pounds of Tacos at Dinner

Our stomachs are the size of an adult

fist. I remind myself this at least once week, when tempted to take down an entire skillet of chicken fajitas. Unless it's pizza night, when I eat portions sized for an actual cow (two stomachs!) and run an extra mile later. Eating little mini meals or at least smaller portions are a good way to avoid over eating at meal time, and a good trick is to scoop smaller portions of whatever's on the menu, only going back for seconds if you're still hungry.

Make Friends with Your Weakness

I'm an avocado addict. I've been a lot worse in my pre-saved past, so I've made friends with this obsession and adjusted my diet accordingly. I simply need my low carb chips and guac almost nightly. So I try to avoid carbs and save my smallest food portions for dinner. If sweets are your thing, I find that it's better not to deprive yourself and still eat a little daily, but just reduce your calories in some other category. I've even rationed out pieces of dark chocolate in plastic wrap to compensate for my utter lack of self-control. And woe to the family member who raids this psychotic snack reserve. I've all but transformed into Gollum searching for his "precious" when I'm one piece short.

Eat to Survive

Okay this sounds extreme. But my workout routine has been reduced to dead lifting in my kids' "distance learning rooms"... these are desperate times. One mantra that's always helped me through the years is to remember eating isn't a recreational activity. Whenever I find myself in a binge haze, or just thinking too much about the next meal, I can snap myself into a better mindset by remembering the purpose of food is to nourish. We should just be eating leafy greens, lean protein with, and low sugar fruits for the sheer purpose of feeling better, living longer and perhaps the greatest motivator- having better/younger skin (Amen).

Normal life will resume soon.. I see the light! Keep making good eating choices and playing mind games by the hour, and you'll get there. :) Even when the hubs will NOT stop tempting...

"Hun want nachos with the movie?"

Get behind me, Satan...



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





GREAT NEWS!
You can stay at home and we can help!

A caring and compassionate provider of in-home services, including:
• Companion Care • Homemaker Services • Personal Care • Transportation

1835 NW Topeka Blvd • 785-286-2273 • www.gracehomecare.com

sports

Travis Kelce wins Walter Payton Man of the Year fan challenge vote



After receiving the most votes, Chiefs tight end Travis Kelce has won the Walter Payton Man of the Year Fan Challenge.

One of the NFL's highest individual honors, it recognizes an NFL player for outstanding community service activities off the field, as well as excellence on the field. Kelce is joined by 31 other candidates – one from each NFL team – who were also announced today.

The NFL released a statement saying: "Congratulations to Travis Kelce who received the most votes in Nationwide's 6th annual Charity Challenge, a social media campaign designed to support and promote team nominees."

Kelce was given a \$25,000 donation that he can allocate to a charity of his choosing.

"We are thrilled to have Travis Kelce represent the Chiefs organization and the Kansas City community as our nominee for the Walter Payton NFL Man of the Year Award," Chiefs Chairman and CEO Clark Hunt said. "From the time he was drafted in 2013, Travis has grown into one of the most dependable and dynamic players in team history – both on and off the football field."

"Travis' commitment to winning is surpassed only by his enthusiasm for helping young people in Kansas City and his hometown of Cleveland Heights, Ohio. Through his 87 & Running Foundation and his work with Operation Breakthrough, Travis provides disadvantaged youth with the resources they need to discover their personal passions as well as mentoring and motivation to help them be successful. We are very proud to call Travis a member of our Chiefs family, and we believe he is a deserving candidate for this prestigious honor."

"Being nominated as the Chiefs Walter Payton NFL Man of the Year is one of the greatest honors of my professional career," Kelce said. "This team and this community have been an incredibly important part of my life for the past eight years, and I'm humbled because there are so many players who are also doing so much to serve others and are deserving of this recognition. The 87 & Running Foundation began to help disadvantaged youth by mentoring and motivating them to explore and develop their abilities and aspire beyond their circumstances. I'm extremely proud of the work we've done and want to thank my foundation team

for their dedication and the Chiefs for their support of this important work. What I've accomplished on the field alongside my teammates over the years – especially last year – means so much more knowing that what has been accomplished off of the field is making a difference in the lives of others here in Kansas City and in my hometown of Cleveland Heights."

The Charity Challenge, determined by fan voting, is a precursor to the NFL's Walter Payton Man of the Year Award, which is awarded during the NFL Honors ceremony. This year, NFL Honors will take place on February 6, on the eve of Super Bowl LV.

For the third year in a row, all 32 team winners will be highlighted as finalists and recognized for their important work during the weekend leading up to Super Bowl LV.

All 32 nominees will receive a \$40,000 donation in their name to their charity of choice. The winner of the Walter Payton NFL Man of the Year Award will receive a \$250,000 donation to the charity of his choice. All donations are courtesy of the NFL Foundation and Nationwide. Along with the other 31 nominees, Kelce will wear a Walter Payton NFL Man of the Year helmet decal through the end of the season in recognition of his accomplishments on and off the field.

Since arriving in Kansas City as a third-round draft pick in 2013, Kelce has focused on reaching youth in the communities that are near and dear to him. In 2015, he introduced his 87 & Running Foundation to empower disadvantaged youth to achieve success by providing resources and support to their communities and cultivate their talents in the areas of education, business, athletics, STEM and the arts. To date, Kelce, through the 87 & Running Foundation, has donated \$750,000 for various charitable efforts, while another \$250,000 is scheduled to be made before the end of this year.

Kelce discussed his nomination for the prestigious award in a press conference with members of the media in December.

"Football is just a game," Kelce said. "We're talking about life. To be able to help somebody have a better future, being able to lend a helping hand so somebody has a better situation, that's making a difference."

FROM THE CHEAP SEATS

By Rob Mooney

The Kansas City Chiefs are heading back to the Super Bowl where they'll square off against Tom Brady and the Tampa Bay Buccaneers after dismantling the Buffalo Bills in the AFC Championship game.

It definitely seemed like a long season for the Chiefs. They went 14-2 in the regular season but it seemed like they were worse than their record indicated. Of their 16 wins this year (including the playoffs), ten of them were by fewer than ten points and 6 of those were fewer by 5 points. As a matter of fact, after they beat the Jets on November 1st, their next double digit win was against the Bills in the AFC Championship game.

The Buccaneers, on the other hand, had 10 games where they won by 10 or more. The Buccaneers were the 3rd leading scoring offense in the league, averaging 30.8 points a game while the Chiefs came in at 6th averaging 29.6 points a game. The Chiefs, however, led the

league in offensive yardage, averaging 415.8, the only team in the league to average over 400 yards per game. The Buccaneers finished 7th averaging 384.1 yards per game.

These teams seem to be carbon copies of each other. In almost every team statistic, they are very close. Defensive points per game: Tampa 22.2; Kansas City 22.6. Yards allowed per game: Tampa 327.1; Kansas City 358.3. Passing yards per game: Tampa 289.1; Kansas City 303.4. Turnover differential: Tampa +8; Kansas City +6.

The biggest difference seems to be in the running game. The Buccaneers allowed 80.6 yards per game, 1st in the league while the Chiefs allowed 122.1. On the flip side, the Chiefs averaged 112.4 rushing yards a game while the Buccaneers averaged 94.9, 6th worst in the league.

All eyes will be on Chiefs quarterback Patrick Mahomes, who is making his

2nd Super Bowl appearance and Bucs quarterback Tom Brady who is making his 10th appearance. That's 4 more than the next person. As a matter of fact, only 2 quarterbacks have been in 6 or more, Brady and John Elway.

Like Brady or hate him, when a guy goes to ten Super Bowls, especially a quarterback, he has to be considered one of the best ever. It's easy to see why he's considered the greatest quarterback to ever play the game. Maybe that's why a lot of people don't like him, because all he does is win and people seem to not like teams or players who win all the time, except for fans of the particular team.

Everyone would agree that there is currently a youth movement at quarterback in the NFL, but did you notice that the 4 QB's playing in the AFC Divisional round were all 25 years or younger? Mahomes, Lamar Jackson and Baker Mayfield are all 25 and Josh Allen is 24. These teams may be around for awhile.

This Super Bowl is shaping up to be an instant classic. Could it be the proverbial passing of the torch, the old timer, greatest quarterback ever, passing it on to the young up and comer who already has a mantle full of accomplishments. One thing I know....it's going to be a lot of fun!

Chiefs owner, players give credit to God after winning AFC

Clark Hunt, the owner and CEO of the Kansas City Chiefs, gave credit to God when his team won the AFC championship on Sunday. While accepting the trophy named after his father, Hunt on national television gave recognition to his team, their fans, his late father who founded the AFL and the Chiefs, and to God.

"I'm so honored to accept this trophy on behalf of this incredible team, and the best fans in the National Football League," he stated in post-game interviews. "The Lord has blessed our family in so many ways. Coach (Andy) Reid, what a game today. Great job today. My dad would love the grit and determination of this team."

Hunt has been outspoken about his faith in Christ over the years.

"I want to thank the Lord for blessing us with this opportunity. The glory belongs to him," he said after receiving the AFC trophy last year. And after winning the 2020 Super Bowl, Hunt said, "I want to



spiritually," Hunt said. "In the National Football League, Christ is really glorified. My identity is my faith in Christ."

Quarterback Patrick Mahomes and other Chiefs players have also spoken out about their faith. "My faith has always been a big part of what I do," Mahomes said. "I've grown up in church and faith really helps you know why you're playing the game, and who you're doing it for."

"There's definitely a lot of Christians in the organization, and when it starts at the top, that's pretty powerful, with the owner, and he kind of sets it from there," offensive lineman Stefan Wisniewski said. "But there are definitely players following Jesus on the team too and it's been fun to get to know some of those guys, and try to share with them and encourage them. At the end of the day, when the confetti's falling, I just hope it's Jesus that gets the glory."

thank the Lord for blessing our family with all these incredible people who have helped us bring this championship home."

During a speech last November at a luncheon in Tyler, Texas, Hunt told the audience he makes his Christian faith a top priority for his staff. Arrowhead Stadium offers a nondenominational pregame chapel service for fans who attend the games. Chaplains also play an active part with the team.

"We want our employees to develop

Alex Smith named NFL Comeback Player of the Year

After completing one of the most remarkable comebacks in sports history, Washington Football Team quarterback Alex Smith has been named the NFL Comeback Player of the Year by Sporting News.

Smith's honor was not unanimous, but over 90 percent of players that voted chose the Washington passer for the award. Sporting News surveyed several NFL players for their award; the winners were not based on the staff's opinion.

The league's official Comeback Player of the Year award will be announced during the ninth annual NFL Honors ceremony on Feb. 6.

Smith made his return to football this past season after missing nearly two years following a life-threatening leg injury he



suffered in November 2018. The quarterback required 17 surgeries to repair his leg and was forced to wear an external fixator for around 10 months during his recovery.

After making the 53-man roster out of training camp, Smith's first action this season came in Week 5 against the Los Angeles Rams. The quarterback would

take over as Washington's starter in Week 10, and the club responded by win four of its next five games, including victories over the then-undefeated Steelers and reigning NFC champion 49ers.

A bone bruise in his right surgically repaired leg kept him sidelined for three of the team's final four games, but his impact on Washington this past season cannot be understated. Smith went 5-1 as a starter in 2020; Washington arguably would not have made the playoffs without him.

The 36-year-old has yet to decide whether he wants to play football again in 2021, but he's under contract with Washington if he chooses to do so.

Smith started for the Chiefs from 2013-17 before they traded him to Washington during the 2018 offseason.



8 Tips for a Successful Home Renovation

Thinking of remodeling your home? From safety and security to product and contractor selection, there are many factors to consider.

Follow these eight remodeling tips to help minimize hassles during a renovation:

1. Create a budget. Create a project budget and set a spending limit. Whether you plan to utilize savings, home equity loan, line of credit or free up funds through refinancing, now is the time to identify how you will finance the project, and how much you want to spend.

2. Prepare the house. Before work starts, clear all spaces where professionals will be working, as well as walkways they will use to access these areas. Remove valuables and breakables to avoid damage and cover furniture in areas where paint or dust could harm upholstery. Keep other considerations in mind. For example, if you're renovating the kitchen, you may need to create a temporary food prep area.

3. Work with reputable professionals. When selecting a contractor, be sure they have refer-

ences, certification and an understanding of the project. For example, when tackling window and door projects, Andersen Windows, Inc. recommends hiring an Andersen Certified Contractor to do the job. These contractors receive product training, installation resources, offer an exclusive 2-year limited installation warranty, and their expertise and experience in an extensive range of residential projects means they're able to capture your vision for your home and work with you to provide the right products.

Bottom line: working with reputable professionals makes all the difference in the quality of the work and the materials used to complete the project.



4. Schedule wisely. Choose a timeframe for your home renovation that best fits your busy schedule. Keep in mind that unforeseen circumstances can sometimes cause delays. Build this into the timeline so you're not taken by surprise.

5. Address safety. Talk to your contractor about what COVID-19 measures they practice to help keep customers and employees safe. Find out whether they're following CDC guidelines for businesses, including always wearing a mask, social distancing whenever possible and frequent hand washing. Also, ask if they offer virtual consultations that allow you to start the process contact-free.

6. Add or update your security system. With professionals frequently coming in and out of your home, a home renovation may be a good time to add or update your security system with reprogrammable smart locks. Offering more convenience and greater control, the Yale Assure Lock for Andersen patio and entry doors for example, is a sleek, key-free entry lock that makes it easy to grant access to

contractors for limited periods of time, lock and unlock doors from anywhere and monitor from afar.

7. Communicate openly and effectively. If a renovation is done correctly, you may never need to repeat the process. This makes open and honest communication with your home renovation team essential. Be sure to share your vision and to ask questions as they arise. At the same time, expect the professionals working with you to communicate regularly and address all your concerns.

8. Get a return on your investment. Prioritize projects that will potentially raise the resale value of your home. According to FortuneBuilders, the top 10 greatest returns on investment for home renovations include bathroom and kitchen remodels, landscaping, replacing entry doors and replacing windows. It also helps to select products that come with transferrable warranties. This will give your property a tangible leg-up on the market when it's time to sell.

—StatePoint

metro VOICE
metrovoicenews.com

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

House Dry? Humidify!

Now **\$325** General 1042 Power Humidifier
Installed complete with humidistat

Voted #1 Best of Topeka

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

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

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

bug-man@sbcglobal.net
Ask about our Total Home Care Package!

GOD FIRST • VETERAN OWNED
Mention this ad for 10% OFF!

Mickey's Handyman Service

Complete Home Repair & Improvement
Quality Work at a Lower Cost
Call for free estimate: 785-383-0269

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**

OTTO

Text "OTTO" to 71441

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 current 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 nice

perks are included.

FOR RENT:

OFFICE SPACE available, great for therapists, health and wellness companies, small business owners & more! Complementary desks/chairs furnished. All utilities plus Wi-Fi/Ethernet included. \$100 VISA cards to new leases if you mention this ad! College Park Office Suites, 2611 SW 17th St. Call or text 785-430-1657. info@cpofficesuites.com

SERVICES:

DISABLED? UNABLE TO WORK? Win Social Security disability benefits. Expert help, application to hearing. Fee only if we win. 785.331.6452. Email:



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



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 UpperRoomRadio.com
 Upper Room Radio



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

340,000,000 Christians persecuted worldwide

Every day around the world, 13 Christians are killed for their faith; 12 are illegally arrested or imprisoned; 5 are abducted; and 12 churches or other Christian buildings are attacked worldwide.

These are among some of the disturbing findings of the recently released Open Doors' 2021 World Watch List (WWL-2021). This annual report ranks the top 50 nations in which Christians are most persecuted for their religion.

All in all, "More than 340 million Christians suffer high levels of persecution and discrimination for their faith." About 309 million of these Christians "suffer very high or extreme levels. That's one in 8 worldwide, 1 in 6 in Africa, 2 out of 5 in Asia, and 1 in 12 in Latin America." (Unless otherwise indicated, all quotes in this article are from the 2021 Open Doors World Watch List.)

"More Christians are murdered for their faith in Nigeria than in any other country." — Open Doors, World Watch List

For the reporting period covered by WWL-2021 (October 2019 – September 2020), "4,761 Christians were killed for their faith" — a 60% increase from last year (2,983). And that is just the reported number. An additional 4,277 Christians were unjustly arrested, detained, or imprisoned; 1,710 were abducted for faith-related reasons; and 4,488 churches or Christian buildings were attacked.



70,000 Christians are currently imprisoned."

The "extreme persecution" that Christians experience in 10 of the absolute 12 worst nations comes from "Islamic oppression" or is occurring in Muslim majority nations. These include: Afghanistan (#2), Somalia (#3), Libya (#4), Pakistan (#5), Yemen (#7), Iran (#8), Nigeria (#9), Iraq (#11), and Syria (#12).

Among the worst, Afghanistan and Somalia, the "persecution is only very slightly less oppressive than in North Korea." In the rest, Christians face persecution ranging from being harassed, beat, raped, imprisoned, or slaughtered merely for being identified as Christian or attending church.

Overall, the persecution Christians experience in 39 of the 50 nations on the list is also either from "Islamic oppres-

against Christians based on the belief that "to be Indian is to be Hindu." Christians are additionally "accused of following a 'foreign faith' and blamed for bad luck in their communities. These believers are often physically attacked and sometimes killed, as well as being under constant pressure from their family and community to return to Hinduism."

Some of the more notable trends identified include:

Covid-19 was and is being "used as a weapon by persecutors," according to Open Doors UK. Numerous incidents were "recorded across Asia and Africa—where vulnerable believers are deliberately neglected by local authorities when food is distributed, Christian nurses are denied vital PPE [personal protective equipment], and some Christians are even baselessly blamed for the spread of the virus."

The pandemic has become a "catalyst for religious persecution through relief discrimination, forced conversion, and as justification for increasing surveillance and censorship."

"80% of Indian Christians helped by Open Doors say they were passed over for food distribution during the COVID-19 pandemic." Similarly, "Christians were left out of COVID-19 government relief in Bangladesh, often facing starvation or severe health issues." And "some Christians in Ethiopia were discriminated against when government aid was distributed." (See here for examples from other nations.)

Violence against and killings of Christians continued to rise "dramatically in sub-Saharan Africa," according to Open Doors UK.

"Of the top six countries where Christians experience the most outright violence, five are in sub-Saharan Africa. Nigeria – which re-entered the top 10 for the first time since 2015 – saw the most violence against Christians in 2020, with armed Fulani militants killing, burning, kidnapping and raping with impunity. Islamist violence is also why Cameroon rose to 42 from 48, and why Democratic Republic of Congo (40) and Mozambique (45) are new entries to the top 50."

Communist China developed new restrictions and surveillance methods — including by installing more than 415 million facial recognition cameras to track people's whereabouts — in order "to monitor citizens for their own 'protection' and 'security,'" according to Open Doors UK. Considering that for the first time in over a decade, China has made it among the top 20 persecutors — up to #17 from #23 last year — this does not

bode well for Christians, who are already "intensely monitored by the state."

Similarly, in Turkey, which rose to #25 from #36 last year, every citizen's "religious affiliation is recorded on the electronic chip of identity cards, making it easy to discriminate against Christians."

A few other quotes of note from the WWL-2021:

"More Christians are murdered for their faith in Nigeria than in any other country."

"In Egypt, kidnappings and forced marriages of Christian women and girls to their Muslim abductors has reached record levels."

continues to grow annually. According to the latest statistics, "More than 340 million of our Christian brothers and sisters live in places where they experience high levels of persecution and discrimination." This represents a 31 % increase from 2020, when only "260 million Christians experience[ed] high levels of persecution." That represented a 6% increase from 2019, when the number was only 245 million Christians. And that represented a 14% increase from 2018, when 215 million was the number.

In short, between just 2018 and 2021, the persecution of Christians has increased by nearly 60%.

How long before this seemingly irre-



In the "beautiful island nation" of Maldives, which is Islamic, "Christian persecution takes place away from the eyes of international tourists."

"In remote Vietnam, a woman who leaves her tribe's beliefs to follow Jesus often loses any rights to see her children."

Even in the most moderate Arab nation, "Violent Islamic extremists are active in the border areas in southern Tunisia—they will target any Christian."

Perhaps the most disturbing trend is that the number of persecuted Christians

versible trend reaches even those nations currently celebrated for their religious freedom?

—Raymond Ibrahim, author of the new book, *Sword and Scimitar, Fourteen Centuries of War between Islam and the West, is a Distinguished Senior Fellow at the Gatestone Institute, a Shillman Fellow at the David Horowitz Freedom Center, and a Judith Rosen Friedman Fellow at the Middle East Forum.*



North Korean concentration camps may contain hundreds of thousands of Christians

For the twentieth year in a row, North Korea (#1) remained the worst nation:

"Being discovered as a Christian is a death sentence in North Korea. If you aren't killed instantly, you will be taken to a labor camp as a political criminal. These inhumane prisons have horrific conditions, and few believers make it out alive. Everyone in your family will share the same punishment. Kim Jong-un is reported to have expanded the system of prison camps, in which an estimated 50-

tion" or is occurring in Muslim majority nations. The overwhelming majority of these nations are governed by some form of shari'a (Islamic law). It is either directly enforced by government or society or, more frequently, both, although societies — family members in particular — tend to be more zealous in its application.

In India (#10) — the only non-Islamic nation alongside North Korea to make the top 12 — rising Hindu nationalism continues to use "extensive violence"

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

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

Shawnee County Warm Line

1-800-972-8199

Feeling worried, lonely or isolated?
Call to request regular check-in phone calls,
or call when you want to talk!

We are here to listen and to provide helpful community resources!

Monday - Friday from 10 am - 2 pm.



APPROPRIATE
SAFETY
PRECAUTIONS
PROVIDED

23RD ANNUAL MIDWEST CHRISTIAN COLLEGE Fair

**COLLEGES
FROM 17 STATES!**

- Avila University • Baker University • Baptist Bible College
- Barclay College • Baylor University • Calvary University
- Calvin University • Central Christian College of Kansas
- Central Christian College of the Bible • Central Methodist University Chicago • Colorado Christian University • Concordia University Bible College • Evangelical University • Faith Baptist Bible College • Grand Canyon University • Greenville University
- Hannibal-LaGrange University • Harding University • Heartland Christian College • John Brown University • Kansas Christian University • Lindenwood University • Lipscomb University
- Mid-America Christian University • Lee University • Liberty University • Midland University • NorthWestern College of Iowa
- Oklahoma Baptist University • Oklahoma Christian University
- Oral Roberts University • Ozark Christian College • Southwest Baptist University • Southern Nazarene University • Southwestern Christian University • Spurgeon College • Tabor College
- Wartburg College

List of regular attendees.
New schools added weekly.

**Saturday
Feb. 27
10am to 12pm**

FREE

**Kansas City
Missouri**

**Colonial Presbyterian
9500 Wornall Rd.**

Visit metrovoiceneews.com
for more info and updates