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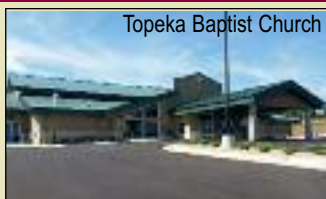
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## NEW RESIDENT churchguide



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See inside back cover!

## KHP begins stricter seat belt law enforcement



You had better “click it or ticket,” because the Kansas Highway Patrol has begun cracking down on seat belt enforcement across the state from now through March 5.

The Kansas Highway Patrol joins other Kansas law enforcement agencies in partnership with the Seat Belts are For Everyone (SAFE) program. Troopers will focus on drivers and passengers specifically around elementary and middle schools.

SAFE is a locally sustained program administered by the students at the high school they attend. The focus is on reducing deaths and injuries on Kansas roadways. Currently in Kansas, 117 high schools from 57 counties participate in the SAFE program.

According to the 2019 Kansas observational seatbelt survey, children are much more likely to be buckled up if the driver is wearing

■ Please see SEAT BELTS page 3



## Retired educator sees first-hand the harm of virtual learning

By Amy Buster | Metro Voice

Fall this year brought with it many school challenges due to the COVID-19 pandemic. Many schools still have not returned to a normal routine. They are relying heavily on virtual learning which has severe limitations, especially for those with special learning needs.

Some districts, out of an overabundance of caution, moved to remote learning and students were faced with a

number of new challenges. This decision proved to be extremely difficult for ESL students – those for whom English is a second language and others with learning challenges.

Helen Ikerd Johnson has both personal and professional experience with ESL. She retired after 35 years in the profession and she has a granddaughter from Thailand who does not speak English. Johnson has witnessed first-hand how difficult adapting to the new

remote learning experience has been for her granddaughter.

Johnson, who lives in Lee's Summit, Mo., holds a Master of Education degree in Behavioral and Emotional Disorders, and an Education Specialist degree in Elementary Administration. She has substantial experience with English as a second language and co-authored, with Dr. Rebekkah Stuteville of Park University, a study on citizen-

■ Please see VIRTUAL LEARNING page 2

## Grant awarded for Topeka bikeways and trail extensions



The City of Topeka has been awarded \$1,157,894 from the KDOT Transportation Alternatives (TA) Grant Program to implement Phase IV of the Topeka Bikeways Master Plan.

This phase includes 12 projects ranging from small to large that will provide for safer and more connected bike facilities in neighborhoods throughout the city. Those projects include two new major connections to Downtown, a first ever connection and enhancement to a Kansas River levee trail, 8 additional connections to the Shunga, Landon, and Soldier Creek Trails, and a ¼ mile multi-use side path along NW Tyler. In addition, Shawnee County was awarded funds to complete the Deer Creek Trail between Dornwood Park and SE 29th Street.

“This grant from the KDOT Transportation Alternatives Grant

■ Please see BIKEWAYS page 3

## Topeka Youth Project updates, improves programs for city youths

For close to 40 years, Topeka Youth Project has been helping youth in Topeka and Shawnee County get and keep their first jobs. The Youth Project helps connect youth with employment, training, community service, and youth leadership opportunities in the community, helping to avoid high-risk behaviors.

The organization has now updated curriculum, and will continue to focus on leadership and communication skills, while going more in depth with personal skill assessments, interpersonal communication, money handling skills, budgeting, and edu-

cating on the role of social media in the workplace.

The new curriculum is being taught now in monthly Jobs for Young Adults workshops.

Youth Court continues to grow, and is building relationships with the Washburn University Criminal Justice Department as well as the Pro Bono student club. The goal is to be able to support more youth in Topeka and throughout Kansas.

The Youth Livestreams will be delivered every month in 2021. In February, youth heard from Dr. Beryl

■ Please see YOUTH PROJECT page 2



# Own Less; Live More

by **Mary Hunt**

What would you do if you had to use—let alone actually enjoy—everything you own?

Truth be told, most of us will never live long enough to accomplish such an overwhelming requirement. Instead, we pack it, stack it, and pile it away—even pay rent to store it. Then we keep right on accumulating, acquiring, and attaining even more. More doesn't add to our joy the way we thought it would. More stuff dilutes the quality of our lives.

Vilfredo Pareto, an Italian economist, "discovered" the "Pareto principle" in 1897, when he observed that 80 percent of the land in England (and every country he subsequently studied) was owned by 20 percent of the population. Pareto's theory of predictable imbalance has been widely proven and applied to almost every aspect of modern life, including things we own.

So, let's think this through: If 80 percent of what we use comes from 20 percent of what we own, a huge amount of the space in our homes is occupied by stuff we never use; it's clutter!

Decluttering will clear your mind as well help you enjoy your living space. (Kostikova Natalia/Shutterstock)

It's difficult to fend off that nauseous feeling when you calculate clutter's actual cost in hard-earned cash. There is, of course, the original price tag to acquire it. But then there's the cost to own it.

One woman who finally had it with all her clutter loaded it up (it filled two pick-up trucks) and headed for the flea market. Excited that she could possibly net \$800 to \$1,000 for one weekend of selling, she quickly changed her attitude as she realized her prices were about one-tenth of the price she paid.

Her mind went to the time she'd spent earning the money to buy all this stuff, the time spent shopping, lugging it all home, and storing it until moving day. She figured that even if she made \$1,000 on this effort, she'd spent at least \$10,000 or more purchasing it. That day, she vowed to never buy anything again, unless it was absolutely necessary.

Ask yourself a series of questions to determine what stays and what goes:

### Does It Work?

So much of the clutter in our homes is made up of broken things we plan to fix someday and clothes that don't fit anymore but we hope someday might.

### Do I Really Need It?

The answer will be clear as you imagine



the impact of this item disappearing from your life.

### Do I Enjoy It?

If this item brings beauty and joy to your life, it isn't clutter. Sentimental belongings should be treated with great care and respect—not forgotten in the attic.

### Am I Using It Now?

If it doesn't fall into the 20 percent of things you use on a regular basis, it is a definite suspect.

Once you've earmarked the stuff that needs to go, gather your courage and determination to move it out. Sell it; give it away; or throw it out. Of course, one of the best solutions for "good stuff" is to donate it to someone who really wants or needs it.

The best resource I have come across to let go of things you don't really want is the book "The Life-Changing Magic of Tidying Up" by Marie Kondo. The KonMari Method (named after the book's author) is a systematic method to help you declutter your home to keep things you really love, not just move things to a new location.

Decluttering will calm your spirit and clear your mind. It will increase your ability to enjoy your current situation, your family, and your relationships. You'll love owning less.

Mary Hunt invites you to visit her at [EverydayCheapskate.com](http://EverydayCheapskate.com), where this column is archived complete with links and resources for all recommended products and services.

## YOUTH PROJECT

continued from page 1

New, Dale Cushinberry, and Dexter Armstrong. Students learned quite a bit about Brown vs Board of Education, an important case in our nation's history, from Armstrong.



Contact [jobcoach@topekayouthproject.com](mailto:jobcoach@topekayouthproject.com) if you'd like to refer a youth to this program.

TYP's 23rd Annual Charity Golf Tournament is scheduled for June 11, 2021. The tournament is a great fundraiser for the organization, according to Executive director Mark Arganbright, and also provides a chance for youth to learn and serve.

For more information visit [topekayouthproject.com](http://topekayouthproject.com)

## VIRTUAL LEARNING

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ship education in the United States. They presented the study to the International Association of Schools and Institutes of Administration conference in Paris, France in 2015. Her vast experience is outlined in her book *Up Hill Both Ways, the Truths, Lies and Tall Tales We Tell About School*, which was released in March, 2019.

Johnson shared with Metro Voice how she and her family dealt with the challenges of remote learning. It's a scenario shared by tens of millions of parents across the nation.

"It is difficult to project outcomes or give advice to teachers on how to best serve students in a situation that is unprecedented in recent memory,"

Johnson told Metro Voice. But she knows that while many students are struggling with distance learning, it is particularly hard for ESL kids.

She says she primarily taught English in Detroit, Southwest Missouri with a high immigrant population, and Kansas City. Many of her students spoke a language other than English. "In those classes, I presented the students with exercises in reading instruction and how to use the language. In my opinion, word calling (simply correctly pronouncing the word, yet not understanding what it means or what you are saying) and using that word or phrase is a useless exercise to the non-English speaking student," stated Johnson.

Those techniques that both classroom teachers and the ESL teachers were using are referred to as early-reading instructional strategies. In these instances, the



Helen Ikerd Johnson saw the drawbacks of virtual learning in her own family

students not only read and pronounce the words but discuss the words and how they are used in the story. A teacher might even give a presentation using the words. These language learning approaches are what Johnson believes would better assist a non-English speaking student. She says these are the appropriate techniques that teachers use in foreign language classes such as Spanish, German, French, or Mandarin.

During her granddaughter's rather brief face-to-face school experience in the U.S. last spring, (and her knowing no English); she learned some English words and phrases. "Her ESL teacher developed a very supportive relationship with her, provided her with direct one-on-one instruction and kept her engaged with the materials presented," Johnson states. But most importantly, perhaps, the teacher gave her immediate feedback.

Once the COVID-19 pandemic hit and the change to remote learning ensued, Johnson says there was a distinct difference in her granddaughter's growth in learning English, and its effect on her abilities to retain material in her studies.

"When the school year turned to all remote learning, most of the ESL teacher's effectiveness was lost due to the

lack of direct human contact," she says. "My granddaughter understood little of what the teacher was talking about, although she tried to remain attentive."

Johnson says that one saving grace was the 'forced' parental participation that the change to remote learning required. "My granddaughter's English usage improved dramatically when mom and dad became the primary instructors for all the take-home assignments they picked up and returned to the school each Friday," she says. "Mistakes in her words and phrases were no longer simply 'overlooked' but rather corrected immediately when mom and dad were in charge."

Johnson believes that the differences in teaching in-person versus remote broke down into three different aspects that teachers were challenged with addressing: developing and maintain a positive, constructive relationship with their students; keeping their students engaged; and lastly, providing immediate feedback to the students concerning their work.

"I believe the most important challenge for elementary teachers to overcome in a remote learning situation is developing those positive, constructive relationships with their students," Johnson insists.

Young children attain new academic skills because they have a great thirst for knowledge, she shares. They work hard and try to learn because they want to

please their teachers, instructors who are providing them with opportunities, materials, and supporting them in their learning process.

"They want to be part of their class peer group. This is the beginning of childhood education. Using only a remote form of learning will be the end of childhood education as we've come to know it," Johnson states.

This lack of human contact and connection was not lost upon the teachers and they realized it was affecting their students and their abilities. The world had front-row seat via media reports, on attempts to help bridge this gap in establishing positive, constructive relationships with the students.

The one activity that seemed most effective in maintaining established relationships during the last school year was teachers actually visiting their students.

Johnson shared how some teachers even organized walking and auto parades through their students' neighborhoods and delivered donated school supplies.

"I think that seeing a real person occasionally, not some TV-type image on the computer, was very important to young children," she says. "That is one advantage the hybrid model has over the wholly remote model. Students do not care how much you know, until they know how much you care."

—Amy Buster | Metro Voice



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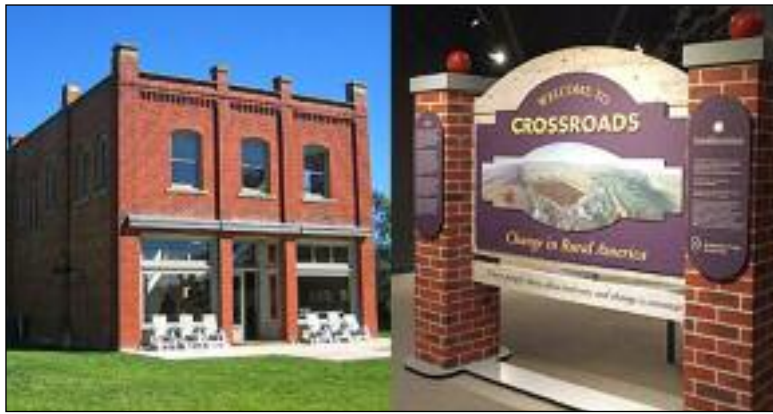
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# Reservations Available for Traveling Smithsonian Exhibit, *Crossroads: Change in Rural America*

Beginning March 1, The Volland Store near Alma will begin taking reservations for the traveling Smithsonian exhibition, *Crossroads: Change in Rural America*. This in-person experience engages visitors in conversation about the unique identity of rural communities as they adapt to meet the changing needs of their citizens. Learn how small towns are overcoming challenges through innovative solutions. Celebrate the stories of rural Americans, past and present, as they embrace new ideas and build sustainable futures.



Visitors can connect their experiences through the concurrent local exhibit, *Deep Roots and New Growth in Wabaunsee County*, a reflection on how our own rural communities have responded to change. In conjunction with the in-person display, explore different, related themes each week on The Volland Store's social media pages and website. Beginning with the tallgrass prairie and tracing the development of the region, *Deep Roots* tells the story of Wabaunsee County through photographs, videos, interviews and presentations.

The Flint Hills has one of the largest surviving areas of native tallgrass prairie in North America. The landscape shaped Wabaunsee County's history and culture. When settlers headed west looking for cropland, the Flint Hills proved too rocky to plow, but ideal

for ranchers who made raising cattle their crop. The lack of trees and abundance of native limestone made possible the iconic stone fences, buildings, and arched bridges. These natural characteristics of the Flint Hills impacted early homesteaders and left lasting effects that can be seen today in the robust ranching industry and historic stone buildings of Wabaunsee County.

Volland and the surrounding community was expressly chosen by Humanities Kansas to host *Crossroads* as part of the Museum on Main Street project, a partnership to bring exhibitions and programs to rural cultural organizations.

To make a reservation, visit [www.vollandfoundation.org](http://www.vollandfoundation.org) beginning March 1, and follow the link to the reservation system. Tours are available at 1, 2 and 3

p.m. Saturdays and Sundays, March 13 through April 25. Reservations are required.

In response to the Covid-19 pandemic, visitors are required to wear masks and follow social distancing guidelines.

The Volland Store opened in 1913 in the little railroad community of Volland and quickly became the social and cultural center of the surrounding ranching community. Today the former general store has been repurposed as an art gallery and event center and serves once more as a gathering place for the community, both near and far. Located in a scenic valley in the Flint Hills, The Volland Store is an award-winning space with good art and friendly conversation.

# Chef Sean Hall to be featured at C5Alive POWER Luncheon

Chef Sean Hall will be the featured speaker at the C5Alive "POWER" Luncheon to be held March 11, 11:30 a.m. to 1:00 p.m. at Hickory Hall in Forest Park, 3158 SE 10th St. Chef Hall will speak about his partnership with Operation Food Secure and Topeka Rescue Mission Ministries.

month,

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



Hall

Hall has been an executive chef in Las Vegas, and a training chef the the HIP program. He is now the Director of Food Services at Topeka Rescue Mission Ministries.

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](mailto:info@C5Alive.org).

The next monthly C5Alive "POWER Luncheon" will be held April 8.

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

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 (cancelled for 2021). The group is planning a Harvest Festival this fall.

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](http://C5Alive.org), [facebook.com/C5Alive](https://facebook.com/C5Alive), or call 785-640-6399.

## SEAT BELTS

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their seatbelt. If the driver is buckled, about 97% of the children are restrained. If the driver is not buckled, only about 30% of the observed children were buckled. The program

encourages adults to model good driving behaviors for children.

"The KHP will be working with local law enforcement partners in an aggressive education and enforcement campaign focused on the importance of seatbelt usage," Colonel Herman T. Jones, superintendent of Kansas

Highway Patrol, said. "Seatbelts have been proven to save lives and prevent injuries. It's our goal to make sure all citizens of Kansas buckle up in all seating positions."

For the latest seat belt data in the state of Kansas, go to [www.ktsro.org](http://www.ktsro.org).

—Lee Hartman / Metro Voice

## BIKEWAYS

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Program will better connect the city and make it safer for cyclists – two priorities we heard from the public," said Bill Fiander, Director of Planning and Development for the City of Topeka. "The City of Topeka is proud of our growing bikeways and complete streets network that benefit all users of streets and trails regardless of how they choose to travel."

Total project costs will be split between the TA Grant (80%) and local funds (20%). The city's match will primarily

come from the countywide sales tax dedicated for Bikeways Master Plan implementation.

Construction is scheduled to be completed by 2023. The City projects are further described below:

### Downtown Connections

1. Kansas Bridge – Laurent to 1st street: Reduction of vehicle lanes and separated bike lanes on the Kansas Avenue Bridge
2. Landon to downtown connection: Reduction of travel lanes on Monroe and Quincy, separated/buffered bike lanes on Monroe, Quincy, 11th and 12th, and pedestrian lane on Monroe from 15th - 17th

### Trail Connections (multiple areas)

3. 15th street from Kansas Ave to Shunga: Sharrows and signage
4. 6th and Branner connecting to the Shunga: 10' Trail connection and signage
5. North Levee Trail loop: Along the levee from Kansas to Topeka- Trail surface enhancements/signage/access. Tyler north to Laurent and Laurent to Kansas-Sharrows
6. 20th and Kansas connecting to the Shunga: 10' Trail connection and signage
7. 21st and Western connecting to the Shunga: 10' Trail connection and signage
8. Shunga Trail connection near MacVicar and Shunga Dr: 10' Trail connection, signage and curb ramps
9. Waddell to Soldier Creek Trail: 10' Trail Connection, signage and curb ramps (design will be done with City Street recon project)
10. Landon Trail to Fremont on 29th: 10' Shared use path and retaining wall
11. Liberty and California to the Shunga: 10' Trail Connection

### North Topeka

12. Tyler- Lyman to Paramore- 10' Sidepath on East side (design will be done with City Street recon project)

—Lee Hartman / Metro Voice

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# Kansas News Briefs from around the state

## Bogus Unemployment Claims May Have Cost the State \$600 Million

TOPEKA, Kan. (AP) — A legislative audit says Kansas may have paid \$600 million worth of bogus claims for unemployment benefits last year. The report released Wednesday by the GOP-controlled Legislature's nonpartisan auditing division gave a figure that's more than double the state Department of Labor's estimate. The report suggested that nearly one in four unemployment claims paid last year could have been fraudulent amid a surge in filings during the COVID-19 pandemic. The department on Tuesday estimated last year's fraudulent claims as worth \$290 million. The department strongly disputed the audit's figure. But Republican lawmakers saw the audit as likely to be more accurate.

## Police: Man Charged in 2018 Death of Kansas City Woman

KANSAS CITY, Mo. (AP) — Police have announced that a man has been charged in the 2018 killing of a Kansas City woman whose body was found in rural wooded area months after she disappeared. Television station KCTV reports that 32-year-old Kenneth Wilson Jr., of Cameron, has been charged with first-degree murder in the death of 18-year-old Vernee Brown. Brown's remains were found by mushroom hunters in May 2018 in a wooded area near Harrisonville, about 35 miles south of Kansas City. She had been missing since Valentine's Day of that year. Police say cellphone data shows Brown had been communicating with Wilson and that their cellphones were in the same location about the time she disappeared.

## Kansas Records Nearly 293,000 COVID-19 Cases, 4,724 Deaths, to date

TOPEKA, Kan. (KPR) — The Kansas Department of Health and Environment (link is external)(KDHE) reports there have been 292,837 cases of COVID-19, including 4,724 deaths, since the start of the pandemic. Johnson County has the highest number of recorded cases, with more than 54,000. KDHE will provide another update on Friday.

## Lawmakers Consider Legislation to Respond to Issues Arising from Pandemic

TOPEKA, Kan. (AP) — Kansas lawmakers are moving ahead with two measures that are a response to issues arising during the COVID-19 pandemic. One measure considered is designed to help courts and prosecutors deal with a backlog of criminal cases. Another is a proposal to limit state and local officials' power in setting restrictions in future pandemics. The House gave first-round approval to a bill that would suspend, until May 2024, a law that sets deadlines for criminal trials to protect defendants' constitutional right to a speedy resolution of their cases. The Senate Judiciary Committee had a hearing on a bill rewriting the state's emergency management laws.

## Bill Addressing Collegiate Sports Would Allow College Athletes to Return from Draft

UNDATED (AP) — The latest federal bill related to college sports would allow athletes to earn money from endorsements, loosen restrictions around transfers and permit players to return to school after entering a professional league's draft. The proposed legislation introduced by Kansas

Sen. Jerry Moran also would require the wealthiest athletic programs to increase spending on long-term medical care for athletes. The bill is the fourth to emerge from the Senate since December and second from a Republican. Most recently, Connecticut Sen. Chris Murphy introduced a bill narrowly focused on giving college athletes the right to earn money off their names, images and likenesses.

## Kansas Officials: 88% of Nursing Homes Vaccinated; Staff Only 65%

KANSAS CITY, Kan. (KCUR) — Kansas health officials say 88% of their nursing and long-term care residents have been vaccinated against the coronavirus. Kansas Department of Health and Environment Secretary Dr. Lee Norman says the rollout in nursing homes is wrapping up with the exception of some second doses for residents and staff. He says the state is concerned that only 65% of nursing and long-term care staff have opted to take the vaccine. "The uptake by those staff, it seems to be a little lower than other healthcare settings. So we'll need to think through how to increase the use there." The University of Kansas Health System has reported much higher vaccination numbers within their hospitals, with 84% of their staff getting the vaccine. While vaccine distribution ramps up in Kansas, health officials say their COVID-19 testing numbers are on the decline. Dr. Norman says the decrease in testing could be due to the decrease in the number of infections. He says the state plans to continue mass testing and is also looking to include some at-home testing options. As of now, Norman says the state's positive rate of infection has dropped to about 5%.

## Republicans Propose Amendment Aimed at Limiting State Regulations

TOPEKA, Kan. (KPR/KNS) - Republican state lawmakers have introduced a constitutional amendment that would let the Kansas Legislature block regulations from agencies controlled by the governor and other state officials. State regulations cover everything from health and safety policy to environmental protections and voting rules. Kansas Attorney General Derek Schmidt wants to amend the state constitution so lawmakers can block regulations if they don't approve.

"There simply is no check and balance that's functional over agency regulations," Schmidt said. Democrats argue it's a move by Republicans to grab more power and undermine the Democratic governor. Republican lawmakers and Democratic Governor Laura Kelly have clashed over some of her policies, but supporters of the amendment say the legislation is not directly aimed at her.

## LGBTQ Advocates Take Aim at Proposal Regarding Trans Athletes

TOPEKA, Kan. (AP) - LGBTQ-rights advocates are warning Kansas legislators that their discussion of a proposed ban on transgender students in girls' and women's school sports will lead to bullying. The American Civil Liberties Union is promising to sue the state if such a law is enacted. The state Senate Education Committee had a hearing on a bill backed by some athletes, Republican lawmakers and conservative groups. Supporters portrayed the bill as an attempt to ensure that girls and women aren't deprived of scholarships and other opportunities in sports. But critics say even having a hearing tells transgender students that they're not wanted and could encourage harassment.

## Spirit AeroSystems Loses Nearly \$900 Million

WICHITA, Kan. (KMUW) — Spirit AeroSystems lost nearly \$900 million dollars in 2020 because of the pandemic and the grounding of Boeing's 737 Max. The aviation manufacturer issued its fourth quarter and full-year earnings report Tuesday morning. Spirit says it laid off 8,000 employees last year, part of \$1 billion dollars in cuts. The 737 Max returned to service last December. Spirit delivered about 70 of the 737 Max units to Boeing last year, a drop of about 90 percent from 2019. Spirit was also hurt by the reduction in commercial air travel caused by the pandemic. Company officials hope that commercial air travel will rebound as more people are vaccinated. Spirit expects its defense business to continue to grow in 2021. It also expects growth in its business jet and aftermarket service sectors.

## Two Joplin Men Drown After Falling Through Ice Fishing at Strip Pits

CHEROKEE COUNTY, Kan. (KSN)

— Two men from Joplin, Missouri, have apparently drowned in southeast Kansas. Authorities say the men had gone for a short fishing trip but didn't return home. KSN TV reports(link is external) that family members headed to southeast Kansas Tuesday night to search for the men. The only information family members had was that the men "were going to fish near Big Brutus at the strip pits." Not able to locate the men, family members contacted the Cherokee County Sheriff's Office for help. Officials recovered the bodies of both men from the water. No foul play is suspected in the deaths of 70-year-old Robert Sleep and 71-year-old Stephen LeMasters, both of Joplin. "The initial investigation indicates both men fell through ice and drowned," Cherokee County Sheriff David Groves said in a news release. Both men were transported to Kansas City for autopsies.

## Anti-Hunger Groups, Fight to Save Program Launched by Trump

DES MOINES, Iowa (AP) — Agricultural groups and anti-hunger organizations are pushing the Biden administration to continue a program launched by President Donald Trump that spent \$6 billion to prevent farmers from

plowing under food and instead provide it to millions of Americans left reeling by the coronavirus pandemic. The U.S. Department of Agriculture began the Farmers to Families Food Box program in April 2020 after many people were shocked to see farmers destroy crops even as food banks were being overwhelmed by demand from people suddenly out of work. If the USDA extends the program, it will be a rare example of the new administration retaining rather than dismantling a Trump initiative.

## Man Exits Church After Years Living in "Sanctuary from Deportation"

MAPLEWOOD, Mo. (AP) — A Honduran immigrant who has spent 3 1/2 years living inside a Missouri church to avoid deportation has finally stepped outside. Alex Garcia left the church in suburban St. Louis after a promise from President Joe Biden's administration to let him be. Garcia is a married father of five. He was slated for removal from the U.S. in 2017. But Christ Church United Church of Christ in Maplewood gave him sanctuary. Garcia's emergence came after ICE declared it would not pursue his removal.

—kansaspublicradio

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# FINANCIAL PLANNING

## Push the pause button

Dear Dave,

I've been following your plan, but recently I experienced a medical emergency. I'm about halfway through Baby Step 2 and paying off my debts using the debt snowball system. Considering the circumstances, should I stop doing the debt snowball for now?

Brooke

Dear Brooke,

That's exactly what you should do. But make sure you're only pressing the pause button on paying off debt. I'm talking about temporarily stopping the debt snowball, and making only minimum payments on all non-mortgage debt for now.

Cash is your umbrella when it rains, and you never know just long the rain will last. Even if you have great health insurance, you might end up paying a chunk out of pocket. That's why it's important to save up and have plenty on hand.

Things like this are often just a bump in the road, so don't get discouraged. They can be expensive, and they're part of life, but taking care of these kinds of issues doesn't have to mean giving up on getting control of your finances. Emergency issues, especially a medical emergency, come first. Then, go back when things are better and pick up where you left off knocking out debt using the debt snowball system.

You can do this, Brooke. God bless you!

—Dave

### You're just not ready

Dear Dave,

My husband and I just bought a small business with cash. My sister let us live with her while we saved up the money for it, but things are starting to get a little cramped for everyone. The other day, my sister offered to co-sign on a house for us. Do you think this is a good idea?

Cari

Dear Cari,

Ok, so you just bought a business. I love your entrepreneurial spirit and the fact you saved up and paid for it with cash. But at this point, you don't know if the business is going to be successful or not. On top of that, you told me you'd need a co-signer for a home. If you need a co-signer for anything, it means you're not financially ready for that purchase.

I know you don't want to hear this, but you guys need to just forget about buying a house for a while. If I were in your shoes, I'd find a decent, inexpensive place to rent, and spend two or three years getting the business up and running. Pay off any debt you have, while saving as much money as you can in the process.



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

**davesays**

I want you and your husband to have a nice house someday. But right now, it would be a burden instead of a blessing.  
—Dave

## There are other ways

Dear Dave,

I really don't have any established credit, because I've never taken out a loan or had a credit card. What will happen when I'm ready to get a mortgage loan and buy a home?

Jillian

Dear Jillian,

There are basically two ways to be in a position to get a home loan. One is to have credit at lots of places and a huge FICO score. This is kind of dumb when you really think about it, but it will get you a home loan almost instantly.

When you have no credit, a lender has to do what's called a manual underwriting. It's something lots of banks did back in the day, when they actually used common sense when it came to making

loans.

Fortunately, a few places will still work with you in this manner. They take a look at your work history to see if you have a stable job and a good income. They want proof you pay your bills on time, too. This can be as simple as showing them several utility bills, rent statements, and other receipts. They're basically looking for a long history of proof that you honor your financial commitments.

Remember, buying a house with cash is always the best way to own a home. But I don't beat people up over having a mortgage, as long as it's on a 15-year, fixed rate note. Do your very best to save up for a down payment of at least 20 percent, too. That way, you'll avoid the added expense of PMI (private mortgage insurance).

—Dave

## Ways to Avoid the New Tax Increase on Retirement Accounts

By Ryan Shumaker  
Smartvestor Pro at  
The Retirement Team

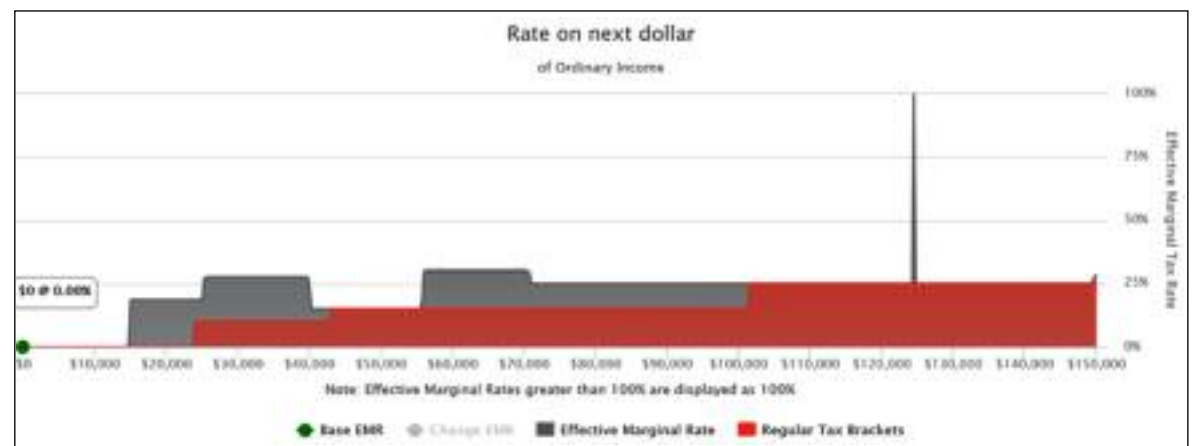


Last month we discussed the SECURE Act and its projected \$15.7 billion tax increase on beneficiaries of tax deferred retirement accounts

can convert an unlimited amount that is in an IRA over to a Roth each year if you pay the taxes due. Once in a Roth there will never be taxes again. So, if a beneficiary inherits a Roth they can just leave the money in the Roth growing tax free for 10 years and then at the end of 10 years take out everything that is in there, included all of the gains, completely tax

lower tax. Everyone's tax map will look different from the one pictured, which is why it is so important to have one ran for your exact situation to find where the opportunities to pay less in tax lie.

So what if you can't efficiently or effectively convert money over to a Roth at a reasonable tax rate? A solution in that case may be to purchase guaranteed



(like 401(k)s, 403(bs), TSPs, IRAs, etc.). The only ones excluded from this new way of distributing retirement accounts are spouses, beneficiaries that are less than 10 year younger than you, and individuals with a disability or chronic illness. These beneficiaries can elect to take a small required amount each year over their lifetimes rather than empty the entire account within 10 years like the new rules specify. Also, the start on the 10 year distribution clock is delayed for minor children of the owner until they reach 18 (so if they are 12 now they would have 16 years to take everything out of a retirement account since their 10 year clock doesn't start until 18).

As we outlined in the last article, beneficiaries being forced to take out large retirement account balances over 10 years will likely lead to much higher taxes being paid since larger withdrawals each year can push them into a higher tax bracket. One way to avoid this is to convert what you have in tax deferred retirement accounts (like 401(k)s, 403(bs), TSPs, IRAs, etc.) over to a Roth ahead of time. You

free.

With there currently being temporary tax cuts, it makes sense for many individuals to start converting over to a Roth. The passage of the SECURE Act is just making it even more important. Sometimes waiting to pay taxes on a retirement account is like waiting to call the plumber for a leaking pipe; it's usually not going to be cheaper later. Does this mean you should take everything you have and convert it to a Roth all at once? Probably not. You need to have a tax map ran to see how much makes sense to convert to a Roth each year by a professional that knows and understands the tax code. Unfortunately it isn't as easy as just looking at the tax bracket tables and coming up with a number. There are many hidden spikes in taxes along the way, especially for those in retirement. Below is an example of one couple we recently helped do some tax planning. In red are the tax brackets as income increases and in grey is the true tax they would pay on a retirement account withdrawal whether it be for income or converting to a Roth. You can see as income increases from withdrawals or conversions as you go left to right how the tax is actually lower on income from \$40,000 - \$55,000 than what it is from \$25,000 - \$40,000.

The tax code is odd and confusing at times. Just because you have a lower income, doesn't mean you will pay a

life insurance. This is a common tool that high net worth individuals use when it comes to estate transfer. Essentially the life insurance is used to pay the tax so that the other assets remain intact whether they are retirement accounts, a business, farm, etc. This is a more advanced type of planning technique that in the past made the most amount of sense for high net worth households, but now with the SECURE Act may make sense for a larger number of individuals.

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

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Private Wealth Advisor  
Certified Kingdom Advisor  
james.c.hanna@ampf.com  
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# opinion

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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

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CONTACT INFO

Offices: 2611 SW 17th St. (by appt.)  
Correspondence & Payments:  
P.O. Box 5724, Topeka, KS 66605  
Phone/Fax: 785-235-3340  
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## U.N. confirms: The U.S. doesn't need the Paris Climate Accords

By Dwight Widaman

The United Nations has released its Emissions Gap Report 2020, which gauges a country's contribution to greenhouse gas and carbon emissions. The data has put President Joe Biden in an awkward position as he re-enters the United States in the controversial Paris Climate Accords.

While the goals of the Accords are laudable, there's just one problem. The new report shows that the U.S. doesn't need to join because it has already met most of the reduction goals – hold on – under the Trump administration. Surprise! The U.S. has been reducing emissions for 10 years, escalating rapidly under Trump – even after he took the nation out of the Accords.

That's a hard fact to swallow for some, who saw the former president as an enemy of the environment in which the country, and indeed the world, needed to be saved. The headlines reading "Trump=Climate Genocide" seem a little, well, alarmist now.

Reductions in gasses came even as the

Trump administration expanded access to American-produced fossil fuel sources like clean-burning natural gas and encouraged clean coal plants. In fact, America is "the most successful major country at mitigating its own pollution, and the U.N. shows this," as a news report stated in reviewing the U.N. data.

According to that U.N. data, "the United States of America emits 13 percent of global GHG emissions." Comparing the U.S. to other nations, it states that, "China emits more than one-quarter of global GHG emissions."

There are still problems for sure. The U.S. still contributes the most greenhouse gas emissions per capita in the world but that's not the entire, or even most important story. The fact remains that the U.S. is also the world's largest economy (\$21 trillion) and based on emissions per GDP, is one of the cleanest – and efficient of all industrialized nations.

Just how efficient? The American economy represents 24 percent of the entire world's GDP while emitting just 13 percent of emissions. Even under the Trump



administration, emissions per capita in the U.S. dropped dramatically while that of China, India and Russia rose precipitously.

Amazingly, or not, the United States continued this downward trend even after leaving the Paris Climate Accord.

That's good for business and the environment. The National Economic Research Associates reported in 2017 that as many as 2.7 million jobs will be lost by

2025 by rejoining the Accords.

While the Biden administration pushes for "green new jobs" the fact remains that fossil fuels can be better used, with new technology that lessens their impact on the environment. And we don't have to spend \$100 trillion for the Green New Deal to do it.

What we have been doing is working and no thanks to those already in the Paris Climate Accords.

## The Killing of Jesus and The Defeat of Corruption



CLINT  
DECKER

President and  
Evangelist  
with Great  
Awakenings, Inc.

hopefortoday

The Merriam-Webster dictionary states corruption as, "dishonest or illegal behavior especially by powerful people." Further, it is described as a departure from the original, purest form. Mankind had its original, purest form in the Garden of Eden, the home of the first humans, Adam and Eve. But something happened in that Garden which forever changed the future of all humanity. The heart of human beings became permanently altered through the introduction of the principle of sin. From that day forward every human was born with a corrupt heart. And as people built and occupied places of power, corruption naturally followed. This is still true today. One does not have to dig long before corruption is found somewhere in the workings of religion, government, business, media and other arenas as well.

How does this relate to Easter? Religious and political corruption were the seedbed of Jesus' death. The story of the cross of Christ is the most egregious form of corruption in world history. One of Jesus' leading disciples rightly and publicly, accused the Jewish religious leaders along with some members of the public, of their

illegal actions, forcefully stating ". . . you denied the Holy and Righteous One . . . you killed the Author of life . . ." (Acts 3:14,15)

Jesus was not a victim of this corruption by any means though. Being God, He knew the thoughts of His enemies, who believed they were secretly plotting out their conspiracy against Him. He knew every detail of their plans in advance and possessed evidence of it all. For He was the most intelligent, skilled and wisest man who ever lived.

How did Jesus respond? Did He call His followers to rise and defend Him? Did He flex His supernatural powers and strike dead all His accusers with a word or motion of His hand? First, Jesus' perspective was not from the view of temporal, earthly or mortal understanding. He saw events from the view of heaven, eternity and the immoral condition of the human heart. Second, He chose the greatest weapon in His divine arsenal to fight with – truth. The Scriptures have a synonym for this, the "sword of His mouth." Read the story of Jesus' betrayal, arrest, trial, torture and death. Whenever corruption reared its ugly head, Jesus humbly and skillfully wielded the sword of truth. Third, He knew His divine and invisible Father had a plan that was being carefully carried out under His watchful eye. He entrusted His very life to His all-powerful and loving Father.

His followers though, were confused and disillusioned. They did not understand. On Friday morning, while still alive, Jesus' body was nailed to a wooden cross. Hours later He died. Then He was buried where His



lifeless body lay sealed in a tomb. "It's over," they thought. It did not make sense. On Saturday He still lay dead in a tomb. Had the corrupt practices of men defeated the King of Kings? Was evil and lawless scheming awarded victory over the Son of God? Absolutely nothing made sense . . . until Sunday morning.

As the sun slowly inched above the landscape and its beams shot across the horizon, some women came to the tomb of their Teacher, weighed down with grief. As they approached, the ground shook violently. Then suddenly, an angelic being appeared sitting atop of Jesus' tomb. It had been rolled away! The angel told the women, "[Jesus] is not here, for he has risen . . . Come, see the place where he lay" (Matthew 28:6).

He had risen! The corrupt schemes of men had been defeated, and the religious and political leaders were left powerless to cover up history's greatest miracle.

In every nation on earth, in nearly every group or organization known to

man, lawlessness, deceit and wickedness is present at some level. How shall we live in times like these? Just like Jesus. Let us fight lies with His sword of truth. Immorality with His Spirit of holiness. Anger with His love. Arrogance with His humility. Human cleverness with heaven's wisdom. Worldly urgency with Godly patience.

A prayer for you - "Lord God, open our eyes and let us see there is nothing new among the children of men and women. Injustice and corruption have existed since nearly the beginning of time, but through Jesus' death and resurrection we can overcome. Let us rejoice in the face of darkness because you have risen. Let us be willing to lay down our lives in this battle with evil, while taking up the weapons of truth, holiness and love. 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.

# Farewell to a Mentor and a Patriot

By George Ismael Feliu Jr.

Today, I got a gut punch as I scrolled down my phone. Rush Limbaugh has lost his battle with cancer. It wasn't a surprise. We've known he was losing for some time. He had good days and bad just like most who battle cancer. Today, he fought his final fight in a life defined by his battle for Truth, Justice, and the American Way.

I shed a tear as I felt America has lost some greatness today. I encourage myself a little in that one day I will meet him in Heaven. Yes, I said "Heaven." But he smoked cigars. So did Charles Spurgeon. I think both regret it. Rush was the first to tell you that he was not a Christian. I agree. If you listened enough and read what he wrote, he confessed to having a personal relationship with Christ, the only way to Heaven. There was no argument that he was no Christian; but saved, I believe he was.

Rush Limbaugh started his career as a disc jockey. He then worked for the Royals before finding his true calling, Talk Radio. I've often heard him say a variation of, "If you find something you love doing and make a living of it, you never work a day in your life."

Who was Rush Limbaugh?

Rush was a Capitalist.

Rush was college dropout who created many business. He was a bestselling

author. He created Two if by Tea. He created Rush Revere. He created the EIB. He made it in NYC. Not many can say that, and he was openly conservative. He worked hard and reaped the benefits.

He was a Voice.

Each day, he went to the microphone, read the news, and gave his opinion in a fun entertaining way. He was America's Truth Detector as he often showed the hypocrisy of the Left which consisted of the media, politicians, and academia. He spoke with passion about the things he was interested which made him interesting to listen to. He was proven right more than 99% of the time.

Rush was a Patriot.

Rush was America First before Donald Trump ever ran for office. His love for this country flowed from his mouth daily. He believed in freedom as the most precious thing we have. He believed we lived in the greatest nation on earth, which we do. He defended our Constitution, our Founding Fathers, and our History. He truly deserved his Medal of Freedom.

Rush was a Watchman.

Rush saw the assault on our nations that her enemies perpetrated. He warned of Big Government, Big Business, Big Academia, and Big Green Energy. As the Left spread their lies, he showed the light of truth of what they

were doing. He revealed the swamp of Washington and the elites before people referred to them as the swamp. From acid rain, to global warming, to climate change, he pointed out the fallacies of these doctrines and the lies they perpetuated. With extensive research, he pointed out the evils placed in thousand-page laws that our Congress passed.

Rush was the Eternal Optimist.

No matter how bad things became, he was a voice of encouragement. He believed as Reagan once said, "That America's best days are ahead of us." With every negative, he countered with a positive. Even as he lost to cancer, he fought to bring hope and joy to his listeners.

Rush was a Teacher.

So many times, he repeated himself. His reasoning was that this was the day that he had new listeners and they needed to understand where he was coming from so that they can learn. He wrote a series of children's books to inspire passion in children to learn history. Every word on air or on paper was to teach. He taught others how to discern the truth from the lies. He was a master of his craft. That craft was to pass knowledge and wisdom to others.

Rush was a Man.

He was far from perfect. Nobody but Christ ever is. Those who loved



him would admit that. They saw his feet of clay, but so did we. He lost his hearing, but he pressed on. He battled drug addiction from pain killers that he took for his back and won. He failed multiple times as a husband, yet he still loved. Of course, there was his love of cigars which led to his end.

In the coming days, many will pay Rush homage which is his due. Many may take this as a time to attack him. The Left through Twitter, Google, and Facebook control the information. They may try to erase him. They may try to change the truth of who he was, what he stood for, and what he said. They did that when he was alive. Now he can't defend himself. Others (Republicans), like John McCain, who hated Reagan but wrapped himself in

his name after Reagan died, will do likewise. Duplicitous, vile men like Romney and Sasse who claim to be conservatives will twist who Rush was to further their political careers as they attack and destroy the very thing he gave his life fighting for, our Constitution.

America suffered a great loss today. The Last Man Standing now takes his rest. The Doctor of Democracy is now silent. America's Anchorman will no longer read the news. It is for us, the living, to carry the baton he ran with for so long. America still lives though she may be near her end. While she breathes, we must continue the fight and teach the truth. Rush may be gone, but the battle for Truth, Justice, and the American Way must go on.

## To Christians who voted for Biden: Did you not see this coming?

By Dr. Michael Brown

For the last four years, those of us who voted for Donald Trump and who identify as committed followers of Jesus have been asked incessantly, "How could you vote for him? If you truly believe in what is written in Scripture, how could you vote for a man like Trump?" Now, the tables are turned, and that same question must be asked of those who identify as committed followers of Jesus and who voted for Joe Biden. How could you do it? Did you not see the radical, destructive, anti-Christian policy decisions he would make?

As for the justification of our vote for Trump, our argument has been simple: We agreed that Trump's character and personality could be negative and destructive. But we hoped that the good policy decisions he would make, decisions of massive, life and death proportions, would outweigh his character flaws.

And so, when it came to fighting against the slaughter of the unborn, numbering more than 60 million to date in America since 1973, Trump was our clear choice over Hillary Clinton or Biden. Jesus cares about "the least of these," which most certainly includes the defenseless babies in the womb.

When it came to preserving our religious liberties and our freedoms of conscience and speech, Trump was our clear, hands-down choice.

When it came to standing up to radical Islam or facing down tyrannical China, Trump was our definite prefer-



ence.

One of my colleagues in the Middle East recently told me how the bloodbath which took more than 650,000 lives during the Obama administration virtually stopped with Donald Trump.

My friend recounted to me the horrific torture and abuse of women in his region at the hands of Islamic extremists, including their repeated gang rapes (and worse). In his mind, Trump was a champion who helped put a stop to such horrors.

A Chinese émigré to Australia told me early last year that he was terribly afraid of President Xi and saw Trump as a hero, especially as Trump stood with the Hong Kong protesters.

These are spiritual, moral, and humanitarian issues of great importance to us as evangelicals, and so we appreciated Trump's courageous stands.

Needless to say, the same Israelis who felt betrayed by the Obama administration were profoundly grateful to Trump for canceling the Iranian

nuclear accords, knowing the real dangers of that terrible deal.

Were all these gains worth the negative effects of the Trump presidency? In the end, did he do more harm than good? Did he help evangelical causes while damaging the evangelical cause? Did he advance the things we stood for while degrading and defiling us in the process?

Those are fair questions to ask, and I respect those who answer in the negative. That's also why I always respected those Christians who could not vote for either candidate in conscience before God.

But for those Christians who voted for Biden, were you not aware that he would be the most aggressively pro-abortion president in our history (with an even more radical vice president by his side)?

Are you surprised that he not only invalidated the Mexico City Policy but has also revoked the Hyde Amendment, all by executive fiat? If you consider yourself pro-life, can you

look me in the eye and say, "I'm glad I helped empower President Biden make these life-destroying decisions"? Can you say, "I'm glad every American taxpayer will be forced to fund abortion with the help of my vote"?

Are you surprised that Biden signed into law a radical transgender bill that has even caused consternation among gay, feminist, and transgender leaders and individuals? Do you feel good about the fact that by voting for him, you have negatively impacted women and girls throughout the country, as well as strengthened Big Tech's crack down on our freedoms?

Are you surprised that there is already great concern within Israel that Biden might derail the amazing peace progress made by the Trump administration? Were you unaware that he might well give back to terroristic Iran a potential path to nuclear armament?

And can you really applaud his powerful call to unity in his inauguration speech when his executive actions on his first day in office were so highly divisive and even destructive?

We all have to vote our own consciences, and I have no problem at all with those who questioned how a conservative Christian could vote for Trump. As a two-time Trump voter, I too have asked if our relationship with him would prove to be a match made in heaven or a marriage with hell. Did we make the right choice, or did we strike a bargain with devil?

But just as I welcomed those who questioned my vote for Trump, I urge every Christian who voted for Biden to

welcome my questions now.

Did you not hear us when we warned about his radical, leftist agenda, only a portion of which was highlighted here? And if you did know these were his plans, can you really justify your vote?

So, here's my totally unsolicited (and perhaps unwanted) advice.

If you voted for Biden, how about a little less self-righteous posturing towards those of us who voted for Trump?

How about all of us acknowledge that the hope for America will not be found in our elected officials but in the gospel, not just preached but lived out?

And how about we all agree to meet at the foot of the cross in humility and repentance, determined to make a fresh start there?



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# Johns Hopkins professor: Covid herd immunity by April



The coronavirus will be “mostly gone” by April, according to a professor at Johns Hopkins School of Medicine.

Professor Martin Makary, who also teaches at the Bloomberg School of Public Health, says that a combination of people developing a natural immunity commonly known as “herd

immunity” due to vaccinations and prior diagnosis will cause U.S. cases to drop precipitously this spring.

“At the current trajectory, I expect Covid-19 will be mostly gone by April, allowing Americans to resume normal life,” Makary wrote in an opinion piece for The Wall Street Journal.

In recent weeks the United States

has already seen a decline with numerous states and principalities easing restrictions.

In total, there have been over 500,000 deaths from Covid-19 or related causes and almost 29 million confirmed cases.

Makary said that natural immunity to the disease is far higher than current tests can gauge.

“Testing has been capturing only from 10 percent to 25 percent of infections, depending on when during the pandemic someone got the virus,” he wrote.

“Applying a time-weighted case capture average of 1 in 6.5 to the cumulative 28 million confirmed cases would mean about 55 percent of Americans have natural immunity.”

He stated that antibody studies in 2020 into 2021 continue to underestimate natural immunity.

“Antibody testing doesn’t capture antigen-specific T-cells, which develop ‘memory’ once they are activated by

the virus,” he said.

“Survivors of the 1918 Spanish flu were found in 2008 — 90 years later — to have memory cells still able to produce neutralizing antibodies.”

Makary also suggested that people who’ve already had Covid-19 should forgo vaccines until vulnerable seniors get their dose.

“Several studies demonstrate that natural immunity should protect those who had Covid-19 until more vaccines are available,” he wrote.

He states:

But the consistent and rapid decline in daily cases since Jan. 8 can be explained only by natural immunity. Behavior didn’t suddenly improve over the holidays; Americans traveled more over Christmas than they had since March. Vaccines also don’t explain the steep decline in January. Vaccination rates were low and they take weeks to kick in.

My prediction that Covid-19 will be mostly gone by April is based on labo-

ratory data, mathematical data, published literature and conversations with experts. But it’s also based on direct observation of how hard testing has been to get, especially for the poor. If you live in a wealthy community where worried people are vigilant about getting tested, you might think that most infections are captured by testing. But if you have seen the many barriers to testing for low-income Americans, you might think that very few infections have been captured at testing centers. Keep in mind that most infections are asymptomatic, which still triggers natural immunity.

“Half my friends in the medical community told me — good idea. The other half said there isn’t enough data on natural immunity, despite the fact that reinfections have occurred in less than 1 percent of people — and when they do occur, the cases are mild.”

—Wire services

## Was Rush Limbaugh saved? Friend and wife share his faith journey

Rush Limbaugh’s faith was increasingly important to him in the years leading up to his death last week, according to a friend and his wife. Interest has grown surrounding Limbaugh, who mostly kept it private until near the end.

Best-selling author Joel C. Rosenberg reflected on his friendship with Limbaugh, which began when the host hired him in 1994 to work as a writer and research director for “The Limbaugh Letter,” his monthly publication.

“I had the rare opportunity to see Rush’s extraordinary, God-given talent firsthand,” Rosenberg wrote. “But I will be honest — I worried about Rush over the years. I believed he was struggling spiritually.”

Mentioning how Rush’s brother, David Limbaugh, is an outspoken evangelical Christian, Rosenberg believed that Rush, by comparison, had

in the past been long “resisting a personal relationship with Jesus Christ.” Rosenberg remembered discussing matters of faith with him occasionally, but he admitted he was intimidated by a larger-than-life figure such as Limbaugh, despite his kindness. As an example of Limbaugh’s generosity, he referenced how the talk show host interviewed him and often extolled his books on-air, a gesture that “simply was not done in his world.”

Despite his personal respect for Limbaugh as a man at the top of his industry, Rosenberg said when he thought of him, he was often bothered by the words of Jesus: “What profits a man to gain the whole world but to lose his soul?”

When Limbaugh was diagnosed with cancer in early 2020, Rosenberg asked to meet with him, to which he agreed. When he arrived at Limbaugh’s home in Palm Beach, Fla., Limbaugh



was not well enough to meet with him, and Rosenberg had to hurry back to his family in Israel when the government was shutting down travel amid the COVID-19 pandemic. “I never got to see Rush again in person,” he said.

Rosenberg later learned, however, that Limbaugh had made a profound conversion to Christianity in 2019 and accepted Christ as his personal savior.

Limbaugh talked about it on Fox News in October saying, “I have a personal relationship. I’ve not talked about it much publicly because I don’t proselytize these things,” he told Fox News.

“I’m just trying to give thanks every day for all of the blessings,” Limbaugh continued. “I have had a blessed life. I have had so many great friends ... and still do ... there’s nothing negative for me. There’s nothing I have deep regrets about because I’ve been so blessed.”

Rosenberg confirmed that commitment.

“It was because he had truly wrestled through the claims of Jesus for himself and come to the conclusion that Jesus really did die on the cross, rose again and was the messiah, the savior and the king of the universe,” he said, “And having placed his faith in Christ’s love and forgiveness, he now had a certain, definitive hope that he was going to heaven when he died and peace for


wife Kathryn. As the topic of faith came up, she shared how his faith had deepened in recent years. “Rush is in Heaven,” she said confidently.


Rush had himself spoken about his personal relationship with Jesus Christ in October 2020 when he shared with listeners that his cancer was terminal after treatments had failed.

“We all know that we’re going to die at some point, but when you have a terminal disease diagnosis that has a time frame to it, then that puts a different psychological and even physical awareness to it,” he said.

“I have a personal relationship with Jesus Christ,” he said of his faith. “It is of immense value, strength, confidence. That’s why I’m able to remain fully committed to the idea that what is supposed to happen will happen when it’s meant to.”

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# The embattled Christians of Nigeria: can 2021 get worse?



The coronavirus will be “mostly gone” by April, according to a professor at Johns Hopkins School of Medicine.

Professor Martin Makary, who also teaches at the Bloomberg School of Public Health, says that a combination of people developing a natural immunity commonly known as “herd immunity” due to vaccinations and prior diagnosis will cause U.S. cases to drop precipitously this spring.

“At the current trajectory, I expect Covid-19 will be mostly gone by April, allowing Americans to resume normal life,” Makary wrote in an opinion piece for *The Wall Street Journal*.

In recent weeks the United States has already seen a decline with numerous states and principalities easing restrictions.

In total, there have been over 500,000 deaths from Covid-19 or related causes and almost 29 million confirmed cases.

Makary said that natural immunity to the disease is far higher than current tests can gauge.

“Testing has been capturing only from 10 percent to 25 percent of infections, depending on when during the pandemic someone got the virus,” he wrote.

“Applying a time-weighted case capture average of 1 in 6.5 to the cumulative 28 million confirmed cases would mean it was an occasion for joy and celebration when the threat of terrorist attack and Covid could be forgotten for a little while. Christians gathered in the village of Kukum Daji in Nigeria to rejoice in the marriage of a young couple and pray for their happiness at the start of their new life together.

At around midnight, the laughter stopped and the screaming began. Heavily armed Fulani militants roared into the festivities on motorbikes, gunning down guests at random. By the time the terrorists sped off into the night, 21 Christians were dead and another 28 lay injured.

“It is as if the lives of Christians no longer matter,” said Pastor Stephen Baba Panya, president of the Evangelical Church Winning All (ECWA), as he lamented the attack in July, just one of many in a relentless wave of atrocities that has taken place this year in the Christian-majority south of Kaduna State. The north of the state is mainly Muslim.

For Christians living in the North and Middle Belt of Nigeria, persecution is rife and relentless, and life itself is precarious. Since 2015, extremist violence has killed at least 8,400 Christians. The exact death toll is unknown and the numbers may be much higher than this, as many cases go unreported. One village head from the Middle Belt told Barnabas Fund in 2020, “We are tired and we do not want to bother others about our tragedies. We seem

always to be reporting deaths and attacks, and people are weary of our reports.”

Metro Voice has partnered with the organization Barnabas Aid and its partner Barnabas Fund. Their goal is raise awareness of the plight of persecuted believers and to strengthen Christian individuals, churches and their communities by providing material and spiritual support in response to needs identified by local Christian leaders.

Through our partnership with Barnabas Aid, we are able to bring you stories of the persecuted church around the world. The personal stories of those living it.

The geography of Nigerian violence

Kaduna State lies in Nigeria’s “Middle Belt” where Christians and Muslims are in roughly equal numbers. Anti-Christian violence in this part of the country dates back to the 1980s, when large-scale riots became a regular occurrence, almost always initiated by Muslims and targeting Christians.

Meanwhile further north, where Muslims form a large majority, there was little violence but increasing radicalization of the Muslim population. In 1999, Zamfara State, soon followed by eleven other states, declared that it would implement parts of sharia (Islamic law) in their state law. The South of is mainly Christian, and many of the Christians living in the North come from southern tribes, so are viewed with hostility for being “non-Indigenes”, as well as being despised for their faith. There are also many Christian converts from Islam, especially from the large Hausa and Fulani tribes.

Boko Haram terror grips north-east Nigeria and spills into Western Sahel

In the early twenty-first century, the source and nature of anti-Christian violence in Nigeria changed. Mob violence by ordinary Muslims, deliberately goaded into fury, in the Middle Belt gave way to terrorist raids by jihadi extremists in the North. The now infamous Boko Haram group was formed in 2002. A change of leadership in 2009 or 2010 resulted in greatly increased violence under the new leader, Abubakar Shekau, as Boko Haram launched murderous terror raids in Bauchi, Borno and Yobe states.

Shekau’s extreme brutality was not acceptable to some of his followers and the group split (see box on page 9).

Boko Haram is now active across the Western Sahel, with a web of links to other Islamist terror groups, its violent insurgency having spilled over into Chad, Niger, Mali, Burkina Faso and Far North Cameroon.

Attacks by Boko Haram and its offshoot, ISWAP, continue unabated in

northern Nigeria. In August 2020, heavily armed ISWAP militants took hundreds hostage in a raid on the mainly-Christian Kukawa town. The 1,200 residents had only recently returned to their home town in Borno State, after spending two years displaced in camps.

Cruel spike in jihadi violence during Covid crisis

In 2020, Boko Haram took cruel advantage of absent security during the Covid-19 crisis to attack vulnerable Christian communities, which were locked down and left as sitting targets while governments focused police and military resources on the pandemic.

In July, Nigerian pastor, Joel Billi, called for urgent action to be taken to halt the relentless Boko Haram killings, abductions and rapes in the north. The Christian leader, who is head of one of the region’s largest Christian denominations, Church of the Brethren in Nigeria (EYN), said that more than 8,370 church members and eight pastors had been killed, with countless more abducted during the insurgency, and some 700,000 displaced ... “EYN had four District Church Councils prior to the insurgency in Gwoza Local Government Area of Borno State [of] which none is existing today,” he said.

Mounting slaughter of Christians by Fulani militants

Meanwhile, in the Middle Belt, the twenty-first century began with low level occasional anti-Christian violence by Muslim members of the Fulani tribe. By 2017 there were increasingly frequent attacks, usually at night. The Fulani violence spiked horrifically this year, particularly in Kaduna and Plateau states, where hundreds of Christians lost their lives in an escalating campaign of ethno-religious cleansing. Thousands of believers were displaced, as they fled their burning villages in terror. The government seems unable or unwilling to stop the violence.

A deadly alliance between Boko Haram and Fulani militia has formed since 2015, making available sophisticated weaponry to Fulani militants. Fulani cattle rustling and land grabbing has also been linked as a major source of funding for Boko Haram, for whom the Fulani are reported to be fighting a “proxy war”.

“As I lay there, I heard my daughter say she is dying”

“The Fulani came in and were shooting. They killed two of my children,” said Christian widow Bilkisu. Using machetes, the militants hacked to death another five of Bilkisu’s relatives including a mother and her baby daughter and a mother and her two sons.

“I heard them light the match and set the house on fire. We were lucky. It was more of smoke, which I was able to survive,” she added.

The raid on the widow’s farming community of Chibob was one of several in three days of vicious attacks by Fulani militants on villages in the predominantly-Christian Gora ward of Kaduna State in July. At least 22 Christians were killed and more than 2,000 displaced in the raids.

“Before I was shot, I saw the Fulani man who is my neighbor, he even identified me. I surrendered to him on my knees,” Bilkisu explained. Her assailants then shot her in the chest and back simultaneously and she fell to the floor. “As I lay there, I heard my daughter say she is dying.”

Anti-Christian motive for Fulani militant violence repeatedly denied

As local witnesses of attacks have stated, Muslim farms are left untouched while, just a few kilometres away, Christian farmland is routinely raided and looted. Fulani militants have also targeted pastors and church buildings with no connection to grazing land and uttered the traditional jihadi war-cry: “Allahu Akbar” during their attacks.

President Muhammadu Buhari – himself a Muslim Fulani – claims that the root cause of the issue lies merely in clashing interests of uncoordinated nomadic Fulani cattle herders, driven southward by changing climate conditions in the Sahel to compete with settled farmers for grazing land.

Military personnel stand idly by during curfew as defenseless Christians massacred

A 24-hour curfew was supposedly introduced by Kaduna State authorities on 26 July to contain the surge in violence. It was, around the time of writing, being strictly enforced by military and security personnel, leaving Christian residents trapped in their homes, facing hunger, lack of medical care and even arrest if they attempted to tend to their crops. Yet, Fulani militia seemed able to continue to move freely.

Witnesses explained how military and security forces stood idly by during the curfew as at least 33 believers were killed on two consecutive days in August in Fulani militant attacks on five Christian communities in Zangon Katak Local Government Area, southern Kaduna State.

In the first attack, on 5 August, Fulani militants arrived on trucks, passing unhindered through military checkpoints despite the curfew, to attack Apiashyim and Kibori villages, killing eleven Christians. Despite being aware attacks were underway, security personnel arrived only after it was over.

Hardship and hunger on rise amid violence

A local church leader said child malnutrition was on the rise because of the curfew: “Parents cannot go out and look for food for their starving children. The sick are trapped at home. No one wants to risk the brutality of the military that are enforcing the curfew. Even if the curfew is lifted, freely grazing cattle herded by armed Fulani men have eaten up and trampled over thousands of hectares of grain farms, yam farms, [and] sugar cane crops among others.”

Put end to “pernicious genocide” in Kaduna State plead Christian leaders

In desperation, the Southern Kaduna People’s Union (SOKAPU) sent a letter in August to the International Criminal Court in the Hague asking for action against the “pernicious genocide” in northern Nigeria. The Christian leaders’ state-

ment highlighted that around 50,000 Christians have been displaced from rural communities in Kaduna because of the violence.

The letter appealed to the international community and “men and women of conscience all over the world” to come to the aid of Christians facing “what looks like a government-sponsored genocide” in southern Kaduna State.

Nigerian Christians are not holding their breath. They are waiting to see what 2021 will bring.

n about 55 percent of Americans have natural immunity.”

He stated that antibody studies in 2020 into 2021 continue to underestimate natural immunity.

“Antibody testing doesn’t capture antigen-specific T-cells, which develop ‘memory’ once they are activated by the virus,” he said.

“Survivors of the 1918 Spanish flu were found in 2008 — 90 years later — to have memory cells still able to produce neutralizing antibodies.”

Makary also suggested that people who’ve already had Covid-19 should forgo vaccines until vulnerable seniors get their doses.

“Several studies demonstrate that natural immunity should protect those who had Covid-19 until more vaccines are available,” he wrote.

He states:

But the consistent and rapid decline in daily cases since Jan. 8 can be explained only by natural immunity. Behavior didn’t suddenly improve over the holidays; Americans traveled more over Christmas than they had since March. Vaccines also don’t explain the steep decline in January. Vaccination rates were low and they take weeks to kick in.

My prediction that Covid-19 will be mostly gone by April is based on laboratory data, mathematical data, published literature and conversations with experts. But it’s also based on direct observation of how hard testing has been to get, especially for the poor. If you live in a wealthy community where worried people are vigilant about getting tested, you might think that most infections are captured by testing. But if you have seen the many barriers to testing for low-income Americans, you might think that very few infections have been captured at testing centers. Keep in mind that most infections are asymptomatic, which still triggers natural immunity.

“Half my friends in the medical community told me – good idea. The other half said there isn’t enough data on natural immunity, despite the fact that reinfections have occurred in less than 1 percent of people — and when they do occur, the cases are mild.”

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# Palestinian Authority caught destroying remains of Joshua's Altar



Palestinian Authority caught destroying remains of Joshua's Altar

February 12, 2021

The Palestinian Authority is under fire after it purposely began destroying the remains of Joshua's Altar on Mount Ebal.

Archaeologists discovered the destruction of the compound when visiting the site late this week.

The investigation by local Jewish resi-

dents, archaeologists, and Israeli authorities found that the PA had ground-up building stones from the site into gravel for a new road and destroyed a stone wall surrounding the area.

Antiquity experts and archaeologists had confirmed the site as the one described in the Bible, where Joshua divided the new land among the 12 tribes. It is considered a national heritage site by Jews and Christians but problem-

atic for Arabs because it connects the Jewish people to the land 3,200 years ago. Palestinians claim the land was never inhabited by Jews. The Book of Joshua describes how the Israelite leader built an altar on Mount Ebal, acting on instructions from Moses after the Israelites had crossed into the Land of Israel.

The altar had been under the careful watch of many, including Aaron Lipkin. Metro Voice publishers Dwight and Anita Widaman visited the site with Lipkin in November of 2019. Lipkin is an archaeologist and owner of Lipkin Tours which Metro Voices partners with in organizing tours to Israel that regularly take guests to sites like this.

"What they [the Palestinians] did, what they said to themselves was 'We don't care about this place. It's holy to the Jews. It's holy to the Christians. Let's just come and take the stones and use it for gravel,'" Lipkin said in a video posted to Facebook on Feb. 11. "This is the way Islam respects the holy sites of Jews and Christians."

Lipkin said it reminded him of the period between 1948 and 1967 when Jordan occupied East Jerusalem. "The Jordanians desecrated the Jewish cemetery on the Mount of Olives and took the tombstones and used them for urination sites for their soldiers."

Lipkin, who was visibly upset by the destruction he saw took drone footage of the site and posted them to his Facebook page.

Research has found the area to be a unique ritual site used to offer sacrifices. The dating of the altar to the period of the Israelites' entry into the land, the similarity between the structure excavated and the altar described in the Torah, and the fact that only kosher animal bones were found at the site led the researchers to conclude that this is the altar of Joshua (Yehoshua ben Nun) built on Mount Ebal.

Road construction had been approved by Israeli authorities, which require builders to submit plans and to ensure the preservation of historical sites. The PA apparently ignored those plans and, some say, purposely worked to destroy the site out of political reason.

The Shomrim Al Hanetzch (Preserving the Eternal) organization found a video posted on the Facebook of a nearby Palestinian village showing the PA used bulldozers causing significant damage.

Shomrim Al Hanetzch, which is dedicated to preserving Jewish archeology, history, and heritage in Judea and Samaria, noted that the physical damage to the biblical site is part of a Palestinian plan to erase evidence of Jewish biblical sites, thus discouraging Jewish and Christian visits to areas of religious importance.

The Palestinian Authority contends that the biblical altar is a falsification of what they call the Palestinian history. But their claim is not borne out by history or archaeology. The name Palestinian is a

Roman term given to all residents of what Romans named Palestine and did not denote a separate people. Up until the 1948 war of Independence, all residents living in what would become Israel called themselves Palestinian – Jews, Christians and Muslim Arabs. After the Israel once again became a nation after 2,000 years, residents took on the national self-identifier "Israeli" while Arabs continued to use the term "Palestinian."

Guy Derech, director of activities at Keepers of Eternity Shomrim Al Hanetzch, says the site of the altar is "one of the most important sites in our country and of special importance to the heritage of the Jewish people. Crushing thousands of years of cultural assets into gravel is a very serious act that is unthinkable in the modern world."

Yossi Dagan, head of the Samaria Regional Council called on the Israeli government to immediately halt the destruction.

"This is a direct and unfortunate continuation of the contempt of all those concerned regarding the historical sites of the Jewish people and the State of Israel," Dagan said. "It is shocking to see how the Palestinian Authority is rudely destroying the archeological sites that are dear to all of humanity."

"This really aches, this really hurts," Aaron Lipkin said, pleading with the Israeli government to step in and protect Joshua's Altar.

—Dwight Widaman and wire services

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## 6 ways to remember persecuted Christians in 2021

As Christians around the world face rising persecution, Metro Voice regularly shares stories that highlight their plight. As we've reported, persecution has increased, especially in an age of Covid as governments use it as a cover to harass followers of Jesus. 2021 will be no different.

Many of us are looking for ways to connect with those who suffer for their faith. Christian Freedom International – which helps persecuted Christians – has a few ideas.

In hostile regions of the world, Christians risk beatings, imprisonment, discrimination, and death for their faith. They can be harshly punished for modest acts of faith – praying or believing that Jesus is God.

How can Christians "remember those who are mistreated" for their faith, as Hebrews 13:3 encourages?

Here are 6 simple acts that—if done in some countries – can trigger persecution against Christians. These actions can remind us of the price persecuted Christians pay for their faith:

1. Asia Bibi offered a cup of water to Muslim neighbors. They accused her of blasphemy and she was sentenced to death.

Act: Offer your neighbor a helping hand, an act of kindness out of love for Jesus.

2. Muna and Awale in Somaliland were caught with Christian materials and arrested for "spreading Christianity."

Act: Give a Bible or Christian literature to someone who does not know Jesus.

3. New believers in hostile societies may be shunned or killed by their family or community.

Act: Reach out to a friend or family member to share the message of Jesus' love with them.

4. China criminalizes teaching children about Jesus and jails pastors.

Act: Teach a child about God. Help in a Sunday School class. Encourage your pastor.

5. North Korea criminalizes praying to anyone other than its Supreme Leader.

Act: Pray for Bibles and discipleship trainings to reach secret Christians and yet-to-be Christians in hostile countries to strengthen their faith.

6. In some countries, Christians are forbidden from having any contact with foreigners. What is the one thing they request? "Pray for us."

Act: Pray for them regularly, including

at dinner when surrounded by family.

One way to help is to download Christian Freedom International's 2021 free Prayer Calendar to remember to pray. <https://christianfreedom.org/calendar-2021/>

Each colorful picture in CFI's Prayer Calendar is of Christians served by Christian Freedom International – with Bible verses to help focus your prayers.

"Your actions on behalf of persecuted Christians – and Christian Freedom International's calendar displayed in your home, office or church – can strike up conversations with others. You can let people know that Christians are persecuted throughout the world, and there are ways we can help," said Wendy Wright, president of Christian Freedom International.

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# State AGs respond to Biden cancelling sex offender crackdown



Across the nation, state Attorneys General are attempting to persuade President Biden to reverse his decision to cancel Operation Talon, a nationwide operation to remove illegal immigrants who are convicted sex offenders.

Missouri Attorney General Eric Schmitt is leading the charge to keep the successful Trump administration

law enforcement effort in place.

"I'm pleased to lead this coalition of 17 other states in urging President Biden to reverse the decision to cancel Operation Talon, which focuses on removing convicted sex offenders who are illegally in the United States," Schmitt said, according to Townhall. "Broadcasting that sexual predators and traffickers are potentially

immune from deportation or other legal action only worsens the crises of sexual assault and trafficking at the border and potentially in Missouri. In combating human trafficking in Missouri, we strive to send the message that our state is inhospitable to trafficking through our actions and initiatives. The United States needs to send the same message."

The cancellation of the program, they write, sends a dangerous message to the world.

"The cancellation of this program effectively broadcasts to the world that the United States is now a sanctuary jurisdiction for sexual predators. This message creates a perverse incentive for foreign sexual predators to seek to enter the United States illegally and assault more victims, both in the process of unlawful migration and after they arrive. It will also broadcast the message to other criminal aliens who have committed less

heinous offenses that any kind of robust enforcement against them is extremely unlikely."

"Meanwhile, an increasing number of illegal aliens are entering the United States after having been previously convicted of sexual offenses," it continues. "The cancellation of [Operation Talon] effectively broadcasts to the world that the United States is now a sanctuary jurisdiction for sexual predators. This message creates a perverse incentive for foreign sexual predators to seek to enter the United States illegally and assault more victims, both in the process of unlawful migration and after they arrive. It will also broadcast the message to other criminal aliens who have committed other offenses that any kind of robust enforcement against them is unlikely."

Schmitt's message also was signed by the attorneys general from Alabama, Arkansas, Florida, Georgia,

Indiana, Kansas, Kentucky, Louisiana, Mississippi, Montana, Nebraska, Oklahoma, South Carolina, South Dakota, Texas, Utah and West Virginia.

As former ICE director Thomas Homan explained on Fox News, the Biden administration's more lax approach to illegal immigration is going to become a serious issue.

"You have to commit a serious felony and be convicted of it to be even prioritized for arrest and removal, and that sends a message to the rest of the world," he said. "If you can get by the Border Patrol, as long as you are not convicted of a serious felony after you're here, you can stay, because ICE isn't looking for you."

The letter ends by asking the most important question: "If the United States will not remove even convicted sex offenders, whom will it remove?"

## Pastor concerned about loss of religious freedom



A new documentary looks at the perilous future of religious freedom in the United States.

"President Donald Trump fought for religious freedom like no other president in modern history," Pastor Jack Hibbs of Calvary Chapel in Chino Hills, Calif., says "It was important to him that we gave the

people the word. He would often say to the pastors 'Give your flocks the word,' which I thought was an amazing statement that a U.S. president would tell pastors to give people the word of God.

The documentary, "Trump 2024: The World After Trump," focuses on the loss of religious freedom, the fight to regain it,

and what the future holds. It features an array of Christian leaders including Franklin Graham, Star Parker, and Gov. Mike Huckabee.

Trump's push for free speech for pastors, pro-life policies and a level of support for Israel never imagined by previous presidents offered a stark change to President Obama's numerous decisions that put Christians on edge. His administration continuously went after groups such as the Little Sisters of the Poor that opposed the Obamacare mandate of providing contraception and abortion-inducing drugs to their employees. Now many Americans wonder if the Biden administration will be a reboot of his time working for Obama.

"I kind of sense and I hope I'm wrong — I really want to be wrong — that a door could be closing on our religious freedoms," Hibbs said. "I want to stick my foot in that door as long as possible so that we might do good."

In his first 100 days, Biden has vowed to pass the Equality Act, which elevates the rights of gay, lesbian, and transgendered people over those of Christians and other faiths. Pastor Hibbs points out it's even more important to practice faith when Christians are free to do so.

"We had four years of liberty and freedom that's just about now to be recorded in history," he said. "What did we do with that freedom? Did we preach the word of Christ? Did we love our neighbors? Did we get out and help those that are less fortunate?"

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



## North Topeka activities include new festival

The NOTO Redbud Festival will be held April 2nd and 3rd in Redbud Park.

Attendees will be able to experience the beauty of NOTO in bloom, with music and performances at the new Redbud Park, as well as visit the various murals and outdoor public art installations, shopping, dining, and more. Hours of the event are 10 a.m. - 11 p.m.

Coinciding with the NOTO First Friday Artwalk April 2, there will be even more activity that Friday than usual. A musical performance by Swinging Country will be featured from 5 - 8 p.m. on the Kaw Valley Bank Stage in Redbud Park.

NOTO Saturday Market on April 3 will be held at Redbud Park and NOTO Teeter Courtyard. This eclectic market offers artists and others a chance to sell their wares at select market areas. Attendees will be able to visit businesses, see the vendors, and explore the area while enjoying live music from Josh Hoover on the Kaw Valley Bank stage in Redbud Park from 11 a.m. - 3 p.m.

Of course, First Friday Art Walk &



Market is the first Friday of every month, including March 5. The North 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. You can visit the NOTO Arts Center to pick up a map of participating businesses and view the newest exhibit at the Morris Gallery.

Also, a NOTO Saturday Vendor Market is now open on 1st & 3rd Saturdays 10 a.m. to 3 p.m. in Redbud

Park from now through October.

Various local vendors will be available exhibiting; art, antiques, furniture, and handmade wares.

3rd Saturday Market is also preceded by NOTO Night Out activities on Friday evening.

Looking ahead the NOTO Chalk Walk will be held May 7-9, coinciding with May's First Friday Art Walk.

Grab your family and your chalk, and make the NOTO sidewalks your canvas! Entertainment will be on hand as well.

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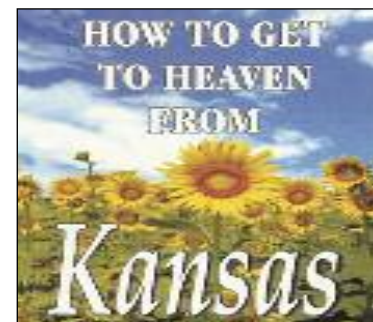
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1. Realize you are a sinner. Everyone starts the same place spiritually. "For all have sinned and come short of the glory of god." (Rom. 3:23). Sin's penalty keeps you out of Heaven and condemns you to Hell, separating you from God. Romans 6:23 says, "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

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in several states, and has ministered in over 60 countries. He is the founder of Revival Ministries, as well as an author and sought-after speaker.

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# Poll: Pandemic strengthened faith, family ties of many

Amid the negative news, is there a family silver lining to the ongoing pandemic?

Yes, according to a new poll from the Pew Research Center. The poll found that 28 percent of Americans said their own religious faith “has become stronger” during the pandemic, while 41 percent said their relationship with their immediate family members has strengthened. Taken together, the data mean that for tens of millions of Americans, the pandemic had a positive impact on their lives. Both numbers are at or near the top when compared to the attitudes of people in other countries.

The United States leads the world in the percentage of citizens



who said the pandemic strengthened their faith. Spain (16 percent) is second, followed by Italy (15 percent) and Canada (13 percent).

Four countries (Australia, United Kingdom, France and South Korea) tied for fifth at 10 percent.

“The United States has by far the

highest share of respondents who say their faith has strengthened,” a Pew analysis of the data said. “The pandemic has led to the cancellation of religious activities and in-person services around the world, but few people say their religious faith has weakened as a result of the outbreak.”

Only 4 percent said the pandemic weakened their faith. White evangelicals (49 percent) are the religious subgroup most likely to say their faith strengthened during the pandemic. About one-third of Catholics (35 percent) said their faith grew. Lower-income individuals (34 percent) in the United States are more likely to say their faith grew stronger than are those

in a higher income (22 percent). The findings are similar to a Pew survey from last spring, when 24 percent of Americans said their faith strengthened during the pandemic.

Meanwhile, the pandemic also resulted in the strengthening of families. In the United States, 41 percent said their family bond has become stronger, while 50 percent said it has not changed much and 8 percent said it has weakened. Spain narrowly leads the world in this category, with 42 percent of its citizens saying their family relationships strengthened. The United States tied for second with Italy and the United Kingdom, followed by Canada (37 percent).

## Single Mom Trusts God – From Rock Bottom to Debt-Free

Since her first paycheck at the age of 16, Danesca Baez says she’s always embraced a “cheerful” mentality about tithing and giving.

“I was a brand-new convert, in love, on fire for God,”

At that time, she worked a fast-food job in New York City. She’d grown up in shelters and a group home in the Bronx after being removed from her family due to parental neglect.

“So, I started tithing when I was in a group home. I felt like God – like he was my everything. I didn’t have a problem with showing him how grateful I was for everything, especially coming from nothing.”

Danesca put herself through school, and from an entry-level position, she worked her way up to middle management in healthcare administration. As a wife and mother, she tithed and lived pretty much debt-free. She got into serious financial trouble after her

marriage failed.

“No child support, no alimony. No one is helping financially. I had to figure it out. My income was half of what all of my bills were.”

Christian friends babysat her two young children while she worked. That cut daycare costs, but she quickly fell into deeper debt when hit with emergency expenses like costly car repairs and a hospital stay.

“And there were times I wouldn’t even want to get out of bed. Like, ‘how am I going to keep doing this over and over and over?’”

One month she was maxed out of credit with zero cash and no food.

“And so, I got on my knees that morning, and I said, ‘God, I do not have food for the kids. I don’t know what I’m going to do, but I need you.’”

That morning she arrived at work to find a co-worker had left a

basket of food on her desk.

“I see this basket, two days of food in this basket, and I literally just started crying.”

In mid-2016, Danesca journaled about a series of dreams in which she believed God told her to get out of debt.

“So, the first thing I did was I printed out my bank statements, and I was like, ‘okay, what are my habits?’ I just started highlighting and just seeing, ‘okay, you should never have spent this, this, this.’ But I was just very irresponsible. I won’t budget the right way.”

Another dream warned her of a job loss followed by a new direction in life. She trusted God was leading her, so she called a family meeting to cut expenses.

“The cable, out the window; wi-fi out the window.” Like I cut my phone bill from like \$130 to \$35 a month.”

They cut coupons and ate meals at home. One item that remained in the family budget was tithing and giving.

Danesca recalls, “That was like the first thing I gave. It was like no questions asked. I knew that was my principle like I’m going to be still debt-free, I’m going to have – I know I’m going to have extra money now, but I’m still going to give to you, God.”

After only 16 months, Danesca paid off over thirty-eight thousand dollars of debt.

Danesca exclaims, “In 16 months, 16 months. Yeah, and when I told the kids, it was even – even what they said was, ‘you don’t owe anyone anything.’”

Danesca was also able to save several months of her salary as an emergency fund. A month later, her boss told her that due to corporate reorganization, her position had been cut.

“So, I was just like, ‘okay, Lord, you’ve got me, and I don’t know



what you’re going to do next, but I trust you.”

Danesca immediately found two part-time jobs in Christian ministry. Within nine months, she was hired full-time for her dream job in a respected worldwide Christian organization.

“I believe that it was his faithfulness, tied with my obedience with the tithing and the giving. I think His Word [The Bible] is full of

principles, like Malachi 3:10 where it’s – basically summarizing it says ‘bring your tithes to me, and won’t you see that I will bless your money, I will not only bless it, but I will protect your finances.’ And all He’s telling you is, ‘trust me in this. Trust me a little bit of everything that I’ve given you and just watch and see great things with it. I really believe it.’

–cbn.com

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# entertainment

## 'The Father' is an intimate look at dementia

The Father is a beautifully honest portrait of dementia and the toll it takes not just on the one suffering from it, but on the aging man's primary caregiver: his daughter.

The mind, like the body, is a creation of dizzying intricacy. Just as we don't think about how the heart beats or the lungs breathe, neither do we question what our brain tells us is true.

But sometimes, something in the brain breaks. Clogs. Slows. Skips.

If the body goes wrong—the heart, the lungs, the legs, the teeth—we know it. We feel it. We do something about it, because our mind tells us we must. But when the mind goes wrong, it doesn't look, to us, as if it's broken. It looks as if the world has.

Anthony (Anthony Hopkins: *Amistad*, *Nixon*, *The Two Popes*, *Remains of the Day*) knows his world. He knows who he is, what he loves and how he spent his life. His walls are filled with books and records and pictures of the past, evidence of a life well-lived. He has two grown daughters—one he barely sees and loves, the other is Anne (Olivia Colman: *The Crown*, *Broadchurch*) whom he sees all the time and ... well, she's just all right.

Perhaps he'd appreciate Anne more if she wasn't always around. But she is. It's as if she's moved in to his flat, and at an age when she should really be out on her own. She has a husband named Paul, too—or, at least she does part of the time. And then there are the strangers that Anne insists on bringing in: nurses or helpmates or whatever they're called. As if Anthony needed help. As if he was old and feeble and not perfectly capable of living his life as he always has.

No, these "helpmates" are of little help to Anthony. They're terrible, in fact—babysitting him incessantly and, often, stealing things when they believe he's not looking. He's been forced to hide his most prized possessions in a cabinet or under the tub.

But the worst of it? The strangers that come in—those who say they're Anthony's caregivers. Those who say they're Paul. Those, even, who come in and pretend to be Anne herself. What sort of trick are they trying to pull? Anthony knows what his own daughter looks like. Why, he can point to her picture right on that—

But where's the picture? And who painted the wall?

Many of us know, too well, how much Alzheimer's and dementia can take from loved ones. So to do we recognize the quiet heroism that comes with caring for someone suffering from the condition.

And, indeed, Anne is quietly heroic here. We see her suffer a great deal from her father's slights and suspicions. When Anthony tells visitors that Anne is dull and tedious, she forces a smile and tries not to cry. When Anthony has lost one of his prized possessions, Anne does her best to calm



her dad and find it for him. She's always on call and ready to rush to her father's side if something goes wrong, sacrificing her own freedom and happiness to do so. Sometimes she even sings him to sleep, as a mother would a baby.

But while Anthony can sometimes act monstrous, it's not his fault. And just as we can see his cruelty, so too we see flashes of kindness and gratitude.

"Anne," he says. "Thanks—for everything."

Like countless caregivers know and understand, we see that Anthony can be unrelentingly cruel and Anne's struggle to not to acknowledge it when others are blind to it.

"I must say, he's charming," caregiver Laura (Jane Eyre, *Miss Austin Regrets*) tells Anne when she first meets Anthony.

"Yeah, not always," Anne says with a forced smile.

We see Anthony behave quite cruelly on occasion, especially toward Anne. "She's not very bright," he'll tell someone as Anne looks on. "Not very intelligent. She gets that from her mother." He accuses Anne of plotting against him and waiting for him to die so she can have his apartment. "I'm going to outlive you," he bellows, telling caregiver Laura just how "heartless and manipulative" Anne is.

Anne is devastated and embarrassed by Anthony's outburst, but Laura takes it in stride. "That sort of reaction is quite normal," she says. But that doesn't mean Anthony's abuse is easy for even professionals to stomach. We learn that he's chased off several—accusing them of stealing from him and being generally mean.

But what is there to learn in this family drama? For many, it will resonate with their own experiences. For others, it will provide insight into the care a friend, sibling or neighbor offers to an aging parent.

We can lose our possessions, but no one can take away our memories.

So we tell ourselves as we spend time with loved ones and our money on family vacations, squirreling away precious, eternal moments at every turn.

But the cliché, we know, isn't always true. Our memories can be taken from us. Our intelligence can, too. Our wit. Our very personality. Everything that makes us us can be torn slowly away,

like pages in an old book, until all that's left is the cover. A empty book jacket of who we were.

To me, this feels like one of life's greatest and cruelest challenges, one that can even shake faith. God, we might pray, take from me my wealth, my health, my home ... but leave me myself. Let, with my last breath, look into the eyes of those whom I love, and let them know that I love them, too. But for some, God does not grant this prayer. God is good, but His ways can be mysterious and hard.

The Father, of course, is a very sad movie, one that mercilessly marches through the realities of fading by inches. For those who are intimately acquainted with the subtle horrors of Alzheimer's and dementia, the film might be especially hard.

But it might be welcome, too, for the film comes with its own bleak beauty. It carries with it, perhaps, the tang of grief—all the sorrow and sadness and anguish and pain that great loss brings, but moments of strange sunlight in the darkness: Because in the midst of grief, love remains. Love goes on.

I am not myself, Anthony tells us in gesture and deed. But as the movie wears on, an important but comes about. I am not myself, it says, but I am worthy of love still. I care still—and need care. I am not myself, but I am still a beautiful thing—a beloved creation.

The Father features two incredible performances by previous Oscar winners Anthony Hopkins and Olivia Colman. And while it has some bursts of foul language and moments of shocking cruelty, the story is at its core a tender one, albeit sad and painful.

"I feel like I'm losing all my leaves," Anthony confesses, "the branches in the wind in the rain."

Even then—in his confusion and pain and helplessness, some truths still remain: The sun sometimes shines. Walks in the garden can still be pleasant. And he's still cared for. He's still loved. In his raging, growing darkness, there is still light.

Rated PG-13. In Theaters February 26, 2021. CAST: Anthony Hopkins as Anthony; Olivia Colman as Anne; Mark Gatiss as The Man; Olivia Williams as The Woman; Imogen Poots as Laura; Rufus Sewell as Paul

—Reviewed by Paul Assay

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



## Bestselling Author Dr. Michael Youssef Brings Americans 'Hope for This Present Crisis'

Is it possible our world has gone mad? We are under siege, and the war is not from without; it is from within. The collapse of the Roman Empire occurred in a single generation and was not so much the result of invasions by their enemies but the result of moral decay and internal corruption. Similar patterns are emerging in America. We neglected or abandoned our traditional institutions long ago, but now it is time to take them back.

In *Hope for This Present Crisis* Dr. Michael Youssef provides a diagnosis of the insanity of the current culture and a seven-step prescription for restoring sanity to a world gone mad. Here's the seven-step path to restoring a world gone mad:

— Remember the Truth: Stand firm on the truth of the gospel.

— Restore the Soul: Seek God's approval—not the approval of other people.

— Revitalize the Family: Guard your children from the horrors of the internet.

— Reestablish the Classroom: Support conscientious, caring public schoolteachers.

— Respect Our Freedoms: Know your rights.

— Reform Our Society: Morally and spiritually purify yourself.

— Revive the Church: Demonstrate the forgiving love of Jesus at all times.

According to Youssef, "Forces are at work to strip the principles and precepts of faith from public venues or minimize their significance. Many progressive leaders are convinced that when Christianity disintegrates, it will create peace on earth. But the loss of our heritage will merely create a spiritual vacuum that will be filled with folly, crammed with chaos or invaded by Islam. The reality is: Western civilization will become so decadent and reckless that America will collapse like a house of cards."

Youssef's book, *Hope for This Present Crisis* releases on March 2, 2021, and is available to preorder through Amazon, Barnes & Noble, BAM and christianbook.com.

Youssef was born in Egypt and lived in Lebanon and Australia before coming to the United States and fulfilling a childhood dream of becoming an American citizen. He holds degrees from Moore College in Sydney, Australia, and Fuller Theological Seminary in California, with

a Ph.D. in social anthropology from Emory University. He founded The Church of The Apostles which was the launching pad for Leading The Way's international ministry. Youssef has authored more than 40 books, including popular titles like *Jesus, Jihad and Peace* and *Saving Christianity?*

Youssef is the host of the popular TV and radio broadcast *Leading The Way with Dr. Michael Youssef*, which airs more than 13,000 times every week across six continents in 26 languages—reaching audiences in nearly every major city in the world. His programs attract tens of millions of viewers weekly in the U.S. on major TV networks, including TBN, Daystar, ION Network, Fox Business, Lifetime, GOD TV, CTN, NRB TV and more.

Equipped with a keen understanding of the Bible, the Middle East, sociological trends in the Western world and popular Christian worldview issues, Youssef is a sought-after voice whose expertise is regularly requested on both secular and Christian media, including *Huckabee*, *Fox & Friends*, *Eric Metaxas*, *The Hugh Hewitt Show*, *The Christian Post*, *Fox News*, *Hannity*, *Glenn Beck*, *The 700 Club* and more. He and his wife reside in Atlanta and have four grown children and 10 grandchildren.

*Hope for This Present Crisis* is published by FrontLine, an imprint of Charisma House.



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## TBN broadcasting 'The Chosen'

The first season of the acclaimed television series "The Chosen" is being shown on TBN on Mondays, and is also found on the Paramount channel on Sundays. For those who do not have cable or satellite, TBN is also broadcast over the air in many cities. The series can also be found on YouTube.

The crowdfunded series has garnered massive audience support, with more than 16,000 people investing more than \$10 million to fund the project. Filmmaker Dallas Jenkins created, co-wrote and directed the series. TBN also is broadcasting an original teaching series, "The Chosen Unveiled" with Rabbi Jason Sobel, as a companion program that unpacks the theology behind "The Chosen."

"We are thrilled to bring this television series to TBN and allow our viewers to experience Jesus in a way that has never been done before," TBN Chairman Matt Crouch said.

"The Chosen" is the first-ever multi-season series based on the true stories of the gospels of Jesus Christ and allows viewers to see Jesus through the eyes of

those who knew Him. The first season tells the stories of characters in the gospels who encountered Jesus and were changed forever.

As of August 2020, "The Chosen" had been viewed nearly 50 million times in 180 countries and currently is being translated into 70 languages. Season one has earned two Movieguide Award nominations and has a 100 percent score on Rotten Tomatoes from eight reviews and 99 percent from audiences.

The series' creators said they had hoped to distinguish the new series from previous portrayals of Jesus by crafting a multi-season, episode-based story. The series portrays Jesus through the eyes of those who met him.

The first episode begins in AD 26 in Capernaum, where viewers meet Sanhedrin member and Pharisee Nicodemus touring the region; tax collector Matthew; fishermen brothers Simon and Andrew, demon-possessed Mary Magdalene; and wandering craftsman Jesus. The final two seasons of the planned seven-season show are intended to chronicle his death and resurrection.

## Jim Caviezel calls out America for its great sin of abortion



Actor Jim Caviezel, who portrayed Jesus in "The Passion of the Christ," recently called abortion America's great sin.

"Many people are a part of this great sin in this country," he said. "These are all God's children, and he brings them home. Now he wants to bring you home. Do you think your friend has more grace than God? Does your friend have more love than the creator? It can never be. God forgives you, and now he needs you to begin to accept forgiveness."

Caviezel recently spoke to the congregation of The Rock Church in San Diego.

"Some of you have had abortions, some men here and women are adulterers," he said. "Some have committed murder. Some of you didn't have the abortion but paid for it, so you have contributed to this. Many people are part of this great sin in this country. Over 50 million in the United

States alone, and 45 million die every year in the world. These are all God's children, and God brings them home."

Caviezel and his wife, Kerri, have adopted two children from China, both of whom had special needs. Earlier this year, he had a message about God's mercy and grace, especially for women who have had abortions.

Caviezel isn't worried about how being outspoken on abortion may affect his career. He told "Catholic Digest" in 2009 that being pro-life is more important to him.

"How are we so arrogant to think the 51.5 million babies who have died in this country... Look, I am for helping women," he said. "I just don't see abortion as helping women. And I don't love my career that much to say, 'I'm going to remain silent on this.'"

## YouTube shows offer families alternatives to paid streaming

YouTube is becoming the place for families tired of searching Netflix, Amazon Prime, Disney+ or broadcast TV for something decent to watch, or something they haven't already seen.

Free to everyone is YouTube. There are now countless of individually-produced shows for every taste, from RVing, to grill cooking, adventure, treasure hunting to raising kids. And everything in between.

Here's a few worth taking a look at for you or your family. Best of all, they're free.

### Family Fun Pack Weekly

Back in 2011, Kristine decided to upload a video of her twins getting ready for bed for friends and family to see. A week later the video had over one million views. Now, Kristine and her family are fulltime YouTubers with close to 10 million subscribers on their channel: Family Fun Pack.

This channel is family-friendly and features mom Kristine, dad Matt and kids Alyssa, David, twins Zac and Chris, Michael, and the youngest, Owen. Oh, and their aunt Heather and two golden retrievers, Kona and Hana. This fun-loving family has videos of all sorts, placed into a few different categories: Mommy Monday, Family Fun Pack Cooking and Recipes, Skits, Vlogs, Hawaii, Fitness, Sports and Athletics, Pop-up Museums and Couples Talk.

Both Kristine and her husband are kind, loving, nurturing, silly parents who clearly love their children and want what's best for them. They encourage them to be creative, to play, to enjoy musical instruments and to love learning.

Raising kids has glorious moments ... and sometimes difficult or frustrating ones. Parents can get tired, even discouraged at certain points. So the value of a fun, activity-filled channel like this one is to provide ideas and inspiration. And it's clear that Kristine and Matt have lots of both to share with their millions of viewers.

### Crash Course Weekly

Crash Course is a YouTube channel started by brothers Hank and Chris Green, back in 2006. At first, their idea was to reach out to teachers and students, providing information about world history and biology. And they did. But things grew pretty quickly, and what began as a humble effort has turned into a thriving educational landing strip.

Nearly 12 million subscribers and 1.4 billion video views later, and a partnership with PBS Digital Studios, Crash Course has sort of become the video version of Cliff's Notes. And the channel's video base is quite extensive, including courses on: chemistry, sociology, economics, literature, psychology, film, geography, linguistics, world language, mathematics, business, physiology, computer science and statistics. They've also partnered with Arizona State University to provide small video clips called "Study Hall."

Knowledge and resources and content oh my. There's a lot of good here. For parents looking for help explaining something to their kids in school, they might find it here. Or maybe you're the one struggling with a mathematical concept or theory. Well, I can't promise this channel



will have the answers, but it's worth a look.

Crash Course's stated goal is "to help people learn things ... because learning is like a little bit of the meaning of life." That's a great stance to take toward both learning and life, as long as users also view what they're discovering through a lens of wisdom, discernment and a grounded Christian worldview.

Wow. That's a lot of knowledge. And it's free to all with, of course, internet access.

### TED-Ed Weekly

Welcome to a YouTube channel where you will learn a whole lot about a whole lot: TED-Ed.

This TED Talk derivative, launched in 2011, is an initiative that's designed for learners of all ages, and it focuses on teachers and students around the world. Here, you will find more than 1,000 high-quality, entertaining videos that teach viewers about concepts and subjects from scientific principles and economics, to history and literature, and everything in between.

Interested in learning about who history's first recorded author was? Or maybe you want to know what causes an economic recession? Whatever it is you're looking for, you'll likely find a video on it.

And to help in your search, these animated videos are broken into categories such as: "Think like a coder," "There's a poem for that," "A day in the life," "Awesome nature," "Before and after Einstein," "Math of the impossible" and "Humans vs. viruses," among others.

Educational content abounds here as learning is the main goal. Questions of all sorts are presented, and each video breaks down answers.

Some of these titles can be misleading, as is common with YouTube. For example, one TED-Ed title reads: "What happens when you die?" But instead of someone talking about what they think about the afterlife, they simply read a poem by Emily Dickinson.

Parents of younger viewers will want to offer guidance and direction on some subjects, such as various cultures' mythological teachings, for instance. One video focuses on the myth of Baldur, and it talks about that belief system's prophecies about death. This sort of historical, literature-based content is common, but it could be confusing for younger or less-mature viewers who aren't yet familiar with other cultures' spiritual ideas.

Some videos potentially espouse ideas, opinions or worldviews that not all viewers will necessarily agree with.

### Dallmyd/Scuba Jake Weekly

It's a sickening moment: that telltale plop of water splashing up to inform you that you've just dropped something

important, like an iPhone or your glasses or your wallet, into the liquid abyss. For a tantalizing moment, it reflects under the waves—and then it vanishes. Or maybe it's not until you get back to your hotel room that you look down and realize: "Oh no! My wedding ring is gone!"

But while these treasures might well be lost forever to a normal person, YouTuber Jake Koehler—user name: Dallmyd/Scuba Jake—has spent the better part of the last decade finding them. When possible, he even identifies owners of such diverse things as wedding rings and iPhones, GoPros and other seriously miscellaneous stuff. Sometimes he even has to call the cops.

Since 2011, Jake has been diving in various lakes, rivers and oceans, camera in hand to document his findings. The bubbling, gurgling noises of his scuba regulator create an oddly mesmerizing soundtrack to his otherwise mostly silent videos. He cleans up beer bottles and other cast-off detritus.

But Jake also finds amazing and unexpected things: rings and phones of course. But then there are things like Claymore mines, guns, human bones, remnants of a drug lab, a grenade ... even a pickup truck! The fascinating aspect of watching Jake's oddly compelling videos is the fact that you start to feel like he might find almost anything.

Jake's enthusiasm for discovery is practically contagious. He gets excited (we hear through muffled whoops underwater, generally speaking) about everything he finds. And then he surfaces to report on his findings.

When possible, Jake also seeks to return valuables he's discovered. In fact, his YouTube page even invites people to email him if they've lost something important in a given body of water. (Though one suspects he quite likely has more search requests than he can handle.)

Occasionally, Jake uncovers something a bit on the CSI side of things, like, say, a human bone. (Don't worry, he called the cops.)

One could argue that the apparent ease with which Jake finds valuables underwater could potentially make treasure-hunting look a lot easier than it probably is in real life.

Jake Koehler's underwater treasure hunting offers an engaging and innocent glimpse into the adventures of a YouTuber who has mastered the art of rescuing valuables from a watery grave.

—Reviewed by Kristin Smith and Adam Holz

Note: YouTube channel reviews are not exhaustive summaries of everything viewers will find, but a representative sample of recent videos to give you a sense of the kinds of things you might expect to see.



## What is Home Sharing for Seniors?

Due to COVID, we've all felt the strain of isolation at some time or another, but people living alone, especially seniors, have felt the effects especially hard. In fact, prolonged isolation can have the same health risks as smoking 15 cigarettes a day. Almost 30 percent of people 50 to 80 years old say they are lonely. That's why more and more people are turning to home sharing for seniors as a solution. Not only can you find a

friend, it also guarantees a steady stream of income as you age. New websites are now matching the most compatible seekers. Whether you're a renter or homeowner, both can benefit under the same roof.

Sue and Sue. Mary and Randall. They could be aging alone and financially strapped. Instead, they are choosing to home share. "I could not afford to live here by myself," said Randall Hughes, a home owner.

Sue Larsen opened her home to Sue Ronnenkamp, who pays 900 dollars a month in rent. She gets her own room, access to the rest of the home. Randall and Mary are also roommates. She rents part of the condo from Randall for 750 dollars per month. "Randall was really strong and positive about making me feel welcome," said Mary Ozanic, a home renter.

Companies such as Silvernest and Senior Home Shares match seniors who want to stay in their homes with people who need a home. Silvernest says the average homeowner earns \$10,000 a year. "It's not uncommon for us to have roommates when we're younger, but as we age, it's not something that we naturally think about," said Wendi Burkhardt, CEO & co-founder of Silvernest.

For many, home sharing is a necessity. Fifty-four percent of people over 55 have less than \$50,000 in retirement savings. Wendi Burkhardt, founder of Silvernest, says house sharing sites like hers can help. After



asking candidates a series of home and lifestyle questions, an algorithm decides a compatibility score. "It gives you a real good, clear picture of values and attitudes," said Sue Larsen, a home owner. "The biggest thing we had to work out realistically what temperature to keep the house at," Ozanic. But the benefits seem to outweigh any problems.

The National Shared Housing Resource Center is a clearing house

that provides information, referrals to local agencies, programs, and guidelines on finding a housemate. You can check them out at [www.national-sharedhousing.org](http://www.national-sharedhousing.org). Also, Silvernest is in all 50 states and offers a full background check both at a national and local level for a small fee. For more information, check out [www.silvernest.com](http://www.silvernest.com) and [www.seniorhomeshares.com](http://www.seniorhomeshares.com).

—Ivanhoe Newswire



## Stressed? Here's a Quick and Easy Way to Relax

The next time you feel tension creeping into your body, try this:

If you, like millions of Americans, feel stressed out and in need of a long vacation you can't afford to take, don't sweat it. There is a lot you can do to de-stress yourself. Keep in mind that the opposite of tension and stress is relaxation. Relaxation comes in many forms. Sometimes it has to be learned and practiced.

For example, if you grew up in a home with an alcoholic or abusive parent, you may not even realize that your body has carried physically tension for years. Alcoholic/abusive parents can create uptight kids. Kids never know when the

alcoholic/abuser will be available, angry, critical, physical, kind or calm. This unpredictable pattern creates a tense child—always waiting for the proverbial shoe to drop. Tension becomes a learned state of living. Many of these adult children need to teach their bodies how to relax.

Here is an easy way to learn to relax. Before you begin, try to rate the level of tension in your body from zero (no tension— you are probably dead) to 100 (this much tension will kill you).

Now, take deep breaths – When you are tense, breathing often becomes short and rapid. It tends to

originate in the chest. Some people even hyperventilate which can lead to panic. Breathing should come from the abdomen, not the chest. If you are unsure, place your hand on your abdomen, take a breath and see if your hand moves. If you don't feel an in and out motion, chances are you are breathing from your chest and throat.

When you concentrate on taking deep, slow breathes, you supply more oxygen to the brain and muscle system. You stimulate the parasympathetic nervous system, which calms you. Taking deep breaths can help you clear your mind. Try to concentrate on your body. Try to inhale slowly through the nose and let the air go down low. Pause and slowly exhale through your nose or mouth.

Do this over and over, about 10 times. When you practice deep breathing three or four times a day, you will catch yourself breathing incorrectly and teach your body to breathe correctly. The good thing about this form of relaxation is that it is free, easy to do and can be done anywhere. You can be in the middle of a crowd, start feeling tense and take a number of deep slow breaths to calm down. Or you can be alone in the house and practice.

After you have practiced this exercise a few times, rate the level of tension in your body again on that 0-



100 scale. The number should be lower. If not, you need more practice. The more often you sense stress in your body, the more you can apply this technique. So next time

you feel tension creeping into your body, take a deep breath and relax!

Dr. Linda Mintle writes the relationship and advice blog *Doing Life Together on Beliefnet*.




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# How Those Over 60 Can Manage Diabetes

Many people over the age of 60 are living with diabetes. There is actually a worldwide epidemic of diabetes, primarily related to various lifestyle changes including obesity, and an increase in sedentary habits. According to the World Health Organization, total deaths from complications related to diabetes are expected to increase by more than 50 percent worldwide within the next 10 years, and by 80 percent in upper to middle-income countries.

Even though it's a dangerous disease, it can be tamed. Let's take a look at the four lifestyle changes that are a surefire way to manage diabetes.

## #1. Get 30 Minutes of Exercise Per Day

Research shows that people diagnosed with Type 2 diabetes before they reach 60 years old are at a higher risk of stroke and heart attack. If you were diagnosed later than that, you are already in a better position than most.

However, that doesn't give you a free pass when it comes to getting your daily exercise. You should increase your heart rate for 30 minutes each day. No excuses. Stand up and get moving.

If you don't feel like going to the gym, you still have plenty of options. The source of the exercise is not important, as long as you get the job done.

Consider these exciting and fun ways to get moving:

- Visit your local museum and climb the stairs while you are at it
- Take care of your garden or start growing herbs indoors
- Go hiking and explore the nature around you
- Invite friends to have a picnic at your local park
- Register for a free dancing lesson with your friends
- Pick a spot and go camping together with your family
- Transform your garage or attic into a game room, library, or home gym
- Try out such sports as tennis, frisbee, or badminton
- Wake up earlier and go out for a swim in a lake

## #2. Aim To Reduce Your Waist Size

Measuring your body mass index (BMI) might seem like a logical step that leads to keeping a healthy weight. While true in many cases, 18.5-24.9 body mass index is not the only measurement you should be keeping an eye on if you are diagnosed with diabetes. Body mass index doesn't take into consideration your muscle and fat ratio.

Knowing where your fat builds up is essential. If it gathers around your waist and covers your liver or pancreas, it could cause insulin resistance. Your waist size is a great indicator that puts you on the right track to managing diabetes.



What is the healthy waist size? Aim for:

- Less than 31.5 inches (80 cm) for most women
- Less than 37 inches (94 cm) for most men

What's the alternative method of finding out the right waist size for your frame? Your waist should be less than the number you get after dividing your height in 2.

## #3. Follow The 7 Rules Of Healthy Eating

How to reduce your waistline and your weight in general? It all comes down to the number of calories consumed daily and the right balance of your macronutrients. Your diet should



consist of 40%-50% of carbohydrates, 25%-35% of healthy fats, and 20%-30% of lean protein. Make sure to eat at least 25-30 grams of dietary fiber each day, limit your sugar intake to 40 g., and reduce your cholesterol intake to 300 mg.

How to achieve this delicate balance? Follow the seven main principles of a healthy diet:

1. Fill around half of your plate with vegetables. Eat a variety of plant-based

foods, and make sure that there is an entire rainbow of colors on your plate. Don't forget your leafy greens like chard and spinach.

2. Dedicate a quarter of your plate to healthy protein. Generally, eat small amounts of animal-based proteins (e.g., lean meats, eggs, or fish) and include various plant-based proteins.

3. Cover around a quarter of your plate in whole-grains, beans, chickpeas, green peas, and legumes.

4. Enjoy a small number of healthy fats, such as olive oil, avocados, and nuts. Avoid saturated and trans fats that can be found in deep-fried and highly processed foods.

5. Limit your dairy product intake; goat's milk and cheese are both okay. Substitute animal-based products to plant-based products.

6. Radically reduce eating the processed foods that are high in sugar, salt, or saturated fat.

7. Eat approximately 4-5 meals a day every 3-3.5 hours to avoid hypoglycemia (or low blood sugar).

## #4. Pamper Your Feet

According to the Centers for Disease Control and Prevention (CDC), about half of people with diabetes suffer from nerve damage, which usually affects the feet and legs.

It can be experienced as numbness, tingling, and can go as far as not feeling pain, heat, and cold in your feet. Even though it seems unimportant, but untreated sores, cuts, or blisters can become infected if left unnoticed.

If you are over 60 and have diabetes, follow these simple tips to ensure your feet are in tip-top shape:

- **Keep an eye on the feet.** Regularly check for any visible cuts, blisters, sores, or other unusual formation on your feet and make sure to

address each issue. Consult with a doctor if necessary.

- **Go for crispy clean.** Wash your feet in warm water and carefully dry them. Gently trim your toenails straight across to avoid ingrown toenails. Focus on proper hygiene, and don't forget to apply lotion to your feet.

- **Look for the right fit.** Your shoes and socks make a huge difference! Poorly fitting footwear can cut circulation and result in swollen and tired feet.



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# Post-Acute COVID Syndrome: Long-Haulers or Lifers?



COVID-19 ... it's a virus that takes your breath away. Initially thought to be a disease that impacts the elderly, now, 40 and 50-year-olds who suffered mild symptoms are showing up at the doctor's office with debilitating symptoms. It's officially called post-acute COVID syndrome. And, these COVID long-haulers fear they may never get better.

Jeff Engman likes to work hard and play hard.

Then, just as he started his latest project, this 58-year-old was hit hard by COVID.

"The fatigue, I was really drained and, you know, could hardly get out of bed," explained Engman.

After a few weeks Jeff recovered. Then ...

"COVID caused some abscesses in my lungs," Engman continued.

Ten months later, Jeff, like some people diagnosed with COVID, is still dealing with COVID brain fog, weakness, extreme fatigue, migraines, mini strokes, heart issues, shortness of breath, fever, coughs, body aches, stiff joints and balance issues. The CDC reports up to 35

percent of those infected endure symptoms lasting beyond three weeks.

"These are totally healthy people," shared Dixie Harris, MD, Pulmonologist, Intermountain Healthcare Pulmonary and Critical Care.

One theory, COVID kicks the immune system into overdrive and stays in overdrive even after the virus is

gone, damaging other organs. The big question ... how long will the symptoms last?

"I don't know how long these will last. I typically am seeing is they're slowly getting better. I haven't seen anybody plateau and not improve yet," said Dr. Harris.

As for Jeff, ten months later, he says he has good and bad days.

"It's not going away like I thought it would. You kind of wonder if you're, you know, are you ever going to get better?" stated Engman.

In autopsy reports of COVID patients, doctors are finding damage to not just the lungs, but the heart, brain, kidney and liver, suggesting that COVID is much more than a respiratory disease. Mount Sinai has opened a center for post-COVID in New York with 40 doctors dedicated to studying and treating long-haulers. They are modeling the center after what they did for first responders after 911 ... treating a large group of people after a catastrophic event, but they say this is on a much larger scale.

—Ivanhoe Newswire



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# sports

## Tim Tebow says he's retiring from baseball for good



Tim Tebow announced this week that he is retiring from baseball's New York Mets to focus on other priorities.

The 2007 Heisman Trophy winner returned to baseball in 2016 for the first time since his junior year of high school and reached the Triple A level, encouraged by then general manager and current team president Sandy Alderson.

"I want to thank the Mets, Alderson, the fans and all my teammates for the chance to be a part of such a great organization," Tebow said in a statement. "I loved every minute of the journey, but at this time I feel called in other directions. I never want to be partially in on anything. I always want to be 100 percent in on whatever I choose. Thank you again for everyone's support of this awesome journey in baseball, I'll always cherish my time."

Over four big-league spring trainings, Tebow batted .151 in 34 games, connecting for his first and only homer last spring before camps were closed.

"It has been a pleasure to have Tim

in our organization as he's been a consummate professional during his four years with the Mets," Alderson said. "By reaching the Triple A level in 2019, he far exceeded expectations when he first entered the system in 2016, and he should be very proud of his accomplishments."

Tebow's baseball career began with a bang. He homered in his first professional at-bat during an instructional league game against the St. Louis Cardinals in the fall of 2016. Later that fall, he made headlines by comforting a fan who had a seizure in the front row of Tebow's Arizona Fall League debut.

The former NFL quarterback was an All-Star at Double A in 2018, when he batted .273 with six homers in 84 games. He struggled the next year at Triple A and had his season cut short by a laceration on his left hand. He was hired by ESPN as a college football analyst in 2013 and worked in broadcasting throughout his time pursuing an opportunity to play Major League Baseball.

## FROM THE CHEAP SEATS

By Rob Mooney

If you didn't see the struggles the Chiefs would be facing in the Super Bowl against the Tampa Bay Buccaneers, then you probably weren't playing close enough attention. It all started when tackle Eric Fisher suffered a torn Achilles against the Buffalo Bills in the AFC Championship game.

When you go into a game and you're missing your two starting tackles due to injury, you're in trouble right off the bat. The Chiefs had a makeshift offensive line and the Buccaneers took advantage of it, pressuring quarterback Patrick Mahomes 29 times, with 3 sacks and 8 quarterback hits. Dropped passes, bad play calling and a plethora of penalties were enough to keep the Chiefs out of the end zone.

Let's not blame the penalties for the loss though as many people have been doing. Sure, they were called for

11 penalties but only a couple of those might have been questionable. Blaming penalties for a loss is just a sign of bad sportsmanship. Let's look at the sloppy play that we witnessed during the entire game.

The NCAA Men's basketball tournament is set to begin on March 18th. All the games will be played in Indiana, with the majority of the games being played in Indianapolis. Bracketing will be a bit different as well. The top seeds will be done the same way as they have in the past,

but the rest of the field will be based on rankings, and there will be no considerations for geography. Right now, it's looking like the Big 12 could possibly get 7 teams in the tournament. I'm sure that 5 will get in and 2

might be kind of iffy. It all depends on how the final week of the season shapes out. The Big 12 has added some makeup games and several teams will be playing 3 games during the last week. Texas Tech and Oklahoma State would be considered bubble teams right now, but everything could change in a week!

Spring training began in February and I'm actually excited about the Royals this year, more so than usual. The Royals traded for left fielder Andrew Benintendi from the Boston Red Sox. They also signed 1st baseman Carlos Santana from the Cleveland Indians and both should provide immediate spark to the offense. The starting pitching is another year older and I look for them to keep the Royals in games longer this year. The starting five at this point are Brad Keller, Brady Singer, Mike Minor, Danny Duffy and Kris Bubic. Look for Jake Junis to push for a spot as well.

If the pitching can keep them in games and the offense can get timely production, there is no reason that the Royals can't move up the standings board this year!

## 'God Is Good': Big Daytona 500 Crash Leads to Stunning Upset

Entering Sunday's NASCAR season-opening Daytona 500 — the "Great American Race" — driver Michael McDowell was a 100-1 underdog. After the race, which ended shortly after midnight in Florida thanks to two fiery crashes on either side of a rain delay that lasted nearly six hours, it was McDowell celebrating in victory lane.

The win marked his first in the Cup Series after only four top-five finishes in 357 previous Cup Series starts during his first 13 seasons.

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"I just can't believe it," McDowell said on the track immediately following the race. "I've just got to thank God. So many years just grinding it out and hoping for an opportunity like this."

In the No. 34 car for Front Row Motorsports, McDowell was involved in the first crash on lap 15, but his car didn't sustain enough damage to slow him down. He was third on the final lap when the two leading cars collided, causing another massive crash. McDowell emerged as the leader, and he held on to win. The final lap was the only lap he led.

During his press conference following the race, McDowell was asked if winning this race matches the dream.

"It does, but whether I win this race or not, it's not what defines you," he said. "It's unbelievable and I'm so thankful, but I'm thankful to have a happy, healthy family and a beautiful wife and a great family. Not everybody makes it to victory lane and for 14 years I didn't, so just to be here now is just so amazing."

It was Joey Logano who held the lead down the final stretch of the final lap, but his Team Penske teammate Brad Keselowski tried to pass on the inside, and instead caused both to spin out. Logano was upset that he didn't win the famed Daytona 500, but he was happy for McDowell.



"I feel like we had a great shot being where we were and leading on the last lap, but if we couldn't win I'm really happy to see McDowell win this thing," Logano told FOX. "He's a great guy, a great person, a good leader in life and has helped me a lot in my life, so it's very cool to see him win the Daytona 500."

McDowell's win also essentially secures him a spot in the playoffs this fall for the first time in his career. For the 36-year-old McDowell, his success to begin 2021 is a sweet reward for his countless hours of work without a win to show for it.

"There's been lots of years where I was wondering what the heck am I doing and why am I doing it? I always knew if I just kept grinding that one day everything will line up and go right," McDowell said after the race.

He later expounded, saying, "When you show up to the race track, and you know that you're — I don't even know how to say it — you're just in the way, taking up space, it's hard to do that year after year and week after week. So you've got to have a bigger purpose than that. For me, it was knowing that I would get an opportunity eventually."

McDowell told the Sports Spectrum Podcast in early 2019 that he has relied on his faith in God throughout his career, and he wants others to know about the love of Jesus too.

"I'm passionate about people coming to know Christ," McDowell said. "Part of that is just a realization that you're either alive in Christ or you're dead. There's no in-between."

McDowell explained that he did not grow up learning about Christianity. When some of his racing mentors introduced him to the faith, it was unlike anything he'd encountered before. Soon after, McDowell sustained a horrific accident in qualifying at the 2008 Samsung 500 in which his car slammed against the wall before barrel-rolling to a stop. Amazingly, McDowell walked away from the wreckage unscathed and went on to race that weekend.

Through his brush with death, God revealed to McDowell the true power of the racing platform he'd been given.

"Once I fully surrendered, I realized that I love speaking and I love talking with people," he said on the podcast, "and if I'm going to do that, then I need to be doing it, 1) to glorify God, and 2) to lead people to Christ. ... That area between your feet, that's your mission field."

In 2014, McDowell also spoke with Sports Spectrum about his faith, how he sees his position in NASCAR and what he feels God is calling him to:

Now with a Daytona 500 victory to his name, McDowell will try to win again at NASCAR's next scheduled race.

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## DIY Ideas to Increase Your Home's Value

Now as much as ever, your home may be a sanctuary for all kinds of expression, from thinking and dreaming to working and playing. Over the past year, homeowners began to consider the intersection of function and design in new ways.

Weekend warriors are dedicating themselves to creating more organized living spaces and making their homes better places for learning, working and living. If you're considering upgrades to your home, consider these DIY ideas from the experts at Royal Building Products that can increase beauty and resale value.

**Home Office:** Spending more time at home may mean storage space is at a premium, especially if you're relying on a makeshift home office. You can add a high-impact and functional element to your office with a built-in bookcase or workstation. Consider your materials carefully since they have a big impact in your final results. For example, a versatile alternative to wood is synthetic polyvinyl chloride (PVC) trim, which you don't need to

sand or prime before painting, ultimately saving time, energy and money. While PVC is slightly more expensive than some wood options, it also requires less maintenance long-term.

**Bathroom:** By updating worn-out items, modernizing fixtures and creating a more functional space, you can expect to recoup up to 50% of a bathroom's remodel cost, according to the National Association of the Remodeling Industry. If you're considering an on-trend look like shiplap, a practical solution like Royal prefinished PVC Shiplap can help create a clean, comfortable space. It's waterproof, mold resistant, flexible and works well in spaces with many slants and angles. Plus, it's lightweight and easy to install.

**Entryway:** A home's foyer offers the first impression of its interior, teasing the personality of architecture and decor found with each step deeper inside. Whether bold and dramatic, tranquil and serene, or something in-between, the



entryway often sets the tone for a home's ambience. Details like decorative molding and lattice trim can create a striking entryway for almost any home style.

**Exterior:** Whether you're sprucing up an outdoor living space or simply want to boost curb appeal, subtle enhancements can make a big impact. For example, board and batten shutters offer an attractive, low-fuss way to highlight your home's windows. Painting the front door is another low-cost way to freshen up your exterior. Or invite a touch of nature by adding flower boxes to your front porch or windows.

Find more creative inspiration, tools, tips and practical steps for every level of DIY-er at [buildroyal.com](http://buildroyal.com).

### Select a Trim Style to Match Your Home Style

The right style of trim can transform a room into a whole new space. A good rule of thumb is to keep the style of trim consistent with your home style and from room to room.

**Craftsman:** The craftsman home style pairs well with simple, tailored and purposeful doors and minimally ornamented window casings while white, light beige and cream-colored crown moulding can create roomier spaces.

**Colonial:** This home style's rustic simplicity and rich detail call for interior trim that lends a touch of stately courtliness. Choose multi-piece trim and wider baseboards, wainscoting and crown moulding to adorn family room floors, walls and ceilings.

**Cape Cod:** This practical and quaintly unassuming design can be accented by subtle interior trim such as transom windows and sidelights that surround multi-paneled entry doors, casings for double-hung windows, picture rails and frame walls.

**Modern:** The clean expansiveness of this home style lends itself to

unadorned window and door casings as well as baseboards. You can go minimalist and use trim merely to protect walls and floors. Alternatively, you could rely on trim to create an appealing contrast with the wall colors.

**Ranch:** Open, informal and inviting, this style needs trim work that

flows from room to room. Many styles work, from simple baseboards to more formal trimmed windows and cabinetry in the kitchen, fireplace mantels in the family room and passageway casings.

—Family Features

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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  
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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. OPEN ARMS OUTREACH MINISTRIES COGIC**  
1 (785) 232-3463/41 (785) 217-5560  
Sunday School 10:00, Worship 11:30  
In person or conference call:  
(712) 770-4749 / 583229  
2401 SE 11th St., Topeka KS 66607  
Supt. S. C. Mitchell, Pastor

**15. OAKLAND UNITED METHODIST**  
801 NE Chester, Topeka, KS 66616  
235-1010 • ourmc@att.net  
Shawn O'Trimble, Pastor  
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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**  
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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

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# How the cancel culture stifles creativity

We saw it during the Super Bowl on Sunday, as many of the commercials fell flat. We saw it with the cancelling of the Washington Redskins name, only to replace it with the Washington Football Team. And now we're seeing it with the replacing of the Aunt Jemima brand with – get ready – the Pearl Milling Company. (You heard that correctly.) The cancel culture is stifling creativity.

As for the Super Bowl, the New York Post cited Bill Oberlander, co-founder and executive creative of ad agency Oberland on January 24. He said, "There is trepidation around Super Bowl advertising this year. For the Super Bowl, you generally go big or go home. I think brands are going home rather than spending tens of millions of dollars and not getting it right. They're saying, 'Let's wait until this s—storm clears.'"

Simply stated, there were too many minefields to navigate. Best to play it safe rather than offend. The results on Super Bowl Sunday, for the most part, were quite bland.

Speaking to this very situation, but from a different, artistic perspective, British actor John Cleese of Monte Python fame, noted that cancel culture "misunderstands the main purposes of life which is to have fun."

He explained, "Everything humorous is critical. If you have someone who is perfectly kind and intelligent and flexible and who always behaves appropriately, they're not funny."

He added that "there's plenty of people who are PC [politically correct] now who have absolutely zero



sense of humour. I would love to debate, in a friendly way, a couple of 'woke' people in front of an audience. And I think the first thing I would say is, please tell me a good 'woke' joke."

In reality, the joke is often the woke culture itself.

When it came to the renaming of the Redskins, had there been a genuine outcry over the name from a significant number of Native Americans, that would have been one thing. (Different polls yielded different results, with some indicating strong Native American support for the Redskins brand.)

The problem with the Redskins name is that, to my knowledge, most of the outcry came from the woke left rather than from the Native American community itself. And, since the woke, cancel culture does a better job of tearing down than building up, the Redskins name was, for the moment, replaced with nothing. "Go, Washington Football Team!" Better safe (and bland and generic and lifeless) than sorry.

Thanks, cancel culture, for noth-

ing (literally).

As for Aunt Jemima, had the image and name been exploitative, that would have been one thing. Had it glorified slavery (or even minimized the horrors of slavery) or caricatured African Americans, that would have been good enough reason to rebrand.

But that was not the case.

As noted by Bryan Preston at Red State, "Nancy Green was born a slave in Kentucky but thanks to pancakes she became an advertising pioneer. Green one of the world's first brand influencers. She brought the Aunt Jemima character to life back in 1893 and made a good living portraying Aunt Jemima until her death in the 1920s."

Indeed, "Not only was she free, America would make her famous, and products with her face on them would be in just about every kitchen in the country. Green was an overcomer who used her position and the money it paid her to become an activist and a Christian missionary when she moved to Chicago."

He rightly asks, "Why throw her away?" (See his article for more on Nancy Green's successor.)

There was actually something personal and positive about the Aunt Jemima brand, putting a face on a product. And this was not done in a demeaning way. Instead, the message was, "What I'm cooking is so good that you want to buy my brand."

And so, millions of Americans bought that brand for decades, until now. I wonder what Nancy Green would say about all this today?

In the end, the cancel culture actually cancels culture, demolishing everything it finds offensive and replacing it with uncreative blandness.

Interestingly, an article originally published March 2017 stated that, "Research shows that the political ideology of communism restricts innovation, which is the panacea for economic growth and long-term prosperity today."

And on an artistic, creative level, I wonder how much beauty and art and innovative writing and new musical composition can be traced back to Stalin's Russia or Mao's China or Kim Jong-un's North Korea.

It looks like the cancel culture has a soulmate.

"For the wages of sin is death, but the FREE gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23).





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# TRAVELING EVANGELIST

## Dr. Larry Martin

**Sunday, March 7, 10:30 AM**

**Harvest Family Fellowship Church,  
522 SW Polk, Topeka, KS**



**Harvest Family Fellowship Church welcomes Dr. Larry Martin on March 7, 2021 at our 10:30 AM Service. For many years he has been instrumental in the Revival Movement, both before and after the Brownsville Revival that took place in Florida in the early 90's.**

***Mark your calendars and plan on attending this great time of Awakening the Church!***

Dr. Martin has given 49 years to gospel ministry. While still in his teens, Martin launched his ministry career as a traveling evangelist. He spent almost twenty-five years pastoring churches in Oklahoma, Texas, Florida, and Tennessee. He returned to evangelism in 1997 and has continued in that work for most of the last 20 years.

Believing – as did Wesley – that the world is his parish, Martin has travelled in more than sixty countries. He has taught in Bible schools, preached in mission churches both large and small, and led mass evangelism crusades where as many as 40,000 have professed Christ in one event.

Martin has attended eleven different institutions of higher education. He is a graduate of Cameron University, Oklahoma Missionary Baptist College, Southwestern Oklahoma State University, and The Assemblies of God Theological Seminary. His last degree earned was the Doctor of Ministry degree at Austin Presbyterian Theological Seminary in Austin, Texas.

In 1994, Martin was chosen as the president of Messenger College in Joplin, Missouri. He also served the college as the Dean of the School of Lifelong Learning and as a professor of theology and missions.

From 2001-2004, Martin served Brownsville Revival School of Ministry in Pensacola, Florida as Academic Dean. He taught a number of courses at the college and was a regular speaker at the Brownsville Assembly of God Church.

Also a free-lance writer, Martin's articles have appeared in Charisma, The Remnant, Ministries Today, Pulpit Helps, The Missionary Voice, The International Pentecostal Holiness Advocate, The Pentecostal Messenger, The Pentecostal Minister, The Message of the Open Bible, The Pentecostal Leader, The Church Herald and Holiness Banner, The Brownsville Report, and The Church of God Evangel. He also wrote adult Sunday School curriculum for Messenger Publishing.

Martin, considered by many to be an authority on Pentecostal origins and especially the revival at Azusa Street, is the author of The Life and Ministry of William J. Seymour and editor of The Complete Azusa Street Library. He has written In the Beginning and We've Come this Far by Faith, histories of early Pentecostals and the Pentecostal Church of God; For Sale: the Soul of a Nation; The Topeka Outpouring of 1901; and has edited and/or contributed to several other works. His newest book is Have We Lost Our Minds, an in-your-face call to Christian commitment.

River of Revival Ministries, Inc. was founded by Martin and he continues to serve as president of the ministry.

Martin married Lynda Morehead Goetz on July 3, 2016, both having lost their spouses in 2014. Larry has two children, Matthew Martin and Summer Jo Home (Chris); Lynda also has two, Lindsey Goetz and Ryan Goetz (Rachel). The couple have three wonderful grandchildren, Matthew Dallas Martin, Jr.; Anna and Louisa Goetz.

**For more information call Pastor Rey Rodriguez at Harvest Family Fellowship at 785-232-3939**