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GOLF TOURNAMENTS

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May 2021

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See inside back cover!

Great Overland Station set for Reopening Celebration



A celebration of the reopening of Great Overland Station is set for May 7. Festivities will begin at 4:30 p.m. with a ribbon cutting, vendor booths, musical performances, NOTO artists painting fiberglass trains, face painting, a photo booth, barrel train rides, Zumba on the Lawn, food trucks, the Rec+Roll Van and more.

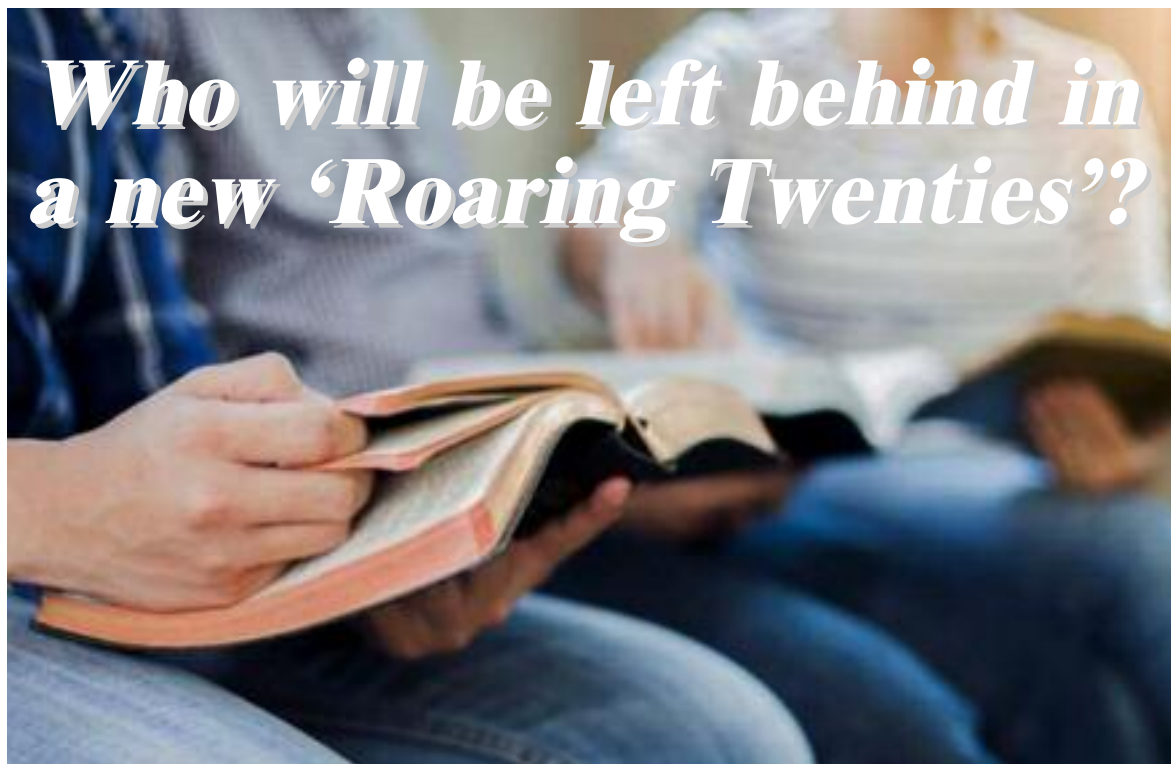
Exhibits inside of Great Overland Station have been refreshed and the venue will feature a traveling exhibit from the Watkins Museum of History and Freedom's Frontier National Heritage Area titled "Demanding a Greater Future: Celebrating a Centennial of Women's Suffrage."

Also featured is a new children's area called Exploration Station. Volunteers will be on site to answer questions and help people throughout the museum.

Shawnee County Commissioners in July of 2020 voted to accept a transfer of ownership of the Great Overland Station from Railroad Heritage, Inc., to Shawnee County, with Shawnee County Parks +

■ Please see STATION page 2

Who will be left behind in a new 'Roaring Twenties'?



Urgent Role of Congregations in the Post-Pandemic World

by Tom Krattenmaker

In half-steps forward and quarter-steps back, the culture is nearing a resumption of in-person life and "return to normal" — the long-desired post-pandemic world.

Economists are expecting a surge in jobs and spending. Yale sociologist Nicholas Christakis predicts a "roaring twenties" like the one that followed World War I and the deadly pandemic

of 1918. Columnist and author David Brooks envisions a joyous resumption of the delights we have largely done without since March 2020. "We are going to become hyper-appreciators," Brooks writes, "savoring every small pleasure, living in a thousand delicious moments, getting together with friends and strangers and seeing them with the joy of new and grateful eyes."

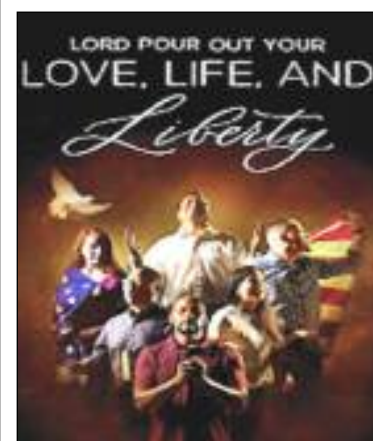
But given what we know about trauma and its long-haul effects — and

what have this pandemic and other interlocking crises been if not traumatic, for individuals and society alike? — we can be sure that not everyone is going to be in a position, economically or psychologically, to start savoring life again. In the new roaring twenties, not everyone will be ready to roar. Who will remember them?

Churches can. What is left of congregations can. Truly, they must. When in

■ Please see ROARING TWENTIES page 3

National Day Of Prayer is May 6th



The National Day Of Prayer will be observed this year on May 6. Perhaps there has never been a time we were more desperate for prayer and breakthrough in our city and nation than right now.

Locally, the event will be celebrated at the south steps of the Capitol Building at 12 p.m. Chaplain Dave DePue and legislators will join with others in praying and singing praises, pleading for mercy in every area of our culture.

Believers across the nation want to see our nation turn back to God, and are asking for a revival of the church, families and our government — the three institutions established by God.

For more information call (316) 516-0777, email donna@cultureshield.com, or visit www.nationaldayofprayer.org.

Valeo and Rescue Mission launch Mobile Access Partnership

Valeo Behavioral Health Care and the Topeka Rescue Mission have launched The Mobile Access Partnership (MAP). This project is a collaboration between Valeo Behavioral Health Care, the Topeka Rescue Mission, Stormont Vail Health, and The Topeka Police Department's Behavioral Health Unit.

The first component of MAP to launch is a state of the art mobile facility that provides shower, laundry, and restrooms to Topeka's unsheltered population and other individuals in need. Later this year, MAP will be launching a mobile food pantry and a mobile health service unit. Uniting these critically needed services in

accessible locations throughout the community will dismantle some of the most common barriers experienced by this population. Through this partnership, primary care, mental health care, food assistance, and hygiene services will be available together in one location allowing for comprehensive and accessible care. This project was made possible by the assistance of the City of Topeka, St. John AME Church, Fellowship Hi-Crest, and other local churches. Funding for the mobile facility was provided by the Kansas Housing Resources Corporation.

"MAP is a collaborative approach, cre-

■ Please see MAP page 2



Perkins: Religious liberty, values 'under attack' in Biden's first 100 days

Life, family, and religious freedom have been under assault during President Biden's first 100 days in office, said Tony Perkins, president of the Family Research Council.

"At the 100-day mark of the Biden administration, it has become evident that President Biden's call for unity and healing on day one of his presidency was nothing more than a rhetorical diversion, as he has demanded conformity to policies and priorities that threaten to lurch America to the left in historic proportions," he said.

Travis Weber, vice president for policy and government affairs at the council, agreed.

"President Biden's words don't match his actions," he said. "His claim of unity rings hollow, as Biden's first 100 days in office have been marked with radical, aggressive, anti-life, anti-family, anti-free-

dom actions that have further divided our nation. His administration has moved more aggressively than any other to undo federal policies that protect the sanctity of life and defend the family.

"Any American who claims to value all human life, support the biological reality of the family and wants to protect freedom, should take note of Biden's abysmal record in these areas. His first 100 days prove it so."

Perkins is concerned about the erosion of religious liberty.

"He has already racked up a record of targeting people of faith and faith-based organizations by demoting religious protections and demanding uniform affirmation of the transgender ideology," he said. "Those who hold to biological reality and the doctrines of the world's major religions are being put in the



position of either violating their consciences or being treated by the government as second-class citizens.

"President Biden has surrounded himself with the most extreme cabinet in American history. Many of Biden's highest appointees have no

qualifications besides their abortion activism and their track record of trampling on religious freedom. The contrast between the Trump and Biden administrations could not be starker."

Topeka modernizes parking payments with launch of Passport Parking App

The City of Topeka has introduced a new way to pay for parking with the Passport Parking mobile app. The app, which will be the first mobile pay solution for City of Topeka Downtown parking, will offer drivers a contactless option for paying for and managing parking and can be used at over 1,200 metered spaces.

With the Passport Parking app, users can pay to park quickly and remotely from their smartphones. Additionally, users can receive alerts when their parking sessions are ending, get email receipts and view their parking history from one place.

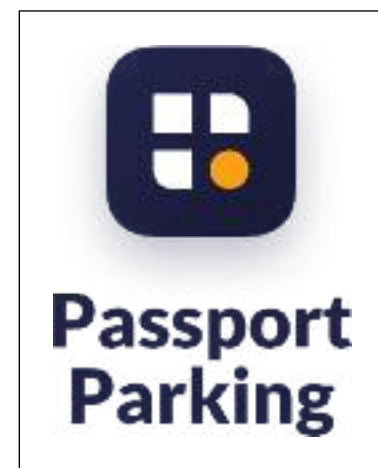
"We wanted to provide an additional payment method to Topeka parkers," said City of Topeka Deputy Director of Internal Services, Department of Public Works, Hannah Uhrig. "Adding this new technology will make it easier for parkers to pay so they can truly enjoy what Downtown has to offer."

By leveraging the Passport Operating System in the Downtown area, Topeka will improve the parking experience, enable mobile parking payments and increase parking compliance. In addition to the City of Topeka, the University of Kansas and

Wichita State University are also powered by Passport.

"Topeka is a growing city dedicated to serving its community and their parking needs," said Passport's Director of Municipal Sales, Kelsey Owens. "Passport is excited to partner with the city and provide the technology needed to improve the parking experience and to equip the City for the future."

To pay to park, drivers can download the free Passport Parking app from the App Store and Google Play. Users can also manage their parking online at passportparking.com.



MAP

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ating a mobile continuum of social, health, and behavioral health services to Topeka's unsheltered homeless popula-

tion, as well as reaching persons whose living/housing situation is precarious. MAP will enhance and expand the work that Valeo, the Topeka Rescue Mission, and others are doing to give at-risk adults and families a hand-up, as they seek self-sufficiency," said Bill Persinger, CEO,

Valeo Behavioral Health Care.

"No one organization standing alone can adequately address the complex needs of those experiencing homelessness. In recognition of this, the Topeka Rescue Mission has greatly appreciated the spirit of collaboration that exists within our community. The MAP initiative between Topeka Rescue Mission, Valeo Behavioral Health Care, Stormont Vail Health and The Topeka Police Department's Behavioral Health Unit will further advance our communities commitment to care for our homeless neighbors in need. This unique and innovative approach has the potential to not only meet basic critical needs, but also be a game changer in our attempts to bring hope and a lasting change to those who suffer in our community," said Barry Feaker, Executive Director

of the Topeka Rescue Mission.

The mobile facility will be open Tuesday, Thursday, and Saturday from 9 am – 3 pm. It will be parked at various churches in Topeka and rotated weekly.

The mobile facility will be managed by staff from Valeo Behavioral Health Care and the Topeka Rescue Mission as well as community volunteers.

A grand opening Ribbon Cutting and Prayer Dedication Ceremony with the Greater Topeka Partnership will take place on May 4th at 11 am at St. John AME Church located at 701 SW Topeka Blvd.

To volunteer for MAP, contact Kimberlee Turley, Director of Volunteers, at the Topeka Rescue Mission at kturley@trmonline.org. To make a donation, visit valeotopeka.org or contact Aimee Copp-Hasty at acophasty@valeotopeka.org.

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STATION

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Recreation to operate the historic location.

Great Overland Station is listed on the National Register of Historic Places as the Union Pacific Railroad Passenger Depot. Built in 1927 as the Union Pacific Railroad Station, Great Overland Station now serves as a museum celebrating Topeka's rich history as well as a special event and meeting venue. SCP+R has been accepting reservations for weddings and events since the beginning of 2021 while working to inventory the contents of the building, make necessary repairs and set up displays for the public.

Visitors to the museum can learn about area railroads including the Santa Fe/BNSF, Union Pacific, Rock Island, Missouri Pacific and MKT. They can learn about the history of the site from the Oregon Trail, Pappan's Ferry crossing, and the birthplace of U.S. Vice President Charles Curtis. The BNSF Plaza includes the Corridor of Flags and All Veterans Memorial honoring our nation's veterans and active military.

Railroad Heritage, Inc., had owned, restored and operated Great Overland Station, the All Veterans Memorial/Corridor of Flags/BNSF Plaza, the Railroad Park, parking lots, office/warehouse building, permanent exhibits and artifacts owned by RHI since 1998 and has invested \$7 million in capital funding for restoration/preservation of the properties. The Great Overland Station Museum had its grand opening in 2004. Designed by noted architect Gilbert Stanley Underwood, the station has hosted myriad celebrations while showcasing railroad heritage and other significant community history through exhibits, programs and tours.

Tim Laurent, SCP+R director, noted at the time of the transition of ownership that SCP+R would look at Great Overland Station, "... with a fresh set of eyes."

He added, "We'll look at what has worked well in the past as well as exploring new opportunities to serve the community."

Bob St. John, chairman of the Board of Trustees of Railroad Heritage, Inc., said, "Railroad Heritage believes that donation of this property provides an ideal opportunity for the County to acquire a historic community asset ... and will also enhance the opportunity for the County to develop plans created by the National Park Service for an Oregon Trail themed Riverfront Park."

Beth Fager of RHI added that RHI is also gratified to see the Great Overland Station serve as a catalyst to the development of the NOTO Arts District, Topeka's dynamic core, and the National Park Service Oregon Trail Park plans.

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ROARING TWENTIES

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the foreseeable future will there be a better chance for them to demonstrate that they're more than the anachronisms that the skeptics and demographic trends portray them as — that their faith can bring hope to where darkness and pain persist?

'Singular global disruption'

To understand the need and opportunity in front of faith communities, it's imperative to fully grasp what the country has been going through and the wreckage that will remain. They're massive. "The ongoing COVID-19 pandemic," the National Intelligence Council says, "marks the most significant, singular global disruption since World War II, with health, economic, political, and security implications that will ripple for years to come."

And it's not just COVID-19, although a U.S. death toll approaching 600,000 is, all by itself, a galling disaster. Other calamities have been rolling over us alongside the contagion — police brutality, racism, climate change, angry political polarization, an unprecedented attack on the nation's capital — making crisis-survival an exercise in multitasking.

When it's finally over, more or less, we'll see that the pandemic has left a mark. Look at children. A national study of nearly 100,000 students found that second-graders, as of last fall, had fallen 26% behind the reading level they would have achieved had there been no pandemic closing their schools and turning their households into ill-equipped virtual learning centers. For third-graders, the figure was an even higher 33%.

That's the educational toll. Think of the psychological effect on kids who lost a parent or grandparent to the disease, whose mothers or fathers lost jobs that were barely enough to live on anyway and have since been radiating the kind of high-intensity anxiety that can invade a kid's psyche and take up residence for a lifetime.

The pandemic has been damaging adults' mental and physical health, too, in ways well beyond COVID. During the pandemic, physician and health educator Lucy McBride writes, "Primary care doctors have witnessed a deluge of anxiety and depression. Now, the physical manifestations of cumulative trauma are washing ashore. Underlying health conditions are flaring, new medical problems have been unleashed, and our emotions are making us sick."

Millions of Americans will emerge from the pandemic with holes in their lives — lost spouses, parents, siblings and friends. Others will continue to struggle to make sense of the traumatic experiences they themselves went through in



ICUs, often alone.

There is a lot of pain to contemplate, maybe too much. Perhaps it's understandable that a century ago, as our forebears emerged from their pandemic, they did their best simply to put it behind them. Indeed, history shows a remarkable absence of public memorializing and meaning-making after 1918: nothing like the AIDS quilt, few tributes to the sacrifices of health care providers and little mention of the trauma in the music, art and literature in the period that followed.

This forgetting — is it something to emulate in our own "Roaring Twenties"? We can do better. And spiritual communities have a crucial role to play.

Resisting the urge to forget

Theologian Serene Jones speaks movingly about the caustic effects of unprocessed trauma. She cites a "deep human desire to repress (trauma) and to not deal with the story of the harms that have happened." This harm, she says, "haunts your dreams as an individual, haunts your collective unconscious as a society — until you tell the story, until you face the truth of the horrors that have happened."

When she made this point at event in 2019, Jones could not have known what was coming. But her insight is eerily relevant. As is her point about what happens when people and communities transform their grief into mourning.

Mourning, according to Jones, "creates a space... for you to make sacred the pain so that the rest of your life is transformed by it. It allows the possibility of a future."

The gigantic federal relief program, for all the good it is doing, can accomplish only so much. It can't hug you when you're stuck in your post-pandemic grief. It can't befriend you when you're alone. Even though President Joe Biden does empathy well, he alone can't help you properly mourn the loved ones you lost.

If anyone can, it's those in the churches and other houses of worship and communities of meaning. Mourning is an art at which religions are practiced. "Congregations — their people and their leaders—are good at grief, really good in

a lot of cases," observes the Rev. Sue Phillips, co-founder and principal of the Sacred Design Lab.

Depleted though they are, congregations have the ability—the highly relevant ability — to help meet the ocean of unmet need that the culture can expect to find on the other side of the pandemic. They have the goods if they can figure out how to deliver them. They have people — people imbued with theologies and philosophies made for times like these, people who can tutor kids, mow widows' lawn, sit with elders who have lost their spouses, sacralize the society's pain so that we can, as Jones contends, free ourselves for a future.

This prospect is best considered in juxtaposition with the latest Gallup Poll — the one showing membership in U.S. worship communities dropping below 50% for the first time since Gallup has been keeping track. If congregations want to find their role and show their worth in this more secular century, it's hard to imagine a better opportunity. Conversely, says Phillips, "if the community of congregations can't figure out how to deliver something they are genuinely excellent at to folks who are not currently in their pews, they have straight-up failed to meet the moment and are co-creating their demise."

There's another gift, maybe the most important of all, that churches and other spiritual communities can bring to a culture ever tempted to forget and move on. They can bear witness to the realness of the disasters that have befallen us. They can remember. They can tell the story that will need to be told.

Tom Krattenmaker is a writer specializing in religion and values in public life and Communications Director at Yale Divinity School. He is the author of Confessions of a Secular Jesus Follower.

SA program looking for empty parsonages

Pathway of Hope is the Salvation Army's program that temporarily uses parsonages that are not being used for pastors or other church needs. They use the parsonages to help families in need of housing due to evictions or other difficulties. Usually they are able to help these families transition to their own homes within 18-24 months.

Program administrators are able to use that time to work with the families to help build credit, find employment and to provide spiritual and financial counseling.

Any churches in the Topeka area that have unoccupied parsonages and want to help, should contact Shelly Robertson at the Salvation Army at shelley.robertson@usc.salvationarmy.org.

C5 featured speaker is also Chaplain of the Kansas Senate

Cecil Washington, Jr. will be the featured speaker at the May C5 POWER Luncheon. In addition to serving as Pastor in a local church, Washington also serves as Chaplain of the Kansas State Senate. He was also blessed with a beautiful singing voice and he will talk about his early singing career and growing up with his friend Marvin Gaye, as well as how his life has changed since entering the ministry and what he is doing now.

held on the second Thursday of each month,

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



Washington

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

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

The May C5Alive "POWER" Luncheon to be held May 13, 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 June 8, and will feature Donna Lippoldt of Culture Shield.

C5Alive "POWER" luncheons are

In addition to monthly "POWER" luncheons held on the second Thursday of each month, C5 also hosts periodic business fairs and other events, including EAST-ERFEST, 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

Kobach Launches Bid for Kansas AG

TOPEKA, Kan. (AP) — Conservative Kris Kobach has launched a campaign for Kansas attorney general. His kickoff Thursday means he is attempting a political comeback in 2022 after losing national races for governor and U.S. Senate. Kobach is a former Kansas secretary of state who built his political brand by advocating restrictive immigration policies and tough voter identification laws. He also was the first prominent Kansas elected official to endorse Donald Trump for president in 2016 and was vice chairman of a short-lived Trump commission on voter fraud. But he lost the GOP primary for U.S. Senate in 2020 after losing the 2018 governor's race.

Battle Brews over How to Spend COVID Relief Funds

TOPEKA, Kan. (AP) — A big political battle is brewing over whether top Republicans in the GOP-controlled Legislature will have the final say over how the state spends more than \$4.8 billion it expects to receive from the latest federal COVID-19 relief package. The move comes as elected officials voted Thursday to drop mask mandates in Johnson and Riley counties in coming days. Masks have been part of an ongoing fight that has pitted Democratic Governor Laura Kelly against the GOP-controlled Legislature. This week, Kelly vetoed a provision in a spending bill that would have given legislative committees more power over how to allocate federal relief funds.

Doctors: More Parents Refuse COVID Tests for Their Sick Kids

OVERLAND PARK, Kan. (AP) — Doctors are reporting that more parents are refusing to have their sick children tested for the coronavirus because they don't want to deal with the hassle if the result is positive. The Kansas City Star reports that Pediatric Partners in Overland Park recently posted an alert on its Facebook page exhorting parents to stay vigilant because so many weren't following testing advice. Pediatrician Kristen Stuppy says that "from a public health perspective it scares me." The American Academy of Pediatrics recommends that children and teens who have COVID-19 symptoms should be tested immediately — "especial-

ly important if they have in-person in school, sports or jobs, so that anyone who may have been exposed can be alerted."

Kansas Plans to Resume Single Dose J&J COVID-19 Vaccinations

TOPEKA, Kan. (AP) — Kansas health officials will resume using the Johnson & Johnson single-dose COVID-19 vaccine after federal agencies concluded its benefits outweigh a rare risk of blood clots. Administration of the shot was paused on April 13 by the Centers for Disease Control and Prevention and the Food and Drug Administration following reports that some recipients developed a rare disorder involving blood clots. Federal health officials lifted an 11-day pause on the vaccine Friday. The state's next supply of the J&J vaccine is expected the week of May 3 with 1,700 doses.

Police Dub Suspicious Topeka Death as Homicide, Arrest Teen

TOPEKA, Kan. (AP) — Police in Topeka have determined that the death of a woman initially dubbed suspicious was a homicide and have arrested a teenager in the case. Police say officers sent to a Topeka neighborhood Saturday night for a 911 call requesting medical help found the body of 46-year-old Hester Workman, of Topeka. On Monday, police declared her death a homicide and arrested a 16-year-old on suspicion of first-degree and felony murder, as well as burglary, theft and obstruction. Police have not said how Workman died.

KBI Conducts Probe After Human Skeletal Remains Discovered Along Mitchell, Cloud County Line

TOPEKA, Kan. (KPR) - Just before noon Monday, the Kansas Bureau of Investigation was asked by the Mitchell County Sheriff's Office and the Cloud County Sheriff's Office to investigate after they located human skeletal remains near Highway 9 and County Road 757, east of Beloit. KBI agents and the Crime Scene Response Team responded. Authorities began searching the area after a resident notified law enforcement of the discovery late Monday morning. The KBI is working to determine what caused the person's death. The remains have not yet been positively identified.

Deputies Find Woman Dead at Mobile Home Park; Man Arrested

TOPEKA, Kan. (AP) — Deputies in northeastern Kansas have arrested a man on suspicion of killing a woman whose body was found by law enforcement officers earlier this week at a mobile home park south of Topeka. The Capital-Journal reports that Shawnee County Sheriff's deputies were called around 5:30 p.m. Tuesday to the mobile home in the unincorporated community of Pauline. Officials have not released the woman's name or said how she died. On Wednesday, deputies arrested 61-year-old Jon Kelly Ewing, of Topeka, on suspicion of voluntary manslaughter. He remained Thursday in the Shawnee County Jail on \$1 million bail.

Governor Laura Kelly Vetoes Some Budget Items Amid Strain with Legislature

TOPEKA, Kan. (AP) — Kansas Governor Laura Kelly has vetoed a ban on the use of state dollars to enforce mask mandates and 17 other budget provisions amid ongoing strain between the first-term Democrat and the GOP-dominated Legislature. Kelly said in a statement Monday she supported the majority of the budget but that some pieces were unnecessary, had been resolved in other bills or should have been vetted better. The Kansas News Service reports other provisions that were vetoed included one that would give legislative committees more power over how to allocate federal relief funds. The rejections come after Kelly last week vetoed a ban on transgender school athletes, civics and financial literacy requirements for high schoolers and gun safety education for students using National Rifle Association materials.

Kansas City Plans Village of Tiny Homes for Homeless

KANSAS CITY, Mo. (AP) — Kansas City officials say they are planning a village of tiny homes for homeless residents. Officials announced on Wednesday that initial plans call for a 150-bed village of tiny homes ranging from single person to family size. A site for the development is not yet decided. City Manager Brian Platt says the goal is to establish a pilot project of about a dozen homes in the next several weeks. From there, he said, the city would

begin working with homeless people currently being housed in area hotels and encouraging them to take advantage of the new option.

Willow Gets Maximum Matching Funds from HSN; Takes Home \$11,000 in Donations

LAWRENCE, Kan. (KPR) - The Willow Domestic Violence Center in Lawrence will soon get \$11,000 thanks to a partnership with HSN, formerly known as the Home Shopping Network. All day Wednesday, HSN profiled the domestic violence shelter and encouraged viewers to make donations to Willow on the HSN website. HSN donated \$1,000 and then matched up to \$5,000 in donations made online. Willow's Communications Director, Will Averill, says it was gratifying to see his agency qualify for the maximum amount of matching funds from HSN. Willow operates two domestic violence shelters in Lawrence and serves Douglas, Jefferson and Franklin counties.

Oil Pipeline Disputes Raise Tensions Between U.S. and Canada

TRAVERSE CITY, Mich. (AP/KPR) —

Months after President Joe Biden snubbed Canadian officials by canceling the Keystone XL oil pipeline, a new showdown over a second crude oil pipeline threatens to further strain ties between the two neighbors. Michigan Governor Gretchen Whitmer has set a May 12 deadline for Canadian energy company Enbridge to shut down its Line 5, which delivers oil from Alberta to refineries in the U.S. Midwest and eastern Canada. Whitmer agrees with environmentalists who consider the pipeline an environmental hazard, mostly because one 68-year-old section crosses a channel linking two Great Lakes. Canadian officials say closing the pipeline would hurt the economy and cost jobs in both countries. Biden angered many in the energy sector earlier this year when he canceled construction on the remainder of the Keystone XL pipeline, resulting in the loss of more than 11,000 pipeline-related jobs. The original Keystone pipeline runs north and south through east-central Kansas, as well as portions of Missouri, Nebraska, Oklahoma, South Dakota and North Dakota.

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Try to help him, but move slowly

Dear Dave,

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

Heather

Dear Heather,

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

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



DAVE RAMSEY

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

davesays

process and value of spending money on paper before the month begins, it will be easier for him to stick to it.

—Dave

Don't let budgeting myths sabotage your finances

Dear Dave,

I made a resolution to start following your plan in 2021. I talked to my parents about this, and while they like some parts of your teaching, they don't think living on a budget is necessary if you make good money. They also said budgeting is extremely difficult. Are they right?

Jensen

Dear Jensen,

For whatever reason, I'm afraid your parents are way off base on this one. A lot of people trash talk the idea of budgeting, and make up all kinds of excuses for not living on one. The truth is a written, monthly budget is essential when it comes to beating debt and winning with money—period. It's the map you need to get where you want to go in your

financial journey.

There are lots of myths, and just some bad information, out there where living on a budget is concerned. Making a budget isn't rocket science. If you can do basic math, you can create a budget. Your income minus your outgo needs to equal zero. That's it! You might spend a couple of hours tallying all your expenses when you first start, but the process soon becomes faster and easier. All it

takes is a little practice.

If you think doing a budget is only for people who have trouble making ends meet, think again. My wife and I have lived by a written, monthly budget every single month for about 30 years. It doesn't matter whether you're a multi-millionaire, or if you have just \$100 to your name, knowing exactly how much money you have—and where it's going—is an essential part of managing your finances accurately and successfully.

Believe me, I hear dozens of other excuses, too. You'd be amazed at how many people don't make a budget every month because they think it's "boring."

Others claim they can do their budgets in their heads. I don't think so! For a budget to really work, it needs to be something you can track down to the last penny. And if you're married and saying you can do a monthly budget in your head, that means only one of you is involved in the decision making. That's a recipe for disaster in your finances and your relationship.

A budget represents your financial game plan for the upcoming month and years ahead. As Benjamin Franklin said, "If you fail to plan, you are planning to fail."

—Dave

One Reason Why 'Target Dated' Funds Haven't Done Well For Over a Decade

By Ryan Shumaker
Smartvestor Pro at
The Retirement Team



There's a reason why we often refer to target date funds as 'target dated' funds. These types of investments rely on portfolio construction techniques to decide what to own based on decades old dated data that is not really reflective of the much different globalized world we live in today.

than those located in other countries for well over a decade. The MSCI ACWI ex. US Index, which captures the performance of 85% of the companies outside of the US, has only now reached the same place it was in 2008. One big reason for this is that these companies on average have seen hardly any profit growth. Since stocks are simply ownership in a company, a company really needs to be making more money for the stock to be worth more money. Government policies in other countries

approach to create a portfolio that would work well based on how things use to be long ago rather than how they are today doesn't make a whole lot of sense, in our opinion. The good news is that since we are independent, the Retirement Team has the ability in most cases to help people get professional management on their 401(k)s with no additional external fee that doesn't have this problem. We only get paid some of the mutual fund fee that would have otherwise normally gone all to the

401(k) provider to get you set up with a portfolio that is customized to your specific needs and situation. Our clients appreciate that their money is being optimized for their goals and today's investment environment rather than for the average person and many yesterdays ago investment environment like far too many 'target dated' funds do.

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.

(1)<https://www.morningstar.com/articles/914896/youre-more-internationally-diversified-than-you-probably-realize>

(2)<https://www.morningstar.com/articles/969531/more-portfolio-lessons-from-target-date-funds>

(3)<https://www.nickmurraynewsletters.com/members/login.cfm?hpge=TargetDate-Funds-Generating-LongTerm-Destitution-for-Increasing-Millions-of-Americans-While-Making-Compliance-Departments-Feel-Good.cfm>

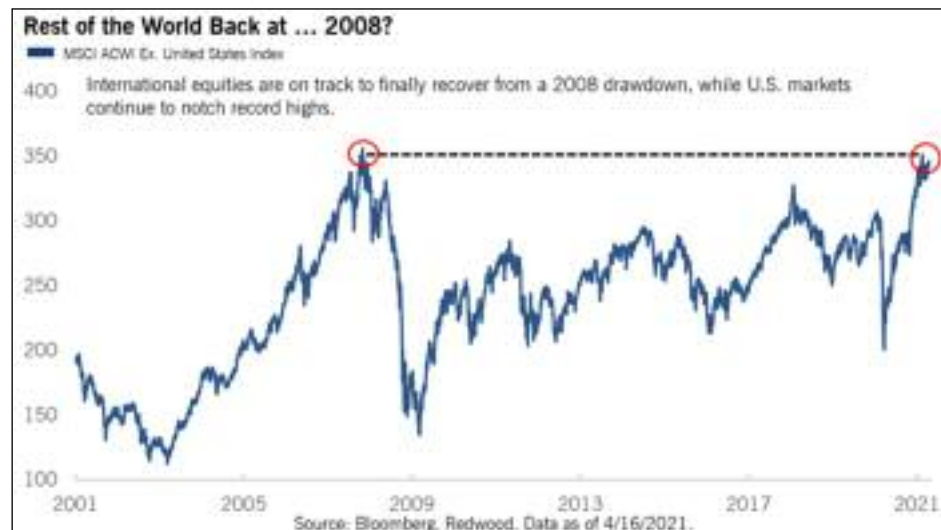
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Ryan can be contacted at 785-228-0222 or RetireTopeka.com.



For the last several years between 40% and 50%(1) of sales for companies in the S&P 500 have occurred outside of the US borders. What is a domestic stock and what is an international stock has become quite blurred, at least if you're looking at where a company does business. Is a Ford car manufactured in Mexico using many Chinese parts a more domestic car than a Honda being built in Alabama that uses a large percentage of US made parts? This is a great analogy on how to think about stocks today. Is where a company is headquartered what makes it a foreign or domestic stock or is it where they sell their goods and services? To us, getting the diversification on where the companies in a portfolio do business is much more important than where they are located.

Unfortunately index funds and 'target dated' funds generally look at only where a company is domiciled, not where they do business. The reality is that companies domiciled in the US (which are part of US indexes) have been significantly more successful

related to hiring practices and other matters, have made profit growth difficult for companies domiciled within them, an issue that is unlikely to reverse course anytime soon.

The largest two holdings across 401(k)s today are stable value/cash funds and target date funds(3). The problem with this is that the average target date fund has between 50% and 75% of their holdings(2) in either international stocks (which are now at the same level they were in 2008) or cash/bonds (which are on average paying interest rates that are less than half of what inflation rates have historically been). If your account value isn't growing at all, or if it is growing less than what prices are increasing (inflation), you are falling behind. For too many people this is happening with far too large a part of their portfolios because they are allocated to 'target dated' funds. These types of investments often look only at what the average person who is a particular age should have owned over the last 50+ years. The issue is that no one is the average person and what worked well 50 years ago is unlikely to work well today. The world is much more globalized now and interest rates for bonds and cash are at their lowest levels ever recorded.

Relying on a dated investment



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opinion

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How Christians need to shift strategies in light of Biden

By Dr. Michael Brown

Joe Biden has been president of the United States for less than three months, but already, the fears of many conservatives are being realized. On many different fronts, things are going in a very wrong and dangerous direction. The question is: What can we do about it? How do we respond?

In no particular order, consider the following.

1) H.R. 1 would dramatically reshape our electoral system so as to cement Democratic rule for decades to come.

2) H.R. 5 would effectively gut religious liberties across the nation.

3) Open borders would bring in a flood of immigrants who will quickly learn to vote Democrat as well, at least for the first generation.

4) Packing the Supreme Court would fundamentally restructure our legal system, thwarting efforts to push back against the radical leftist agenda and effectively codifying Roe v. Wade for good.

5) Attacks on the Second Amendment would further cripple American rights when it comes to gun ownership.

6) Big Tech censorship, bolstered by the COVID-19 crisis and the storming of the Capitol, would silence all resistance.

7) Renewed relations with Iran would destabilize the Middle East.

8) Failure to stand up to China would undo the international balance of power.

9) ??? (this is where you get to add any concerns that I left out).

Again, this is why so many of us voted for Trump, despite our misgivings about his leadership style. The alternatives were just too chilling.

But this is where I personally believe it is crucial that we rethink our strategy and approach to the current political scene. This is where I believe it is critical that we learn some lessons from our recent mistakes. In short, this is where each of us must find our own roles in the midst of this current national crisis.

We either get this right now (when I say "we," I'm speaking in particular of conservative people of faith), or else. Allow me to explain.

In years past, to the extent that Christian conservatives were involved in politics, we looked to organizations like the FRC or the ADF to give us guidance when it was time to vote and to alert us about critical bills before Congress or cases before the Supreme Court.

For our part, we would cast our votes every two or four years, contact our elected officials at key times, pray for righteous court decisions and help support these organizations financially. And that was it.

Most of our energies were spent on being the church in our communities.



Most of our focus was on loving God and loving our neighbor. Most of our efforts were expended on gospel work rather than political work.

And that's the way it should be. Each part of the Body has a specific function and purpose, and by each of us being faithful to our calling and fulfilling our particular role, there will be health and success.

To be sure, we often fell way short of fulfilling our political and cultural responsibilities. And all too often, pastors and Christian leaders did not want to touch these hot-button issues for fear of offending people. That's one reason we're in the mess we are today. The church failed to engage properly. We were also lukewarm and lackadaisical when it

came to spiritual focus and commitment.

But in the last four years, I believe we swung to the other extreme. So many of us became consumed with the political scene day and night. So many of us talked about Trump and the swamp and socialism by the hour.

We were more consumed with the news than with the Word of God. More focused on the 2016 and 2018 and 2020 elections than on the Great Commission. More interested in voting than in praying. More fixated on debating politics than on praying for revival. And that is how we got off track.

Put another way, rather than letting the political leaders do their thing with us

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Forgive and be Forgiven



CLINT
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hopefortoday

"I will never forgive him for what he did!" Have you ever said that to yourself about someone who deeply hurt you? When someone you trust lies, physically abuses, verbally intimidates or uses you – it hurts. It causes emotional injuries that swell up into resentment, anger or bitterness. And what the person has done, makes them a "debtor". Meaning, because of what they have done, they owe you. They owe you an apology or something to try and make things right.

In these situations, have you ever asked yourself, "What do I really want from them?" Honestly speaking, is there anything they could realistically do to make things right? I am going to guess that in most cases, probably not. Especially if they have died, have nothing to do with you anymore or are uncooperative. Most likely, whatever you could think up for the person to do, would either never happen or end

up not being enough.

There is only one sure way of handling situations like this. Forgiveness. It is written, "... as the Lord [Jesus] has forgiven you, so you also must forgive" (Colossian 3:13). Forgiveness is an often-used term in financial sectors, referring to the forgiveness of a loan or another type of financial debt. It is also used in relationships with the same idea. When someone has offended you, they have accrued an offense debt. They would pay it off by voluntarily coming and admitting what they have done, making no excuses, and apologizing. Then in response you forgive the offense debt and peace is restored in the relationship.

However, it normally does not work that way. Typically, the person who hurt you never comes to make things right. Let me ask this tough question. Will you forgive the one who has hurt you without them admitting any wrong? It is easy to forgive when the person genuinely apologizes, but hard when someone arrogantly refuses. In situations like these this is where forgiveness is desperately needed, but can only be done by the power of God.

In our natural humanness we will only forgive if someone meets our conditions for it. And when someone does not meet our conditions, we refuse forgiveness. According to God's



standards though, He requires forgiveness. No matter the gravity of the offense. No matter the attitude of the offender. No excuses. God commands us to forgive.

Why? Because the eternal destiny of our unseen soul depends on it.

Jesus provided an example. He suffered, died and rose again to provide the forgiveness you and I need for our offenses against Him. He chose to do it despite our selfish attitude and rejection of Him. He made a way for the ungrateful to be forgiven. In the same way, we must forgive others. Because through the cross Jesus forgave, so must we.

If we refuse the consequences are dire. God will not forgive us. Think about it. How can He forgive us, if we refuse to forgive others? How can He allow an unforgiving person into His forgiving eternal home?

In our natural state, it is nearly

impossible forgive, but with the power of God, it is possible. Simply, by faith, call out to Him for help. Admit your weakness, but also your willingness to do it.

A prayer for you - "Lord God, I pray you will help the reader to see if there is anyone they need to forgive. Surface a name and face, and nature of the offense. Bring them to submit to your command to forgive no matter how hard it is. Then empower them through the Spirit to actually forgive, releasing the person from any offense debt they owe. Enable them to forgive like Jesus and experience your grace. 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.

JUSTICE vs. THE MOB

By George Ismael Felu

"With Liberty and Justice for All." -End of the Pledge of Allegiance

March 5, 1770, British soldiers stood guard at the Custom House in Boston. A crowd of Colonists calling themselves Patriots gathered together protesting taxation and taunted the soldiers. The inevitable happened.

Years of anger and strife finally exploded. The British fired. Five died.

The media and American politicians called it the Boston Massacre. The name stuck. Passions flared, and the colonists were angry. They wanted blood.

As massacres go, it was more hype than actuality. Only five died. Whether they actually deserved to be shot or not has disappeared into history; but the trial of these soldiers tells a fantastic story.

The Sons of Liberty wanted independence from British rule. The Sons of Liberty were not the mob. They wanted justice, but they wanted the accused to have a fair trial. They considered a mob win a loss for the cause of liberty.

No one wanted to defend the British soldiers. Yet they convinced John Adams (possible the loudest voice for independence in the Continental Congress) and Josiah Quincy to represent the accused. These men of honor stepped to the forefront and fought for the British.

They defended their clients and for the most part won their cases. They found only two British soldiers guilty. Their pun-

ishment was to be branded as murderers on their thumbs.

The mob wanted blood. All they got was two men branded. The Sons of Liberty got a rallying point. For the most part, justice was done.

Two hundred and fifty years later, the mob wanted blood once more. A merchant called the police due to the use of counterfeit money. They came to arrest the suspect.

These officers had cameras on their chest. The suspect's associates warned the police that the suspect was high on several substances including one that was inserted into his anus. Upon being cuffed, the suspect resisted much of the way to the police car. He complained about not being able to breathe. The two officers placed the man into the backseat when the suspect demanded to be let out of the car onto the floor. The officers complied.

Another officer arrived. This officer knew the suspect. They worked together as muscle at a bar at night time. Due to lockdown, neither had worked there for awhile.

This officer placed his knee on the suspect's neck who still acted erratically as he had done since the suspect left his car. The suspect still complained about an inability to breathe. For several minutes, the officer kept his knee on the suspect's neck. Even after paramedics arrived.

The medical examiner's report stated that the suspect did not die from the officer's actions. The suspect's death came from a mixture of deadly drugs and possibly Covid-19. Does this sound familiar?

Riots ensued. Minority business owners lost much due to the looters and rioters. Their lives did not matter. The cause was what was important. The same cause which was built on a mountain of half-truths and lies.

I learned of the death of George Floyd, a low level thug, at the same time as everyone else. I saw the edited video like everyone else. I heard the same narrative. My eyes told me to believe what I was told. For this reason, justice must be blind. For the eyes like the heart are very deceitful.

Edited video? Most have not seen the full video (almost twice as long) which is where most of the information for the previous paragraphs came from. It was readily available a month after the edited video was broadcast for hours on end by the 24/7 biased media who desperately want to prove that Americans are inherently racist to excuse their own racist party and belief system of socialism. By that time of the release, the minds of the world were made up. Chauvin was guilty.

In America, a key to our great justice system which differs from the world is "Innocent until proven Guilty." That means a trial by a jury and judge who have not been affected by outside information or pressure in which the facts are presented and the jurors come to a decision. If the jurors could not come to a unanimous decision, the accused would get a mistrial. That means not guilty; but another trial could happen.



With Chauvin, this was impossible in Minneapolis, MN. The trial needed to be moved somewhere else to be fair and just, preferably another state. Emotion clouds judgement. Fear and anger are the most violent of clouders.

Where the trial failed was in honesty? The judge refused to allow the medical examiner's report in the trial because it contradicted the narrative. The method used by Chauvin is trained to many officers. We heard little of Chauvin's relationship with George Floyd which has a major impact on all of Chauvin's decision. For example, perhaps Chauvin knew how strong George Floyd was when angry which caused Chauvin to fear him. There are plenty of supposition that can be made here. Much of which should have been brought up.

Then came the threats of riot and looting if "not guilty" was the verdict. Even the judge said that when Maxine Waters said this that she gave the defense grounds for reversal in the court of appeals. Frankly, the judge should have had the courage to do it himself. Even a juror confessed that they said "guilty" because of fear of retaliation

toward their home and family.

Webster defined Justice as: 1. The virtue which consists in giving to everyone what is his due; practical conformity to the laws and to principles of rectitude in the dealings of men with each other; honesty 2. Impartiality; equal distribution of right in expressing opinions; fair representation of facts respecting merit or demerit. 3. Equity; agreeableness to right 4. Vindictive retribution; merited punishment.

Is the Chauvin Case justice? The mob is not satisfied. They want more.

I'm not saying he is innocent; but the medical examiner's report puts a question to his guilt. That should be enough to give all pause. But we allow a biased media to form our thoughts instead of the truth.

"Righteousness exalteth a nation; but sin is a reproach to any people." (Prov. 14:34)

To be a righteous nation we must be just. This is not justice.

This is mob rule. Mob rule was despised and feared by all who founded our country. We must be a nation ruled by law or not a nation at all.

STRATEGIES

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voting accordingly, we all became political pundits. We all became commentators and experts. We all got caught up in the D.C. mess.

In fact, draining the swamp dominated our thinking more than reaching our neighbors with the gospel of Jesus. (This does not apply to all of us, but it does apply to many of us.) And rather than us majoring on the majors in our own worlds – prayer, devotion to God and His Word, holy living, being godly witnesses, seeking personal and corporate renewal, strengthening our marriages, pouring into our kids – our consuming focus became political.

As John Burton recently wrote, "It has been sad to watch Christians adopt an aggressive, flesh-driven political spirit. What looks like brash boldness is actually a manifestation of fear as the blood seeps out of their tender hearts and into their fists.

"Many have shifted from an emphasis on faith, intercession, worship, revival and awakening to blasting opinions on politics and culture. Yes, we must not avoid confronting the spirit of the age with a sharp anointing, but that's not what we are mostly seeing today."

And this brings us to the crux of the matter.

In short, if America is to be saved from destruction, each of us must do our part. There must be a holistic push-back against the increasingly radical leftist agenda.

We must give ourselves to both the spiritual and the practical. We must stand for what is right both culturally and

politically. But we cannot swing to extremes, either the extreme of a hyper-spiritual, other-worldly, pie in the sky type of pietism – or the extreme of a hyper-national, partisan-driven, politics-first mentality.

In the past, our lack of political engagement hurt the nation. More recently, our over-involvement hurt the nation again.

So, let's get in our proper lanes, let's get our individual assignments, and with the help of the Spirit, let's do what we can to bring about positive change on a daily basis. Then, when it's time to vote or contact our elected officials, let's do that as well.

But let the politicians fight the political wars, and let us fight the cultural and spiritual and practical wars where we live and work every day.

After all, you can't impact the vote on H.R. 1 or H.R. 5 by engaging in endless online debate on social media. But you can impact the life of your family or friends or neighbors or coworkers in a multitude of different ways. And, by engaging in serious prayer and fasting, you can impact the fate of the nation.

The hour is urgent. The future of America is at stake. But spending our time mocking Biden or criticizing the GOP establishment is not the way to stave off the danger.

Let's go back to our spiritual roots, to our real strength, to our ultimate calling.

We do have effective, gospel-based weapons. Let us use them effectively without abandoning the political front. It's a matter of priorities. It's a matter of first things first. This is how America can be saved from oblivion.



To Whom It May Concern

I am a 17-year-old 4 sport athlete. I participate in cross country, wrestling, track, and softball. Since wrestling is not a sanctioned sport through the Iowa High School Girls Athletic Union (IHSGAU), the girls and boys wrestle together in practices and at meets under the boy's athletic association, Iowa High School Athletic Association (IHSAA). We have been fighting to get the IHSGAU to get wrestling sanctioned for girls to make it more fair for everyone. Because they keep pushing off sanctioning, the IHSAA has designated that some tournaments are to have divisions for girls only because they understand the importance of having females wrestle other females and the disadvantage that females face when they are made to wrestle males.

This has been a good alternative for the past 2 years for us female wrestlers. We are able to do the sport that we are passionate about and have a more fair opportunity because we no longer must wrestle against males that are biologically and scientifically stronger than us. This is something that is at risk though because of bills like the "equality act" and policies like those of the state of Iowa whereas students can participate according to the gender that they identify as. It is not right that we are fighting the IHSGAU for our rights to have a sport sanctioned for girls to be able to only compete against girls, and now we have to worry about males identifying as females infiltrating it. Why even have separate sports at all if you are not going to respect the scientific differences between natural males and females?

When placed against boys that have the physical advantage, it not only is unfair, but it is also unsafe. Natural born males are at the advantage because they have a greater lung capacity, greater bone mass, greater muscle strength, and stronger ligaments just to name a few, and no amount of hormonal therapy or surgery can completely change these differences. Placing girls and against boys puts girls at risk of injury due to these differences. Having had to wrestle the boys because the IGHSAA has failed to sanction girls wrestling, I understand the danger that this puts girls in. I am lucky because the coaches I have make sure that I am always paired with someone at practice that is my physical equal and at meets, they only allow me to wrestle if I am going against other girls or if the boy is comparable to my physical strength. My coaches are not able to provide me this protection though when I have had to compete against a natural male identifying as a female. This wrestler was competing as a female in a designated female division, so it was not until my match was over that we realized they were in fact not a natural born female which explained why I felt so over-powered in upper body strength (unlike what I have ever felt against another female wrestler). If the Equality Act is passed and we don't have legislation to protect girls from having boys in sanctioned girls' sports, then even once girl's wrestling is sanctioned, all girls will have to worry about this scenario and not be given the option to opt out of competition against natural males.

Wrestling is not the only sport that having natural males competing against natural females is unfair. The differences, I stated above, put natural males at an advantage for all physical competitions. For example, my times in track are in the top 60 of all Iowa girls, and I would not even be in the top 300 for

boys. These types of policies are going to discourage girls from even wanting to participate in sports.

My dream for the past 3 years has been to wrestle in college and then go on to fight MMA, hopefully UFC. However, I am now reconsidering this dream because I worry about having to fight against natural born males. I look at fighters like Fallon Fox who self-identify as female and have seriously injured other female fighters. Yes, I am putting myself at risk just fighting other females, but the risk is extremely amplified should I have to face natural born males. It is heartbreaking that I may not ever get to fulfill my dreams because of the fear associated with being forced to fight natural born males.

In short, females have been fighting for our rightful spot in sports. 49 years ago, Title IX helped us gain that spot by ensuring that we are able to compete against other females that are our equals in biological composition. The "Equality Act" will reverse all the ground that we have made as females. It is not fair or just to take away the rights of natural females to have an equal playing field against other natural females or their right to safely pursue their dreams in athletics all to cater to the rights of trans athletes. There must be an alternative to allowing natural males to compete against natural females. Taking away rights from one group for the appeasement of another is not the answer.

A Concerned High School Female Athlete

Dear Editor:

Most, if not all people will agree that "The best government is the government closest to home," so please allow me to remind your readers, especially the voters, that the

■ Please see LETTERS page 23

Adventure, learning await your child

Whether looking for summer enrichment, spiritual growth and maturity, adventure or sports, there are hundreds of options for area parents looking at summer camp opportunities. Each year, from sea to shining sea, over 10 million kids head off to find adventure during the hot summer months. Some stay close to home and attend a day camp. Others pack a duffel bag and bug spray.

Summer camp has been an American tradition for 150 years. Until 45 years ago, when air-conditioning became common in American homes, summer camp was an escape from hot city summers, which were miserable and, it seemed, unhealthy for kids. Leaving for the country became popular with kids and parents. During WWII, with millions of moms at work in the war's industrial effort, summer camps were encouraged in America's large cities where law enforcement was stretched by so many officers having been drafted, and many dads away from home—working extra shifts or serving in the armed forces.

Today, America's kids are much more pampered, and summer camp isn't related to the survival of the nation. Kids have different reasons for making camp a part of their lives.

If you have narrowed your choices for camps down to two or three, how do you make the final decision?

Sara Coats with Camp Eagle Summit at Summit Christian Academy in Lee's Summit, says it's about the parents and not just the kids.

"Parents generally choose a camp they feel comfortable with, after weighing many things including safety."

Coats says you must also weight the uniqueness of the camp and what opportunities it provides. "For kids, though, it's a different story," she says. "Kids are looking for fun!"

But parents realize that kids need structure that allows them a variety of summer-related activities like a pool. "Kids wax nostalgic about summer camp when you talk to them," she says, "much like parents remembering their own camp experience."

Collin Sparks, director at Kanakuk Camps in Branson, says parents should consider additional information, like staffing.

"We look for young people who love the Lord and have a consistent walk," says Collin. "We want staff who love kids and believe in the next generation."

Sparks says that Kanakuk staffers are active and have high energy. "At Kanakuk, we know that it is a high calling to work with kids."

So what exactly are the benefits of summer



camp? Whether you are looking at a day camp or away camp, secular or spiritual, they often share similar factors for consideration

TO MEET NEW PEOPLE

For many, camp allows kids of all ages to meet their peers from different walks of life, different states or even different countries. It's a great way to make cool new friends and learn about different places and cultures. In an interview with PBS, one girl, Michiko, 13, explained it this way: "I loved camp. I met this girl named Manny who lives in New York (I live in New Jersey) and she is cool. She speaks Spanish and I speak Japanese. We taught each other words. We liked to swim in the pool a lot. She was a really nice girl. We are going to camp again this summer."

TO TRY NEW THINGS

Modern camps offer amenities not found even 40 years ago. Now you're likely to find extravagant water sports, activities and games you are not likely to find in your backyard. You might try archery, sailing, pottery, dance, obstacle courses and a hundred other cool things. Today there are day camps designed around special interests. Kansas City's Union Station offers a popular Science Camp to encourage tomorrow's future engineers, doctors, researchers and teachers. Science City brings out the best in kids ages 6 to 12 and allows them hands-on fun that provides just as much learning as in the classroom but with a tremendous "wow" factor.

Science City has plugged into kids who realize staying home and doing "the

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. fbctoepka.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 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

same-old, same-old" can be boring, and camp can let kids mix things up. It is unlikely that your child will be bored at a summer camp.

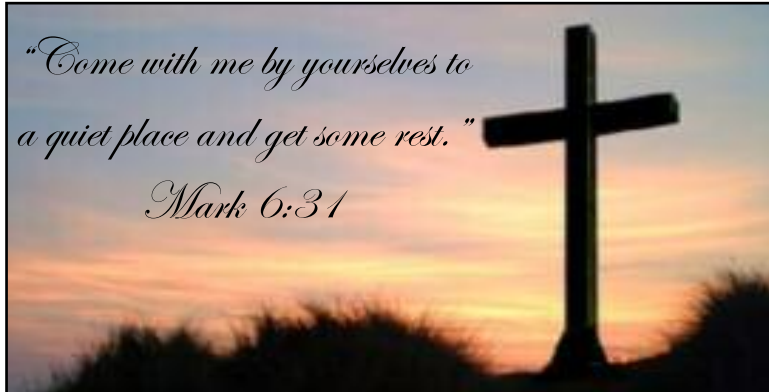
TO CHALLENGE YOUR KID

Not all the things that kids do at camp are easy—they're not supposed to be. Fresh challenges -- like trying new sports, learning new crafts and games, or pushing your child to achieve something

-- can be very rewarding. One girl was excited at learning a life skill. "I went to summer camp and I passed my swimming test! I can barely swim, so it was a big accomplishment. I felt great afterwards."

TO APPRECIATE NATURE

There's a great big natural world out there, and going to camp helps kids learn how beautiful and important it really is.



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Without trees, soil, water and wildlife, the Earth (and all the people on it) couldn't survive, and getting out into the woods, lakes and wide open spaces can give you a better understanding of how the web of life works.

TO GET A CHANGE OF SCENERY

Sometimes it's important to get away from familiar territory and find a "new place". Camp offers the perfect opportunity to make a fresh start, see and experience a variety of things, and find out how you think, feel, and act outside of normal surroundings. Many kids welcome it as a great get-away from older or younger siblings not to mention all the drama that goes with friends. Attending camp often allows kids to blossom and gain self-confidence outside of "comfortable" settings of family and friends.

For many the experience may be the first time away from home. What are the markers for younger children to stay overnight?

Matt Garcia, director at the YMCA of the Ozark's Camp Lakewood near Potosi, Mo., says parents should look for in their child an eagerness to attend and desire to try new things.

"If the child makes friends at school easily and is socially active," says Garcia, "They're a good candidate for summer camp."

Garcia says the Y's camps are designed to help kids who are weak in these areas. "We help them to be successful in independent experiences."

Collin Sparks, with Kanakuk, agrees. "It is different for each child. I would like for kids to want to explore, confident to do new things, and willing to reach out and make friends."

TO LEARN NEW SKILLS

All the activities and instruction at camp are great opportunities to learn something new -- such as pottery, sailing, tap dancing or building bridges like at a day camp at Science City -- that could end up being their favorite hobby.

Away camps can also help kids develop important life skills like independence, self-reliance, and confidence. Since you'll be living with a whole group of people, it's also a great way to learn about cooperation, compromise, and tolerance.

PURPOSE

Many churches and denominations offer summer camps and Vacation Bible School opportunities. There are also para-church organizations that serve several denominations. For Christian parents this is often the most important aspect of summer camp--an opportunity for a child to take ownership of their faith outside the expectations of parents or friends. Ownership is essential for children carrying their faith into their 20s and traversing the rocky road of college and young adulthood. Camp offers times of introspection, prayer and an opportunity to really hear what God is speaking.

"Kids wax nostalgic about summer camp when you talk to them..."
SARA COATS

WHAT TO EXPECT WHEN YOUR CHILD COMES HOME

All of the camp directors interviewed agreed that summer camp is about changing lives. Those changes are most visible to the parents when they pick their children up.

"Camp is an investment by parents in their kids. When they pick them up, they see that they are more confident and independent," says Sparks at Kanakuk. "Parents see that new friendships have developed. They see spiritual growth in their kids. When they see this, it has been a successful camp experience."

For kids attending a day camp not focused on spiritual themes, it means the child returning home with a renewed love for learning, an interest in something totally unexpected by the parents and which may not have been nourished if it were not for a summer experience.

INTENTIONAL PURPOSE

All of the camp directors shared that it's about intentionality. Realizing that you may have this child just one summer and that a connection needs to be made whether it is encouraging a nurturing a sprouting faith, or encouraging an interest in something not available in their

regular environment.

"It really is the intentionality," says Sparks. "There have been 300,000 campers come through our program. We are intentional in small things, activities, and safety and most importantly, spirituality."

For Matt Garcia at Lakewood, kids are intentional in what they want to experience.

"What are the goals of camp for kids?" asks Garcia. "There are three things that

kids want: to have fun, learn something new, and make friends. Its the same goal whether they are 10 or 16--just different experiences. If they do those three things, I feel that the kids had a great summer."

For Coats and Camp Eagle Summit the intentionality affects all activities from fun to seeing Christ. "We want to share the Word of God--even over a pop-sicle!"



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7 Steps to Save Money on a Remodel

Every homeowner has a defined budget he or she can allocate toward a remodeling project. Even if funds were unlimited, it's still in a homeowner's best interest to secure the best value for each dollar invested in a remodeling project, ultimately increasing the value of the home.

Consider these tips from the experts at the National Association for the Remodeling Industry to help save money on your next project.

1. Determine how far your budget will go.

Create a wish list of everything you want to accomplish. Disregard cost and simply write down everything you can dream of. Prioritize items from "must haves" to "nice but not necessary." Find a contractor who will work with you to determine whether your wish list is attainable for the funds you are willing to invest in your home.

2. Decide how to handle budget overages.

If you can't get far enough down the list with the available money, you could choose to stop the process and continue saving, investigate financing options, re-evaluate your wish list or consider material substitutions.

3. Make material selections



you can afford.

Every project will have a set of required materials, but there are options when it comes to variety, style and quality.

- **Cabinets:** Subtle changes like forgoing custom rustic cherry cabinets with plywood cabinet sides for regular cherry cabinets with furniture board sides can achieve the same look at a lower cost.

- **Countertops:** Natural stone and quartz countertops are popular, but advances in the design options for lower-cost countertop materials have rejuvenated their popularity, too. With the proper usage and protection, nearly all countertop materials can support your everyday needs.

- **Millwork:** Painted millwork has dominated the market for many years and solid maple is

the preferred choice because the tight grain allows for a beautiful, smooth surface. However, the cost is multiple times that of vinyl and equally appealing when finished properly.

- **Flooring:** Advances in synthetic materials make them difficult to distinguish from natural products. Synthetics generally come with lower cost and more durability, making them a simple substitute for natural products like stone, wood, brick and marble.

4. Pay attention to project details.

It's critical to ensure every detail of labor and material is specified in the agreement with the remodeler. If it's not included in the written agreement, it's likely not included in the work scope. Ask your remodeler what labor and materials are not included and determine what additional expenses you'll likely incur to complete the project.

5. Ask how you can help reduce costs.

Talk to your contractor about tasks or materials you can provide that would reduce the project cost without affecting its schedule. This might include jobsite clean-up or obtaining certain materials the contractor would otherwise spend considerable time securing.

6. Plan ahead for project timing.

Ask for a potential timeframe for completing the project, as well as any factors that could affect the schedule so you can anticipate costs such as eating out more often while the kitchen is being renovated or renting living or storage space.

7. Know how you'll resolve disputes.

Because of the unique stresses induced by remodeling projects, it's a good idea to determine before you begin how disputes will be resolved, such as adding an arbitration clause to the agreement that eliminates expensive legal representation. A few deep breaths and a solu-

tion-minded approach can also save more than money if conflict arises.

Find more money-saving advice for your next remodeling project at remodelingdoneright.com.

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What Homeowners Need to Know Before Refinancing

With mortgage rates hovering near three percent, experts say there are still a number of homeowners who could benefit from refinancing. In fact, borrowers who refinanced in 2020 to lower their mortgage rate saved over \$2,800 in mortgage payments annually, according to the latest Freddie Mac research.

“While today’s low mortgage rates have fueled a refinance boom, it’s been driven mainly by higher-income borrowers. With millions of borrowers eligible to refinance, lower- and middle-income borrowers who could stand to benefit the most from refinancing might be leaving money on the table,” says Sam Khater, Freddie Mac’s chief economist.

To determine whether refinancing makes financial sense for you, it’s essential to first understand the basics. Here’s what to know about



the refinancing process:

- **Understanding refinancing:** When refinancing your mortgage, you are essentially applying for a new mortgage with the goal of securing a loan with better terms than your current one. Primarily, people refinance their mortgages

for three reasons: to lower their interest rate, to switch from one product to another (i.e. switch from an adjustable-rate mortgage to a fixed-rate mortgage) or switch to a loan with a shorter term.

- **Determining refinancing costs:** While refinancing can save you

money, it isn’t free. Just as there are closing costs and associated fees with your current mortgage, there are related costs to refinance your loan. To get a sense of what refinancing could cost you, use Freddie Mac’s refinance calculator, which is available at calculators.freddiemac.com.

- **Knowing your options:** The refinancing option that is best for you will depend on your financial situation and goals. The most common option is to refinance the remaining unpaid balance on your mortgage. Through refinancing, you can improve your financial position by shortening your term or locking in a lower interest rate. Your lender will be able to discuss refinancing

options with you and help determine the best solution for your situation.

- **Closing your loan:** Closing on your new loan is the final step in the refinancing process, a procedure that is almost identical to when you initially closed on your current mortgage. During closing, it’s important that you take your time to read all documents carefully and ask clarifying questions. Once all of the closing documents are signed, you will have a new loan.

For more information on refinancing, visit myhome.freddiemac.com.

Remember, even with today’s mortgage rates near historic lows, it’s important to carefully evaluate your situation and your home goals with a housing counselor or lender.

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North Topeka activities include Chalk Walk

The redbud trees are blooming and there is no better way to spend your weekends than in NOTO, from the many murals, parks, shops and local food stops, to the many events for you and your families to enjoy.

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

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

Bring your own chalk or we'll have special locations where chalk will be set out throughout the district. This is a come and go all weekend event and this year we've added a competitive twist!

Kick off Chalk Walk weekend by bringing the family and coming down to explore the many businesses and galleries in NOTO during the First Friday Artwalk open 10am - 9pm. Grab some food or a drink, most restaurants are open until midnight or later! Come into the Arts Center and see the Quincy Elementary Student Art Exhibit and enjoy entertainment on the Kaw Valley Bank Stage in Redbud Park from 5-8pm.



Day two of Chalk Walk weekend features the NOTO Saturday Market from 10am-3pm at Redbud Park and NOTO Teeter Courtyard. This eclectic market offers artists and others a chance to sell their wares at select market areas. Visit businesses, see the vendors, and explore the area while enjoying a live performance on the Kaw Valley Bank stage in Redbud Park from 11am-3pm. Artist TBA. The Quincy Elementary Students will also be performing.

Think you might have some skills creating sidewalk chalk art? Want a chance to win some cool prizes for it?

Sign up at Amused Gallery (907 N Kansas Ave., Topeka) Categories for 12 and under, 13 and up solo artist, and group artists (2 to 4 persons).

Entry fee is \$10 for solo, \$30 for groups and free for 12 and under. Spaces will be assigned, some chalk provided but we highly recommend you bring your own.

Finish off Chalk Walk weekend by visiting the various murals and outdoor public art installations (over 20 have been added!), adding more chalk creations, and visiting the Quincy Elementary Student Art Exhibit in the NOTO Arts Center. Live entertainment will again be on the Kaw Valley Bank stage in Redbud Park from 11am-3pm.

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

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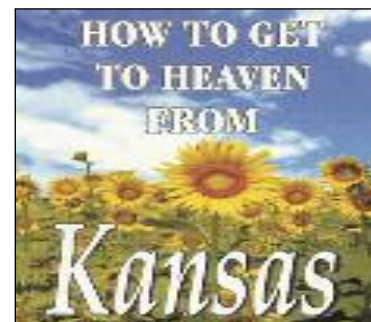
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life, 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.

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KANSAS PRAIRIE PICKERS - Fourth Sun. ea. Month, 1pm, Auburn Commu-nity Center. Foot-stomping, hand-clapping tunes. Concessions available
TOPEKA ACOUSTIC MUSIC JAM - First Sat. of ea. month, 3-5pm, Potwin Presbyterian Church
THE BERRYTON PICKERS - First Sat. of ea. month, 7-9pm, Berryton Baptist Church
GRAND O' PRY - 2nd & 4th Saturday, 6:30PM-pre-show, 7PM showtime, Ottawa Memorial Auditorium, 301 S Hickory, Ottawa
LIVE @ LUNCH - Wednesdays: 11am-1pm, Every Plaza downtown
BROTHERS BLUE - May 7, 7-10pm, The Vinewood 2848 SE 29th St
NO GOOD JOHNNY - May 21, 8-11pm, The Vinewood 2848 SE 29th St
STEVE KILE BAND - May 29, 7-10pm, The Vinewood 2848 SE 29th St
SCOTT HEIDNER & THE NASHVILLE GUYS - June 5, 8-11pm, The Vinewood 2848 SE 29th St
4CLOSURE - DANCE NIGHT - June 11, 8-11pm, The Vinewood 2848 SE 29th St
COWBOY, INC - DANCE NIGHT - June 18, 8-11pm, The Vinewood 2848 SE 29th St
CD RELEASE CONCERT EVENT WITH JAN KRAYBILL - June 20, 4pm, Grace Cathedral
STEVE KILE BAND - June 25, 7-10pm, The Vinewood 2848 SE 29th St
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FIRST WEDNESDAY WESLEY CAFE - First Wed., 6:15pm, Susanna Wesley UMC
FIRST SATURDAY BREAKFAST BUFFET - 7:30 AM - 10:00 AM, Shawnee Heights UMC
INSIDE OUT FELLOWSHIP - Every Saturday, 6:30pm. Faith Temple Church
CHURCH ON THE LAWN - May 2, 5pm, Topeka Bible Church
WOMEN'S EVENT - SPEAKER & AUTHOR TRACY STEEL - May 15, 1pm, Highland Heights Christian Church
TWO STEP DANCE LESSONS - May 25, 7-9pm, Crossroads Cowboy Church
GARAGE SALE - Jun. 3-5, 8AM-3PM, Faith Lutheran Church
FREE YOUTH CAR WASH - Jun. 5, 8AM-3PM, Faith Lutheran Church
SUPER KIDS SUPER KAMP: THE GAME PLAN - June 8-11, 9am-3pm, Fellowship Bible Church

VBS - Jun. 21-25, 5:15-8:15PM, Faith Lutheran Church
CAMP INVENTION - July 12-16, Topeka Lutheran School
SILVER LAKE FARMERS MARKET - Tuesdays 6-8pm, June 1-Sep. 7, Silver Lake Library
LAWRENCE TUESDAY MARKET - Tuesdays, May 4-Oct. 26, 4-6pm, South Park, 1141 Massachusetts
SHEPHERDS CENTER PICKLEBALL GROUP - plays Mon. & Wed. Mon. at Countryside UMC
TOPEKA SWING DANCE - Tuesdays, 7-8pm, Swing Dance Lessons
SAFE STREETS COALITION MEETING - First Wed. of the month, 11:45am-1pm, Great Overland Station
TOPEKA TWILIGHT LIONS BRANCH CLUB - 2nd Wednesdays, 6:30 pm, Madison Street Diner
COUNTRY AND BALLROOM DANCING - Thursdays 6-9pm, Croco Hall
SHEPHERDS CENTER LINE DANCING GROUP - meets 2nd & 4th Thur, 2-4 at First UMC
FIRST FRIDAY ART MARKET - Downtown and NOTO arts district
DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 3 to Nov. 7, 7:30am-noon
MOTHER TERESA'S FARMERS MARKET - Saturdays, July 3 - Sep. 11, 8:30-11:30am
LAWRENCE FARMERS MARKET - Sat. 7:30-11:30, 824 New Hampshire St
TOPEKA ACAPPELLA UNLIMITED AUDITIONS - Topeka Acapella Unlimited is looking for female singers
SQUARE DANCING - Shawnee Swingers has monthly dances and sponsors lessons in the Fall

HARVESTERS MOBILE FOOD PANTRY, 1st & 3rd Saturdays, 2-3pm, Shawnee Heights UMC parking lot
TERRITORIAL CAPITAL MUSEUM - Now Open, 640 E Woodson, Leocompton. (785) 887-6148
FREE MOBILE FOOD DISTRIBUTION - Fourth Tuesday through November, 9am, 1231 NW Eugene St
MAY. CYCLING EVENTS - Various cycle rides are offered by Kansas Cyclist
MAY. OUTDOOR ACTIVITIES - Outdoor events and activities
MAY DAY CRAFT SHOW - May 1, 9-3, Crestview Community Ctr.
KANSAS FOOD TRUCK FESTIVAL - May 1, 4-9pm, Warehouse Arts District
BLINTZ BRUNCH - May 2, 9am - 2pm, Temple Beth Shalom
TACOS FOR TEACHERS DINE TO DONATE - May 4, El Mexicali
RN CAREER FAIR - May 5, 3-5pm, St. Francis Campus
CAPITOL NATIONAL DAY OF PRAYER - May 6, 12pm, South Steps of the Capitol

WASHBURN TECH CAR SHOW - May 7, 9-2:30, 5724 SW Huntoon
NOTO REDBUD FESTIVAL CHALK WALK WEEKEND - May 7-9, 10am, NOTO Arts District
GRAND REOPENING OF GREAT OVERLAND STATION - May 7, 4:30-8pm
C5Alive "POWER" LUNCHEON - May 13, 11:30-1, Details to follow
Open to the public - Put POWER in your life with great food, great speakers and great company!
SAVE THE DATE: C5 POWER Luncheon, June 10, 11:30-1, C5Alive POWER Luncheon
VINEWOOD MARKET - May 15-16, 8-4 Sat. & 8-2 Sun
THIRD THURSDAYS: TOPCITY COMEDY - May 20, 8-11pm
ALL KANSAS SUMMIT - May 26 8am to May 27 Noon, First Southern Baptist Church

C5Alive Developing and Uniting Christian Leadership
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Membership open to all Christian businesses, non-profits, churches & individuals!
C5Alive POWER Luncheons are held 2nd Thur. each mo.
May 13, 11:30-1: "POWER" Luncheon at The Peak, 1930 SW Gage
Featuring Cecil Washington, Jr.
RSVP to info@C5Alive.org. Open to the public.
Jun. 10: POWER Luncheon: Donna Lippoldt, Culture Shield
July 8: POWER Luncheon: Details to be announced
For info: www.C5Alive.org or Facebook.com/C5Alive

TOPEKA SWING DANCE - Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson
TOPEKA TWILIGHT LIONS BRANCH CLUB - 2nd Wednesdays, 6:30 pm, Madison Street Diner
COUNTRY AND BALLROOM DANCING - Thursdays 6-9pm, Croco Hall
SHEPHERDS CENTER LINE DANCING GROUP - meets 2nd & 4th Thur, 2-4 at First UMC
FIRST FRIDAY ART MARKET - Downtown and NOTO arts district
DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 3 to Nov. 7, 7:30am-noon
MOTHER TERESA'S FARMERS MARKET - Saturdays, July 3 - Sep. 11, 8:30-11:30am
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BABY SHARK LIVE – June 6, 2pm, Stormont Vail Events Ctr. info@stormontvailventscen.com

TOPEKA YOUTH PROJECT GOLF CLASSIC – Jun. 11, Shawnee Country Club Golf Course. 8am shotgun. 7:30 registration. Lunch follows tourney. Cash prizes! Two \$500 closest to pin prizes! Call 273-4141 to register.

HEARTLAND MILITARY DAY – Jun. 12, 7am - 4pm, Museum of the Kansas National Guard, 125 SE Airport E. Dr. Free day of Military Equipment Exhibits, WW II Battle Reenactments, Civil War Artillery Drills, Band Concerts, Vietnam War Exhibits, Pancake Feed (7 to 10; Donations), Cookout Meal (11 to 2; Donations), and free admission to all Museum exhibits, inside and out. office@kngmuseum.org. 785-862-1020

SPIRIT OF KANSAS BLUES FESTIVAL – July 4, Reynolds Lodge at Lake Shawnee. Live music, kids activities, vendors, food trucks.

SHAWNEE COUNTY FAIR – July 22 - 25, Stormont Vail Event Center. Thursday thru Saturday at 8:00am – 10:00pm; Sunday at 10:00am – 3:00pm. Animals large and small, competition exhibits, vendors, and food trucks are available all days. Find all the information on the fair at www.shawneecountyfair.org

SOLE REASON GOLF TOURNAMENT – July 31, Cypress Ridge Golf Course. 8-8:30 AM registration, 9 AM shotgun. Solereason@yahoo.com or 785-338-2965 Benefits children that need sneakers. Lots of prizes and silent auction items.

YOUTH FOR CHRIST GOLF CLASSIC – Sep. 27, 11:30 reg.; 10:30 shotgun start, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or topekayfyc.org

TOPEKA FALL FEST – Oct. 9, 10am-3pm, at the Vinewood, 2848 SE 29th St. Come out and enjoy the live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Fun for the whole family, and admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such as Face Painting, Craft Stations, Photo Booth, Inflatables, Petting Zoo, Pony Rides, Ball Toss, Cake Walk, Trunk or Treat and more! We'll have a Health & Fitness Fair sponsored by Topeka Health & Wellness Magazine, featuring

Health Screenings & Fitness Demonstrations, Information & Educational Booths, Health & Safety Products and more. For more information, email info@C5Alive.org.

MEETINGS & CLASSES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

VIP LUNCHEON FOR SENIORS – Every Wed., 10:45 Bible Study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. For info: 785-224-8803.

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

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

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

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

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

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

TOPEKA GENEALOGICAL SOCIETY – 4th Thurs., 7pm, Topeka Shawnee County Public Library, 1515 SW 10th St. No program in Nov. or Dec. Promotes & stimulates the education, knowledge & interest of the membership & the public in family history, genealogical records & research. 233-5762 or tgstopeka.org.

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP – 3rd Thu., 11:30am, Northland Christian Church, 3102 NW Topeka Blvd. Christian financial professionals:

financial planners, accountants, attorney's & insurance agents invited. kingdomadvisors.org or Jim Hanna, james.c.hanna@ampf.com or 357-6278 x19.

TOPEKA (Downtown) OPTIMIST CLUB – Every Fri., noon, Top of the Tower. Serving the youth of Topeka. Anyone welcome. For info: 272-1099 or foforn60@yahoo.com.

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

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

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

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

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

SUPPORT GROUPS

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

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

ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion

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- Health & Fitness Fair
- Face Painting
- Kids Games & Activities
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- Inflatables
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- Cake Walk
- Trunk or Treat
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- Kids Games & Activities
- Pony Rides
- Petting Zoo
- Food Service & Snacks
- Crafts & Gifts
- Household Items & Décor
- Clothing & Accessories
- Mascots
- Business Info & Education
- Home Services
- School/Church Info & Education
- Archery, Bubble Soccer, Laser Tag, etc.
- Non-profit Services & Info
- Pet Care/Adoption Services
- Entertainment
- Trunk or Treat

HEALTH & WELLNESS MAGAZINE'S HEALTH & FITNESS FAIR:

- Safety Instruction & Education
- Health Screenings
- Health Information & Education
- Health & Wellness Products & Education
- Fitness Information & Education
- Gymnastics, Dance & Martial Arts Information
- Emotional & Mental Health Information
- Personal Safety Items & Education

FOR MORE INFORMATION, PLEASE SEND EMAIL TO: INFO@C5ALIVE.ORG

Volunteers also needed! Contact: Info@C5Alive.org or 785-640-6399

FIND US ON FACEBOOK FOR MORE DETAILS!

SATURDAY, OCTOBER 9, 2021 • 10 AM - 3 PM
The Vinewood is located at 2848 SE 29th St, Topeka, KS 66605 (North side of Shawnee Lake)

MAY 15 & 16
JULY 31 & AUG 1
OCT 2 & 3

VINEWOOD MARKET

TOPEKA, KANSAS

SAT: 8am - 4pm
SUN: 8am - 2pm

THE HISTORIC VINEWOOD
OUTDOOR FLEA MARKET & CRAFT FAIR

Outdoor flea market and craft fair at The Historic Vinewood. 5+ beautiful acres by Lake Shawnee.

TheHistoricVinewood.com

Reserve Your Vendor Spot at TheHistoricVinewood.com or call 785-260-6772

Join us for three Vinewood Markets in 2021 at **The Historic Vinewood**, located by Lake Shawnee. This outdoor / indoor flea market and arts & craft fair includes food trucks and cash bar. Each market features local and regional vendors.

Learn more: TheHistoricVinewood.com

DATES:
MAY 15 & 16 | JULY 31 & AUG 1 | OCT 2 & 3

HOURS:
SATURDAY 8am - 4pm | SUNDAY 8am - 2pm

Syndrome. Kay Lyn at KLCarlson20@cox.net.

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

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

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

Caregiver support group via Skype 9:30am every other Wednesday. Email Hayley Young at hdyoung@alz.org

or call 785.379.3067 for the meeting link and other info.

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

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

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

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

GRIEF SUPPORT – 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 Jerry 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, Pozee Education Center of Stormont Vail Hospital, 1505 SW 8th St. Serving anyone who has lost a loved one by suicide.

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

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

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

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

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

0505 or www.divorcecare.org.

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

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

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

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

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

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

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

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"I will do that when I get
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entertainment

‘Roe v. Wade’ may be first film to tell the history of the case with accuracy

The film *Roe v. Wade* tells the story of what many consider one of the most important cases in Supreme Court history. It's a tale told from an insider's dramatized perspective, that of Dr. Bernard Nathanson, a New York physician at the heart of this complex and multilayered story.

On Jan. 22, 1973, nine Supreme Court justices made abortion the law of the land in America. But the film doesn't begin there. That ruling was the culmination of a cultural struggle years in the making.

The film is unique in that Bernie (as his friends call him) narrates each twist and turn in the path toward *Roe v. Wade*'s legal outcome ... and takes us decades further, too, as he realizes with horror the tragic legacy of his life's work.

The story begins in 1949, after Bernie's girlfriend confesses that she's pregnant and wants an abortion. He finds someone willing to perform the procedure. But the blood on her dress when she gets out of the cab afterward tells us it did not go well. Indeed, she soon dies, resulting in Bernie's multi-decade personal crusade to help desperate women obtain safe and legal abortions. "I became a doctor to make sure no girl ever had to go through that again," he tells us.

By 1970, Bernie has connected with Larry Lader, whom he labels "the father of the abortion movement," a man personally mentored by Planned Parenthood founder Margaret Sanger. If Bernie's motivations seem deeply personal, Lader's seem darker. He'll stop at nothing to make abortion on demand the law everywhere—and he's more than willing to reap any financial benefits of the movement.

Lader and Bernie convince emerging feminist icon Betty Freidan to spearhead the cause. Soon, Lader's "pro-choice" movement fuses with Freidan's Equal Rights movement to form a potent force bent on granting women the right to abortion in the name of freedom, privacy and equality.

Lader expertly manipulates the media while Bernie pulls made-up statistics out of thin air to support their cause. But what's truly needed is someone to serve as a pawn in their legal strategy to take their battle to the



Supreme Court. With help of two fledgling lawyers in Dallas—Sarah Weddington and Linda Coffee—they find their mark: Norma McCorvey.

She's perfect, they say: young, inexperienced, a runaway with a criminal record, an alcoholic, a drug addict, a lesbian and a girl with only a 9th-grade education.

In other words, she's someone they can easily manipulate to accomplish their bigger goal of making abortion legal.

At the heart of this historical story are two interwoven philosophical questions: When does life begin, and does an unborn fetus deserve constitutional protection? We see both sides of this legal, ethical and theological debate play out here.

On the pro-life side, Robert Byrn is an articulate voice challenging anyone who suggests that life doesn't begin at conception. He's joined in the movement by the first black, female graduate of Harvard Medical School, Dr. Mildred Jefferson. Father James T. McHugh, a Catholic, also plays a pivotal role in energizing the emerging pro-life coalition.

On the other side, Bernie seems to be a sincere believer in his desire to help women (not unlike Abby Johnson in the movie *Unplanned*). At first, he believes he's helping those who have "nowhere else to turn." As the story unfolds, however, Bernie begins to have doubts about what he's doing—doubts that come crashing down on him when ultrasound technology enables him to see clearly what he's been doing for so many years. "It's a person!" he cries, hands covered with blood mid-proce-

sure, as he falls to the floor in tears.

Years later, he tells a *Washington Post* reporter that some part of him always knew that he had been embracing a lie, but it took literally seeing an abortion's horror through the lens of an ultrasound machine to make him see the truth.

The Supreme Court justices themselves aren't depicted in a flattering light. Chief Justice Warren Berger initially stands against *Roe*, but later flips to the other side of the argument. In the end, newly named Justice Byron White is the one of only two justices to vote against *Roe*. And we hear his strong, consistent opposition to abortion most clearly.

The film clearly engages us to ask the questions: "How does culture change over time?" and "What influences its currents of conviction to flow this way, or that?" *Roe v. Wade* is getting some fair press, too, with *NBC News* writing, "New '*Roe v. Wade*' movie isn't the propaganda piece critics allege."

We may think of cultural change as a vague, ephemeral thing that simply happens mysteriously in the swirling ether of society. But what *Roe v. Wade* reminds us is that such currents of change have a source. They flow from individuals and their commitment to ideas and ideals, for better or for ill.

In particular, the film shows us how two men—one driven by warped idealism, one propelled by murkier motives—radically impacted American culture with their behind-the-scenes advocacy for abortion. Lader and Nathanson understand how the levers of power work; this story shows us how they unabashedly pulled them, over and over again.

Roe v. Wade is a difficult movie to watch. For those who can absorb some brief horrific scenes this is an important film. Like *Unplanned*, *Roe v. Wade* takes what can devolve into an abstract debate and makes the stakes shockingly clear. It also reminds us, through one man's painful journey, that even if you've embraced a lie for much of your life, there's still time to turn around and make a redemptive influence in the lives of others.

—Adam Holz | Focus on the Family

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



What Lauren Daigle Learned From 'American Idol' Rejection

Before she was a Billboard-topping music star, Lauren Daigle tried out for *American Idol* — and got rejected before the semifinals. She says the experience taught her that what she was truly passionate about was not singing but worship: "My heart isn't connected unless it's worship. ... I just learned the importance of worship and making God like the focal point of everything."

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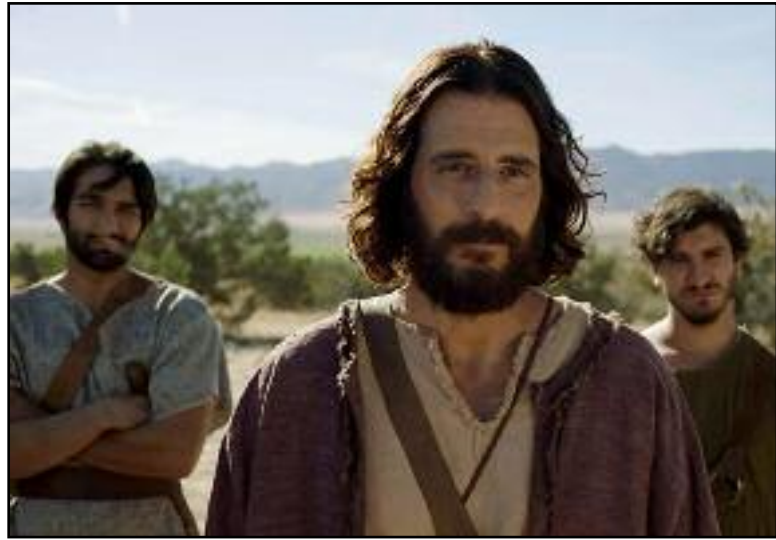
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'The Chosen' may be the best film or TV show about Jesus ... ever

By Michael Foust

The best new thing on television isn't on Netflix, Disney Plus or broadcast television. In fact, it isn't even on satellite or cable TV.

It's Season 2 of the Christ-centric series *The Chosen*, and it launched on Easter weekend at TheChosen.TV and several other platforms, including The Chosen app.

On Facebook alone, 1 million people watched the first episode.

On YouTube, 2 million people tuned in.

The series, directed by Dallas Jenkins (*The Resurrection of Gavin Stone*) and released by Angel Studios, tells the story of Jesus' life as viewed by the disciples He knew. The first episode of Season 2 focused on James and John, the sons of Zebedee. Season 1 included episodes about Matthew, Peter and Mary Magdalen, among others.

It may be the best movie or television series -- ever -- about the life of Christ.

The acting is top-shelf, the sets and costumes appear authentic, and the storylines are gripping. The series does take some artistic license with dialogue -- most Bible-based films do -- but nevertheless stays true to Scripture by basing each episode on one or two specific biblical scenes.

The series has been streamed more than 110 million times since it debuted in 2017.

The Chosen is the rare Christian project that has drawn high praise from seemingly every segment of Christendom -- Baptists and Methodists, Reformed individuals and Charismatics, Protestants and Catholics. It's even united two groups that seemingly never agree about films: those who love Christian movies ... and those who hate them.

It has a 100 percent score from critics at Rotten Tomatoes and a 99 percent rating from viewers.

Why is it so popular? Perhaps it's because it's easy to identify with the characters. You, too, are a disciple who has fallen short of God's glory. You, too, were desperate for the

Good News. You, too, needed the touch of Christ. And in each episode, we see someone impacted by those eternal truths.

Download *The Chosen* app, or visit TheChosen.TV.

Also worth watching this month:

Made in a Day (Disney Plus) -- Have you ever wondered how sneakers are made? Or helicopters? Or tractors? Or even hot sauce? If so, then this National Geographic series -- now on Disney Plus -- is for you. It's one of the most educational (and family-friendly) shows on television, and is similar to the popular series *Modern Marvels*. Each episode is 22 minutes. TV-PG.

Nate Bargatze: The Greatest Average American (Netflix) -- It's difficult to find family-friendly stand-up comedy, but Tennessee comedian Nate Bargatze provides it in this hilarious Netflix special. It was filmed outdoors during the pandemic, giving him the opportunity to tackle several timely topics. It's his second comedy special on the platform. TV-G.

Life in Color with David Attenborough (Netflix) -- British naturalist David Attenborough travels from the snowy Scottish Highlands to the rainforests of Costa Rica to show us how animals use the colors of nature -- that is, colors we can't see -- to survive. Special camera technology was used to capture the images. It's a three-part series, and a celebration of God's creation.

Star Wars Vintage Collection (Disney Plus) -- If you're a Star Wars fan who grew up in the 1980s, then you likely remember the animated and live-action specials that aired on broadcast television, such as *Ewoks* and *Caravan of Courage*. Those and other specials (including *Ewoks: the Battle for Endor*) are now on Disney Plus. Ratings vary per show.

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

Rock & Roll Preacher and Christian music icon Chuck Girard talks with Metro Voice

"Who'd ever thought I'd be a rock 'n' roll preacher, instead of just singing the blues? Who'd ever thought I'd be a rock 'n' roll preacher, singing my song so you could hear the good news?"

Something unexpected happened amid the social unrest and cultural turbulence of the late 1960s. Revival swept through the youth culture of Southern California, centered around Calvary Chapel in Costa Mesa.

"By a process of elimination and study, it was an organic process of the Holy Spirit directing and guiding us," Chuck Girard said. "We came out at the other end with the ultimate truth of Christianity. God took a bunch of hippies and changed a lot of things in music. It was from the heart, and it was not lorded over by executives. The 1970s were a great decade in Christian music."

The Jesus Movement, when Christians realized it was OK to have long hair and play rock music in church, continues to reverberate today. Few names are more synonymous with that momentous era than Chuck Girard. As a founding member of Love Song, widely regarded as the first Christian rock band, and later as a solo artist, he is known for such songs as "Rock & Roll Preacher," "Little Pilgrim" and "Sometimes Alleluia."

Girard recently spoke with "Metro Voice" about his newly released book, "Rock & Roll Preacher," from his home in Franklin, Tenn.

"It's all from my point of view as I lived it, which is the best kind of history," he said. "People who lived it should write it. It covers so many aspects of my life that were interesting, such as starting the Vineyard church in my living room. Who knew that would happen? I was able to be on the ground floor of what would become contemporary Christian music, which we called Jesus music back in those days. The book is about my own experiences as these things shaped my life."

"Rock & Roll Preacher" has been a work in progress for more than four decades.

"About 1980, I got this prompting from the Lord that I resisted," Girard said. "I asked, 'Why would he want me to write my story? I'm not that famous.' I actually started writing on yellow legal pads on airplanes, which shows you how far back that was. I have been working on it piecemeal over the years."

About five years ago, he became more serious about completing the manuscript.

"I was writing the book in what I call stream of consciousness," Girard said. "I wrote down everything I remembered, put it all together and began to edit it down and shape it. When I got done with my first draft and read it, I thought, 'Wow, this is a pretty interesting story.' I still didn't know what to do with it. If it were up to me, I still wouldn't write my story, but without sounding hyper-spiritual, I really felt prodded by the Lord throughout the whole process to do this book. I feel God is going to use it in some powerful ways."

With the help of a collaborator, he finally released the book this spring. He hopes readers will take away three messages:

- "First of all, it's a testimony. There is nothing I do in any of my artistic endeavors that does not include evangel-



Girard in the early 70s.

ism. It might be indirect, but that's the focus of anything I do creatively, whether a DVD, a song or a book. My hope is that people will be touched by my testimony. I try to be real about my quest for God and how I found Jesus in my life."

- "Number two is my struggle with alcohol addiction. I struggled with whether to make that a part of the main narrative. I thought if I put it in real-time, it would become a book about my addiction, and I didn't want it to be that. I covered that in an appendix at the end to let people know how devastating it was. If someone is going through the same thing, they can see that someone like me can experience the same battles and struggles, and yet we can overcome."

- "Finally, one of the best parts of the book, which we added at the end, is how you come to know Jesus. It's more about what it is not to receive Jesus. It's not going to church or being a good person; it's about smashing some of the preconceived notions people have, such as 'I'd better clean up so I can find God.' The actual process is to find God, and He will clean you up."

"Hopefully, the whole package put together will minister to people's lives," he said. "Otherwise, just as a song would be, it's just clanging brass."

Despite the challenges of the pandemic, Girard continues to minister through his music. He performs once a month on Facebook, and he is working on his first new studio album in many years. As churches reopen, he also is booked for several live performances.

"It's been an adventure to watch God provide for us and provide opportunities to minister," he said. "The interesting thing is that God keeps it going regardless of whether I have something on the calendar or not. We have always watched him be faithful in providing for all of our needs over the years, but it's more dramatic now. Ironically, I have more peace now than I did before. Now my eyes are off the calendar, because there is no calendar. It's all God."

Decades after helping launch contemporary Christian music, his songs continue to resonate.

"I'm always amazed at how much activity there still is on my Spotify account and how often people respond on Facebook," he said. "I think it's more my generation, although there are some kids who are interested in the historic music. Most of the audience are people who were into the music or their parents were. There still are people who order physical copies off Amazon. I'm surprised that there is as

much interest as there is."

Along with completing the book and recording a new album, Girard also is working on a documentary film about Love Song. Filming is complete, and producers are raising funds for editing.

"Rock & Roll Preacher" is a valuable resource for anyone who wants to understand the lasting influence of the Jesus Movement, learn the history of contemporary Christian music or simply read a compelling biography.

"In working on the book, I would always take the approach of 'What if this were fictional?'" Girard said. "If Chuck Girard were just a fictional character that you dreamed up, would this still be an interesting story? I believe it is. I think it would stand on its own, even if it weren't an actual biography."

"We were just a bunch of people trying to work out our salvation. There is no preaching in it. It's a non-threatening read if you are a seeker. If you are a seeker of any kind, I think it would be an excellent book."

If you consider taking a look at "Rock & Roll Preacher," remember Metro Voice is an Amazon Affiliate. Just click on the book cover below.

Learn more about the Love Song documentary project or make a tax-deductible contribution at www.lovesongtheband.com.

Find out more about Chuck Girard or book him for a performance at www.chuckgirard.com.

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7 Simple Steps to Improve Your Health

Our society faces an epidemic because over half of Americans live with a chronic illness and a third suffer from obesity. Does your health or weight impede you from having a healthy, bountiful life? If yes, the seven steps outlined in this article will help you improve your energy level, clarity of mind, and lose weight naturally.

What caused this epidemic? I believe it is the foodlike substances that manufacturers entice us to eat. Instead, we need to eat the foods God created for humans. God gave you a glorious body that is programmed to heal itself if you provide it with the proper nutrition he intended.

Step 1. Decide to improve your health through proper nutrition.

The decision to improve your health and well-being is very personal. No one can make this decision for you, it is your choice. But I hope you will choose to improve your health by changing what you eat.

Step 2. Acquire knowledge to help make a lifestyle change.

Learning which foods are harmful versus beneficial is crucial in sorting out what you should eat. For example, most oat, soy, corn, and wheat crops in the US are GMO Roundup Ready crops whereby the carcinogen, glyphosate (active

ingredient in Roundup) is used on the crops as the farmer deems necessary. Therefore, you could consume glyphosate residue if you eat foods containing these ingredients unless they are organic.

Sweets and refined carbohydrates are addictive and harmful to the human body. The food industries spike our foods with sugar, and this causes us to become addicted. In addition, as the whole food is processed it is stripped of its nutritional value to extend its shelf life which increases the food industries profits but depletes our health.

Step 3: Clean out the pantry and refrigerator by removing unhealthy foods.

Remove unhealthy foods from your kitchen, so you are not tempted to eat them. Some unhealthy foods include wheat, sugar, corn syrup, white rice,



artificial sweeteners, processed meats, processed foods, margarine, milk products, and soft drinks.

Step 4: Purchase healthy food.

Plan your menu and grocery list and buy healthy foods. I post menus, recipes, and corresponding grocery lists at HealthyLivingSeriesBlog.com. God gave us a vast variety of fruits, vegetables, nuts, seeds, and grains to nourish our bodies. These wholesome foods can replace processed items that the food industry wants us to consume.

Step 5: Begin changing your eating habits.

Now that you cleaned out the pantry, bought nutritious food, and planned your menu, start weaning yourself off harmful products. Only drink water and a glass or two of tea or coffee. Stop eating wheat and any processed foods.

Step 6: Prepare and eat foods differently than you did before.

Follow the healthy eating guidelines listed below:

Buy organic fruits, vegetables, and meats.

About 50 percent of your food should be fresh, organic vegetables.



Eat one fresh, raw serving of a low-glycemic fruit per day. Low-glycemic fruits include green apples, berries, cherries, pears, plums, and grapefruit.

Do not always eat cooked foods. Eat a couple of servings of raw vegetables every day. Eat a salad for lunch with nuts, meat, or an avocado. When eating out, order a salad or coleslaw as sides since both are raw.

Plan for 25 percent of your food to be an animal or vegetable protein such as beans, nuts, and lean meats. Fish is especially nutritious.

A variety of different nuts and seeds are excellent sources of protein, minerals, and essential fatty acids.

Eat nontraditional grains such as quinoa, amaranth, pearly barley, and oats.

Step 7: Improve your health

through continuing this new lifestyle.

As you incorporate these seven steps into your life, your energy level and health improve, and you lose weight. Live the abundant life Jesus wants you to experience by continuing this lifestyle change for the rest of your life.

Jesus told us, "The thief's purpose is to steal, kill and destroy. My purpose is to give life in all its fullness" John 10:10 (NLT). Are you living life to its fullness? If not, are you ready to take steps necessary to birth a new you? May God bless you on your journey to improve your health.

—Susan U. Neal | cbn.com. Neal is the author of *7 Steps to Get Off Sugar and Carbohydrates*

WISDM Trial: Help For Older Diabetics

People with type one diabetes are at risk for hypoglycemia, a dangerous drop in blood sugar that can cause confusion, seizures or loss of consciousness. Monitoring blood sugar levels has traditionally required a finger prick several times

a day. Now, researchers want to know if older adults will adopt new technology designed to improve blood sugar control. WISDM Trial.

When Pat Wloch hits the nature trail near her home, she's never without two things: her smartphone and

glucose tablets. Pat has type one diabetes and unpredictable blood sugar levels.

"I'm what people used to call a brittle diabetic. I can be 150, 200, and then a half an hour later, I can be 40," Pat Wloch shared.

Pat manages her diabetes with the help of a continuous glucose monitor, or CGM, and an insulin pump. A tiny sensor on her abdomen measures glucose levels; a wireless transmitter sends the information to Pat's smartphone.

Pat was part of the WISDM trial, Wireless Innovation for Seniors with Diabetes Mellitus. One group used glucose monitors—the other used finger sticks and test strips to track blood glucose changes.

"People who had the continuous glucose monitor had less hypoglycemia, had fewer low blood sugar reactions, no matter how we defined it," explained Richard Pratley, MD diabetes program head at AdventHealth Translational



Research Institute and medical director at the AdventHealth Diabetes Institute.

The study also found 81 percent of the adults assigned CGMs were still using the devices full-time, six months later.

"There's this kind of bias that older individuals are not adept with technology and we proved that wrong," Dr. Pratley exclaimed.

"I like using it on my phone just because the phone is with me all the time," Wloch shared.

A lifeline that instantly shows Pat's levels, no matter where she goes!

Continuous glucose monitors have been used by diabetes patients for the past decade, but not all CGMs are covered by Medicare. A proposed federal rule to cover all CGMs may soon allow people with diabetes more choice in the type of diabetes technology they are able to use. That change may take place this spring.

—Ivanhoe Newswire



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10 Proven Ways to Keep the Mind Sharp as You Age

Just as exercise improves your physical health, brain workouts strengthen your mind, boosting your memory and thinking skills. Even better, it's never too late to begin exercising your most important muscle. Read on for 10 easy ways to stimulate your brain.

1. Exercise for a healthier mind

Your mind and body are interconnected so, often, what benefits the body benefits the brain. Regular exercise, even taking a simple walk, goes a long way toward improving your memory and cognitive skills, according to Dr. Scott McGinnis, an instructor in neurology at Harvard Medical School.

In fact, the foot's impact during a walk sends pressure waves through the arteries, increasing blood flow and resulting in a healthier mind, according to researchers at New Mexico Highlands University. Try adding some of these physical activities to your daily or weekly routine to boost blood flow to your brain:

- Hiking on nearby nature trails
- Tennis or pickle ball
- Walking your dog
- Yoga or tai chi
- Water aerobics

2. Read for intellectual stimulation

In a study in the journal *Neurology*, regular reading and writing in late life reduced the rate of memory decline by 32%.

Make reading more of a habit by:

- Joining or starting a book club through your church, temple, or local library or bookstore.
- Reading to your grandchildren in person or via FaceTime or Skype.
- Subscribing to a favorite magazine or local newspaper.
- Setting aside a time each day for reading.
- Reading only what you like — it's OK to give up and choose something else.



3. Eat healthy to stimulate your brain

You may know that nuts, fish, and red wine have been linked to a healthy brain. For an extra brain boost, try including these foods in your diet, suggests Healthline:

- Salmon is filled with Omega-3 fatty acids, major building blocks of the brain.
- Green tea improves alertness and focus. It's rich in polyphenols and antioxidants, and has been linked with a reduction in the risk of Alzheimer's disease and Parkinson's disease.

• Eggs have many nutrients tied to brain health such as B6, B12, folate, and choline. Choline helps create a neurotransmitter called acetylcholine, which helps regulate mood and memory.

• Blueberries have antioxidants, which have been shown to improve communication between brain cells, delay short-term memory loss, and reduce inflammation.

4. Strive for good posture

If your mother or teachers told you to sit up, they were right — maintaining an upright posture improves circulation and blood flow to the brain. Here are three ways to improve yours:

- Sleep with your spine aligned: Sleeping on your back or side is generally less stressful on your spine, according to Cleveland Clinic. In back sleeping,

gravity keeps your body centered over your spine. If you sleep on your side, keep your head in neutral posture with your chin straight ahead.

• Improve your balance: Staying balanced reduces the risk of falls and benefits the spine. Try online or in-person yoga for beginner's classes to improve balance.

• Maintain a healthy weight: Carrying extra weight adds stress to your muscles and makes it more difficult to maintain proper posture.

5. Get plenty of sleep to improve memory

Sleep problems can lead to trouble with memory, concentration, and other cognitive functions, says the National Institute on Aging. Memories and newly learned skills move to more permanent regions of the brain while you sleep, according to the National Sleep Foundation (NSF). This makes them easier to recall.

Adults 65 and older should aim for seven to eight hours of sleep each night, says the NSF. If you're between the ages of 26 and 64, seven to nine hours nightly is a good goal.

Struggling to get to, or stay, asleep? Try these tips:

• Stay consistent: Pick a bedtime and stick with it — a routine will help you sleep better overall. This also includes setting a regular time to wake up on weekends.

• Avoid heavy food: Large serving sizes can irritate your stomach, causing you to lose sleep. Instead, when you're hungry at night, have small snacks like nuts or slices of fruit.

• Limit stimulants: Try to avoid coffee, cola, cigarettes, and chocolate for up to four to six hours before bed.

• Limit alcohol: Alcohol disrupts REM and slow-wave sleep, which are important for memory. It's best to avoid alcohol four to six hours before bed.

6. Play games or draw

Paint, color in an adult coloring book, or grab a pen and paper and draw. Whether it's a masterpiece, or a mere doodle, making something artistic is an intellectual workout.

Games are another simple way to sharpen and stimulate your mind. Here are a few fun games for your brain:

- Sudoku
- Chess
- Scrabble

• Trivia

7. Listen to music or play an instrument

Many people find listening to or playing music enjoyable, but that's not the only benefit — it also improves memory function in older adults, according to a 2019 study in *Frontiers in Psychology*. Finding your favorite tunes, or learning to read or play music is easier than ever thanks to versatile platforms and technology:

• YouTube: A classic way to search for your favorite songs, music videos, or instrument tutorials. You can listen to your favorite songs while learning to play them.

• Spotify: A popular platform that includes new and older songs from all around the world. Create playlists easily, and listen to your favorite songs anytime you want.

• Pandora: Stream music for free and check out new artist or song recommendations. You can easily discover new music based on artists you already like and build your catalog.

• Take Lessons: Schedule a lesson online or in-person with an instructor at a price that works for you. Group lessons are available too, so you can learn with loved ones.

8. Learn a foreign language to boost cognitive functioning

Even if international travel isn't in your plans, learning a new language can be beneficial. It improves cognitive functioning in older adults, according to a review of several studies in *Frontiers in Human Neuroscience*.

9. Find a new hobby to strengthen your brain

Learning a craft or skill can stimulate

your mind, relieve boredom, and liven up your daily routine. Many colleges and senior centers offer engaging, low-cost lectures and classes for older adults. Whether you're learning a new recipe, beefing up your computer skills, ongoing education is a surefire way to stay sharp. What interests you?

- Carpentry
- Sewing
- Gardening
- Cooking
- Knitting
- Photography
- Fishing
- Golfing
- Swimming

10. Write frequently

Writing improves working memory and communication abilities. In the end, it doesn't matter what you write because simply expressing yourself will boost your brain activity. These 9 easy writing exercises can jumpstart your creative energy. Have fun, and enjoy a brain workout by writing one of the following:

- Poetry
- Creative stories
- Song lyrics
- Handwritten letters
- Emails
- Blog posts
- Cards

Although there are no clinically proven ways to reverse the course of brain diseases like Alzheimer's, these tips may help combat normal, age-related mental decline. By continuing to find unique ways to stimulate your brain, you increase the odds your brain will thrive for years to come.

—Merritt Whitley | aplaceformom.com



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sports

Trey Lance maintains his identity as a child of God as NFL journey begins



Former North Dakota State quarterback and overall #3 NFL draft pick Trey Lance has left no doubt as to what he believes his ultimate identity is.

Three words are tattooed across his back and listed in both his Twitter and Instagram bios: Child of God.

“Football is not who I am, it’s what I do,” Lance told Yahoo Sports back in September. “I’m obviously going to put everything possible into it because that’s what I love to do. But at the end of the day, I think God put that in my plan to use it as my platform.”

One of the most hotly-debated prospects in this year’s NFL draft before being chosen by the San Francisco 49ers, Lance started 17 games at North Dakota State. In 2019, he completed 66.9 percent of his passes with 28 touchdowns and no interceptions as the Bison went 16-0 and won the FCS national championship.

The last time Lance took the field was Oct. 3, when he participated in the team’s lone game in the fall season. He threw for 149 yards and rushed for 143 yards in a 39-28 win over Central Arkansas, producing four total touchdowns and throwing the first interception of his college career.

The lack of game film and lesser competition he faced had some talent evaluators worried, though being doubted is nothing new to Lance.

He had dreams of staying close to home and playing at the University of Minnesota, but the Golden Gophers were only interested in him as an athlete. Lance was set on playing quarterback. In the end, he was not offered a scholarship by any Big Ten program.

North Dakota State wanted him as a

quarterback, which is how he ended up in Fargo. He won the starting job as a redshirt freshman and quickly became one of the top quarterback prospects in the country.

Lance’s faith has helped him stay grounded during his rise to stardom. In addition to the tattoo on his back, he has three crosses on his right shoulder and “Romans 8:28” written in words and Roman numerals on his chest.

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.” — Romans 8:28

In high school, he emerged as a leader in his local Fellowship of Christian Athletes chapter.

“[Lance’s] identity is not being a football player,” Southwest Minnesota FCA staff member Robin Knudson told Yahoo. “It comes from something greater. That helps him stay grounded.”

Lance is already thinking about ways to continue to use his platform in the NFL. He does not want to be defined only by what he does on the field.

“As far of my platform at the next level, [I’m] just realizing that we’re not put on Earth to be football players or to be doctors or lawyers or whatever it is,” Lance said in the same interview with Yahoo.

Lance is one of 13 players who is scheduled to attend the draft, which begins at 8 p.m. ET, in person. Another 45 prospects, including projected No. 1 overall pick Trevor Lawrence, will participate virtually.

—Joshua Doering | sportsspectrum.com

FROM THE CHEAP SEATS

By Rob Mooney

Like most people, I received my first bike when I was quite young. I got it Christmas one year and I thought it was the greatest thing ever, even after I crashed it into the same rose bush two days in a row. Come on, it was around 1975 and I don’t think my dad knew what training wheels were. It had a banana seat and it was a great feeling to feel the wind in my hair, yeah... no helmets either. It seems as though I have always had a bike although I don’t remember them all. My high school years were bike-less, but hey, I had a Ford Mustang, so who needed a bike?

I took a trip to Colorado with a couple of friends when I was around 21 years and we went to Vail. We learned that that we could rent mountain bikes and ride the trails down the mountain. I had little experience with trail riding, mostly from growing up in Wichita and riding at a place we called “Boys Island” which was just a patch of trees with some trails inside of them. So of course, we rented mountain bikes and took the ski lift up the mountain. It was a blast! We had so much fun riding that I was determined to get a bike when we

returned home and start riding again. That didn’t happen for some time until I was working at Emporia State University and a couple of the guys there were avid cyclists. I bought a Giant brand mountain bike from one of them and rode the trails



in Emporia quite a bit.

We eventually moved to Lawrence in 2001 and I was touch and go with the Lawrence River Trail for a few years until my oldest son decided to fix my bike, which, after he was finished with it, ended up at the dump. Thanks, Ace!

I decided that I needed to build my heart muscle up after having a heart attack and open heart surgery in 2011. I

bought a Raleigh Mountain Bike shortly thereafter and rode that from time to time but never really as much as I wanted. A few years ago, I made the decision to take it seriously to improve my health, so I bought a 2017 Giant Mountain Bike and I’ve been riding as much as possible ever since. In 2020 I was able to log over 1500 miles on my bikes, of which I now own three.

I say all of that to say this, my heart feels great. I don’t really like to jog but getting on the bike and riding gives me a sense of freedom. Although I can’t feel the wind in my hair anymore – not because I wear a helmet – it’s still a great feeling to just ride. There are trails all over the state of Kansas and in Missouri, within a few hours of Topeka.

We have fun with our bikes. We hit local dirt and paved trails. I’ve ridden the Landon Trail and the Shunga Trail. My sons and my grandkids rode around Lawrence before Christmas while I was wearing a Santa Claus costume. Lots of honks and waves, it was a blast and

it’s a new tradition for us. We’re going to Bentonville, Arkansas, in June to ride what they claim is the Mountain Bike capitol of the world, we’ll see!

If you haven’t experienced the simple joy of riding a bike since your youth, I encourage you to get a bike and just ride. I’ve never been unhappy after a ride.

See you on the trails!

WNBA No. 1 pick Collier: 'My God is so good'

Charli Collier will be in familiar surroundings when she begins her WNBA career next month.

The University of Texas star and Mont Belvieu, Texas, native was taken by the Dallas Wings with the first overall pick in the WNBA draft.

When Collier’s dream came true, she pointed up to the sky in gratitude. She explained on the ESPN broadcast why she reacted that way.

“My God,” Collier told ESPN’s Holly Rowe. “My God is so good. Every day, I wake up with this passion and I love basketball. My heart is racing right now because I’ve worked hard for this moment. There’s a lot of people that have a lot of things to say about me, but you can never question my work ethic.”

During her conversation with Rowe, Collier also talked about the impact of her dad, who passed away in 2016.

As the consensus top prospect, Collier knew she was likely staying close to home.

“That’d be a blessing,” she said last month about the possibility of being drafted by the Wings. “It would be better for my mom, travel-wise. But I’ll be grateful for any team that picks me up.”

Collier averaged 19.0 points and 11.3 rebounds this season, leading the Longhorns to the Elite 8 for the first time since 2016 and earning second-team All-American honors. She had 16 points and 11 rebounds in their upset of No. 2 seed Maryland in the Sweet 16.

She often references her faith on social media, and gave glory to God after that win:

*I’d go to war with my girls any day
Elite 8*

All Glory to God.

— Charli Collier™ (@charlicollier)



“Whoever gets [Collier will find] if you tell her to do something, she’ll absolutely do it and won’t blink an eye,” Texas head coach Vic Schaefer told ESPN

prior to the draft. “No matter what it is, she’s gonna do it at 100 percent.”

On March 7, Collier announced she would forgo her remaining collegiate eligibility and enter the 2021 draft. She turns 22 this calendar year, making her one of the rare players able to enter the draft after their junior season.

“After long consideration, thought and prayer, I’ve decided to fulfill my life-long dream of declaring for the 2021 WNBA Draft,” she wrote. “I would like to thank God first and foremost for giving me this gift and guiding me every step of the way.”

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Youth For Christ Golf Classic Scheduled for Sep. 27

Topeka Youth for Christ's 2021 Annual Golf Classic has been scheduled for September 27 at the Lake Shawnee Golf Course. The four-person, 18-hole scramble is set to begin with a shotgun start at 10:30 AM, although it is possible there may be a time change yet.

The YFC Golf Classic helps Youth for Christ staff and volunteers in the Topeka area to continue building authentic Christ-sharing relationships with teens through a variety of ministry programs; i.e. Juvenile Justice Ministry, YFC Core and YFC Camp designed for today's teens.

YFC reaches young people everywhere, working together with the local church and other like-minded partners to raise up lifelong followers of Jesus who lead by their godliness in lifestyle, devo-



tion to prayer and the Word of God, passion for sharing the love of Christ and commitment to social involvement.

Across the country at community centers, high schools, middle schools and juvenile institutions our YFC staff and volunteers meet with young people to share the name of Jesus.

To sign up for the YFC Annual Golf

Classic Tournament go online to www.topekayfc.org. Awards and prizes will be given for first and second low teams, scored in two flights of players. Individuals will receive awards and prizes for closest to the pin, longest drive, and longest putt.

The entry fee for the fundraiser is \$500 per team or \$125 per individual. The fee includes green fees, cart for two, a box lunch, two mulligans, Gary Woodland Hole and great door prizes! Individual and corporate sponsorships are still available.

For more information about Topeka Youth for Christ or the golf tournament, call (785) 232-8296, or email info@topekayfc.org, or visit the website at www.topekayfc.org.

\$500 closest to pin prize offered in golf tournament benefiting Topeka Youth

The 23rd Annual Topeka Youth Project's Tee Off for Youth Golf Tournament will take place Friday, June 11 Shawnee Country Club Golf Course. The tournament is sponsored by Reser's Fine Foods and other local organizations.



alcohol prevention. The youth become productive tax paying citizens in our community.

Registration will begin at 7:30 AM for the 4 Person Scramble format tournament. Shotgun start is at 8:00 AM.

Lunch will be served after the tournament. Prizes will be awarded for 2 flights and 2 places, as well as Men's Longest Drive, and Women's Longest Drive. There will also be a \$500 Cash Prize for Closest to the Pin awarded.

Entry Fees, which Include Green Fees, Cart Rental, Beverages and Lunch, are \$400 for a team; or \$425 for a team with a Hole Sponsor Sign. A Hole Sponsor Sign only is \$100.

Topeka Youth Project (TYP) is a 501 C3 grassroots organization and has been serving the youth in our community since 1983. Their Mission is to empower youth in our community to become productive and responsible adults by providing constructive opportunities to prevent high risk behaviors.

Jobs for Young Adults (JYA) is the backbone of TYP and has served over 6,000 young adults. JYA is an employment/life skills program with emphasis on drug and

Youth Court is another great program that benefit our youth and help prepare them for adulthood. The Youth Court program is youth-led and youth-driven by 13- to 18-year-old students. The judge, prosecutor, defense attorney, jurors, bailiff, court clerk and defendants are all teenagers. They hear cases of first-time traffic offenders with misdemeanor charges. As a juror, the youth decide the sanctions to be imposed upon the offender. Sanctions can range from community service, written or oral apologies, essays related to the offense and/or improving grades. Participants serve as a juror in 2 future cases.

The funds from the golf tournament go directly to the programs of the Topeka Youth Project, where administration costs are only 10% of the budget. If you would like to support the youth project in our community by donating or participating in the golf tournament, call 316-796-2270, director@topekayouthproject.com. or go to Topekayouthproject.com.

Sneakers and Smiles Golf Classic returns to Cypress

Sole Reason's 3rd Annual Sneakers and Smiles Golf Classic will be held July 31 at Cypress Ridge Golf course, with a 9:00 AM shotgun start. The tournament is a scramble format. Sole Reason collects new shoes and gives them free to needy children in Topeka and Northeast Kansas.

Sole Reason has set up programs with Boys & Girls Clubs of Topeka, the 501 School District and other organizations to identify needy children in our local area. Sixty-seven percent of families served are at or below the national poverty level. Fifty-four percent of these kids come from single parent households.

Jerry Hudgins, founder of Sole Reason, says the tournament proceeds help a lot of needy kids, adding to the thousands of pairs that have already been given away.

"Get ready for more sneakers and smiles!" he said. We are looking for hole sponsors and donations for our silent auction. We also need gift certificates from local businesses or food trucks. This will help us reach even more local children who need shoes, and to put smiles on their faces!"

Hudgins says there will be lots of highly-desired items at the silent auction once again. There will also be a putting contest and prizes for closest to the pin, longest drive and longest putt.

Entry fees are \$360 for a 4-person team and includes green fees, cart, drinks and lunch.

Registration for the tournament can be done at www.solereason.net, or by reaching out to Hudgins at 785-338-2965 or sole_reason@yahoo.com.



Sole Reason's 3rd Annual Sneakers and Smiles Golf Tournament

Benefiting Local Kids In Need

4 Person Scramble Tournament Saturday, July 31st, 2021

Cypress Ridge Golf Course
2533 SW Urish Rd, Topeka, KS 66614
Registration 8:00 - 8:30 AM

Shotgun Start: 9:00 AM
Entry Fee: \$360 per team or \$90 per person
Includes Green Fees, Cart, Drinks and Lunch

For More Information or to register, go to www.solereason.net or contact Jerry at (785) 338-2965 or e-mail sole_reason@yahoo.com

• Putting Contest
• Closest To Pin
• Longest Putt
• Silent Auction

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23RD TOPEKA YOUTH PROJECT GOLF TOURNAMENT

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DETAILS	PRIZES
<p>JUNE 11, 2021 SHAWNEE COUNTY COUNTRY CLUB A GREATLIFE FACILITY 913 SE 29TH STREET W TOPEKA, KS 66605 4-PERSON SCRAMBLE SHOTGUN START AT 8 AM</p>	<p>\$500 CLOSEST TO PIN SPONSORED BY RESER'S FINE FOODS MEN'S LONGEST DRIVE WOMEN'S LONGEST DRIVE CASH PRIZE FOR TWO FLIGHTS \$10 RAFFLES 50/50 DRAWING</p>

WWW.TOPEKAYOUTHPROJECT.COM/GOLF
Lunch served courtesy of Golden Corral and the HIP Program

New Resident Church Guide

1. HIGHLAND HEIGHTS CHRISTIAN CHURCH

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

2. CHRISTIAN CAVALRY MINISTRIES INT.

Pastor Beaux Bryant
 Call about new meeting location for current services.
 785-224-5419 • www.church4bikers.org
 Sun. School 9:30 am
 Sun. Service 10:45 am
 Wed. Prayer & Bible Study 7pm

3. TOPEKA BIBLE CHURCH

1101 SW Mulvane St., Topeka
 785-234-5545
 Worship: 9:00 & 10:30 am
 Livestream at 9:00 am
 Sunday School & Bible Studies:
 9:00 & 10:30 am
www.discovertbc.com

4. NORTHLAND CHRISTIAN CHURCH

3102 NW Topeka Blvd., Topeka
 286-1204
 Worship Sun. 9:00 & 10:45 AM
www.northland.cc

5. INDIANA AVENUE CHURCH OF CHRIST

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

785-266-7788, www.Indianaavecofc.org
 Bible University – Sunday - 9:30 a.m.
 Classes for all ages.
 Morning Worship – Sunday – 10:45 a.m.
 Midweek Bible University – Wed. – 7pm

6. FIRST SOUTHERN BAPTIST

1912 SW Gage, Topeka, KS
 272-0443 www.fsbctopeka.org
 Sunday Services:
 8:30 AM Traditional Worship
 9:45 AM Bible study—all ages
 11 AM Contemporary Worship

7. TOPEKA BAPTIST CHURCH

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

8. WANAMAKER ROAD BAPTIST CHURCH

"Being and making disciples of Jesus Christ by the power of the Gospel, to the glory of God"
 2700 SW Wanamaker Rd., Topeka
 (785) 272-9323 www.wrbctopeka.com
 Traditional Sunday Worship 10:30am & 6pm
 Sunday School 9am • Wed. Prayer 7pm

9. GRACE COMMUNITY CHURCH

310 E 8th St (E. US 56 Hwy)
 Overbrook, KS; 785-665-7117
 Elvin Dillard, Senior Pastor
 Sunday School 9 am; Worship 10 am
www.gccinoverbrook.com
office@gccinoverbrook.com

11. COMMUNITY CHURCH

1819 SW 21st St., Topeka

233-3537 www.CommunityTopeka.com
info@CommunityTopeka.com
 Sun. 8:30am - Sunday School for all ages
 Sun. 10:00am - Worship & Word
 Sun. 10:00am Youth Service
 ~ Nursery care for all services ~

12. BUCK CREEK COUNTRY CHURCH

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

13. WANAMAKER WOODS NAZARENE

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

14. OPEN ARMS OUTREACH MINISTRIES COGIC

1 (785) 232-3463/41 (785) 217-5560
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 In person or conference call:
 (712) 770-4749 / 583229
 2401 SE 11th St., Topeka KS 66607
 Supt. S. C. Mitchell, Pastor

15. OAKLAND UNITED METHODIST

801 NE Chester, Topeka, KS 66616
 235-1010 • ourmc@att.net
 Shawn O'Trimble, Pastor
 Sunday School 9:15am, Worship 10:30am
 Children's worship time 10:30am
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16. HOUSE OF THE LORD CHURCH

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 Wed. Prayer & Praise 7pm



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 J. Michael Borjon, Pastor

17. EAST SIDE BAPTIST CHURCH

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

19. SEAMAN COMMUNITY CHURCH

Independent Christ-Centered Bible Church
 2036 NW Taylor, Topeka, KS
 354-8777 • www.seamanchurch.com
 Adult Sunday School - Sun. 9:30am
 Sunday Worship: 10:30am
 Children's Sunday School: 10:30am
 Youth group 1st & 3rd Sundays 4-6pm

20. HERITAGE BAPTIST CHURCH

1937 NE Madison St,
 Topeka, KS 66616 • 785-506-4594
 Pastor Dale Stockburger
 Sunday Worship: 11 am and 6pm
 Sunday School: Sun 10am
 Wed. Evening Worship: 7pm

21. HARVEST FAMILY FELLOWSHIP

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

22. FAMILY OF GOD CHURCH

1231 NW Eugene St.
 Topeka, KS 66608
 Pastor Roger Randel

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

24. TRINITY REFORMED BAPTIST CHURCH

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 Pastor Bob Spagnuolo 785-273-3506
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www.TrinityReformedBaptist.org

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Tulsi Gabbard Blasts the 'Racialization' of Everything in Video Posted on Twitter

Former presidential candidate and Democrat Congresswoman Tulsi Gabbard is blasting members of her political party, although not by name, for the "racialization" and hate of "everything and everyone."

"My dear friends, my fellow Americans, please, please let us stop the racialization of everyone and everything. This racialism. We're all children of God and are therefore family in the truest sense. No matter our race or ethnicity, this is Aloha and this is what our country and the world need. The mainstream media, propaganda, media and politicians, they want us to constantly focus on our skin color and the skin color of others because it helps them politically or financially," she said in a video posted on Twitter.

Gabbard then urged Americans to be treated each other with the guidance of her home state's slogan of "Aloha."



"Aloha means respect and love for others. It's what enables us to see beyond our skin color and see the soul, the person with them. So, let's do our best to cultivate this Aloha in our hearts and see and treat others through this prism of love, not through the prism of race and ethnicity. Please let us not allow ourselves to be led down this dark and divisive path of racialism

and hate," she continued. Gabbard's comments come as the Biden Administration plans to mandate Critical Race Theory be taught in public schools across the country. Using race, CRT teaches children to hate each other and their country. Gabbard voluntarily left Congress last year and plans to start a podcast.

LETTERS

continued from page 10

Governors and the elected officials of each County, City and school board are autonomous (self-governing) which means that they can choose as to whether or not to follow, participate or adhere to any executive order (relating to the carrying out of a decision) put forth by either the President or Governor.

Because of their autonomy, all said elected officials should carefully scrutinize each and every executive order and if they feel or believe the order will have a negative impact on their community(s) they should reject it and thus refuse to follow or adhere to it. For example, recently President Biden put forth an executive order which allows transgender males to enter female dominated sports, locker rooms and bathrooms. Here's why this order should be soundly rejected.

God purposely made men and women different, likewise their physical capacities, which includes reproductive organs, ligaments, bone mass, muscles and tendons also differ. To confirm, one only needs to look at a male human body and see that as a general rule, a man's body contains much

larger and stronger muscles, bones and tissues. Because most male bodies have more or superior physical strength and stamina over and above that of most females or women, it is inherently wrong and, more importantly, unfair to allow any male (regardless of their surgical or medical alterations) to compete in and against female student athletes.

Many public school teachers are telling and teaching students the lie that they can change their gender. The truth is God made humans to be either male or female, thus no matter how much medicine or how many surgeries a person may have it is impossible to totally reverse a person's DNA to be the opposite of what they were born. While cosmetic surgery(s) and medicines may alter or change a person's genitals, or other body part(s), a person's DNA can never be changed from male to female and vice versa from female to male.

Thank you for your time and attention to this important matter, especially as it relates to the protection of our community and girls.

Rita Rookstool
Topeka, KS

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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!

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