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See inside back cover!

Shortage of lifeguards may affect pool hours



A national lifeguard shortage is being felt in cities all across Kansas. With swimming pools and aquatic centers in Topeka opening May 29 – Memorial Day weekend – Shawnee County Parks + Recreation is short of its desired number of lifeguards needed to safely operate all of its aquatic facilities and is working to recruit more.

What used to be an attractive summer gig for students is being replaced with summer internships, summer school and other endeavors.

"This is a pattern we're seeing all over the country," said Dave Allacher, Shawnee County aquatics supervisor.

Ideally, Allacher would like to have 220 lifeguards to cover all aquatic facilities while taking into account summer vacations, lifeguards who have to work around second jobs or sports activities, and staff who leave early for college. As of May 18, the department had 137 lifeguards with more indicating interest but who have not yet completed the application process.

"There is no compromising on the

■ Please see LIFEGUARD page 2

Taking Play Seriously



by Sean Fitzpatrick

There is an old story retold a hundred times from Anatole France to Tomie dePaola about an old juggler who performs his very last act before a statue of the Virgin Mary and Christ Child in a dark church. This playful spectacle of flying colored balls was a gift of delight offered to heaven, and one blessed by a delightful miracle for, as the story goes, when the clown falls to the floor in death, the Child catches the last falling ball.

The dying clown could offer nothing but his playful frivolity. After all, the human race is a frivolous race; but play has a purity about it that is profound. Old things are made new again by the power of play, a power wielded by young ones and those old enough to be children again. There are fewer lessons to be taken more seriously than the lesson of play—of making things new, of playing well in all stages of life and learning, so that the delights of the visible and invisible may play a part in every soul's journey.

Play School

If anything is taught in the work of education, it should be play. True education draws the imagination toward activity and creativity—toward engagement and enjoyment, toward play, by keeping things fresh, by making things new, as things are seen for the first time on the one hand and seen again for the first time on the other.

Parents and teachers who play with their children and students will teach and train. They will teach through

■ Please see PLAY page 3

Adventure Cove opens with new floating playground



A ribbon cutting ceremony for the Grand Reopening of the Lake Shawnee Adventure Cove was held May 26 at the cove. The reopening unveiled the new floating playground, the resumption of swimming at the Adventure Cove and multiple improvements to the cove area. The Adventure Cove opened May 29, matching the traditional Memorial Day weekend opening of Shawnee County Parks + Recreation pools and aquatic centers.

The new floating playground includes an iceberg to climb, a slide, a swing, a trampoline and obstacles on which patrons will climb while attempting to maintain their balance.

The Adventure Cove opened in 2017 with themed paddle boats, the resump-

■ Please see COVE page 2

'At Home With The Robertsons': Willie and Korie Get Real

Since At Home With The Robertsons launched last month, Duck Dynasty's Willie and Korie Robertson have invited family, friends, and celebrities to their home to participate in open conversations about some serious topics.

Most recently, the couple discussed marriage and abstinence with Tim and Demi-Leigh Tebow.

Willie and Korie's 18-year-old daughter Bella Robertson joined the discussion since she recently got engaged to boyfriend Jacob Mayo

The Tebows encouraged Bella and Jacob to attend marriage counseling prior to the wedding.

"From pastors to mentors...learn from

other people," Tim said. "Learn from their highs, lows, wins, losses, good, bad - all of it. Getting that wisdom from the wise counsel."

Bella explained that she's received mixed signals from people about marriage and what to expect.

"You hear different things where people say with the first year of marriage is so horrible, you fight all the time," she explained. "And then some people say it's the best year ever."

Korie confessed that she and Willie needed more time to mature after they got married.

"I think the first year of marriage is

■ Please see ROBERTSONS page 2



Study: Christianity grows fastest without governmental support

As governmental support for Christianity increases, the number of Christians declines significantly, according to a new study. The research was published this month in the journal *Sociology of Religion*.

This relationship holds even when accounting for other factors that might be driving Christian growth rates, such as overall demographic trends. While some see growth potential in relation to the decreasing practice of other faiths, Christianity often is the strongest in countries where it has to compete with other faith traditions on an equal playing field.

The study found that as a country's commitment to pluralism rises, so too does its number of Christian adherents. Seven of the 10 countries with the fastest-growing Christian populations offer little or no official support for Christianity. Paradoxically, Christianity does best when it has to fend for itself.

The strongest increase of Christianity over the past century has been in Asia, where the faith has grown at twice the rate of the population. In contrast to Europe, Christianity in Asian countries has not been in a position to receive preferential treatment from the state, and this reality has resulted in stunning Christian growth rates. The Christian faith actually has benefited by not being institutionally attached to the state, feeding its growth and vitality.

Africa is the other world region where Christianity has seen breathtaking growth, particularly in recent decades. Today, there are nearly 700 million Christians in Africa, making it the world's most Christian continent in terms of population. Indeed, the 10 countries with the fastest-growing Christian populations in the world from 2010 to 2020 are all located in sub-Saharan Africa.

"Our research suggests the best



way for Christian communities to recover their gospel witness is to reject the quest for political privilege as inconsistent with the teachings of Jesus," the study concluded. "In doing so, they would show that they take seriously Christ's promise that no force will be able to prevail against his church. And rejecting privilege will make believers more reliant on the Holy Spirit to open hearts to the gospel message."

In reporting on the news, Christianity Today writes: "Perhaps the best explanation for this is derived from *The Wealth of Nations*, the most important work of Adam

Smith. The famous economist argued that just as a market economy spurs competition, innovation, and vigor among firms by forcing them to compete for market share, an unregulated religious marketplace would have the same effect on institutions of faith."

But in many countries such as Iran and China, where Christianity is increasing, persecution is on the rise. Many point to first-century Christianity which, in the span of 300 years overtook the Roman empire – even in the face of intense persecution and no governmental support at all.

Viewers of conservative news more likely to get facts right

A new poll finds that those who watch conservative news sources have a better grasp of the facts. The findings disprove misconceptions that conservatives are less informed on important issues than liberals. In fact, the opposite is true.

Rasmussen Reports and The Heartland Institute conducted a nationwide survey and found that, generally speaking, respondents who identified CNN, MSNBC, ABC, CBS, or NBC as their "favorite" TV news outlet were more likely to incorrectly answer questions.

Some of the key findings include:

- There is a strong correlation between a likely voter's favorite television news outlet and his or her under-

standing of basic facts about important topics in the news.

- Generally speaking, respondents who identified CNN, MSNBC, ABC, CBS, or NBC as their "favorite" TV news outlet were more likely to incorrectly answer questions about the national debt, the income tax rate paid by the wealthy, and the percentage of the population that's uninsured than the viewers of Fox News or "another" cable or network news station (such as The Blaze TV or Newsmax).

- Our survey also seems to indicate that those who do not watch cable news or network news are more likely to answer our questions about the news accurately than the viewers of CNN, MSNBC, ABC, CBS, or NBC.

ROBERTSONS

continued from page 1

tough because you're blending two different families and life experiences and we came from really different backgrounds

in a lot of ways," she said. "We were pretty broke that first year of marriage. We worked through a lot of things. We've had our ups and downs within our marriage, but 28 years in I can 100% say, every bit of it was worth it."

Then the topic shifted to whether cou-

ples should have sex before marriage or wait.

"With our faith and how we grew up in our traditional church was that sex was saved for marriage and that was to be enjoyed while you were married so I do think it can push people to say, if we wait this long it's going to be a lot tougher," Willie emphasized. "If you're saving yourself for that person, that can be really difficult."

Tim noted the advantage of honoring God and choosing to remain faithful to your beliefs, despite criticism from others.

"I think living on your convictions and standing firm is important when you believe in something to stand up for it," he said.

Demi added, "To me, it was important to honor my future husband, whoever that was before I even met him or knew who he was going to be.

LIFEGUARD

continued from page 1

safety of our patrons," said Allacher. If we don't have enough staff on a given day, we may not open a facility."

Allacher adds that if there are not enough lifeguards willing to work in a certain location, his division may not be able to open that pool.

COVE

continued from page 1

tion of canoe and kayak rentals at the lake and the introduction of paddle board rentals. Swimming will once again be available as a new pump has been installed to circulate water in the cove and improve water quality.

Hours for the Adventure Cove are 11:30 a.m. to 7 p.m. Thursday through Monday.

Admission for the floating playground is \$8 per person per hour and includes swimming admission for the day. Admission for swimming only is \$2. Playground sessions will begin each hour on the hour. A brief orientation is required, so patrons are asked to arrive one-half hour before they wish to use the playground. Life jackets are required and will be provided.

Paddle boat rentals will remain at \$8 per person per hour. Individuals must be 16 years old to operate a boat without an adult on board. Those 16 and younger must wear a life jacket, which is provided. Adults must have a life jacket on board at all times.

In addition to the cove, all Shawnee County Parks + Recreation aquatic centers and pools also opened Memorial Day weekend. Aquatics information including a list of facilities, admission prices, swim lessons and rentals may be found online at parks.snco.us. SCP+R has three major aquatic centers and four community pools.

In addition to regular swimming hours, SCP+R offers an expanded array of aquatic fitness classes, Water Walking at Shawnee North Family Aquatic Center and lap swimming hours at Blaisdell Family Aquatic Center.

The popular pool punch-passes are once again available. The passes are a less expensive alternative to paying full admission at the gate.

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PLAY

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delight and toward delight. They will recreate as they recreate. There is no such thing as dull play, and neither should there be any such thing as dull education. In fact, the Greek etymology of the word "school" means something like play or leisure. But we have got a hold of the idea that school is a participation in work, not play.

As a definition for "play," the distinction Tom Sawyer offers should serve with strong authority: "Work consists of whatever a body is obliged to do ... play consists of whatever a body is not obliged to do." So be it. Play is not a participation in what is ordinarily considered to be work. Although one could say that a lot of play is very hard work, requiring effort, it isn't a burden or indolent. Play really is something one does for its own sake, as is any act closely connected to goodness, truth, and beauty. People just do it because play is a marvelous thing to do, and all children—even young animals—are simply born with that desire to play.

But if play has anything obligatory about it, it is to be the playmate of wonder, for hand-in-hand they go, encountering and engaging the beauty of things with delight. Play exercises the imagination to recreate the goodness of things in a smaller way in order to participate one day in the goodness of things in a larger way.

Play is both the beginning and the end of wisdom, as it delights in truth before it is fully known and then again, once it is known. The delight that introduces children to the world, and to the work of the world, regains its sway once that world and its work has been undertaken and understood as good, true, and beautiful. Play prepares children for serious engagement, but that labor in turn prepares people to play again as old men.

Thus, wise men play for the same reasons that children play: to bask in the delight of truth, goodness, and beauty and, in so doing, to catch a glimpse or some fleeting flash of the eternal in the transient. This is the great game of hide-and-seek between man and truth, and this interplay centers on the centripetal or (pardon the wordplay) theotripetal force



in human existence. Those who play, whether infants or ancients, are happy by definition, and it is to the happy whom all should look to as a guide in the everyday effort of every day. Happiness is akin to a type of holiness and keeping many balls at play in the air is a symbol for a life of beatitude.

The Problem of Play

Sadly, children are losing the ability to play nowadays—which is part of the current crisis in education. Given free time, young ones often do not know what to do with themselves, being so accustomed to incessant, plugged-in entertainment and distraction. Emotions, personalities, and thoughts cannot emerge or develop out of passivity.

Given experiences of the good, true, and beautiful, juvenile cynics are not drawn to delight, to play. They have been reared and trained in the illusion that there is little to nothing desirable outside oneself—a principle antithetical to play, which is never self-centered, but always involving another, whether real or imagined, whether sentient or insentient, whether visible or invisible.

Besides these psychological and cynical obstacles to play, there is a utilitarian pressure in our society that makes unadulterated play more and more unwelcome. We are all used to toys that are practical, that teach numbers or colors or geography or some such thing, but are they educational in the right way? As John Keats famously remarked, we hate poetry that has a palpable design upon us, and the same can be said of toys. Toys that have teaching as an obvious pragmatic end are not fun and play and education ought to go hand in hand.

Children must learn to play again, and

this should be part of the purpose of education and childhood in general in the modern age of amusing ourselves to death, to borrow Neil Postman's title.

We as a society need to restore the natural progression of moving from fresh delights toward familiar delights in the procession of Shakespeare's world stage: from the infant all the way to second childishness and mere oblivion, "sans teeth, sans eyes, sans taste, sans everything." Education begins with teeth, with eyes, with taste, with everything—with the play that is a propensity for proficiency, leading on to labor, and through that labor, on again to play, to delight in the mystery rather than the mastery of things learned.

The backyard, the classroom, the church, the sports field, the dining-room table, the office: all should be playgrounds of delight in the same great game of redemption. The whole world is but a ball, a cherished toy, a dear plaything.

The Secret of Serious Play

The Book of Wisdom in the Bible says charmingly that Wisdom was with God from the beginning, playing in his presence and in his creation—a lovely thought and image. And one that fits well with Plato's maxim that wonder is the beginning of wisdom. Man is called, beckoned, to play before the cosmos just as the juggling clown did.

Play and the spirit of play must not be dismissed as foolishness, but as wisdom, the highest goal of education. Virtue is characterized not by force, but by facility. Education should aim for this virtuosity, this virtuosic play, ready and rearing to rejoice in the good, true, and beautiful things, uniting work and play in a single vision of wisdom.

Of course, play is something that tends to fade to some extent after a child reaches a certain age, perhaps marking the mysterious boundary of childhood, when play becomes less important in one's life and utilitarian work comes to dominate, but play certainly never disappears. It can reappear in a flash, and adults are often caught marveling at the lesson of play given by the tiny teachers at their feet.

They watch and learn even as children play dead, imitating the little juggler who died even as he played, and see that children play dead better than we die. We're not very good at dying—and we're no better at sleeping or singing or playing. But little children can sleep, sing, and play in a pure and beautiful way. Their silly little actions have about them that quality of perfection which is what even death itself would be in a perfect world, for, as any game well played bears the delight of perfection in completion, so too would a life well-lived bear a similar delight in its conclusion. This is the secret of profound play, of serious play.

—epochtimes.com

Donna Lippoldt, founder of Culture Shield, is C5 speaker

Donna Lippoldt, founder of Culture Shield Network, will be the featured speaker at the June C5 POWER Luncheon. In addition to her duties at Culture Shield, Lippoldt is active in the pro-life movement and National Day of Prayer, among other things.

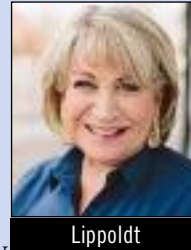
The June C5Alive "POWER" Luncheon will be held June 10, 11:30 a.m. to 1:00 p.m. at The Peak, 1930 SW Gage Blvd.

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

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

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

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



Lippoldt

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

In addition to monthly "POWER" luncheons held on the second Thursday of each month, C5 also hosts periodic business fairs and other events, including EASTER-FEST, the annual Topeka Easter Parade and Family Fun Fest, held on N. Kansas Avenue and in Garfield Park on the day before Easter (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, facebook.com/C5Alive, or call 785-640-6399.

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Kansas News Briefs from around the state

2021 Kansas Legislative Session Ends with No Veto Overrides

TOPEKA, Kan. (KNS) - Kansas lawmakers officially wrapped up their work and adjourned the 2021 session Wednesday without overriding any of the governor's vetoes, but they did ask her to trim back unemployment benefits. Both chambers of the Kansas Legislature passed a resolution calling on Democratic Governor Laura Kelly to opt-out of the additional \$300 per week unemployed Kansans can currently get from the federal government. The resolution isn't binding, so Kelly can ignore it. But Republican Senate President Ty Masterson says it sends a signal. "The intentions were good in the beginning, and the need was there, but we're at the point where this extra program has become a bit of a perverse incentive to our employment," he said. Republicans argue the extra benefits are keeping people from taking open jobs but Democrats say there are other factors to consider like childcare and low wages. Twenty-three states with Republican Governors, including Missouri, have ended benefits before they were set to expire in September.

Kansas House Weighs in on Gaza War with Pro-Israel Statement

TOPEKA, Kan. (AP) - Republicans have pushed a resolution through the Kansas House expressing solidarity with Israel on behalf of the state and condemning Hamas militants as "terrorists" after an 11-day war this month in the Gaza Strip. On Wednesday, the Kansas House voted 83-27 for the resolution, and it is to be sent to Israeli government representatives in the U.S. The measure inspired a brief but intense debate as two of the Legislature's most liberal members argued that it ignored abuses by the Israeli government against Palestinians. Republican lawmakers also intensified pressure on Democratic Governor Laura Kelly to end extra unemployment benefits by passing a resolution through both chambers calling for that action.

Wichita Democrat is 3rd in Kansas House to Resign This Month

TOPEKA, Kan. (AP) — A state lawmaker from Wichita is giving up her seat and she's the third Democrat in the Kansas

House to step down this month. Rep. Elizabeth Bishop told colleagues Wednesday that she wanted to retire and it was her last day in the Legislature. It also was lawmakers' last day in session for the year. Bishop was first elected to the House in 2016. Democratic state Reps. Brett Parker and Stephanie Day of Overland Park announced earlier this month that they would be stepping down as well. Democrats in Bishop's district will pick a replacement to serve through the 2022 elections.

KDHE Head Says Lottery Prizes Under Discussion to Boost Vaccination Rates

WICHITA, Kan. (KNS) — Kansas health officials are discussing some type of prize drawing to boost Covid-19 vaccination rates. Dr. Lee Norman says the state health department is in talks with Kansas Lottery officials. Norman says the state will not offer a \$1 million dollar prize, like Ohio and Colorado are doing. But he says some type of prize drawing for people who are vaccinated is likely. About 42 percent of Kansans have received at least one dose of the vaccine. That trails the national average of about 50 percent. Norman says the number of daily vaccinations in Kansas continues to fall.

2 Kansans Arrested After 17 Dogs Removed from Their Home

HARTFORD, Kan. (AP) — Lyon County authorities say two people from Hartford face possible animal cruelty charges after 17 dogs were removed from their home. Lyon County Sheriff's deputies and animal control officers went to the home Wednesday to serve a court order to remove all but five animals from the home. The Hartford Municipal Court order said the animals were a nuisance and part of an unauthorized kennel. Deputies found poor living conditions in the home and removed 17 dogs, 14 of which were a dog-wolf breed. The homeowners, Thomas and Rhonda Staggs, are jailed in Lyon County on unrelated warrants. Guardian of the Wolves animal rescue is caring for the animals.

Ex-School Resource Officer Sentenced to Life in Prison for Child Sex Crimes

NORTON, Kan. (AP) — A former

school resource officer in Kansas City, Kansas, has been sentenced to life in prison for repeatedly raping and abusing a child younger than 14. The Kansas Attorney General's Office says in a news release that 32-year-old Mark Scheetz was sentenced Tuesday in Norton County District Court after a jury in April found him guilty of two counts of aggravated criminal sodomy with a child younger than 14, two counts of rape, sexual exploitation of a child and intimidating a witness. Scheetz's was sentenced under Jessica's Law, which calls for harsh sentences for people convicted of sex crimes involving young children. He must serve 50 years before he's eligible for parole.

Kansas Congressman Wants to Trim Subsidies for Electric Vehicles

WICHITA, Kan. (KNS) - A Kansas congressman wants to trim back federal subsidies for electric vehicles. Representative Ron Estes has introduced two bills to cut the incentives. The Wichita Republican says federal electric vehicle tax credits have too many loopholes and mostly benefit the wealthy. His first bill would reduce or eliminate the \$7,500 federal tax credit for people in states that have their own subsidies. Kansas and Missouri do not have state EV incentives. The second plan would eliminate the credit if the buyer of an EV is the state or federal government. Estes says the bills are partly a reaction to President Biden's proposal to spend \$174 billion dollars on electric vehicle rebates, tax incentives and charging infrastructure. Biden's new plan would likely only provide rebates for less-expensive electric vehicles.

Feds Move to Protect Lesser Prairie Chicken; Kansas Senators Object

(KNS) - A federal agency wants to designate the lesser prairie chicken a threatened species in western Kansas. That could make it harder to convert grassland to new farmland. U.S. Fish and Wildlife biologist Clay Nichols says the proposal would include exceptions that allow crop farmers to continue routine activities on existing farmland, even if those incidentally harm the birds or their habitat. "We've been having discussions over the past couple of years with different agricultural groups. And we hope those continue, and we'd like

to see additional conservation options developed for the species across the range," he said. Both of the state's Republican U.S. senators, Roger Marshall and Jerry Moran, almost immediately criticized the effort to protect the grouse. They say such a move could hurt farmers, ranchers and the oil and gas industry. The U.S. Fish & Wildlife Service will hold two virtual public hearings in the next 60 days before making a final decision about the listing.

Man Gets Prison for Fatally Throwing Man from Truck on I-435

KANSAS CITY, Mo. (AP) — A Kansas City man has been sentenced to 15 years in prison for intentionally swerving on Interstate 435 and fatally throwing a man from the back of his pickup truck in 2019. The Kansas City Star reports that 22-year-old Skylar Waddell was sentenced Tuesday to 12 years on a manslaughter conviction and three more years for leaving the scene of a crash. Authorities say the incident happened in November 2019, when 48-year-old Steve Norris found Waddell stealing items from Norris' disabled truck on the side of I-435. Police say Norris jumped on the back of Waddell's truck as Waddell sped away, and Waddell reacted by violently swerving and crashing, sending Norris flying into the southbound lanes of the interstate.

Northwest Kansas Man Sentenced to More than 43 Years in Prison for Murder, Kidnapping

NORTON, Kan. (KPR) - A northwest Kansas man has been sentenced to more than 43 years in prison for convictions of second-degree murder and kidnapping. Kansas Attorney General Derek Schmidt says 44-year-old Damien Shields, of Norton, was sentenced Tuesday for second-degree murder and kidnapping in the

death of his wife, 38-year-old Lori Shields. The crimes took place in April 2019 at a residence in Norton County. The day after his wife was killed, police found Damien Shields in Cape Girardeau, Missouri, suffering from a self-inflicted injuries. Shields pleaded guilty to the charges in February.

Winningest Coach in Kansas Retires

OLPE, Kan. (KSNT) - The state's winningest high school girl's basketball coach will be retiring after 44 years. KSNT TV reports(link is external) that Olpe High School girl's basketball coach Jesse Nelson announced his retirement with four state championships and 951 wins to his credit. For his part, Nelson credits the students he coached, as well as their parents and assistant coach, Caroline Davis. Davis was a freshman player on Nelson's first team as a head coach. She's also retiring this year. In 2012, with his 732nd win, Nelson became the winningest girl's basketball coach in Kansas history. In 2021 the Olpe Eagles girl's basketball team won the 1A Division state championship with a 25-0 record.

Reid: Chiefs QB Mahomes 'Full-Go' During Voluntary Workouts

KANSAS CITY, Mo. (AP) — Kansas City Chiefs quarterback Patrick Mahomes has been "full-go" during the first week of voluntary workouts, three months after surgery for turf toe and a full month ahead of the original schedule. Chiefs head coach Andy Reid said that Mahomes has been "doing everything" while players worked out in shorts at the team's facility near Arrowhead Stadium. Players aren't allowed to wear pads or hit, but the very fact that Mahomes is back on the practice field bodes well for his availability for next month's mandatory minicamp.

—kansapublicradio



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Let kids make mistakes

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Ethan

Dear Ethan,

It's always hard on parents when they see their children suffer because of a choice the child made. But sometimes it's best to love them so much that you'll let them make mistakes, and make sure they learn from them, while they're still under your protection. Reality can be a great teacher when it comes to learning how the world works, and sometimes one sting from a bad decision when you're young is all it takes to teach a kid a lesson that will last a lifetime.



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

davesays

As a parent, you're always looking for teachable moments. First, make sure you're giving him a chance to earn some money. That means work, no allowances. We're talking about kid-sized, age-appropriate tasks. There's a ton of value and self-esteem that go hand-in-hand with being paid for a job well done. Once you pay him for the work he does, then you have chances for more teachable moments about saving, spending, and giving—and the importance of each.

If I were you, I wouldn't run in and fix

things. By this, I mean I wouldn't just hand him money he didn't earn so he can still get or do what he had in mind. But don't fuss at him or brush it off, either. Gently explain why things didn't work out the way he hoped. Then, talk through what he might have done differently to help make the situation better next time.

Kids are smarter and often have more understanding and comprehension skills than we give them credit for. My guess, Ethan, is you won't need to have this kind of conversation more than once or twice!

—Dave

Do some of all three

Dear Dave,

I was talking to a friend the other day, and I couldn't remember what you said about the three good uses for money

and why each is important. Would you go over them again?

Albert

Dear Albert,

I've been doing this for a lot of years, and after all that time studying finance and teaching people about money, I can still find only three good uses for money—spending, saving, and giving. You should be doing all three while you're working your way out of debt and towards wealth, and after you become wealthy.

The kid in us likes the spending part of this equation, because it's so much fun. The problem with most people is they can't really afford the fun they have. You should have some fun no matter where you are on the financial scale, but it should be inexpensive fun in the beginning. Then, the fun can get bigger, better, and more frequent once you're out of debt and building wealth.

The grown-up part of us likes investing and saving, because that's what can prepare you for retirement and make you wealthy. After a while, though, investing can feel a little bit like Monopoly. You

can be up, or you can be down. Sometimes the market fluctuates, but a mature investor will ride out the waves and stay in for the long-term. If you have quality investments with long track records of success, they will come back up. Start investing 15% of your income for retirement once you've paid off all debt except for your home and you have three to six months of expenses saved for an emergency fund.

The most mature part of you will meet the kid inside when you give. Giving is the most fun you'll ever have with money. Every financially, mentally, and spiritually healthy person I've ever met has been turned on by giving. I've met and talked with thousands of millionaires in my career, and one thing all the healthy ones have in common is a love of giving.

Someone who never has fun with money misses the point. Someone who never saves or invests money will never have any. And someone who never gives is holding on too tight. Do some of each, and enjoy the ride!

—Dave

401(k) Plan Owners: Watch Out

By Ryan Shumaker
Smartvestor Pro at
The Retirement Team



Imagine how you would feel if you were on a sinking cruise ship and couldn't get off because there weren't any life jackets or backup boats. Now ask yourself, if you were going to potentially face this scenario, when would you want to know about it?

If you have money in a 401(k) plan, they may impose a blackout period. During a blackout, which occurs when a company decides to make changes to the record keeper, participants are locked out of making investment changes to their plan. While blackouts don't happen frequently, they can last a few weeks or even several months in extreme cases. Fortunately, many people with a 401(k) plan may avoid this potential issue by using what is called an in-service distribution.

Is an in-service distribution right for you? First, if you are still employed, determine if your company retirement plan allows for in-service distributions. Many plans do for people over the age of 59 1/2 or if they meet certain other requirements. If you qualify, consider the advantages and disadvantages of potentially rolling over your money to an individual retirement account (IRA), which wouldn't be affected by a blackout, and also increases the number of investment options available to you. With more options available, you can better control the fees you pay instead of being at the mercy of paying whatever fees your work-sponsored retirement plan charges.

Recently, someone was in our office for a 3-Step Retirement Review and we found they were paying over 4% in total fees in their 403(b) (similar to a 401(k), but for a nonprofit) per year! It is difficult to get ahead if your performance is weighed down with fees that are that high. On the other hand, we've also seen examples where 401(k) fees are quite low and investment options quite good. In these cases, we typically tell people to

keep money in their 401(k) unless tax planning makes sense for their situation.

With the current tax rates set to expire after 2024 (because of a sunset provision in the Trump tax cuts), action now while tax rates are lower may be a reason to consider a rollover to an IRA. Money in an IRA can be converted to a Roth, either all at once or slowly each year, which could potentially save thousands in taxes over time. With a Roth conversion, you pay taxes on the amount transferred to the Roth now at the current historically low tax rates, and then you'll never have to pay taxes on the withdrawals from the Roth or its growth in the future, as long as IRS rules are adhered to.

Even if tax rates don't rise, a conversion could still save a retiree a significant amount in taxes in retirement. Taxes work very differently in retirement, and it's possible you may pay a higher effective tax rate on 401(k) or IRA withdrawals later even if your income in retirement is lower. While this may seem completely counterintuitive, it is an unfortunate reality that some retirees may face as outlined in our previous two part article series, "Getting the Taxman Out of Your Retirement." (You can reread those articles at RetireTopeka.com/blog).

To see how much, if any, of your money it makes sense to convert to a Roth, you should seek out the guidance of a professional who can run a 'tax map' to show you what your taxes are likely to be in the future versus what they would be now. This analysis should be run each year to calculate how much can be converted now at a lower tax rate than what you would likely pay in the future. This can sometimes be a small amount, but it can also be a larger amount, depending on your situation.

If you are considering making such a conversion from a 401(k) plan to a traditional IRA or Roth IRA, you should also look at the impact of the recently passed SECURE Act. Now most non-spousal beneficiaries must withdraw and pay any taxes owed on an inherited

account within 10 years of an owner's death. If left in a 401(k) or IRA, the tax burden could be significantly higher. The Congressional Research Service estimates that over just the next 10 years, this is going to generate \$15.7 billion in additional taxation on inherited 401(k)s and IRAs, so considering converting to a Roth ahead of time while there are temporary tax cuts is even more appealing than ever.

If you're not sure if you can take an in-service distribution from your 401(k), 403(b), 457, or TSP plan or if you are unsure if you could potentially save thousands in taxes by converting to a Roth, consider having your personal situation reviewed by an independent investment professional who is familiar with the Pension Provision Act and advanced tax reduction planning. Given the results of last year's election, the tax code may change even before 2024, so planning this year may be even more important. Actions taken this year (or inaction taken this year) could be one of the most impactful things in determining how many individuals will live out their retirement years and the taxes they will pay in the future.

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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opinion

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Is the Cultural Tide Turning Regarding Female Athletes, Other Issues?

By Dr. Michael Brown

In the midst of our dangerous, steady descent into cultural madness, there are signs of encouragement as well. The morally-based, rationally-grounded resistance is rising. More and more people are saying enough is enough. Even the liberal media is giving voice to this dissent.

But this is what many of us have been expecting for years, knowing that the cultural radicals would overplay their hand. A push-back has been inevitable, as witnessed by these recent examples.

First, consider this op-ed published May 24 in USA Today by Chelsea Mitchell, titled, "I was the fastest girl in Connecticut. But transgender athletes made it an unfair fight."

She explains that, despite being ranked the fastest 55-meter female runner in her state, time after time, she has been losing big races. Why? It's because she is now racing against biological males.

As she wrote, "I've lost four women's state championship titles, two all-New England awards, and numerous other spots on the podium to transgender runners. I was bumped to third place in the 55-meter dash in 2019, behind two transgender runners. With every loss, it gets harder and harder to try again."

This is as outrageous as it is unfair, and soon enough, it will reach the breaking point as the world's best female athletes lose to mediocre male athletes who identify as female.

Will the next Olympic games (if they're held soon, despite the COVID

outbreak in Japan) mark that breaking point? Either way, it is coming.

Second, there are now so many young adults regretting their decision to become transgender that the last episode of Sixty Minutes devoted time to the subject of "detransitioning."

In response to this powerful segment, one which goes against the normal, trans-celebratory mood of the liberal media, Keira Bell tweeted, "I stand behind you all, I could see how difficult that was for you all to speak on. Honest, raw and powerful. I can only hope that viewers will pay attention and read between the lines. Stop the lies." (For Bell's own moving story of detransitioning, see here.)

Naturally, trans-activists and their allies are upset with Sixty Minutes for airing these stories. But you can be sure of this: if there were not a lot of young people regretting the tragic, life-altering decisions they made, Sixty Minutes would not have offered such a sympathetic treatment.

In February of this year, Newsweek printed the gut-wrenching story of Scott Newgent, herself a female to male (FTM) transgender. The op-ed was titled, "We Need Balance When It Comes To Gender Dysphoric Kids. I Would Know."

Newgent ended the article with this powerful plea: "I am currently building a bipartisan army to protect our children, hold the medical industry accountable and educate our president and the rest of society about the dangers of transgender extremism. We must throw our differ-



ences aside for a moment; I promise you, once children are safe, we can resume fighting. But until children are safe, nothing else matters."

Newgent and I have since interacted several times, since she is totally serious about working together across ideological lines for the good of these children. The diverse coalition is growing.

What is tragic, though, is that it took two years for Newgent to find a major, secular publication willing to carry her well-documented article. What is positive is that Newsweek did decide to publish it. These stories must be told and will be told. As a result, the push-back will only intensify.

Fourth, a retired professor has been removed from an American Psychological Association email discussion group after challenging the idea that there are more than two biological sexes.

As reported by College Fix, "John Staddon, an emeritus professor of psy-

chology and neuroscience at Duke University, was taken off the Society for Behavioral Neuroscience and Comparative Psychology Division 6 list-serv overseen by the APA. (This group is devoted to "studying the biology of behavior. Their focus is on behavior and its relation to perception, learning, memory, cognition, motivation, and emotion.")

As Staddon explained, "This incident just illustrates the current inability of some scientific communities to tolerate dissent about issues related to sex and race. Psychology and sociology seem to be especially flawed in this respect."

According to Staddon, what likely got him taken off was this post: "Hmm... Binary view of sex false? What is the evidence? Is there a Z chromosome?"

What? Only two biological sexes? Heresy! Ban him!

You can read Staddon's actual

■ Please see TIDE page 7

What It Means To Be A Man



CLINT
DECKER

President and
Evangelist
with Great
Awakenings, Inc.

hopefortoday

What is a man? It could be confusing answering that question because our society is changing quickly on this.

Little boys should have their fathers to show them what a man is. They also have other men in their household, family, neighborhood and others like teachers and coaches. And culturally they also are impacted by their favorite athletes, actors and musicians. In some cases, the examples might be good, in other cases, not so much.

Is there a singular standard that describes what a man is and how he should live? Yes. God has provided that standard because He created man. The story of man's origin is found in the Bible in its opening pages, in the book of Genesis. Read the first two

chapters and you will find these eight descriptions about what it means to be a man.

1. A man (if the Lord will's) receives the woman God has provided to be his wife (Gen. 2:18-25).
2. A man serves and cherishes his wife. (Gen. 2:24)
3. A man and his wife raise children. (Gen. 1:28)
4. A man works and provides for himself and his family. (Gen. 2:15)
5. A man leads. (Gen. 2:15)
6. A man protects and takes care of what he has been given by God. (Gen. 2:15)
7. A man exercises self-control. (Gen. 2:17)
8. A man walks with God. (Gen. 1:7-8)

The majority of men do not live this way though. Why? Because of this... "So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened..." (Genesis 3:6-7).

This account lays out how the first

dis-ease entered our world and affected the human race, which was the disease of sin. It totally altered men causing them to reject God, act on selfish impulses, destroy what God has given, become passive followers, become absent in helping to raise their children, become unemployed and not provide for their family, serve their own interests and only remain with his wife until he chooses to divorce. Sin completely corrupted God's original purpose for men, flipping upside down everything God intended him to be.

How can a man live differently, like he was created to do? How can he redeem what sin is destroying? To live as God wants is impossible. We cannot do it on our own. We need help outside ourselves to change us into the men we must be. That help comes from Jesus. He alone is our hope.



Jesus died and rose again to save us from ourselves. He came to rescue us. Call out to Jesus to make you the man you were created to be.

A prayer for you - "Lord God, I pray you will deliver men from the sin within them. Lift their eyes toward you Jesus. May they call upon you to change them into the men you destined them to be. 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.

What the Latest Conflict in the Middle East Has Taught Us

By Dr. Michael Brown

Given the history of the region, it is a given that the Palestinian-Israeli conflict will be complex and painful. It is also a given that, in the international court of opinion, the guilt of Israel is assumed and Jew-hatred is never far from the surface.

To be sure, there are different sides of the debate about the potential eviction of 13 Arab families from Sheikh Jarrah and about the riots at the Al-Aqsa mosque. (For a pro-Israel perspective, see here; for a pro-Palestinian perspective, see here.)

But there is no debating the fact that Hamas seized this moment to launch a murderous attack on Israeli civilians. And there is no debating the fact, that around the world, Israel's military response to Hamas has triggered a fresh wave of both anti-Zionism and anti-semitism.

So, Hamas terrorists, apparently aided and abetted by Iranian money, shoot several thousand rockets into Israel, reaching Jerusalem and Tel Aviv and even the Galilee, killing children as young as 5. Yet when Israel responds forcefully, it is Israel that is the arch villain, sparking world outcries and massive rallies. "Stop the genocide!" the crowds cry.

Throughout the small country of Israel, families have been hunkering down in their bomb shelters – every home in Israel must have a bomb shelter – as the IDF seeks to fend off the attacks and protect its people. (And remember that the D in IDF stands for "defense.")

But there is no sympathy for these families, no concern for their wellbeing. Instead, to a person they are deemed guilty of genocide, seeking to wipe out the Palestinian people. At least that is the message being conveyed in rally after rally, as if the Hamas terrorists are the good guys and all Israelis are the monsters.

Yet what else should we expect? After all, Israelis, by and large, are Jews. And Jews . . . Well, enough said.

A common chant at these anti-Israel rallies is, "From the river to the sea, Palestine will be free." But, as Israel's official Twitter account noted, "For those of you who don't know, 'from the river to the sea, Palestine will be free,' is a phrase used by those who call for the elimination of Israel (from the river to the sea. . .)."

Ah, but it's such a cool-sounding slo-



gan. Why not use it anyway?

That's why this same Twitter account rebuked supermodel Bella Hadid, whose father is Palestinian and who livestreamed her participation at one of these rallies. (She had also posted some Israel-damning posts on her massive Instagram account, posts which were subsequently removed by Instagram.)

Israel's tweet read: "When celebrities like @BellaHadid advocate for throwing Jews into the sea, they are advocating for the elimination of the Jewish State.

"This shouldn't be an Israeli-Palestinian issue. This should be a human issue.

"Shame on you.
"#IsraelUnderAttack"

Certainly, questions can be raised about larger Israeli policies and about the radical-right elements rising in Israeli society. And certainly, we must have compassion on the Palestinians living in the West Bank and Gaza, since, in many ways, they are the ultimate victims of their corrupt leadership (be it Hamas or the Palestinian Authority).

In particular, growing up in Gaza, living with terrible unemployment, exposed to state-run, Israel-bashing propaganda, shut in by a blockade (to thwart terrorist activities), and subjected to periodic, devastating bombing, resulting in hundreds of casualties, it is easy to understand why you would hate the Jewish state.

Yet, in reality, when Israel turned Gaza backed to Palestinian control in 2005,

had the Palestinian leadership sought to live at peace with Israel, the Gaza Strip could be flourishing today. Instead, after bloody infighting between Hamas and the PA, Hamas emerged victorious. And with its fundamental purpose being the annihilation of the Jewish state, how can there be peace or harmony? What, pray tell, should Israel do?

Not only so, but every woman or child or non-combatant male in Gaza killed by Israeli bombs is a massive PR victory for

Hamas. The more they mourn their dead – and the people certainly feel these losses as acutely as any other families would – the worse Israel looks. Victory for Hamas!

As for Israel, it is well-documented that the IDF does everything in its power to avoid civilian casualties. Yet when Hamas uses the civilian population as human shields, many casualties are guaranteed.

For the average Israeli, this, too is a

tragedy. They do not glory in Palestinian children being killed. For the average Hamas fighter, a dead Israeli, of any age, is a cause of rejoicing. Yet in the eyes of the world, the Hamas terrorists are the freedom fighters, worthy of praise and support, while the Israelis are despicable.

But it goes deeper still. It is the Jews themselves who are presumed guilty, which is why synagogues in Germany were attacked in recent days.

That's also why Adeel Raja, formerly a freelance contributor to CNN but just fired, tweeted on Sunday, "The world today needs a Hitler." (That's why he was fired.)

That's why the Jerusalem Post reported, "In the UK, cars bearing Palestinian flags drove through London and used a loudspeaker to declare '____ the Jews,' '____ their daughters,' '____ their mothers,' 'Rape their daughters.'"

And that's why I summed things up with my own tweet on Sunday, saying, "Three things we have learned from the latest conflict between Israel and Hamas: 1) there is no simple solution to the Israeli-Palestinian conflict; 2) Hamas truly is a terrorist organization; 3) at a moment's notice, the world will turn completely hostile to Israel (and the Jews)."

Some things never change.

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TIDE

continued from page 6

exchange with the APA oversight for yourself and draw your own conclusions. The evidence is fairly straightforward, and the extreme bias against rational thinking is on full display.

But, as Ben Shapiro has often reminded us, facts don't care about your feelings. And as Ryan Anderson and others have pointed out, biology is not bigotry. Reality cannot be denied for long.

Soon enough, more and more fair-minded Americans will say, "I did not sign up for this," realizing that the slippery slope we warned about is much steeper than they realized.

They wanted to see equality and toler-

ance. Instead, they ended up with the destruction of the very foundations of our society, not to mention a new, oppressive Big Brother ruling the day.

So, the hour is urgent and the sooner this cultural shift happens, the better. This is not a game we can afford to play for long.

At the same time, as our nation begins to regain its sanity, with God's help, let it be with greater compassion for those who do struggle. Standing for what is right and true and best does not mean hating those who perceive things differently.

Let us, then, commit to doing the right thing, and at the same time, let us commit to showing mercy on those who are hurting. On with the truth-based, love-empowered cultural revolution.

Summer Camp Matters Now More Than Ever

Our camp community is where we turn when times get tough. We call our oldest friends, we plan and attend virtual events, and we support our peers who are doing everything they can to make sure kids have a place to go this summer. We need these connections because nothing could have prepared us for life during a pandemic like COVID-19. From the fear and grief, to the uncertainty, isolation, and economic insecurity, the stressors we are facing are real and intense. As we look ahead to a summer in which we all aspire to return to some semblance of normalcy, camp will be needed more than ever because it can help us find our footing again.

Right now, time is moving slowly, one day runs into another, and kids may feel like they have nothing to look forward to. Their normal routines have been thrown out of whack and this can be extremely isolating. Camp facilitates the in-person connections that we all crave—especially now. It provides an opportunity to find joy during difficult times. Camps give everyone—staff and campers alike—a safe space to process and heal.

In the midst of the unknown outlook for this summer, we love thinking about how the immense amount of work being put in to make camp happen safely this year could translate into such incredible happiness this summer. We love imagining kids walking into camp for the first time, seeing their friends, and feeling an overwhelming sense of connection. In some ways it will be unlike



any other they've previously felt at camp.

Camps Build Resilience and Determination

Running camp this summer, however different it may be from a normal summer, will be a lesson in resilience and determination. Camp directors are facing unprecedented challenges in preparing to adjust to a new reality, and are working together like never before to provide resources and support for their teams and each other. This resilience trickles down to staff and campers as lessons in how to adapt to the unexpected. Camp activities are full of practices that can be applied to life, and many camp alumni credit their camp experiences with giving them the tools to succeed as adults. The way we have rallied together to make camp happen during the sum-

mer after COVID-19 will surely make that list.

Camps Provide A Break from the News

Many of us are overwhelmed by the constant stream of pandemic-related news and updates. It feels like things are shifting every minute, and that there is no escape. Wherever we turn, there it is. Kids are picking up on this, they're asking questions about how this will impact their lives, and parents and caregivers are struggling with which questions to answer and how to answer them. This summer, camps can provide a break from the stream of information, a safe space to grieve and process, and an opportunity for mental and emotional restoration. Many camps already limit access to technology, which will support their campers' ability to connect with their immediate surroundings, while limiting intake of news and social media.

Camps are a Safe Place to Heal

We've already seen a number of conversations on camp forums about ways to make sure that campers feel safe in dealing with the new trauma induced by COVID-19. This season, camp staff and directors will have to prepare to help campers process these

VBS & SUMMER CAMPS

SUPER KIDS SUPER KAMP: THE GAME PLAN - June 8-11, 9am-3pm, Fellowship Bible Church, 10th & Urish Rd. For children going into the 1st-6th grade for Fall of 2021. Cost: \$60. fbctopeka.ccbchurch.com/goto/forms/1639/responses/new

VBS - Jun. 21-25, 5:15-8:15PM, Faith Lutheran Church, 1716 SW Gage Blvd. Ages 3 years to 5th grade. "Treasured: discovering you're priceless to God" You'll dig into action-packed faith-filled adventures. Meal is served at 5:15 followed by activities from 6:00-8:15. Register: vbspro.events/p/events/faithlutherantopeka. 785-272-4214; office@faithlutherantopeka.com

CAMP CATAPULT - June 28-July 2, 9am-3pm, Topeka Bible Church, 1135 Southwest College Ave. Fast-paced, week-long adventure with games, entertainment, Bible lessons, and making new friends! Kids currently completing grades K-4 will attend camp in the College Avenue Building. Fifth-grade boys and girls will travel each day to the Falley Scout Reservation (Camp Jayhawk) for additional outdoor adventures.

CAMP INVENTION - July 12-16, Topeka Lutheran School. In-person or at-home options. A nationally recognized, nonprofit summer enrichment camp program from National Inventors Hall of Fame. For additional information or to register, visit invent.org/camp.

CAGE GYMNASTICS CAMP - various dates in June and July. 785-266-4151. Cagegymnastics.com

KANSAS BALLET ACADEMY SUMMER DANCE CAMP. 785-383-7918, or KansasBallet.com

YMCA SUMMER CAMP - The YMCA offers several varieties of summer camps. Call 785-435-8651 or TerryJ@ymcatopeka.org

distressing emotions and experiences. As camps bring together so many young people with diverse experiences, they'll be able to help everyone connect and unpack their experiences.

For some campers, COVID-19 may have been a distant issue that was limited to upending their school year and sports activities. Others may have experienced it more acutely, feeling the direct impact of COVID-19 on their families or communities. Supporting this range of experiences will be challenging, there should be no doubt that camp staff members are well-positioned to help kids process their feelings. Camp is, and always has been, that safe place—and it will be a healing environment for a lot of campers in the summer of 2020.

Camps Help Us Regain a Sense of Normalcy

COVID-19 has taken away our routines, upended our schedules, and thrown our sense of normalcy out of whack. The good news is that, for chil-

dren, camp provides a respite from the chaos in the form of familiar routines, activities, and traditions. Whether camp is a few days or six weeks, what won't change are the daily activities that help give back a familiar and predictable routine. And to those reeling from a loss of order—whether they're campers or staff members—the experience of camp this year will be like salve to a wounded spirit.

Even first-time campers will benefit from being surrounded by peers, adapting to a daily routine, and having their days filled with productive and fun activities. The social distancing orders created long stretches of unfilled time, leaving children hungry for creative and intellectually stimulating activities—a void that camp is exceptionally well-prepared to fill.

Camps Foster Personal Connections

We're all waking up to the reality every day that we can't see our friends or go out in public for anything except essential needs. With school closings, kids are feeling a sense of social isolation, perhaps even more intensely than adults, because they are used to being surrounded by peers every day. If camp is prepared to do anything this summer, it's to reconnect people with their friends and mentors—and this includes campers, staff members, and leaders. Six feet of distance can feel like so much more, and video calls can't replace the feeling of connecting face-to-face, a connection amplified by the bonds that camps create through shared experi-

■ See CAMP on page 23

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Gymnastics Skills: July 23rd
Summer Finale Wacky Water: July 30th

**SUMMER KICK-OFF PARTY
June 6, 4-6pm**

Why Is VBS Important?



By Besty Parham

Vacation Bible School has come a long way since the days of popcorn crafts and Bible lessons taught using a felt board. Today's VBS aims at reaching children using twenty-first-century methods and approaches. Music is filled with more contemporary sounding songs rather than hymns sung from a hymnal. Multimedia options abound. Children are able to follow along with other kids on DVDs and streaming videos, learning the songs and movements.

VBS is still a time for children and youth to connect with each other and with the Bible. It is still a time for the church family to be involved in a fun week of learning, activities, and celebration during the summer. Even though it has undergone significant changes, some things remain the same. VBS benefits not only the children who participate but also the churches that offer it and the adults and youth who volunteer to teach and lead it.

How does VBS benefit children?

While at VBS, children encounter stories from the Bible, meet new children, have a good time with friends, and experience new and fun activities. They learn Bible verses, act out Bible stories, sing fun educational songs, watch and participate in skits, create crafts, participate in recreation, take part in hands-on mission projects, discover science activities, and have a snack or a meal.

VBS provides an opportunity to teach children about Jesus so that they can learn ways to be like Christ. "Jesus matured in wisdom and years, and in favor with God and with people" (Luke 2:52). Children grow in wisdom as they experience teachings from the Bible; they grow in divine favor as they discover more about God and God's amazing love for them, and they develop in favor with other people as they learn life application skills while interacting with them.



That sounds great for the kids, but why should adults be interested in VBS?

VBS offers the church fun and creative methods of teaching Christ-like values and relationship-building skills. It is an excellent outreach tool into the community—a way to invite those who do not normally attend to come into the church, get involved, and build

relationships with others and with Jesus Christ. It offers a variety of ways for the entire congregation to become involved.

Adults can decorate, teach, shepherd children, prepare snacks, send invitations, send follow-up cards to visitors, work with publicity, and pray. They can prepare and serve meals. They can also serve as "buddies" for children who need special attention before, during, and after VBS.

As adults in a church spend time together to plan for and lead VBS, they build community spirit, make new friends, and work together for the benefit of both children they know and children they don't know. Their investment of time and energy makes their church stronger and more vibrant; a beacon in their communities.

Many churches offer an intergenerational VBS option, where people of all ages experience VBS stories, games, and crafts together. This approach offers additional opportunities to build community since all ages can learn from each other.

Why should you, at

your age and stage in life, be concerned about vacation Bible school? Because it is our responsibility to empower and equip children and youth to follow God's call to action. VBS is based on the Bible and the gospel of the living Christ. As older

Christian adults, we can provide a solid biblical foundation for faith development for these children—because VBS offers an opportunity to introduce children and youth to a deeper relationship with God through Jesus Christ.

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Celebrate SUMMERTIME in Downtown Topeka!

Now that Downtown businesses are opening again after being closed for so long, they are really eager to serve you!

Summertime is the perfect time to visit Downtown Topeka, and help the merchants make up for lost time! There are many fun places and events to visit, and shopping downtown can also be fun, with all the unique shops and a bit of nostalgia in the air. It might remind you of a time when shopping was more exciting, more personal, and less of a chore.

There have been many improvements to the downtown area in the last couple of years! You can check out the many new street statues and other art on the downtown sidewalks. You might also run across some street musicians and sidewalk vendors at various times and places.

Whether you are in the mood for shopping, eating or looking at art, you will most likely find what pleases you in downtown Topeka!

Don't forget to check the list of downtown events – there is always something going on, especially at Every Plaza, and you wouldn't want to miss it!

Following are some tidbits from some of your friendly downtown merchants. Why not take a trip downtown and visit them? They are waiting to serve you!



Taking chocolate to a new level

Owners Nick & Terry Xidis at Hazel Hill Chocolate, 724 S. Kansas Avenue, have been a staple in Downtown Topeka for years.

Hazel Hill, Terry's grandmother, is a symbol of their dedication to a family tradition of "the best in everything they do." Nick is the third generation chocolatier, and they use only the finest ingredients, chocolate, fresh cream and butter, to produce handmade treats that explode with flavor.

Lately, Nick has been making handcrafted chocolate from cacao (coco beans) that import from around the globe. Much like fine wine, each cacao origin produces a unique flavor profile in the finished chocolate.

"There are only a couple of hundred

companies in the US that hand craft chocolate," Nick said. "We just put a new bar out made from cacao from the Semuliki Forest in Uganda. It's a 72% cacao dark chocolate that has a delightful flavor."

It's not just Topekans that delight in Hazel Hill chocolates.

"In 2019, three of our handcrafted chocolate bars won bronze in the International Chocolate Awards Americas competition," Nick said. "In 2020 our sea salt caramel won the gold medal in the Chocolate Alliance competition. Both of these competitions include entries from more than 400 craft chocolate professionals."

Whatever your preference may be – handmade chocolate truffles, home-style fudge, crispy-creamy caramel apples or something else – at Hazel Hill they fashion delightful treats for every palate.

Need a gift basket, gift box, or just a few delicious chocolates to go? They'll take care of all the packing and shipping, too!

Delicious treats for all to enjoy

Shana Cake opened at 435 S Kansas in 2015. Over the past couple of years there have been a few changes, but the most important thing has remained unchanged; we are as committed to pro-

viding your family gluten-free, allergy-friendly treats today as Kelly was when she opened the doors 5 years ago.



We have a variety of cupcakes, cookies, muffins, breads, and other treats that are free of gluten, dairy, soy, nuts, tree nuts, artificial colors and flavors, preservatives, and GMO's.

Most of our products can also be made egg-free, and we strive to offer vegan goods daily. We love feedback from our vegan customers, so we can bake more of the treats you are craving.

One of our favorite compliments is when a new customer tells us they can't tell our treats are gluten-free. We love having customers that have no dietary restrictions return simply because they enjoy our delicious treats.

Special orders, such as cakes, specific

flavors of cupcakes, or special treats are welcome and orders can be placed online at www.shanacake.com or by calling us at (785)408-1272.

When you need a break

For your coffee emergency, go Downtown to Juli's Coffee and Bistro – a locally owned, woman owned, Veteran owned and operated coffee shop offering legit house coffee and all manner of espresso drinks. This summer features "Made in the USA" coffee grown and roasted in Hawaii, with aloha flavors like toasted coconut, chocolate and vanilla macadamia nut. Buy a bag to take home! See the new place at 911 S. Kansas Avenue, having relocated from 8th Street. The new space has easier access – no more stairs to the front door. Local



favorites are still available, like the Turkey Lurkey and house made Cranberry Almond Chicken Salad for lunch. Fresh salads, wraps and tasty paninis like The Cristo Kicker make it perfect for casual dining. Catering is also a mainstay; box lunches, trays, coffee, baked goods and buffets. Check out the menus online at www.juliscoffeeandbistro.com and order online, pay online and pick up; catering is delivered or Eatstreet delivery.

The owner and staff at Juli's want to take this opportunity to thank the Topeka community for their undying support since 2016. Despite the pandemic and relocation Juli's remained OPEN normal hours and kept 80% of their staff on payroll throughout the pandemic. Community matters and that is the reason Topeka has been home for 6 generations of the Bistro family. Remember 911 Kansas for Great Coffee, Better Food!

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Absolute Design by Brenda, 629 S. Kansas Avenue, offers hand-selected flowers and exquisite designs with delivery throughout the Topeka area.

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SUMMERTIME Memories, Events, & Fun!

Check out these upcoming Summertime Events & Activities Downtown!



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

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

Diamonds are Forever

You'll find many specials and gift ideas at David's Jewelers, 623 S. Kansas - a family business that has served Topeka for four generations. And this year they are now celebrating 50 years in business!

Diamond rings, pendants and earrings usually top the list but they also offer vivid colored gemstones in unique settings, watches, clocks, statues and fine crystal, as well as many other gift items, whether for yourself or someone else.

"Gifts can start at \$20.00 and go from there," said Mitzi from behind the counter at David's.

"We will be glad to help you find that special gift for that special someone."



Pancakes and more

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

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

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

Don't forget to check out the Capitol Building and the many statues on the grounds there.

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



coming up:

ART WALK ON FIRST FRIDAYS - Downtown & NOTO arts district. Arts, antiques, fine crafts, many more items. Free shuttle will run from 5 pm to 9 pm. The stops are at the



NOTO Arts Center, 8th and Kansas, and 6th and Jackson. It runs every 15 minutes. The vehicle is handicap equipped. The Washburn University Improve will entertain you during your ride.

MARKET MONDAYS - Monday 3-7pm through October, Every Plaza. A farmers market and artisan market helping to increase access to fresh, locally produced foods and other products.



MOVIES AT EVERY PLAZA - Second Fridays til fall

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's through Nov., 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits



and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

LIVE @ LUNCH - Wednesdays; 11am-1pm, Every Plaza downtown. Live music, food trucks, yard games & more.



EATS & BEATS - Every Thursday through August, 6:30pm-9pm, Every Plaza. Bring your lawn chairs. Food trucks & beer gardens.

SON VENEZUELA - June 4, 6pm, Every Plaza.



DANIELLE NICOLE - June 18, 7:30pm, Jayhawk Theatre. 785-271-7002

CD RELEASE CONCERT EVENT WITH JAN KRAYBILL - June 20, 4pm, Grace

Cathedral, 701 SW 8th Ave. CD Release of the Grammy nominee's organ recital recorded on the organ at Grace Cathedral. 785-235-3457

MARIA THE MEXICAN - June 22, 6-10pm, Jayhawk Theatre. 785-696-2147

LIVERPOOL LEGENDS - July 10, 7:30pm, TPAC. 785-234-2787, info@topekaperformingarts.org

HOLLEY MILITARY MUSEUM - Downtown Ramada Inn. Featuring 5 galleries, named after world leaders. Featuring World War II artifacts, Air Force One exhibit, Kansas War Heroes, Space, Vietnam & more. Cost: Free. 10am-8pm daily.



KANSAS STATE CAPITOL - Mon.-Fri., 8am-5pm, SW 10th & Jackson St. Tours provided. For info: 296-3966 or www.kshs.org/capitol. Dome Tours M-F 10:30am-4:15pm.

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Welcome... TO NORTH TOPEKA!

New sculpture, events come to Redbud Park

Nick Hurst just installed a beautiful, and meaningful sculpture called 'Tunnel vision' in Redbud Park. This sculpture is part of the rotating sculpture program and will be here until 2023

Tunnel vision is a metal sculpture influenced by the effects of ADHD (Attention Deficit Hyperactivity Disorder) on his loved ones and societal pressure on them. ADHD effects both the internal and external of an individual. Reflected in the sculpture (how you are allowed to walk through it and stand in it), ADHD causes an individual to feel slightly trapped as they feel pushed to be what society can consider to be normal. In this sculpture he targets the negative space in which an individual would stand to emphasize the entrapment of this disorder. The outside of the sculpture is similar to texture due to the explosive frustrations caused by day-by-day routine. The sculpture also displays a unique color on the exterior, similar to an ADHD, Vyvanase.

Topeka Music Week, appearing June 19 at Redbud Park in NOTO. Call 785-408-8996 for information.

Don't forget NOTO 3rd Saturday Market, preceded by NOTO Night Out activities on Friday evening.

Of course, First Friday Art Walk & Market is the first Friday of every month. 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.

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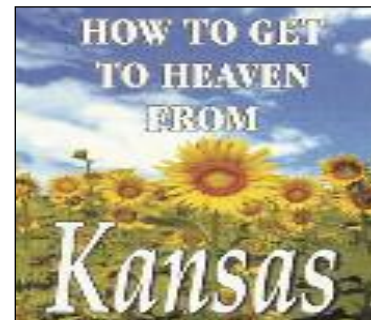
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life,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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MOMS-IN-TOUCH PRAYER GROUP – Every Wed., 2:30-3:30pm, Library at Cair Paravel-Latin School. Experience God's power through prayer as we lift our

students, teachers, staff, administrators & board up to the Lord. For info: 357-0369.

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

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

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

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

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

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

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

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

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

"Kids Ride FREE!" all summer on Topeka Metro

Since the summer of 2013, Topeka Metro has offered bus transportation at no cost on all fixed route buses to youth ages 18 and under. Topeka Metro is launching the popular Kids Ride FREE! promotion beginning May 15 through August 15.

"We're pleased to announce that we will be continuing free transportation this summer for young people," said Topeka Metro General Manager Bob Nugent. "We believe when youth ride the bus, it provides them with an essential skill, navigating on their own to their destination and if they don't already ride Topeka Metro, then they become exposed and familiar with public transit."

Kids can ride free to pools, the mall, library and other places in Topeka that are youth friendly. Many of Topeka Metro's routes stop in front of certain locations, and other locations may be just a short walk. Older youth may use the bus to get to and from work or to visit friends or family.



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entertainment

Bob Dylan At 80: Still Telling Tales About Divine Judgment In A Broken, Fallen World

By Terry Mattingly

Night after night, Bob Dylan's 1979 Gospel concerts at San Francisco's Warfield Theatre made news for all the wrong reasons, according to angry fans.

The November 11th show opened with Dylan roaring into "Gotta Serve Somebody" from "Slow Train Coming," the first of what Dylanologists called his "born-again" albums.

"You may be a businessman or some high-degree thief," he sang. "They may call you doctor, or they may call you chief, but you're gonna have to serve somebody. ... Well, it may be the Devil, or it may be the Lord, but you're gonna have to serve somebody."

To add insult to injury, these concerts included fiery sermons by Dylan, while he avoided classic songs that made him a legend.

"I was 19 years old and that was my first Dylan concert," recalled Francis Beckwith, who teaches Church-State Studies at Baylor University. "The atmosphere was highly charged. Some people booed or walked out. ... There were people shouting, 'Praise the Lord!', but you could also smell people smoking weed."

Beckwith kept going to Dylan concerts, while following years of reports about whether the songwriter was still a Christian, had returned to Judaism or fused those faiths. These debates will continue as fans, critics, scholars and musicians celebrate Dylan's 80th birthday on May 24th.

With a philosophy doctorate from Fordham University in New York and a law degree from Washington University in St. Louis, Beckwith is certainly not a conventional music critic. He made headlines in 2007



when – while president of the Evangelical Theological Society – he announced his return to Catholicism.

To mark that birthday, Beckwith is publishing online commentaries on what he considers Dylan's 80 most important songs. The Top 10: "Like a Rolling Stone," "My Back Pages," "Stuck Inside of Mobile With the Memphis Blues Again," "Mr. Tambourine Man," "Visions of Johanna," "Tangled Up in Blue," "Blowin' in the Wind," "Precious Angel," "It's Alright, Ma (I'm Only Bleeding)" and "Desolation Row."

Beckwith considered three factors – popularity, lasting cultural significance and, finally, whether each song was "something I could listen to over and over." He stressed that Dylan's entire canon includes images and themes rooted in scripture and faith.

"When you listen to Dylan you can hear that he has been reading classic literature his whole life. References to Dante and St. Augustine are as likely to show up as commentary about politics," said Beckwith. "You also see signs of his Jewish faith and heritage, of course. But he was quoting the New Testament before his conversion to Christianity. ... Dylan has also soaked up generations of American music – especially folk, Gospel and blues."

It's important to see the tension, throughout Dylan's life, between blunt "finger-pointing protest songs" and poetic work about culture, faith and his personal life. The "born-again" albums, Beckwith noted, included many

songs commenting on current events, as did the '60s classics that made Dylan a superstar.

Critics who said Dylan "went secular" after 1981 were not paying attention.

"Take 'Infidels,' " said Beckwith, referring to a 1983 album. "It's packed with scripture, even though critics said it showed that he had outgrown his born-again faith. ... They were looking for evangelical preaching and, instead, it was full of medieval Christian images and literary references. He went over their heads."

The title song from a recent Dylan disc – "Tempest" in 2012 – is about the Titanic. But there is this twist in the lyrics: "The captain, barely breathing, kneeling at the wheel. Above him and beneath him, fifty thousand tons of steel ... In the dark illumination, he remembered bygone years. He read the Book of Revelation and he filled his cup with tears." Dylan concludes that "there is no understanding ... the judgment of God's hand."

Yes, this song is about the sinking of the Titanic. But it's clear Dylan has created a religious narrative about "the arrogance of man" and the "brokenness of our world," said Beckwith.

"Dylan is deeply skeptical about human motives and actions, including his own. He keeps returning to ancient truths, traditions and books that many ignore. He isn't saying that we need to destroy things, like many heroes of the counterculture claimed. Dylan is saying we have failed to live up to those old truths and traditions. He wants to learn from the past."

Terry Mattingly writes this weekly "On Religion" column for the Universal syndicate. He's been a reporter at The Rocky Mountain News in Denver, The Charlotte Observer and The Charlotte News. He has degrees in journalism, history and religion from Baylor University and the University of Illinois. Republished with permission of the author.

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



'Not Forgotten' short film released on the Andrew Brunson story

Pastor Andrew Brunson spent more than two years wrongfully imprisoned in Turkey, separated from his family, after more than two decades of Christian ministry in the country. In interviews, he said his faith helped him realize he was not forgotten.

The conservative group American Center for Law and Justice (ACLJ) worked with the Trump administration in building a legal case for his release.

After relentless diplomatic actions taken by the Trump Administration – including now ACLJ Senior Counsel for Global Affairs Mike Pompeo and ACLJ Senior Advisor for National Security and Foreign Policy Ric Grenell – Pastor Brunson received his freedom and was able to return home to America.

Now, the ACLJ has released the new documentary short film, "Not Forgotten – The Release of Pastor Brunson."

The short is the first in a brand new limited-run series called "ACLJ: More Than Ever," officially launching in June. "Not Forgotten – The Release of Pastor Brunson" is available for viewing now on ACLJ's official YouTube channel and at www.MoreThanEver.com.

On the May 18 episode of "Sekulow,"

the nationally syndicated daily radio and streaming program hosted by ACLJ's Jay Sekulow and Jordan Sekulow, Grenell, who was serving as U.S. Ambassador to Germany at the time, recalled greeting Pastor Brunson on the tarmac in Germany hours after being freed.

"It was incredibly emotional and as he walked down the stairs of that plane, and I was at the bottom of the stairs with an American flag, I had to struggle to keep my emotions intact," Grenell said.

The ACLJ said in an email monitored by ANS, "While we celebrate his freedom, we grapple with the reality that with a new Administration in the White House, it may prove to be more difficult to secure the release of captive or imprisoned Christians. That's why the work of the ACLJ is needed now more than ever."

The American Center for Law and Justice (ACLJ), focusing on the preservation and defense of constitutional rights, is based in Washington, D.C. For more information, visit <https://aclj.org>.

"Not Forgotten – The Release of Pastor Brunson Documentary" can be viewed online at: <https://morethanever.com>

–Michael Ireland / Assist News

Sen. Josh Hawley's new book outlines threats from big tech

"The Tyranny of Big Tech" is the book that corporate monopolies don't want you to read, Missouri Senator Josh Hawley recently told CBN News

In his new book, (at end of article) Hawley lays out frightening facts about the data Big Tech giants have amassed on users and what he believes Washington needs to do about it. Hawley hopes it brings renewed attention to the negative impacts of Big Tech, from monitoring young children to influencing worldwide elections.

"For me, this really started as a parent," he said. "These companies were following around the kids online and building profiles of them, so that really led to me getting interested in this."

As Missouri attorney general at the time, Hawley led the charge by filing anti-trust investigations against both Facebook and Google, which he says has expanded to include similar suits in all 50 states.

"I think at the end of the day, monop-



oly power is always bad for liberty," Hawley said.

"Monopoly power is bad for free speech, and these companies have unprecedented power over speech, over our lives, and we've got to reclaim that power for us as individuals and as families."



Now a U.S. senator, Hawley is fighting Big Tech on a federal level. "I think from a political point of view, we have to break up these companies," he said.

Laying out the case in his new book, Hawley exposes his alarming discoveries and points to why he believes Big Tech companies are influencing millions of voters worldwide.

"I think they absolutely are swaying votes," he said.

"The Tyranny of Big Tech" sold 20,900 print books in its first week, according to NPD BookScan data, landing on the "New York Times" bestseller. Regnery published it after Simon & Schuster dropped the book over his objections to the presidential election results.

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Amy Grant joins musicians on 'Faithful' project spotlighting women in scripture

Amy Grant and other female Christian performers and artists have teamed up to create the Faithful Project, a collection of stories and music that celebrates God's faithfulness to women throughout scripture.

"I think every different perspective in a story adds to the whole picture," Grant said in an interview. "Whether it's a minority, a disenfranchised group, a silent group, we need all the voices to speak. That was one theme that we kept coming back to during our gatherings. We weren't trying to elevate women at the expense of anybody else but with the message, 'We are one,' and 'We are one' includes everybody."

The book (below) features authors Ann Voskamp, Lisa Harper, Kelly Minter, Ruth Chou Simons, Ginny Owens, Sarah Macintosh, Amanda Bible Williams, Sally Lloyd-Jones, Kelly Needham, Raechel Myers, Savannah Locke and Trillia Newbell.

Grant wrote the book's introduction and the song of Mary Magdalene, which is featured on the project's first single, "A Woman." The song is performed by Grant and Ellie Holcomb. Other artists involved in the album include Sandra McCracken, Leslie Jordan, Christy Nockels, Rachael Lampa, Kelly Minter, Sarah Kroger, Christa Wells, Tamar Chipp, Jess Ray, Janice Gaines and Taylor Leonhardt, along with some of the authors of the book.

"There were some stories of women picked out that were so obscure, and they were not all 'glory stories,' some were so tragic, but each story played a very important role in the history of this culture, and it was important enough for her story to be remembered," Grant said.

"With this project, we are taking time to think about these women's lives and what it meant. Any time we listen to the past empathetically, when we try to connect organically to the people speaking (from the Bible) we ask, 'What does that say to us now?'"

"I've always loved stories. You can learn so much about a person when they tell a true story from their life. You learn their circumstances, their reaction to the circumstances. We can teach others so much about living from the stories of our lives. The Bible gives us opportunities to observe and glean from the experi-

ences of the women over a period of more than a couple of thousand years, and that's just incredible. To now say, 'I'm a woman too and I face the unique opportunities and oppressions of my own culture as they did in the Bible,' that continuum of being a woman in community is a shared experience."

The writing groups scheduled times to meet and fellowship, then opening their Bibles to capture the story before them, said Trillia Newbell, author of one chapter in the FAITHFUL book which released May 1.

For the entire group of contributors, one key motivating factor was to display the unity of the church, specifically women within the church, and give a focused, intentional piece of art to express scriptural truth, connecting women of God to each other.

"It displays, really, the body of Christ – all of our gifts, and all of the different things that we bring together," Newbell said. "It's a display of what Paul says, that we are a body of many parts, and I don't know of anything like this where you get songwriters and authors together to write about the stories of women in the Bible in hopes to shine a light on God and glorify Jesus."

By focusing on who Jesus is, specifically, his faithfulness, the experience and understanding of God grows even more personal, Newbell told Baptist Press.

"For women in particular, we have seen so much unfaithfulness, whether it's from leaders, or abuse – there's just so much that we have endured, or that we have seen friends endure," she said. "We want to be reminded that God is faithful, He is always faithful, He is enduring, He is persevering, and nothing will ever separate us from the love of Christ Jesus."

"Really, it's about an encounter with God and that He's so merciful and mighty, but that He is willing to meet us in the mundane," said Christy Nockels, songwriter and singer for the project. "I hope that women will be able to hear these stories and say 'Oh, that's right where I am, these lines are what I'm living right now.' I hope it will cause these stories to come alive."

For more information, visit www.faithfulproject.com.

Rudy from The Cosby Show stars in 'My Brother's Keeper'

The story in the film My Brother's Keeper is a familiar story to many military service members who return from deployment. It's also the story of those who strive to help them.

A soldier returns from service to an almost alien environment. Home has lost its sense of comfort and he must find a way to rejoin this foreign land while reckoning with the trauma he brings back.

The film shares the events of returning war veteran SFC Travis Fox who has one more battle to fight – PTSD. Fox and his best friend SFC Ron "Preach" Percy (Joey Lawrence) are in their 6th combat deployment when Preach and his entire Ranger platoon are killed in a deadly improvised explosive device attack. Travis returns to his hometown to settle the affairs of his parents who had passed away years

before. In searching for answers about his parents, he also discovers a new obstacle in PTSD. He finds support from church counselor, Tiffany Robertson (Keshia Knight-Pulliam) and slowly begins to rediscover his faith in God, until he discovers a secret. Travis uncovers a secret hidden by his best friend Donnie Berry (Robert Richardson) that threatens his new-found faith, restores his guilt, and causes him to consider the unthinkable.

Keshia Knight-Pulliam's role in this tale is integral to Fox's mental health. A veteran actress, Keshia is well-known to viewers as a having portrayed Rudy Huxtable on The Cosby Show for eight seasons. But these days, Keshia counts acting as but a small part of her life and career. As she is now able to choose which roles fit her passions and her availability, Keshia's time is open for other endeavors. Entrepreneur, partner in a venture capital fund, mom – she says she loves it all. "You've got to keep doing things that inspire you, that just speak to your spirit, and I do."

I managed to catch up with Keshia Knight-Pulliam between projects to talk about her role as Tiffany, a mental health counselor in the film My Brother's Keeper which is currently streaming on Amazon, Vudu and other services.

You have such diverse interests. When projects come along, do you feel freedom to say, 'Not this time'?

Well, I kind of look at it from different perspectives. If it's something that completely doesn't resonate with me or doesn't have synergy with me or just doesn't – granted my characters are different and diverse and they're not all going to be like me, but there is a level of just integrity, the integrity that I approach everything with completely.

The women you portray, they're written to be very strong, and the flavor that you bring to it is such a strength of character. From the Lifetime Network movies to House of Payne – do you feel like you have to connect to these women before you choose to portray them?

I think you definitely have to connect to them because that's the only way you can bring them to life in a very honest and authentic way. And even though you're an actor, a little piece of you kind of comes through by virtue of it being you. It's also important to me, especially as a mother to a daughter, representation matters. You know, you don't know to dream it unless you see it unless it exists. And I have a little



person who's watching and who's learning. I think that it's not just about my daughter, but it's about all of the little girls out there.

And what a strong community of women you have surrounding you.

We come from a really large, tight knit, boisterous bunch and family is everything. I love everything that I do from being an entrepreneur, being an actor. But you do it to share it with the people that you love. You get to leave a legacy behind for generations to come. It's definitely about – for me – leaving the world a better place.

That's something that's important in this movie of course. A soldier returning home to a very broken family situation...

...And it's him fighting – everything that Travis is going through – the PTSD and with all that we've been through this last year, it's something that people can relate to. Mental health is real. It's a conversation that a lot of times people feel uncomfortable to have. They don't want to have it, but it's definitely a necessary conversation. I want to say, even in faith-based communities, you have to acknowledge it's real and the best thing you can do, there are different counselors or what have you, but getting people the help that they need and not making them feel as though they're alone.

That's something that your character normalized. I love the scenes with group therapy. When Travis joined the group, you guys didn't pander to him. It was just sort of, 'Hey, here's a chair, have a seat, join our family.' Your character Tiffany pushes him without being pushy.

It's very much being present in the moment. You know, when you're there, when you're on set with these actors, being honest and just being authentic. So I can't sit here and make up some, 'Oh, I did this and this premeditated' and what have you, because that's just not how my craft works. But for me, it's completely just being honest and authentic and present in that.

The movie focuses a great deal on characters' Christian faith, and honestly the ending was so inspiring and left me in tears (in a good way). Would you mind sharing a little of your faith story?

I am definitely spiritual versus religious – I'm Christian, but the reason I say spiritual is because it's from a very inclusive perspective versus passivity. And it's really simple. We know about treating people the way we desire to be treated and being very careful about the energy in which you present and you put out to the world. I know that words are powerful. I believe in your thought, word, and deed coming into alignment – that is what manifests in your life. So I police my words very carefully. And it's really just about an overall love of human beings and not just human beings, but just our world and everything that's within it. My grandfather, actually, a lot of people don't know this, but he was a pastor. So you know, of course knowing that piece of it, but it's as you grow and as you evolve, embracing the universal spirit that is all of us, that is love – for me – is the most important thing.

Can you give me a glimpse of what you would like the message in My Brother's Keeper to do for people's lives?

I want it to open the conversation. I want people to come to enjoy it, to realize that no matter what you've gone through, what you're going through, that this too shall pass. It's something that regardless of whether you've been in the military, if you're in church, if you're not, you can come. Maybe have somebody like this – maybe they're undiagnosed. You know, people are all weather and storms. Everyone has their stuff, so I hope it creates a space of empathy and understanding and allowance and acceptance, and just starts the conversation and hopefully those people who need the help can get the help. Because that's ultimately what it's about.

–Kimberly Carr – Digital Media Producer for CBN, a news partner of Metro Voice



Lifestyle Tips for Men Over Age 50

Men over 50 can be just as healthy, fit and active as younger guys. It may take a little more effort, but eating right, exercising regularly and getting your routine health screenings can keep you going strong.

What are the top healthy lifestyle guidelines for men age 50 and over?

The most important guidelines for a healthy lifestyle after age 50 are the same for men and women at any age:

- Eat a healthy diet.
- Stay at a healthy weight.
- Get 7 to 8 hours of sleep.
- Be physically active.
- Don't smoke.
- If you drink alcohol, have no more than two drinks a day (standard drink is: 12 ounces of beer/wine cooler, 5 ounces of wine, 1.5 ounces of distilled spirits).
- Get routine exams and screenings.
- Receive and stay current with vaccinations, including yearly flu shot and shingles vaccination (Shingrix).

Following these guidelines can help men age in good health and reduce the risk of many diseases that are more common in older men like heart disease, high blood pressure, and diabetes. Even men who have not followed these guidelines until now can benefit from

making healthy changes. It's never too late to start making good choices.

What is a healthy diet for men over age 50 and why is it important?

A healthy diet can help men over age 50 reduce their risk of heart disease, type 2 diabetes, obesity and some types of cancer.

Fruits, vegetables, whole grains, and fat-free or low-fat dairy products are healthy choices. Lean meats, poultry, fish, beans, eggs and nuts are good sources of protein, too. For heart health and weight management, it's important to eat foods that are low in saturated fats, trans fats, cholesterol, salt and added sugars.

A registered dietitian is the best source of information about a healthy diet at any age. (See references for other helpful resources.)

How much and what type of activity is good for men after age 50?

Physical activity is the best way for men over age 50 to improve their heart health, muscle strength, flexibility and balance. Physical activity helps reduce the risk of some diseases, including dementia.

Aerobic or cardio exercise gets the heart pumping and uses large muscle

groups. Walking, biking and swimming are all aerobic exercises. Strength training involves using weights to build up muscle. Working out with dumbbells or on weight machines are examples of strength training.

Experts recommend both types of exercise. Men who have not been active should consult their doctor before starting an exercise program and select activities they enjoy to increase their chance for success. The Centers for Disease Control and Prevention recommends 150 minutes of moderate intensity aerobic exercise (brisk walking) a week and muscle-strengthening activities on two or more days a week.

Does quitting smoking after age 50 make a difference in a man's health?

It is never too late to quit smoking. As soon as a smoker quits, the body begins to heal the damage caused by smoking.

Smokers who quit quickly notice they can breathe easier, have more energy, lose the "smoker's cough" and have a better sense of taste and smell.

For long-term health, quitting smoking lowers the risk of heart attack, stroke, and high blood pressure — diseases that are more common in men over age 50 than in younger men.

Quitting smoking can help men over age 50 feel better, be more active with family and friends and enjoy their second half of life in better health.

What health screenings are important for men over age 50?

Screenings are tests that look for diseases in their early stages, before symptoms develop. Which screenings a man should have and how often depend in part on his family health history, personal health history and lifestyle habits.

The following list includes some of



the most important screenings for men over age 50 but does not include all possible screenings. Men over age 50 should consult a physician about what screenings to have and how often.

Blood pressure. High blood pressure increases the risk of heart attack, stroke, and other diseases. A blood pressure check is an easy, painless, noninvasive screening that can be done in the doctor's office. According to the American Heart Association, blood pressure should be checked at least once every two years, beginning at age 20.

Cholesterol. High cholesterol increases the risk for heart disease and stroke. A blood test is used to measure cholesterol level. The American Heart Association wants everyone over age 20 who does not have heart disease to have a cholesterol test every four to six years. People with known heart disease or certain other conditions may need to have their cholesterol level checked more often.

Prostate cancer. A simple blood test called the PSA (prostate-specific antigen) test can find early prostate cancer.

The U.S. Preventive Services Task Force suggests that all men over age 50 talk to their doctor about having a PSA test and understand the risks and benefits of the test.

African-American men have a higher risk than white men for prostate cancer at a younger age and should start talking to their doctor about the test when they are in their 40s.

Colon cancer. The American Cancer Society recommends that all men should be screened for colon cancer starting at age 45 until age 75. Several types of screening are available to find polyps in the colon that could develop into colon cancer. Men over age 50 should talk about the different types of colon cancer screening with their doctor.

Men with a family history of colon cancer should talk to their doctor about screening at a younger age and those who are over age 75 should talk to their doctor about whether they need to continue being screened.

Is there a connection between men's health over age 50 and sexual health?

Several scientific studies suggest that chronic diseases like diabetes, high blood pressure and heart disease affect a man's ability to perform sexually. The more severe the disease, the more severe the erectile dysfunction. Men over age 50 experiencing sexual problems should talk to their doctor to find out if a medical condition is causing the problems.

Are there specific healthy lifestyle guidelines for African-American men over age 50?

African-American men are more likely than men of other races to have certain diseases and at a younger age. Some examples include obesity, high blood pressure, heart disease, stroke, diabetes, prostate cancer and colorectal cancer. To be as healthy as possible after age 50, African-American men should start talking to their doctor about health screenings and disease prevention early.

—cbn.com

Insuring Yourself for Every Day Life

The government has been in hot water lately due to the recent changes with health care insurance. During this time of turmoil, we need to stay focused and remember to insure what is most important—our faith and our fitness.

Insurance is serious stuff and that is why we need to take the time to make sure we are protecting our most valuable assets. Since the business of insurance is all about guarding ourselves against the risks and hazards of life, fitness insurance consists of exercise, nutrition, and lifestyle choices. Part of being healthy means being preventative and taking precautionary steps to eliminate the dangers of being unfit.

Regular Exercise Will Keep You Healthy

Your home is a significant investment both financially and personally. You work hard to care for your home and maintain it. You insure it to protect that investment. Regular exercise is one of the best ways to invest in and protect your physical home – your body – that dwelling place for God.

1. 3-5 days per week of cardiovascular and/or muscular training will insure that you are staying active.
2. Do activities that you enjoy—this will help prevent exercise from becoming monotonous, dreadful, and cumbersome.
3. It helps – exercise in a group. Find a handful of like-minded people and go hiking, lift weights or train together to run a 5k race or charity event.
4. Set goals and keep the big picture in mind. Goals can be anything—walk for 10 minutes a day, or go to the gym twice a week. The point is that something is better than nothing.
5. Pursue new and challenging activities. Try racquetball, take a step-class, or give cardio kickboxing a whirl. Make memories, challenge yourself, and meet great people.

Have Good Nutrition

Eating a quick donut and drinking hot coffee while trying to rush to work is distracted driving that puts you at risk for an accident. Nobody wants to wreck his or her car or body. So focus on driving both with thoughtful care and skill.

1. Take a multivitamin daily. If you want an extra boost, take a B-Complex and Fish Oil capsules.
2. Drink plenty of water. H2O

transports nutrients to your muscles, gives fluidity to your joints, and helps your vital organs work at full capacity.

3. Consume large amounts of vegetables. Try a new fresh vegetable each time you go to the grocery store. Take a look at spinach, artichokes, peppers, jicama, beets, and kale. Some things you won't like, others you will love—the point is to try new things and add a healthy variety to your diet.

4. Make sure to get plenty of fiber. Soluble fiber (nuts, whole wheat flours, peas, oats, and apples) and insoluble fiber (cabbage, carrots, beets, sweet potatoes, and cauliflower) will help you feel great.

5. Don't fall for fads or dieting trends. Stick with the tried-and-true combination of lean meat and lots of vegetables.

Live a Balanced Lifestyle

Life goes fast for all of us. Your family and friends are important to you. Giving your life to them doesn't happen by accident. It grows each day, through every rich experience you intentionally create by God's grace and guidance.

1. Sleep 6-8 hours every day. Be sensible about how much sleep your body needs. Rest leads to recovery and that gives you maximum strength for time with others.
2. Go easy on the fast food, coffee, sugar-drinks, and sweets — food items that are processed and loaded with excess.
3. Eat small, balanced meals throughout the day. Find a good equilibrium to keep your body running.
4. Monitor your stress and have a healthy balance between work and family.
5. Get outside and enjoy God's creation—God made it for us to enjoy it.

Protect Your Faith

The world can be a dark and difficult place. We need to be on guard and defend the greatest gift that God has given us—our faith. Take the time to understand, deepen, and share your faith. When you do it will be fun and more meaningful. In order to insure the most valuable part of your life, your faith, you need to be prepared.

1. Understand the Christian faith and the defining values you embrace. Formulate a personal conviction as to how you believe it. Keep in mind your faith in God isn't science – it is faith.

Read and watch to online video The Case for Christ by Lee Strobel.

2. "Love your neighbor as yourself" is a pretty simple and easy concept. Insure your faith is a dynamic part of your daily life by fully grabbing this initiative. Read Life Together by Dietrich Bonhoeffer and use the accompanying study guide.

3. Understand the rich history of Christianity. Read Great Leaders of the Christian Church by John D. Woodbridge.

4. Study your Bible and pray to God. Read Knowing God by J.I. Packer and use the online study resource.

5. Practice good theology. Read Systematic Theology by Wayne Grudem.

6. Worship God. Worship God in song, deed, and everything you are, Deuteronomy 10:12. Read Desiring God by John Piper.

Regardless of the turmoil, uncertainty and ongoing changes in the future of health insurance, you can be confident that God is good. He is constant and His love and care for you is consistent and sure. God has blessed us with the provisions of a guiding faith and the capacity for strong physical fitness. Let us insure what we value by taking the steps today to glorify God in all areas of our life and bring honor to His name.

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sports

Chiefs' Daniel Sorensen says faith in Christ matters more than football

For Daniel Sorensen, the experience of winning a Super Bowl does not compare to being a disciple of Jesus Christ.

Winning the biggest game of the year is a supreme thrill, but it fades. The peace and joy of following Christ stays with you. It overshadows everything in life and provides a broader perspective, the NFL player and Latter-day Saint said.

"There is not much of a comparison," Sorensen said.

"Winning the Super Bowl doesn't heal or fix other challenges. ... Winning the Super Bowl doesn't automatically make your life that much better. But being a disciple of Christ does. The lasting effects are so much greater."

Sorensen lives his beliefs and his teammates know it. They nicknamed him "Dirty Dan" because he's not dirty at all.

The nickname originated during a film session early in his NFL career as coaches and players watched No. 49 tackle an opponent short of the first down marker. It was a key play in the game and Sorensen was "fired up." Following the play, the video showed the hard-hitting safety barking excitedly in the opposing player's direction, but coaches and teammates could only guess what Sorensen was saying because there was no audio recording.

Teammates jokingly added their own caption to the silent film, suggesting the clean-cut, Latter-day Saint Sorensen was yelling words like "dumb" or "silly," as opposed to strong expletives. One teammate called him, "Dirty Dan," and the nickname stuck.

"They understood that I have a clean mouth, but that I have this side that kind of gets fired up, so they said I'm 'Dirty Dan,'" Sorensen said, who added the nickname is also connected to an episode of the cartoon, "SpongeBob SquarePants."

"So that's where it came from," Sorensen said. "The idea is that I'm a



nice guy, but when I get on the field, I have the ability to switch into this kind of fired-up football player mode."

The nickname origin story was one of several experiences Sorensen shared during a devotional broadcast on Facebook Sunday evening.

The 31-year-old husband and father of four spoke for about an hour on topics related to his faith, family and football, even taking a few questions at the end. The Facebook live event is part of a series sponsored by the Road to Hope and Peace and was introduced by Gordon L. Treadaway, president of the Orem Utah Mission of The Church of Jesus Christ of Latter-day Saints.

The majority of Sorensen's message centered around his faith as a member of The Church of Jesus Christ of Latter-day Saints. Sorensen, who served a two-year church mission in Costa Rica, pointed to a foundational pattern of faith and trust in the Lord, prayer, scripture study and "going to work" that he said has sustained him through an eight-year NFL career.

Sorensen related a Christian disciple's life to riding a dirt bike in the mountains on a rocky trail full of obstacles, bumps and challenges. His road to the NFL was anything but smooth.

"Something I've learned along the NFL path is that challenges provide opportunities," Sorensen said.

As an undrafted free agent in 2014, Sorensen had offers from several

Hall of Famer Tamika Catchings: 'Basketball chose me, but God had even bigger plans'

One of the most touching moments from the Naismith Memorial Basketball Hall of Fame Class of 2020 induction ceremony (delayed a year due to the pandemic) was provided by Hall of Fame inductee and WNBA legend Tamika Catchings.

"Basketball chose me, an awkward, lanky, introverted tomboy born with a hearing disability, a speech impediment, and a will to overcome obstacles, dream big and to change the world," Catchings said during her speech.

Immediately after, the four-time Olympic gold medalist and 2012 WNBA champion praised God for the journey that led her to be standing on that stage at Mohegan Sun Arena in Uncasville, Connecticut.

"Basketball chose me, but God had even bigger plans for me. I never dreamed of being a Hall of Famer," she said.

Basketball provided an escape from the hearing disability and speech impediment Catchings referenced, and her talent was evident early on. She produced the first quintuple-double in recorded basketball history as a high schooler.

Catchings then went to the University of Tennessee, where she averaged 18.2 points on an undefeated national championship team as a freshman (1997-98) and earned multiple player of the year honors as a junior. A torn ACL cut her senior season short and brought an increased level of uncertainty regarding the WNBA draft.

teams, but he opted for Kansas City because Andy Reid, a fellow Latter-day Saint, was the only NFL head coach who personally called him.

Sorensen's willingness to sacrifice and put in extra work helped him make the 53-man opening day roster, then he played "one of the worst games of my career" and was immediately released.

Sorensen was re-signed to the Kansas City practice squad, where he doubled the required amount of workouts, spent extra time studying film and learned from most experienced players on the team. Six weeks later, he was given a second chance and this time he was ready.

"Again, it was an opportunity to work hard and grow. I proved to the coaches that I was learning and capable of playing," Sorensen said. "That rookie year definitely was a bit of a roller coaster."

Sorensen may have surprised some viewers by saying "the process" of reaching the Super Bowl was more gratifying than the pinnacle moment of winning the monumental game. Sorensen said playoff comebacks against Houston, Tennessee and San Francisco in the Super Bowl were more "satisfying than the celebration or victory."

"Actually winning the game, the celebration, the trophy, it



The experience taught her to lean on God and reminded her what her ultimate purpose is.

"Peace definitely came from God," Catchings told Christian Broadcasting Network. "It came from realizing I needed to remove my focus from basketball back to God. It seems like every single time I have been hurt it has been the same thing. It's been that you get so caught up in what you are doing that you forget to give Him the glory."

She was taken third overall by the Indiana Fever in 2001 and has been with the organization ever since. Her 16-year career included a WNBA MVP in 2011, a WNBA Finals MVP in 2012, 10 All-Star selections and five Defensive Player of the Year awards in an eight-year stretch after missing her rookie season while recovering from the ACL injury.

Catchings ranks third all-time in the

WNBA in points (7,380) and rebounds (3,316), and her 1,074 career steals are the most in WNBA history by a wide margin (310 to be exact).

Now the Fever's general manager, Catchings plays an active role in the Indianapolis community. She started the Catch the Stars Foundation in 2004 with the goal of empowering youth through fitness, literacy and character development. The foundation donated more than \$104,000 in scholarships to student-athletes in central Indiana in 2019.

Catchings was one of nine members in the Hall of Fame Class of 2020. Kobe Bryant, Tim Duncan, Kevin Garnett, Kim Mulkey, Barbara Stevens, Eddie Sutton, Rudy Tomjanovich and Patrick Baumann were honored alongside Catchings.

was fun and everything, but what I will cherish the most are the challenges we faced, the belief that we had, and that

we were able to overcome some of those deficits," he said.

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Using Brick and Stone to Enhance Your Home

Choosing the right materials is an essential step in planning a home remodel or renovation. Options like brick and stone can add style, comfort and beauty to homes.

With a diverse array of colors, textures and sizes to choose from, there are options to suit practically any design aesthetic, whether it's traditional, contemporary or somewhere in between. Because brick and stone materials provide strength, permanence, sustainability and

beauty, it's possible to balance function with appearance.

Before choosing your brick or stone material, it's a good idea to explore the vast color options, varying textures and sizes. You might even consider combining different materials to create accents that add interest and support the design of your home.

If you like the idea of incorporating brick or stone into your design but are not sure where it fits, consider these popular choices:

Accent Walls: If you're concerned about overpowering a

room, an accent wall is a simple way to add the appealing look of brick or stone in moderation. The wall can add character and dimension that either stands out or blends into the overall design, depending on the colors and textures you choose.

Kitchens: From flooring to island accents, backsplashes and beyond, the options are plentiful for introducing brick or stone into kitchen design. Whether you're going for a modern look or something more traditional, quality is a top priority in high-use areas like the kitchen. Choose materials from a reliable source like Glengery, which offers more than 600 brick and stone products in a vast variety of sizes, textures and colors.

Bar Surrounds: This feature tends to be a focal point in its own right but adding brick or stone can make your bar area a real showstopper while capturing the



color tones of the rest of the room.

Archways: Defining the transition from one space to the next adds an architectural design element that can either carry your design theme from one room of the house to the next or signal a transition toward a new motif, depending on the material you choose.

Find more ideas for a home upgrade using brick or stone at glengery.com.

Unbeatable Benefits of Brick

Resilience: Brick is incredibly resilient. It's weather and storm proof. As a result, it's better able to withstand the diverse weather conditions across North America from natural disasters to extreme heat in fire prone regions. Brick is also termite resistant.

Low Maintenance: Brick does not require any painting, coating or varnishing in order to maintain its aesthetic and durability.

Fireproof: Brick is non-combustible and doesn't assist the spread of fire, making it ideal for building in wildfire-prone areas. Clay bricks normally don't suffer any structural damage after a fire and can be re-used, even as load bearing walls.

Design Flexibility: Brick comes in styles to suit any building project and is a popular material choice among architects and designers because of its design flexibility, strong structural capabilities and intricate detailing.

Noise Cancelling: Whether between rooms within a home or from outside noise, brick provides sound insulation.

Durable: Brick is long-lasting. Unlike other man-made materials,

brick doesn't get tired, so your brick home remains weather- and age-proof over time.

Energy Efficient: Brick is a high-density material, meaning it can effectively absorb and store heat energy to help keep your home cooler in the summer and warmer in the winter. Its ability to average temperature extremes can make a noticeable difference in comfort while also reducing energy bills.

Natural: Brick is manufactured from naturally occurring materials and does not emit volatile organic compounds as many lightweight products do. With virtually no emissions and high thermal mass, brick is also a good choice for health-conscious homeowners with acute allergies or sensitivities to weather.

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11. COMMUNITY CHURCH

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'Seismic generation shift' among Millennials

Millennials are far less likely to hold Christian beliefs than previous generations. The Cultural Research Center at Arizona Christian University calls it a "seismic generational shift."



Its research found that this generation is much less likely to hold to traditional biblically-based teachings, including the nature of God, original sin, salvation, creation, life after death, human purpose and biblical morality. On the other hand, Millennials are much more likely than older Americans to believe in horoscopes, karma, evolution and reincarnation.

They also hold to the beliefs that success is defined by personal happiness, owning property fosters economic inequality, abortions and premarital sex are OK, and getting even with others is defensible.

When it comes to beliefs in personal salvation, 40 percent of people 55 and

over identify as born-again Christians, whereas a mere 16 percent of Millennials meet the criterion. Alternatively, younger Americans were more likely to hold to moral therapeutic deism, which has been deemed a counterfeit version of Christianity because it is more centered on self than God. Despite their differences, the dominant worldview among all four generations — Millennials, GenXers, Baby Boomers and Builders — is syncretism, a blend of differing worldviews as opposed to holding to a singular worldview.

CAMP

continued from page 8

ences in unforgettable settings. These memories solidify connections and can last well beyond someone's camp years, which will certainly be true of the 2020 camp season.

Camps Support Re-opening the Economy

In addition to how camp makes us feel, it is also a necessity for many families. Home schooling is already a challenge for those who are considered essential workers, and it is a privilege to have a job that allows for a work-from-home flexible schedule. For many fami-

lies, camp is not a nice-to-have, it's a must-have, and the prospect of a summer without camp means parents would be without their primary form of childcare.

As we look ahead to re-opening the economy, and sending adults back to work, it's undeniable that camps will be a strategic vehicle in this process. Families need to feel confident that their kids are in physically and emotionally safe places — which camps are preparing to provide with an emphasis on camper health and safety — so that they can return to their regular schedules feeling confident that their children are being looked after. Not to mention the thousands of people employed by camps themselves, whose economic stability

relies on as normal a season as possible.

Camps are Restorative

As each day passes, camp directors are faced with decisions and are making adjustments because we all know that there's no better place to emerge from stay-at-home orders and to regain closeness than at camp. Timing and other logistics may change, but we believe that as we try to resume life as we know it, camps can lead the charge in giving the much-needed support and refuge we're all yearning for amidst this crisis.


This summer, camps will provide a service to the campers and to society at large. Camp is always important, but this summer we think it's more essential than ever.

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WE WANT TO HELP!

We'll run your business card ad for 20 bucks!

It will be in 10,000 printed copies of **Topeka Metro Voice** or **Health & Wellness** magazine around Topeka, and on social media.

Send your ad or information to **Lee Hartman** at: voice@cox.net




Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
855-400-1401

FREE

7-Year Extended Warranty*
A \$695 Value!



Limited Time Offer - Call for Details

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

GreatLIFE

POWERED BY



GreatLIFE is proud to announce the conversion and opening of its GreatLIFE North location into a Toptracer Range Facility. Toptracer is a division of TopGolf and the experience and software are essentially the same. The facility will host 20 covered bays and 10 turf bays. A phone app will be available to further enhance the golf experience and will gather and record practice information. The newly upgraded range will feature several food options along with a full service bar.

Toptracer Range has the same technology used on televised PGA golf tournaments to track the shots of the game's best players, and is transforming driving range experiences. With Toptracer Range, guests can compete against friends; play virtual courses (i.e. Pebble Beach, Torrey Pines, St. Andrews) and receive instant shot feedback via interactive game screens. Need to settle who hits the longest drives or closest approach shots? Look no further. Toptracer will settle the score!

During summer months, the operating hours at TopCity Golf will be extended. The driving range, mini golf and 9-hole golf course will be open for a fun-filled golf experience! Planning your night out just became easier.



LIVE.

PLAY.

BETTER.

greatlifetopeka.com

Opening Memorial Day Weekend

