



HARLEM GLOBETROTTERS | Page 13

# metr VOICE

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"The Jesus Music" film traces history of contemporary Christian music



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## NEW RESIDENT churchguide

Heritage Baptist Church



See inside back cover!

## Kansas leads nationwide campaign to promote the national motto



Kansas is leading a nationwide campaign to promote the national motto of the United States, "In God We Trust." Sixty-five years ago, President Dwight D. Eisenhower signed the law that stated "In God We Trust" is our National Motto, on July 30th, 1956.

In 2006, the U.S. Senate Reaffirmed "In God We Trust" as our Motto on the 50th anniversary of its adoption.

In 2011, the U.S. House of Representatives voted overwhelmingly (396-9) to reaffirm "In God We Trust: as the official Motto and encourage its public display in all public buildings, public schools, and other government institutions.

State and local lawmakers have

■ Please see MOTTO page 2

## Written in Stone: Secrets of the Temple



### Documentary Tells "Secrets of the Temple"

Solomon's Temple was destroyed by Nebuchadnezzar in 586 BC. 70 years later, the Temple was rebuilt by Jewish exiles returning from Babylon. Over the next 400 years, the Temple would be desecrated by the Greeks and Romans. Then, rededicated by the Maccabees. Then around 20 BC it was dismantled and rebuilt on a grand scale by one of history's greatest builders: Herod the Great.

Today, the Temple Mount in Jerusalem is the most disputed piece of land on earth. The site is under Islamic rule and excavation is not permitted. So, archaeologists have been exploring

areas around the site and have unearthed some amazing discoveries, like:

- An altar, dated around 2,000 BC, used for animal sacrifices was found just south of the Temple Mount, with a place to tie up the animals, and an olive press to make anointing oil.

- For centuries, a small, murky pool was identified as the Pool of Siloam. The Byzantines even built a small church to commemorate the site, but archaeologists were not convinced this was a legitimate location. In 2004, archaeologist Eli Shukron supervised repairs when a pipe burst nearby. Then,

what Shukron discovered was a large, rock-cut pool with several steps. According to the Gospel of John, this was the spot where Jesus healed a blind man by putting mud on his eyes. Now, that the real Pool of Siloam was discovered, they wondered where people walked to get from the pool to the Temple. That's when they discovered an ancient road.

- Herodian/Pilgrimage Road: This ancient road that is underground is almost 2,000 years old but was first discovered in 1894, by members of the Palestine Exploration Fund. However,

■ Please see SECRETS page 3

## Neighborhoods to gather on 2021 National Night Out



Safe Streets is about to embark on its 25th year of National Night Out in the Topeka/Shawnee County community! This annual event, which will be held Saturday, August 7, brings neighborhoods together to connect with one another and local law enforcement. The simple act of getting to know your neighbors is the best form of crime prevention.

In Shawnee County, neighborhoods are encouraged to hold individual events on August 7. It is not too late to register. At last count, there were over 50 neighborhoods registered! Neighborhood's activities vary – some may host an ice-cream social, cookout, pot luck dinner or a pool party. Some events are smaller with around 25 people, and others are larger with more than 300 attending.

■ Please see NIGHT OUT page 2

## Owner of new restaurant credits God's hand in success of new venture

By Sydney Hanna | Metro Voice

SHopper's Kitchen is a new, healthy fast food and catering business that opened in May. The owner, Sylvia Hopper, said she never planned to open a restaurant, but God had a different idea. He started making His vision for her



clearer in September of 2019 when she posted a picture of a freshly baked cheesecake on her Facebook page. Almost instantly, Hopper received requests for purchase. This process repeated itself when she baked a key lime pie and a coconut cream pie using unique recipes. Soon, she realized she'd sold enough culinary goods to start a business.

Hopper began a catering company, which helped her exercise her cooking and baking skills in unique ways, while simultaneously satisfying the appetites of her customers. At first, she intended only to offer catering services rather than opening a restaurant. However, her plan changed when she realized she could give back to the community by owning a busi-



ness in need of daily workers. She opened SHopper's Kitchen as a fast food drive-thru on May 4 so she could offer the com-

munity job opportunities as well as tasty lunch options and delectable desserts.

■ Please see GOD'S HAND page 2

# Most Kansas towns lost population to the cites this decade

Kansas saw its population grow 3% from 2010 to 2020 and the state will keep its four U.S. House seats. The U.S. Census Bureau reported Monday that the state had 2.9 million residents, or some 84,700 more than after the 2010 census.

The vast majority of Kansas municipalities lost population according to the latest census figures. Of the state's 500 largest communities, 415 lost population. That shocking number also included the state capital of Topeka which saw a decrease of almost 3% since 2010. Nicknamed "Top City," its population dropped from 127,914 to 124,374, and was the only city in the top five to experience a decline.

Junction City was the biggest loser, shedding over 16% of its total residents.

Wichita remained the state's largest city with a population of 391,362. Bucyrus, south of Olathe, grew the fastest over 10 years, seeing a 66.84% jump as the Kansas City Metropolitan area pushes further south into farm country.

Overland Park cracked 200,000 for the first time, gaining 25,000 residents to

remain the state's second-largest city. Lawrence broke into the 100,000 club growing over 13% to 100,205 residents.

Mid-size cities, and cities in rural Kansas, were the biggest losers. Salina, the state's 10th largest city, experienced a 3.5% decline as it dropped from almost 48,000 to 46,236. Towns losing the most residents include Elkhart which shrank -27%.

On a positive note, several small communities saw growth of over 50%. These include Bucyrus plus Basehor, Maize, St. George, Vassar, Franklin and Ada.

While demographers will be studying the data, it appears that small towns are losing their populations to mid-size and large cities. Kansas does not fit the rural image popular in the media. It now counts almost 80% of its residents living in urban areas which is the national average. Four years ago in 2017, just 68% of the state was urban.

In another interesting factoid, the Kansas counties included in the Kansas City metropolitan area now represent almost 50% of the state's total population.



Clay Center was one of many smaller cities to lose population

Here's the population rankings of some of the state's top 500 communities. For the

complete list, go to metrovoicenews.com and click on the Kansas section.

Rank	Name	2021 Pop.	2010 Census	Change
1	Wichita	391,362	382,745	2.25%
2	Overland Park	201,834	174,040	15.51%
3	Kansas City	152,960	145,878	4.85%
4	Olathe	142,119	126,269	12.55%
5	Topeka	124,374	127,914	-2.77%
6	Lawrence	100,205	88,232	13.57%

## NIGHT OUT

continued from page 1

In 2019, Topeka/Shawnee County ranked 5th in the nation for cities of comparable size, for our National Night Out events. Due to COVID-19, National Night Out could not be held in 2020, but we are excited to get together this year.

NNO event is coordinated through Safe Streets in partnership with local law enforcement including the Topeka Police Department, Shawnee County Sheriff's Office, Shawnee County District Attorney's Office, Kansas Highway Patrol, Topeka Fire Department and with area businesses, including Evergy, Prairie Band



Potawatomi Nation, Federal Home Loan Bank, Topeka Credit Union Foundation, Reser's, Hy-Vee, Shawnee County Parks and Rec, Dillon's, Frito Lay and many

others!

To sign up your neighborhood or to find out if your neighborhood has National Night Out plans, contact Safe

Streets at 785.266.4606 or email Judy at [jwilson@safestreets.org](mailto:jwilson@safestreets.org). You don't need to have a neighborhood organization to host an event, so contact your neighbors and Safe Streets and get involved today!

Safe Streets, a program of Prevention and Resiliency Services, is a local crime prevention and substance abuse prevention organization in Topeka.

Safe Streets wants neighbors to talk and get to know one another – this plays a huge role in making our community safer. Contact Safe Streets for more information or to register your neighborhood by calling 785-266-4606. You can also email Judy Wilson at [jwilson@safestreets.org](mailto:jwilson@safestreets.org).

## GOD'S HAND

continued from page 1

Starting a business can be a difficult and expensive venture, which often sets back first-time restaurant owners — but not Sylvia Hopper. God cleared a path for her by equipping her with a building that perfectly suited her needs. The building that houses SHopper's Kitchen is located at 4140 SW Huntoon St, Topeka, Kansas. Several different owners have used this building when they were starting their businesses, but they struggled to stay afloat. Each one eventually closed and left the property.

"I remember driving by this building and telling myself that if it ever became available, I would take it," Hopper said, referring to the site. Soon after, she realized it was

vacant and took action to fulfill the promise she'd made to herself.

God also had a hand in providing her with affordable equipment and a vehicle

that has greatly helped her when it comes to delivering her catering services to clients. Business has been steady for SHopper's Kitchen since its opening day with catering orders each week and a consistent stream of people coming by the restaurant to pick up lunch or a dessert of the day.

### The Menu

SHopper's Kitchen offers an excellent diversity of nutritious lunch options Monday through Friday from 10 a.m. to 4 p.m. Menu choices include a variety of protein bowls, salads, sandwiches, and sides — such as potato salad, rice, beans, macaroni and cheese, and more! A dessert is also provided each day. Hopper's most popular dessert items are her delicious cheesecakes.

Most items on the menu can be made to accommodate for various food allergies and preferences. Hopper focuses on making her culinary products healthy and accessible for everyone so SHopper's



Kitchen has several solutions to help fit a customer's dietary needs. She wants no excuses not to indulge in her cuisine!

### The Owner

Sylvia Hopper, known as a friendly woman with a kind heart, keeps herself busy managing several businesses, with SHopper's Kitchen being her most recent endeavor. She also runs a janitorial company and has owned Footprints Bookkeeping Service since 2005. The office of Footprints Bookkeeping Service operates out of the same building as SHopper's Kitchen. This is a convenient and simple solution to an alternative situation where Hopper would have to juggle separate buildings for each business.

SHopper's Kitchen is one of Sylvia Hopper's ways to give back to the community she loves so much, offering nutritious food and joyful smiles to her visitors. God has blessed her with the heart of a servant

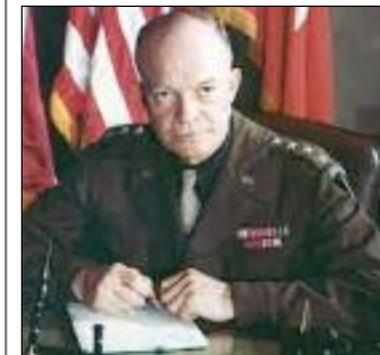


## MOTTO

continued from page 1

been passing measures to ensure the Motto's public display.

"The purpose of the campaign is to increase awareness of these facts, and to encourage the display of the National Motto across the country," said Donna



Lippoldt, founder of Culture Shield Network, based in Wichita. Lippoldt is also the National Day of Prayer Coordinator of Kansas.

"Since May 29th we have distributed over 4,000 Posters and 1,000 Frames in Kansas," Lippoldt said. "We have now received another 4,000 In God We Trust posters, and we just placed an order for another 1300 frames."

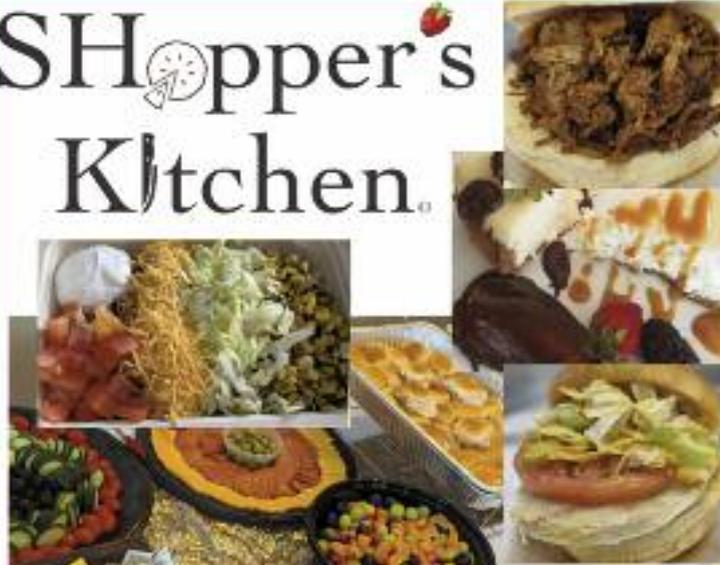
Lippoldt and various groups, including the Capital City Christian Chamber of Commerce (C5) in Topeka, are helping distribute the posters free of charge around the state.

"No court anywhere in the United States has ever held that the public posting of 'In God We Trust' violates the Constitution," Lippoldt said. "Anti-faith groups continually challenge the constitutionality of the Motto, and time and again have failed. Courts across the country repeatedly affirm the constitutionality of our Motto, and resolutely reject the notion that it promotes the establishment of religion."

There are also billboards going up in Wichita, Lippoldt said.

If you would like more information, or would like to donate to the cause, go to [www.cultureshield.com](http://www.cultureshield.com), or email [donna@cultureshield.com](mailto:donna@cultureshield.com) or call 316-516-0777 to get involved.

# SHopper's Kitchen



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## SECRETS

continued from page 1

they reburied it when the excavation was finished. In 2013, excavators revisited the site uncovering a 350-meter section. It was originally known as the "Herodian Road", but a recent discovery puts the construction around the time of Jesus' ministry, more than three decades after Herod's death. This is in fact the pilgrimage road where Jews walked to the Temple. Like millions of other Jewish pilgrims, Jesus would have walked up these steps when he went to the Temple. At the top, he would have entered the gates to the Temple, named after the Old Testament prophetess Huldah.

- **Huldah gates:** Once a visitor passed through the gates, they would find a sign, with a Greek inscription warning Gentiles not to enter. These signs are mentioned by Josephus and read: "No foreigner is to enter the barriers surrounding the sanctuary. He who is caught will have himself to blame for his death which will follow."

- Excavators also found a cache of more than 100 coins dating between 31 and 40 AD which means that the road was probably built by Pontius Pilate, the governor of Judea at the time. In the first century, the road was above ground and archaeologists call it the "Times Square" of Jerusalem with busy markets on either side. Today, the road is several feet beneath an Arab neighborhood called Silwan, the Arabic name for "Siloam."

- Under the road, archaeologists also discovered a drainage channel that turned out to be a treasure trove.

Several amazing discoveries were made:

- One of those discoveries was a silver half-shekel from the time of Jesus. During the time of the Temple, every Jewish person was required annually to bring to the Temple what's known as a Temple tax. It didn't matter whether you were rich or poor. Every Jewish person was obligated to bring a silver half-shekel for the upkeep of the temple.

- Another discovery is a small golden bell. When the high priest officiated, he wore a blue garment with fringe work. There were also golden bells that hung upon the fringes, and pomegranates intermixed among them.

- "To the House of the Trumpeter" stone: That stone would have been at the



very top of the Temple Mount complex, by one of the corners. It says on it, "Lebeit hatekiya," to the trumpeter's house. 2,000-plus years ago, it was a bustling marketplace. You would find a priest standing atop the Temple Mount on the eve of the Sabbaths or festivals blowing a trumpet, telling the shoppers down below, "It's time to close the stalls, time to make your last-minute purchases and go home, and get ready to observe the Sabbath."

- **Foundation Stones:** When Herod was expanding the Second Temple, along with the Temple Mount, he built monumental support or retaining walls to support the massive structure that would sit atop the Temple Mount. And these stones are actually below the surface. They're



The Magdala Stone

foundation stones and no one has seen them since they were laid some 2,000 years ago. This spot in the Herodian/Pilgrimage road is believed to be the closest point to the Holy of Holies where the Ark of the Covenant once rested. Just to the north is the Dome of the Rock where Jews believe the Foundation Stone marks the location of the Holy of Holies. And since they're not allowed to pray on the Temple Mount, they pray here instead.

- **Cedar & Cypress beams:** Archaeologists took advantage of a natural disaster in 1927 when a powerful earthquake rattled the city of Jerusalem. Workers uncovered beams made from cedar and cypress which had clearly been reused several times throughout history. Carbon-14 dating revealed that one cypress beam was from the first century. The beam has column markings similar to the measurements of the columns in Herod's Royal Stoa suggesting that it may have originally been used in the Second Temple. Other beams were even older, dating as far back as the 9th century BC, around the time of King Solomon who, according to the Bible, used cypress and cedar to build the First Temple.

- **Temple Mount Sifting Project:** Since archaeologists are forbidden to dig on the Temple Mount itself, they're doing the next best thing: Digging through its trash. In November of 1999, some bulldozers appeared on the Temple Mount at the place which is the most delicate place for archeology where even a toothbrush would be too large a tool to carry out an excavation. In that place, bulldozers began to dig a gigantic pit. About 400 truckloads saturated with the history of the Temple Mount were removed from the Temple Mount, and the earth of these 400 truckloads was dumped into the Kidron Valley about 500 meters east of the Temple Mount. Working with a colleague, archaeologist Gabriel Barkay retrieved the debris from the Kidron Valley and started sifting through it with a team of volunteers. This was the beginning of what's now known as the Temple Mount Sifting Project that is still taking place today. Many of their finds go back to the First Temple.

- Among them are Babylonian arrowheads from Nebuchadnezzar's army.

- A clay seal impression from the family of "Immer"—A priestly family mentioned in Jeremiah 20:1 which refers to the son of Immer as "the chief governor in the house of the Lord."

- They also found an ancient weight known as the "beka" used to measure the silver Temple tax. The beka, found in soil from the Western Wall area, was mentioned in the book of Exodus: "One Beka

per head, that is half a shekel, for each one who goes through the counting" or census.

- But perhaps one of the Sifting Project's most remarkable finds is a cache of 600 stone floor tiles from the Second Temple. At least 100 of them date definitively to the time of King Herod. These would have been the tiles that Jesus walked on when He overturned the tables of the moneychangers.

- **Magdala Stone:** A hundred miles north of Jerusalem on the shores of the Sea of Galilee archaeologists found a 2000-year-old table-like stone with a picture of the Holy of Holies on it. The stone was likely used to hold Torah scrolls. But the table itself had a larger purpose: To provide a visual reminder of the Jewish Temple in Jerusalem.

- **Magdala Synagogue:** Further excavations revealed that the stone sat inside a synagogue. The spiritual center of a first-century fishing village. The place some believe to be the home of one of Jesus' followers, Mary Magdalene. With Roman frescoes and mosaics, Magdala boasts the most ornate synagogue in the Galilee region. Inside, excavators found first-century pottery fragments and a coin of Herod Antipas from the year AD 29. They also found 12 coins between the years 3-58 AD, and they are now absolutely certain that the synagogue was existing in the first part of the first century right up to 68 AD. Proving that this synagogue was operational during the lifetime of Jesus and during the generation after Pentecost.

### Written in Stone

In 1867, a British engineer and archaeologist named Charles Warren arrived in Jerusalem to uncover the biblical history of the Holy Land. Since then, thousands of archaeological discoveries throughout the Middle East have confirmed the history of the Bible.

Now the documentary, hosted by CBN's Gordon Robertson, "Written in Stone: Secrets of the Temple" takes you on a visual journey through the Bible. In addition to providing archaeological evidence of biblical stories, you will also see the beautiful land of the Bible.

The purpose of creating this series was to use archaeology to prove that we can trust the Bible as an accurate historical source. The facts of the Bible like history, archaeology, the names of people and places are all accurate. In more than 150 years of biblical archaeology, not one thing has ever been discovered that disproved the Bible. If its historical facts can be trusted, we can also trust the rest of what's written.

—Cbn.com

## Barry Feaker to be featured speaker at Aug. C5 luncheon

The August C5Alive "POWER" Luncheon will be held August 12, 11:30 a.m. to 1:00 p.m. at The Peak, 1930 SW Gage Blvd.

The featured speaker will be Barry Feaker, Executive Director of Topeka Rescue Mission and TRM Ministries.

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

C5Alive "POWER" luncheons are held on the second Thursday of each month. The next monthly C5Alive "POWER Luncheon" will be held September 9.

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

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

In addition to monthly "POWER" luncheons held on the second Thursday of each month, C5 also hosts periodic business fairs and other events, including EASTERFEST, the annual Topeka Easter Parade and Family Fun Fest, held on N. Kansas Avenue and in Garfield Park on the day before Easter (cancelled for 2021).

The group is also planning a Fall Fest this year on October 9 at The Vinewood venue.

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.



Feaker



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# FINANCIAL PLANNING

## Good news and bad news

Dear Dave,

My wife and I are in our late twenties, we have no debt, and our household income is about \$180,000 year. We're thinking about building a home, but we're not sure whether to build just for us, or maybe building a multi-family place so we could live upstairs, rent the rest, and make some money. Your advice would be appreciated.

Joel

Dear Joel,

If you're looking strictly at quality of life considerations, like privacy and having a little room to yourselves, a single family home is the way to go. But, if making extra money is important to you at this point, a multi-family structure might work. The good news is your tenants would be right there. The bad news is your tenants would be right there!

From a landlord's perspective, living next to or above your tenants means you can keep an eye on things a little better. Your tenants might also take better care of the place with you around. But those kinds of situations aren't always beautiful things. When you're living a floor or wall away from someone, you're all up in their business, and they're all up in your business. It's not for everyone.

If you're planning to have kids soon, I'd recommend going the single family route—specifically because of the quality of life. Looking at the other side, you'll make money with a multi-family construction, but it'll probably be a pain in the butt. You'll be giving up some things if you go that route.

Let me put it this way, Joel. I've owned a ton of investment real estate in my life, and my wife didn't want to live in any of those properties. Still, there's nothing inherently wrong with either decision. Just make sure your mortgage is a 15-year, fixed rate loan, and the monthly payments are no more than 25 percent of your combined take home pay. Save up for a down payment of at



**DAVE RAMSEY**

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

**davesays**

least 20 percent to avoid PMI, too.

Take a hard look at the numbers, and make sure you and your wife have a long, long talk about everything. You two should be in complete agreement about every aspect of this situation before moving forward!

—Dave

## Don't most people already know?

Dear Dave,

You talk a lot about budgeting, and how important it is in getting control of your money. But don't most people already have a good idea of what they're spending, and how much they have in the bank, without going through all the time and trouble of developing an actual budget?

Carter

Dear Carter,

Well, if that were true, why are people paying billions in overdraft fees every year? Why are so many people deep in debt and living paycheck to paycheck, even without taking the effects of a pandemic into account? It's because most people don't really know where their money's going each month.

Let's start with a simple definition of budgeting. A budget is just a plan. It's not a restriction on spending, it's a strategy for what you'll do with all your money. It's tracking what's coming in and what's going out. When you budget every month, you're giving your money purpose. You're controlling your money, and telling it where to go, instead of

scratching your head and wondering where it all went.

The word budget gets a bum rap, because some people think it'll be like putting a straitjacket on their spending and their lives. But that really isn't true at all. Budgeting actually gives you the power to spend wisely and with purpose. Budgeting even causes feelings of fear, intimidation, and anger in some folks. Sure, it takes a little time and effort at first to create a budget that really works. But once you get the hang of it, and it doesn't take long, the hard part is over.

Still, to make your cash flow plan work, you have to do it consistently. That means sitting down every month, and making a budget for the upcoming month. Don't let the fear of what you might find stop you, and don't over-complicate things. It's easy as writing down your income and everything that requires money for the month, then doing a little basic math. And once you have a plan in place, stick to it! Too many people get lazy, or "forget" to do a monthly budget.

Give it a shot, Carter. You'll experience a sense of freedom, security, and

accomplishment like you've never felt before once you've taken that first step toward gaining control of your money!  
—Dave

## Don't embrace the wrong things

Dear Dave,

Your plan has been a lifesaver for us. Why do you think some people are unwilling to listen to good advice, and make changes in their finances?

Tammi

Dear Tammi,

Thank you so much for all the kind words. I'm really proud of you two for putting in the effort and hard work that goes along changing your financial behaviors and gaining control of your money.

I think there are several reasons why some folks resist making changes in their lives, even when those changes would make things a whole lot better and easier for them. One of those things is often denial.

My dad used to tell me 90 percent of solving a problem is realizing and admitting a problem exists. I'm convinced that one of the major factors keeping people from winning with money is they don't realize they even

have a problem. If you are apathetic because you think things like debt and living paycheck-to-paycheck are okay or just the way things are, you'll be unwilling—or even afraid—to make the big changes necessary to achieve big results. Debt is so ingrained into our culture that most Americans can't envision a car without a payment, or college without student loans. We've been sold on the idea of debt so aggressively that most folks don't believe life without a pile of payments is possible.

Also, change is painful. Most people won't change until the pain of where they are exceeds the pain of change. No matter who you are, where you're at right now financially is, in large part, a sum total of the decisions you've made to this point. If you don't like where you are, you have to acknowledge the fact that things need to change—you need to change.

Finally, there's an element of ignorance involved. Don't get me wrong, I don't mean being dumb or stupid. What I'm talking about is a simple lack of good information. Anyone can learn things, if they'll just admit they don't have all the answers and set their minds to studying and educating themselves on a topic. If you're not careful, what you don't know about money will make you broke and keep you broke!

—Dave

## How to Get Cheap (or Free) Health Insurance if You Retire Early

By Ryan Shumaker  
Smartvestor Pro at  
The Retirement Team



I often hear when I first meet with someone that the only reason they are still working is to pay for health insurance until they can get on Medicare at age 65. No doubt health insurance when you are in your late 50s and early 60s is quite expensive. A private insurance plan through the marketplace (HealthCare.gov) for a 62 year old couple living in Topeka runs from a whopping \$21,420 a year to an astronomical \$37,788 a year, depending on the plan chosen. That's even the cheaper non smoker rates. If you smoke or are older than 62, the rates will be even higher. What might be even more outrageous than the price of the cheapest insurance possible is the deductible on it, which is a staggering \$16,000! Seeing this kind of sticker shock it is no wonder that so many believe they can't afford to retire early solely because of the exorbitant cost for private health insurance.

The thing is, though, that health insurance can actually be cheaper if you retire early if you do proper planning and it's been that way now for over a decade. The key to cheap, or free, healthcare if you retire early is knowing how the tax credit subsidies work for health insurance and how to be strategic on where you get your income from before turning 65. With good planning, a 62 year old married couple could receive a massive \$27,228 a year in free tax credit money to pay for their health insurance. That's more than what many of the plans even cost in the health insurance marketplace, effectively making the health insurance completely free.

In order to be eligible for the full amount you need to have the amount of income that shows up on your tax return (but not necessarily the

income you pay tax on or actually have) to be around \$18,000. The higher your income goes up, the more this tax credit shrinks. In the past if your income got too high you would go from getting a large tax credit to nothing at all if your income was just \$1 too high and over the threshold. One of the few good things (in our opinion) for retirees that came from the stimulus bill number 3 (called the American Rescue Plan) signed into law in March 2021 is the elimination of this threshold cliff. Instead of the subsidy suddenly ending it instead slowly decreases as income goes up. Even if you have a six figure income, you'll still get a subsidy of some sort now. The lower the income that shows up on your tax return, though, the larger the subsidy will be as long as it is not too low. If it is too low you get nothing at all.

Here is where smart tax planning ahead of time comes into play. If you were to take money from a pension buyout, IRA, 401k (or other company retirement plan like a TSP, 457 or 403b) and switch that money over to a Roth ahead of time you can still have a high actual income while having a low amount show up on your tax return. This will then allow you to get a larger health insurance tax credit subsidy that could fully pay for your insurance. The reason behind this is that any money that comes out of a Roth does NOT show up anywhere on your tax return. From the government's perspective, it is as if the money no longer exists once it goes to a Roth. A person can take enough out of their investments that have taxes on them (like 401ks, IRAs, and pension buyouts) to get the maximum tax credit for insurance and take the rest of the income they want and need from the Roth. This is something we have been helping people do to allow them to retire earlier for years.

Great retirement planning is much more than just picking investments. There are many

moving parts when it comes to income planning, tax reduction planning, tax credit planning, when to start Social Security, etc. that all interrelate and change when you go from working and earning paychecks to retiring and wanting paychecks. Far too many people end up paying more than their fair share in taxes (and/or miss out on tax credits) and work for longer than they actually need to just because they either don't know about how best to navigate all of these complex topics or aren't well informed. If you're putting off retiring just because of potential health insurance costs you likely don't have to. Schedule a time to talk with us at The Retirement Team at 785-228-0222 if you're in this situation, if you'd like to save on taxes in retirement, and/or need help with figuring out how to get the most out of Social Security. We strive to help people do the best they can in all financial aspects of retirement including, but not just, investments.

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## Doing Good by Donating Stock

By Jim Hanna

Like many investors, you may own shares of stock (or other assets like mutual funds) that have appreciated in value given the generally favorable environment for the markets in recent years. If the stock is held in a taxable account, it means that a decision to sell shares at some point in the future may result in a taxable gain.

One option to consider is gifting those appreciated shares to qualified charities. This may provide a tax benefit for you and it could result in a larger gift for the receiving organization as well.

### Weighing your options

Donating stock rather than cash makes the most sense if it has been held in a taxable account for longer than a year and it has appreciated in value. It also may be best if you were already considering selling that stock position.

Consider a situation where an individual wants to take a stock valued at \$2,000 and use it to fund a donation to a qualified charity. In this example, we'll assume the stock was purchased 10 years ago for \$1,000 and is now valued at \$2,000. The donor can proceed in one of two ways:

### Option A

The donor sells the stock, realizing a capital gain of \$1,000. Assuming the gain is subject to the top long-term capital gains tax rate at the federal level (20%) the federal income tax on the gain is \$200; and could be more when considering any state taxes. That leaves only the after-tax value of the proceeds from the stock sale (approximately \$1,800) available to donate to the charity.

### Option B

Instead of selling the stock, the individual arranges to donate the stock to a qualified charitable organization. In this way, no stock sale occurs while the individual owns it, avoiding the federal capital gains tax. Ownership of the full \$2,000 value of the stock transfers to the charity. The organization can sell the stock at any time without any tax consequences given its tax-free status. The donor may be able to claim the full \$2,000 value of the stock as a charitable contribution for tax purposes.

### The advantages of donating stock

In this example, it is clear that there are several advantages to donating stock directly to the charity rather than liquidating the shares first and donating the proceeds in cash:

1. A long-term capital gains tax liability is avoided by not having to sell the stock first.

2. The net value available to donate to charity is larger by directly gifting stock rather than liquidating it first and donating the after-tax cash proceeds.

3. The larger value of the donation means the available tax deduction for the gift is larger as well.

This creates a win-win situation, both for you as the donor as well as the charity. The organization can turn the stock received into cash immediately by selling it or choose to hold onto the stock to capitalize on potential future gains. That means the value of your gift could be enhanced.

This strategy works specifically for appreciated stock that is held for at least 12 months (qualifying for long-term capital gains treatment). If the stock was held for less than 12 months, tax laws only allow you to deduct the cost-basis value of the stock that was donated. If the stock lost value, it is more advantageous to sell the shares first and then make the donation to charity. You may be able to utilize the capital loss on your tax return to offset other gains or a portion of your income.

### Check out your options

Before you decide to donate stock to charity, check with the organization in advance to make sure they are able to accept such a gift. Also be sure to consult with your tax advisor to have a clear understanding of the tax ramifications of your donation plan.

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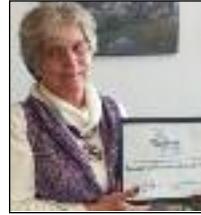
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## IRS continues unemployment compensation adjustments

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

The Internal Revenue Service has reported that another 1.5 million taxpayers will receive refunds averaging more than \$1,600 each as it continues to adjust unemployment compensation from previously filed income tax returns.



The American Rescue Plan Act of 2021, which became law in March, excluded up to \$10,200 in 2020 unemployment compensation from taxable income calculations. The exclusion applied to individuals and married couples whose modified adjusted gross income was less than \$150,000.

Refunds by direct deposit will begin July 28 and refunds by paper check will begin July 30. This is the fourth round of refunds related to the unemployment compensation exclusion provision.

Since May, the IRS has issued over 8.7 million unemployment compensation refunds totaling over \$10 billion. The IRS will continue reviewing and adjusting tax returns in this category this summer.

The IRS effort focused on minimizing burden on taxpayers so that most people won't have to take any additional action to receive the refund. The IRS review means most taxpayers affected by this change will not have to file an amended return because IRS employees have reviewed and adjusted their tax returns for them. For taxpayers who overpaid, the IRS will either refund the overpayment or apply it to other outstanding taxes or other federal or state debts owed.

For this round, the IRS identified approximately 1.7 million taxpayers due an adjustment. Of that number, approximately 1.5 million taxpayers are expected to receive a refund. The refund average is \$1,686.

The IRS started with the simplest tax returns and is now reviewing more complex returns. The average refund amount is higher for this round because the IRS included an adjustment to the Advance Premium Tax Credit (APTC).

Most taxpayers need not take any action and there is no need to call the IRS. However, if, because of the excluded unemployment compensation, taxpayers are now eligible for deductions or credits not claimed on the original return, they should file a Form 1040-X, Amended U.S. Individual Income Tax Return.

Taxpayers **should** file an amended return if they:

- did not submit a Schedule 8812 with the original return to claim the Additional Child Tax Credit and are now eligible for the credit after the unemployment compensation exclusion;

- did not submit a Schedule EIC with the original return to claim the Earned Income Tax Credit (with qualifying dependents) and are now eligible for the credit after the unemployment compensation exclusion;

- are now eligible for any other

credits and/or deductions not mentioned below. Make sure to include any required forms or schedules.

Taxpayers **do not need** to file an amended return if they:

- already filed a tax return and did not claim the unemployment exclusion; the IRS will determine the correct taxable amount of unemployment compensation and tax;

- have an adjustment, because of the exclusion, that will result in an increase in any non-refundable or refundable credits reported on the original return;

- did not claim the following credits on their tax return but are now eligible when the unemployment exclusion is applied: Recovery Rebate Credit, Earned Income Credit with no qualifying dependents or the Advance Premium Tax Credit. The IRS will calculate the credit and include it in any overpayment;

- filed a married filing joint return, live in a community property state, and entered a smaller exclusion amount than entitled on Schedule 1, line 8.

Taxpayers will generally receive letters from the IRS within 30 days of the adjustment, informing them of what kind of adjustment was made (such as refund, payment of IRS debt payment or payment offset for other authorized debts) and the amount of the adjustment.



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# opinion

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## The Cost of the School Shutdowns

Shutting down schools was among the most destructive policies of the pandemic, and a new report by McKinsey & Co. quantifies the harm.

The consulting firm examined spring 2021 test results for 1.6 million students in grades 1 through 6 across the U.S., then compared their performance with that of similar students pre-pandemic. They discovered that the pandemic-era children were, on average, about four months behind in reading and five months behind in math.

However bleak, these numbers “likely represent an optimistic scenario,” McKinsey says. The results measure “outcomes for students who took interim assessments in the spring in a school building—and thus exclude students who remained remote throughout the entire school year, and who may have experienced the most disruption to their schooling.”

The McKinsey study doesn't say it, but teachers unions were the

main architects of this calamity by first refusing to return to the classroom, then insisting on watered-down schedules. The data company Burbio found that, by the end of the spring semester, most students could attend school at least part-time. But due to union demands, the return sometimes amounted to a few days or hours of in-person learning a week.

McKinsey found that children in majority black schools ended the school year a full six months behind in math and reading on average. Students in schools where the average household income was below \$25,000 were seven months behind in math and six months in reading.

McKinsey notes that “students who move on to the next grade unprepared are missing key building blocks of knowledge that are necessary for success,” and “students who repeat a year are much less likely to complete high school” and attend college. Without “immediate and sustained interventions,” the



Signs continue to encourage mask wearing and social distancing for the upcoming fall semester despite ventilation improvements at Kelley Lake Elementary School in Decatur, Georgia, July 23. Photo: Erik S Lesser/Shutterstock

report predicts the lost learning could slash lifetime earnings by \$49,000 to \$61,000 on average. This seems low to us, and the damage will be worse than average for millions.

Many affluent parents have paid for tutors or private school, but the most vulnerable children don't have that option. The solution is more school choice nationwide.

—wsj.com | Editorial Board

## The Root of America's Rising Division



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The Scriptures says, “For we have already charged that all, both Jews and Greeks, are under sin, as it is written: ‘None is righteous, no, not one . . .’” (Romans 3:9-10)

It seems like we are no longer living in the United States of America, but in a different country that goes by a new name, the Divided States of America. There has always been division between our major political parties, but it is at a level that has not been seen in generations, and even within the parties themselves. Beyond politics there is a burgeoning racial division unfolding before us between blacks and whites. In the battle against Covid-19, there is division between pro-maskers and no-maskers, pro-vaccination and no-vaccination. The list of examples could go on, highlighting deep divides among us. And these are not just casual differences, but aggressive, passionate, and angry differences.

Where is this coming from and what is the answer for our divided nation?

When the Scripture says “both Jews and Greeks,” it is referring to all

humanity. When it says “under sin,” it refers the authority and power of sin. Summary: every one of us is under the control of sin, and sin is a violation of God's moral laws. When we deceive, are bitter toward others, engage in violent acts, wish harm upon someone, engage in speech or behavior that creates ruin and misery, we are offering up tangible evidence of the control sin has upon us. And what does it produce? Peace? No! When someone is under the authority and power of sin, they leave a trail of division and destruction wherever they go. They have no peace with God, nor with others.

In spite of our passionate differences, there is one thing we have in common, all of us are held captive by sin within us. That is our common problem and enemy.

What is the answer? How can we survive as a society? If we can agree what the root of the problem is, that leads us toward what the answer is and is not. Laws, education, peace accords and other efforts all have their place and can provide temporary help, but cannot give lasting peace. Our division is a spiritual problem and requires a spiritual answer.

The Scripture says, “. . . the righteousness of God has been manifested. . . through faith in Jesus Christ for all who believe” (Rom. 3:21-22). There lay's our answer. The righteousness of God is all the rightness, goodness, beauty, perfection and wonder of God. And it is all found in the person of Jesus. When someone leaves behind



their divisive and deceitful ways and pursues Jesus, he receives within himself the righteousness of God and all he needs to begin breaking down the walls of division through living at peace with God, himself and others.

What are some of the key elements that is needed to turn from divisiveness and to living in peace with one another? Humility instead of arrogance. Forgiveness instead of bitterness. Serving instead of bullying. Where do these come from? Jesus. He is the embodiment of these. When Christ is in you, these are in you and live through you, as you walk in faithful obedience to Him.

America, Christ in us, Christ through us is the only pathway to true and lasting unity and peace from our inner cities to our most rural ones. When we come to Him on His terms and follow His ways, He will end the division in our nation. If we do not choose it now, but put it off, then our nation will face His awful judgment in the future. The division we are seeing

has been the predictable result of the sin our nation has been living in. The longer we wait, the more severe the consequences of our sin and the judgment of God will be. Time is of the essence. Quickly, one by one, we must humble ourselves in the fear of God and call upon Him for mercy for our own souls and the soul of our nation.

A prayer for you - “Lord God, I pray against the rising divisions within our nation and for the people and groups on both sides of numerous issues. Heal our division and begin with me. May you and your truth be lifted up and people come together and agree to live according to your ways. Help us not to return evil for evil, but to walk in a spirit of humility, forgiveness and service by your power toward those who oppose us. 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.

# Will Graham: There Is No Middle Ground With Christ

By Will Graham

"Do you ever get nervous before preaching to large crowds?" This is a common question that I often receive in media interviews. I answer honestly by saying, "Yes, every time." However, it's not the size of the audience that affects me.

You see, as an evangelist, I take sharing the Word of God and the hope of Jesus Christ very seriously. The way I look at it, eternity is at stake every time I stand up at the podium. My constant prayer is that the Holy Spirit would speak through me, and that I would get out of the way. When I say I'm nervous, it's because I always want to communicate as clearly as possible, and never say anything that would be a deterrent and cause some to turn away from Jesus.

When eternity is on the line—the difference between Heaven and Hell—I don't pull punches. People need to know that both are real, literal places, and surrendering one's life to Jesus is the difference. There is no middle ground with



Christ. If you aren't for Jesus, you're against Him.

Frankly, turning your heart away from Jesus has very real implications not just for eternity, but for your life here on earth as well. If you look at Hebrews 3:7-19, you'll see four serious consequences of

turning your back on Christ.

Each consequence is actually a step in a progression leading you further and further from God:

## Step 1

**Separation from God (v. 12).** God is truth, and when we fail to believe truth,

then we follow a lie. And a lie—by its nature—is separate from the truth. In a very real sense, our sin separates us from God.

## Step 2

**We fall victim to sin (v. 13).** As we allow sin to separate us from God, we begin to fall victim to the "deceitfulness of sin." Simply stated, sin is tricky. Sin masks itself and never presents itself as it truly is. Because we are separated from Christ, our hearts become cold and we allow ourselves to be deceived by sin.

## Step 3

**Our hearts grow hard (v. 15).** As sin's poison cuts to our soul, our hearts—which may have once been soft and tender—become spiritually calloused, like hard, dead skin. When we allow ourselves to be deceived by sin over and over again, and we wander far from God, we are no longer able to sense His prompting or guidance in our lives.

## Step 4

**We become rebellious against God (v.15).** When we allow our calloused

hearts to go unchecked, embracing sin rather than being convicted of it, we are actually in a state of rebellion against God (v. 15). This rebellious heart causes us to further sin against God, and God will not tolerate it. The result is spiritual death.

You see, my friends, there are ramifications and consequences for our disobedience to Christ, both in this world and in eternity. But there's Good News! You don't have to live a life of callousness and rebellion. We serve a God of second chances, and even today your heart can be softened. Regardless of where you've been or what you've done, you can surrender your life over to Him and begin a relationship with Jesus. He's ready to welcome you with open arms!

Are you ready to say "No!" to sin and "Yes!" to Jesus? Visit [PeaceWithGod.net](http://PeaceWithGod.net) to begin a relationship with Him today.

Will Graham is the Vice President and Associate Evangelist at the Billy Graham Evangelistic Association. For more information on the BGEA, visit <https://billygraham.org>.

## Thoughts on Patriotism and the Olympic Games

By Dr. Michael Brown

Can you imagine what would happen to an Olympic athlete from China or North Korea if he or she decided to protest their national flag at a medal ceremony? That would likely be the last thing that person did as a free human being.

That's another reason why I appreciate the freedoms we have here in America. At the same time, that doesn't mean that I have to like such protests at the Olympics. In point of fact, I don't.

That's part of my freedom as an American, too. I can dislike such protests and I can say so openly.

The fact is, the Olympics are the only sports event that can truly be called international, even more so than the World Cup in soccer (or, as the rest of the world calls it, football). That's because every nation can send athletes to compete, and more nations are represented in the Olympics than in any other sporting games.

And, in contrast with, say, the World Cup in soccer where the poorer teams are quickly eliminated, in the Olympics, even the smallest country might take home a medal, bronze or otherwise.

To this day, in countries like Israel, which are not known for sports, a single medal is a cause for celebration. And when the medal is won, the headlines announce, "Israel wins a silver medal!" Or, "Tunisia takes gold!" The athletes name is a subheading to the story. It is the country's victory that is announced.

Even the U.S. women's basketball players, well known for not coming onto the basketball court during the playing of the national anthem during their regular WNBA season, have decided to stay on the floor during the anthem.

As explained by four-time Olympic medalist Sue Bird, "You are wearing USA jerseys, and it does change the conversation a little bit and what you're representing. With that, I don't feel like a hypocrite in any way. Everyone knows where we stand. I don't think it contradicts anything since

we're actually doing the work."

Again, just look at the Medal Tracker on your favorite sports site during and after the Olympics. What do you see? Today, as I write, it reads, "Total Medals by Country: China, 18; USA 14; Japan, 13." Then, the specifics: "Gold Medals by Country: Japan,



8; USA, 7; China, 6."

Then the silver medals, then the bronze medals, all listed by country. Not a single athlete is named or mentioned. This is all about national prowess in sports.

Decades back, during the days of the Soviet Union, the competition with America was not just fierce. It was ideological. Which nation can produce better athletes? Which country has better sports programs? Which way of life is more conducive to athletic excellence?

And when East Germany, so small when compared to the larger countries of the world, began to win a disproportionate number of medals, that, too, was lauded as further testimony to the superiority of communism. At least, until the massive doping scandals were revealed, after which all those accomplishments were drowned in shame.

To this day, though, that sense of competition exists when it comes to China versus the USA. Can our freewheeling, capitalistic, independent system beat their super-structured, at times compulsory system?

These sentiments may not be expressed openly (although I certainly remember hearing them as a boy when it came to America versus the Soviet Union), but they are there under the surface. (Do you really think such sentiments are not expressed in

China, especially at the highest levels? A triumph over America at the Olympics is an ideological triumph too.)

And that's why, every four years, we put aside our minor quibbles and root for our national team. That's why, as much as we face up to our own challenges in America, during the games, we're happy to chant, "USA! USA! USA!"

It becomes more difficult, though, when we're aware that some of our athletes despise what our flag stands for. Or if we're wondering what they'll do if they medal and get to the platform. Should we be proud of their stunning athletic accomplishment, or should we cringe?

Again, these athletes are free to protest 24/7 in America or wherever they like. That's part of the beauty of being American. But that doesn't mean we have to like it.

And so, as much as I appreciate the past gold medals won by the women's soccer team, I have mixed feelings about them when they play. Will their next victory be the opportunity for them to make a strong lesbian statement, as in a very public kiss with a partner? Or will they send some other kind of political message?

I do appreciate the courage of Tommie Smith and John Carlos, who raised Black fists in protest in the 1968 games in Mexico. And I recognize that this took place just months after the assassination of Dr. Martin Luther King.

I also recognize that America then was very different than America today. (Indeed, these two men paid dearly for their actions, both in the public square and professionally. In my opinion, the punishment was far too severe.)

And I am hardly one who refrains from criticizing America's many weaknesses and sins, to this very day.

But there's a time and a place for everything. And I'm sure I'm not alone in wishing that, for just a few days, we could join together and cheer on our athletes who, in turn, will feel proud to be Americans. Is this too much to ask?

## Aborted Fetal Cells Used in Covid Vaccines?

By Carolyn Cogswell

In an article by infectious disease expert James Lawler, M.D., ([www.nebraskamed.com/COVID/you-asked-we-answered-do-the-covid-19-vaccines-contain-aborted-fetal-cells](http://www.nebraskamed.com/COVID/you-asked-we-answered-do-the-covid-19-vaccines-contain-aborted-fetal-cells)) the question is asked, "Do the Covid-19 vaccines contain aborted fetal cells?"

His answer: "No, the COVID-19 vaccines do not contain any aborted fetal cells. However, Pfizer and Moderna did perform confirmation tests (to ensure the vaccines work) using fetal cell lines. And Johnson & Johnson uses fetal cell lines in vaccine development, confirmation and production."

What exactly it means to say they were used in "vaccine development, confirmation and production" is unclear, but has been interpreted by many to mean that the vaccines actually contain "the tissue of dead babies." The article goes on to explain the difference between fetal cells and fetal "cell lines".

Fetal cell lines, they say, are from aborted fetuses from the 70s and 80s, and that, therefore, there is no fetal tissue in the vaccines.

The problem for most Christians may be that, whether or not aborted fetal tissue is contained in the vaccines or whether aborted fetal tissue was used to derive "fetal cell lines" for research, the very association with abortion is abhorrent to them.

The article defines the processes of development, confirmation and production as follows:

**Development:** Identifying what works

**Confirmation:** Making sure it works

**Production:** Manufacturing the formula that works

The doctor emphasizes that, "None of the COVID-19 vaccines in development use fetal cells taken from recent abortions."

Whether or not this provides consolation for devout believers who object to abortion may be another question to ask. Doctor Lawler points out that, "We understand this topic is very sensitive and important within communities of faith. We want everyone to feel like they are making a fully informed decision. We encourage anyone with concerns about the use of fetal cell

lines in vaccine development to weigh the risks and benefits of the COVID-19 vaccines with their doctor and have a personal conversation with a faith leader.

"The Vatican has issued clear guidance that permits Roman Catholics in good faith to receive COVID-19 vaccines that use fetal cell lines in development or production."

Information is available for interested persons. The above referenced article is a good place to start.

### Gain of Function safety standards lowered when moved from US to China

"Gain of function research (GoF research or GoFR) is medical research that alters an organism or disease in a way that increases pathogenesis, transmissibility, or host range (the types of hosts that a microorganism can infect)." (Wikipedia)

Reports are that the purpose of this research is to develop vaccines. Because of the obvious risk, it was temporarily paused in the US but funded in Wuhan by our government.

According to Rowan Jacobson, "Inside the risky bat-virus engineering that links America to Wuhan" (June 29, 2021), the stated or intended purpose of gain of function research is to help create "universal" coronavirus vaccines.

In 2014, The National Institute of Health temporarily halted the risky research (the ban was lifted in 2017), but reportedly proceeded to fund it in Wuhan, China. But the safety level was reportedly lower in Wuhan than it had been in the U.S. (biosafety level 2 versus BSL 3).

Jacobson writes, "What caused the covid-19 pandemic remains uncertain, and (Chinese virologist Zhengli) Shi says her lab never encountered the SARS-CoV-2 virus before the Wuhan outbreak. But now that US officials have said the possibility of a lab accident needs to be investigated, the spotlight has fallen on American funding of the Wuhan lab's less safe research. Today a chorus of scientists, including (American virologist Ralph) Baric, are coming forward to say this was a misstep. Even if there is no link to covid-19, allowing work on potentially dangerous bat viruses at BSL-2 is 'an actual scandal,' says Michael Lin, a bioengineer at Stanford University."

# Inaugural Topeka Fall Fest will be October 9 at the Vinewood

Two to three thousand people are expected to attend the Topeka Fall Fest, to be held October 9 at The Vinewood, 2848 SE 29th St. Families will be able to listen to live music, visit over 60 vendors & food trucks, attend the Health Fair and take part in the kids activities.

Dozens of local businesses and non-profit organizations take part in the event as vendors or sponsors, and several live music acts will perform on the outdoor stage. The Topeka High



Drumline will also make an appearance.

An outdoor vendor market will offer a wide variety of products and services, with food trucks

nearby. Inside Vinewood hall, a Health Fair will showcase a variety of health care and fitness businesses and services, several of which will

offer presentations or demonstrations to fair goers.

Many kids activities will be offered, such as facepainting, pony rides, petting zoo, cake walks and even a ball toss to win a bike!

The event, which takes place from 10am to 3pm, is coordinated by C5Alive, Metro Voice Newspaper, Health & Wellness magazine and Emerald City Cosmopolitan Club.

Major sponsors include Integrity Insurance, Peggy

Beasterfeld Tax & Accounting, The Pad Restaurant, Golden Eagle Casino, ServPro, Terminix, College HUNKS, Midwest Barter, Capital City Flooring and more.

There is still room for more sponsors and participants for the Vendor Market, Food Court and Health Fair. Volunteers are also needed to help with the entire event.

For more information, visit Topeka Fall Fest on Facebook, email info@C5Alive.org or call 785-640-6399.

## Americans now lonelier than ever as number of friends declines

The United States is becoming a lonely place according to a new study on friends.

Americans now report they have the fewest close friends since the early 1990s. While most demographics are reporting the drop, men are seeing the biggest jump in isolation. Five times as many men, compared to women, say they have no close friends at all according to a study by the Survey Center on American Life.

The study involved interviews with 2,019 adults living in the U.S., and shows that only 59% of Americans, in general, report having a best friend today compared to 77% in 1990. And while 30 years ago 55% of men said they have at least six close friends, just 27% of men now report the same. Some 15% now say they have no close friends at all compared to 3% in 1990.

According to Daniel A. Cox, senior fellow in polling and public opinion and director of the Survey Center on American Life, just 10% of women reported having no close friends while overall they, too, have fewer friends than in the past.

For young adults and singles, the situation can play havoc with both physical and mental health. Cox says those groups rely on their friends for emotional and personal support.

One bright spot is that young men are turning to their parents for support and as their friend circle shrinks. Some 36% of young men say the first person they call for help is their parents.

Just 22% of young men say they turn to their friends when facing personal problems, down by half from 45% in 1990.

Among the forces highlighted as factors behind the shifting trend in friendships are Americans marrying later and being more geographically mobile.

Another bright spot is that studies also show American parents are spending twice as much time with their children than previous generations even as they work longer hours.

The study shows that some 53% of Americans say that the first person they talk to when they have a personal problem is their spouse or partner. For men, according to an earlier report in Harper's Bazaar, it's women who bear the burden of men's lack of friendships.

"Men don't usually put the effort into maintaining friendships once they're married," artist Lindsay Johnson



told the publication. "The guys at work are the only people other than me that my husband even talks to, so when

some of these men retire, they expect their wives to be their source of entertainment and even get jealous that they

have a life."

Dr. Geoffrey Greif, sociologist and author of Buddy System: Understanding Male Friendships, explained to Healthline that men develop friendships by working or doing things together like watch-

ing sports and going to events. But he added, "As we get older and take on more responsibilities at work and home, men typically have less time for these shared activities, which can be isolating."



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## Mississippi Petitions Supreme Court to Overturn Roe v. Wade

Could Mississippi's "masterful" move lead to the end of Roe v. Wade?

That's what pro-life advocates are hoping after the state officially asked the Supreme Court to overturn Roe v. Wade in a brief filed July 22, according to the Washington Free Beacon. The move came as the state is defending its Gestational Age Act, which bans abortions after 15 weeks of pregnancy.

The brief in the case of Dobbs v. Jackson Women's Health Organization argued that Roe v. Wade and another landmark abortion decision, Planned Parenthood v. Casey, were erroneously decided.

"Under the Constitution, may a State prohibit elective abortions before viability? Yes. Why? Because nothing in constitutional text, structure, history, or tradition supports a right to abortion," read the brief, filed by Mississippi Attorney General Lynn Fitch.

"Roe and Casey are egregiously wrong. The conclusion that abortion is a constitutional right has no basis in text, structure, history, or tradition," it continued.

"Roe broke from prior cases, Casey failed to rehabilitate it, and both recognize a right that has no basis in the Constitution."

"Abortion jurisprudence has placed this Court at the center of a controversy that it can never resolve," the brief added. "And Roe and Casey have produced a jurisprudence that is at war with the demand that this Court act based on neutral principles."

In addition to arguing both Roe and Casey were decided on invented rights that don't exist in the Constitution, lawyers for Mississippi said the decisions abrogated the state's 10th Amendment rights to set its own abortion restrictions. The brief also said the logic in the Roe and Casey decisions was superannuated.

"The march of progress has left Roe and Casey behind," the brief read. "Those cases maintained that an unwanted pregnancy could doom women to 'a distressful life and future' ... that abortion is a needed complement to contraception ... and that viability marked a sensible point for when state interests in unborn life become compelling."

"Today, adoption is accessible and on a wide scale women attain both professional success and a rich family life, contraceptives are more available and effective, and scientific advances show that an unborn child has taken on the human form and features months before viability," the brief continued.

The fact the court decided to hear Mississippi's appeal to a



2019 federal court ruling which struck down the law had already set off alarm bells among pro-abortion groups.

However, as The Wall Street Journal noted, the state had originally argued the law violated neither Roe v. Wade, nor Planned Parenthood v. Casey, a 1992 decision which states that laws mustn't put an "undue burden" upon a woman seeking an abortion.

With Thursday's brief, those alarm bells were ringing loud and clear, particularly given this is the first major abortion case to be heard by a court with a 6-3 conservative-leaning.

"Mississippi just said the quiet part out loud," a statement from Planned Parenthood Action read, according to the Free Beacon. "This was always their end game: to have the Court overrule 50 years of precedent and allow states to ban abortion."

"If Roe falls, half the states in the country are poised to ban abortion entirely," said Nancy Northup, president of the Center for Reproductive

Rights, the pro-abortion group representing Jackson Women's Health Organization, the WSJ reported.

"Women of childbearing age in the U.S. have never known a world in which they don't have this basic right, and we will keep fighting to make sure they never will."

Pro-life groups, meanwhile, hailed Mississippi's push to end the "basic right" to kill a baby.

"Mississippi's pro-life law reflects science and international norms and we're eager to see the Court catch up," said Marjorie Dannenfelser, president of the pro-life Susan B. Anthony List, according to the Free Beacon.

"By 15 weeks, they have fingers and toes, fully formed noses, lips, eyelids and eyebrows. They are clearly human, and they feel pain. Most European nations limit late-term abortion by this point."

Dannenfelser also hailed the brief as "masterful."

—C. Douglas Golden / westernjournal.com

## All aboard for a chance to see the U.P. Big Boy



Are you an avid train enthusiast? Or do you have a kiddo that's choo-choo obsessed? No matter the draw, you'll find an amazing photo op and viewing experience as the U.P.'s Big Boy steam engine makes its way through Topeka and Lawrence twice in the next few weeks.

The train will arrive in Topeka

on Monday, August 9 at 2 p.m., at Great Overland Station, 701 N. Kansas Ave. It will then arrive in Lawrence at 3:30 p.m. at 402 N. 2nd St.

On its way back through Kansas, the big engine will arrive in Lawrence on September 2 at 10:15 a.m., and then arrive in Topeka at 11:45 a.m.

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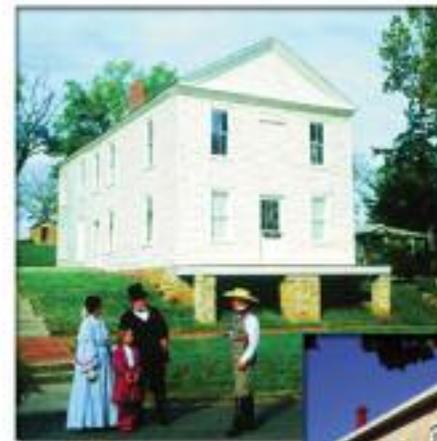
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## Kansas News Briefs from around the state

### Kansas Governor Requiring Masks for State Workers, Buildings

TOPEKA, Kan. (AP) — Governor Laura Kelly says she's imposing a mask mandate for Kansas state government workers and visitors to state buildings. She said Wednesday that she's acting in the wake of a "self-inflicted" surge in new COVID-19 cases fueled by the faster-spreading delta variant. Kelly's announcement came after a central Kansas school district mandated masks in its building and public health officials in two of the state's most populous counties recommended that even vaccinated residents wear masks in at least some indoor public spaces. Kelly's order takes effect Monday and is set to apply in 84 of the state's 105 counties and to almost 39,000 state government workers.

### Douglas County District Attorney Won't Prosecute Violations of New Voter Law

LAWRENCE, Kan. (AP) — Douglas County District Attorney Suzanne Valdez says her office will not prosecute cases arising from the state's new voting law. Valdez said in a news release Tuesday the law, which took effect July 1, criminalizes efforts by nonpartisan groups to inform and register voters. Among other things, the law would make it harder for nonpartisan groups, neighbors and candidates to collect and return absentee ballots for voters. The law also makes it a crime to undertake activity that gives the appearance of being an election official. Valdez said the law is too vague and could make normal political activity a felony crime.

### Kansas Doctor Loses License in Health Care Kickback Scheme

LEAWOOD, Kan. (AP) — A Leawood doctor has surrendered his medical license after admitting that he solicited health care kickbacks from a drug company. Dr. Steven Simon surrendered his license this month, after being sentenced in April to three years of probation. He was also ordered to pay a \$100,000 fine. Simon admitted that he told a representative for AstraZeneca that he would stop selling one of its drugs unless he was hired for more speaking engagements. KCUR reports the drug company determined it would not offer Simon any further speaking engagements. Doctors can legally accept compensation for speaking engagements, but can't receive kickbacks for prescribing drugs or medical devices.

### Two Killed After SUV Hits Cow on Western Kansas Highway

WINONA, Kan. (WIBW) - Two people from Arizona were killed early Monday after the sport utility vehicle they were riding in hit a cow that was on a western Kansas highway. WIBW TV reports(link is external) that the crash happened early Monday morning on U.S. Highway 40, about five miles southwest of Winona in Logan County. According to the Kansas Highway Patrol, a 2015 Jeep Wrangler was eastbound on the highway when it collided with a black cow that was in the roadway. The patrol said the driver of the Jeep attempted to brake to miss the cow and ended up swerving, entering the north ditch. The Jeep then rolled an undetermined number of times before coming to rest on its passenger side facing south. Both occupants in the Jeep were pronounced dead at the scene. The patrol identified the fatality victims as 45-year-old Raymond H. Kennedy, of Glendale, Arizona, and 54-

year-old Brenda G. Carrasco, of Peoria, Arizona. Both occupants of the Jeep were wearing their seat belts.

### Kansas Man Charged with Animal Cruelty for Neglecting More than 50 Animals

MILTONVALE (KSNT) — A Kansas man, Kevin Vesterberg, is being charged with 10 counts of animal cruelty after more than 50 animals were found neglected or dead on his property. Companion Animal Protection Society (CAPS) is the group that discovered the case, which resulted in the start of an investigation launched by the Ottawa County Sheriff's Office. "Our lead investigator was investigating a potential puppy mill in Ottawa County when she came across this horrendous livestock abuse case," Debbie Miller, the Kansas Director of CAPS, said. KSNT TV reports(link is external) that for the CAPS program, the word horrendous is an understatement. "This is one of the worst cruelty cases she has ever witnessed," Miller said. Vesterberg was in charge of taking care of these animals that he used for breeding to make money, according to the lead deputy on the case. When the deputy responded to the property in late May he found the neglected animals. There was a wide variety of on the property, like sheep, goats and rabbits. The animals that were still alive had everything from empty water troughs to oozing eyes and hooves that were over a foot long. It is unclear how many remains were found and how many animals are still on the property. There hasn't been much movement on the case since the local county attorney, Richard Buck, charged Vesterberg with the 10 counts. Vesterberg's next court date is set for mid-August.

### Kansas City Only Missouri School District Reporting that it Teaches "Critical Race Theory"

KANSAS CITY, Mo. (Missouri Independent) - A survey of over 400 Missouri school districts found only Kansas City Public Schools reported that it uses a curriculum that both teaches lessons about critical race theory and includes the

1619 Project. The Missouri Independent reports(link is external) that two other districts say they utilize the 1619 Project in their curriculum. The results of the survey, administered by the Department of Elementary and Secondary Education (DESE), come a week after a handful of parents and teachers opposed to critical race theory decried its teaching in schools(link is external) before a committee of lawmakers — even as the state's commissioner of education said the academic concept is largely not taught throughout K-12 public schools in Missouri. The survey was requested by Missouri state Senator Karla Eslinger, R-Wasola, who did not immediately respond to a request for comment Monday about the survey's findings. Over the course of two weeks in July, DESE asked school districts two questions: whether their board-approved curriculum includes lesson about critical race theory and whether it includes the 1619 Project by The New York Times(link is external), which details the United States' legacy of slavery. In total, 425 responses were received, with nearly all schools answering "no." A spokeswoman for DESE did not respond to a request for comment on the survey's findings or how the department plans to use the results.

### Big 12's Texas, Oklahoma Make Official Request to Join Powerhouse SEC

UNDATED (AP) - Texas and Oklahoma made a request Tuesday to join the Southeastern Conference — in 2025 — with SEC Commissioner Greg Sankey saying the league would consider it in the "near future." The wheels are in motion for a monumental move in college sports, but the Longhorns and Sooners are not yet free agents. And it's doubtful they want to wait until the contract that binds them to the Big 12 for four more years runs out to bolt to the SEC. It also might not be in the best interest of the Big 12 to have two lame ducks in the conference much beyond the 2021-22 school year. "It's similar to a divorce, but it's business relationship where multiple parties realize that they just can't be together anymore," said Darren Heitner, a sports and entertainment attorney based in Fort Lauderdale, Florida. "You try to come to a resolution where perhaps nobody feels great about it, but at least

there's something where they feel as though they're getting some fair value out of the equation." A day after Oklahoma and Texas notified the Big 12 that they would not be extending a grant of media rights agreement past its 2025 expiration date, the schools publicly stated for the first time they want to join the SEC. Oklahoma and Texas sent a joint letter to Sankey, requesting "invitations for membership to the Southeastern Conference starting on July 1, 2025." (Read more(link is external).)

### Big 12 Accuses ESPN of Trying to 'Destabilize' Conference

UNDATED (AP) — Big 12 Commissioner Bob Bowlsby tells The Associated Press that ESPN is pushing other conferences to pick apart the league so Texas and Oklahoma can move to the Southeastern Conference without paying a massive buyout. The Big 12 sent a cease-and-desist letter to ESPN on Wednesday, demanding it stop "all actions that may harm the Conference and its members and

that it not communicate with the Big 12 Conference's existing Members or any other NCAA Conference regarding the Big 12 Conference's Members, possible conference realignment or potential financial incentives or outcomes related to possible conference realignment."

### Chiefs QB Mahomes Becomes Part of Sporting KC Club Ownership

KANSAS CITY, Kan. (AP) — Patrick Mahomes has become part of MLS club Sporting Kansas City's ownership group. The Chiefs quarterback and 2018 NFL MVP had his stake in the soccer team announced Tuesday. Mahomes also is a part owner of baseball's Kansas City Royals and his fiancée, Brittany Matthews, is a co-owner of the women's soccer club Kansas City NWSL. Mahomes led the Chiefs to the 2019 NFL championship and a loss this year in the Super Bowl to Tampa Bay.

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# Author Jack Redmond: Stop 'Attending' Church

Over the centuries, many Christians have moved from being the church to simply attending church. Imagine the impact when every Christ follower purposely engages in spreading the gospel through both word and action seven days a week.

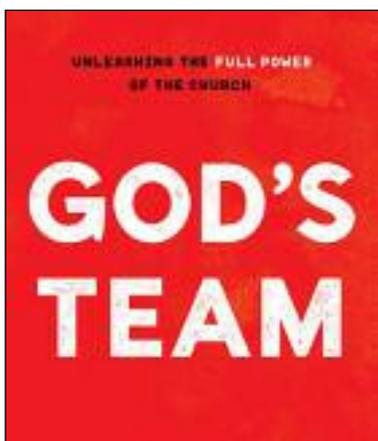
God's Team: Unleashing the Full Power of the Church by North Jersey author and speaker Jack Redmond is a call to all Christians to fulfil their role in the Body of Christ so the gospel is both preached and lived out in society.

With a passion for evangelism, discipleship, and missions to reach the lost and bring purpose into the lives of others, Redmond shares that if both pastors and church members embrace this vision, then the Church will achieve its global ministry to preach the gospel to every person. "It's going to take everyone to reach everyone."

"We are surrounded each day by people looking, searching and desiring for something," he said. "They try many things trying to fill the gap that can only be fulfilled with a personal relationship with Jesus and the support and encouragement of a church family."

"The greatest move of God in the history of the world will come forth through the average common believer who simply shares the truth in love, while demonstrating the love of God in everyday life. Every believer has a significant role to play in reaching those disconnected from Jesus!"

Redmond is an author, international



speaker and leadership trainer serving in full time ministry at Christ Church in Rockaway, NJ for more than 20 years. He serves as the Church Mobilization Pastor, where he creates and implements programs, trainings and events focused on evangelism, discipleship, small groups and missions. He shares these principles and programs locally, regionally and with an international focus in India and

Nicaragua. His passion is to mobilize the Body of Christ to fulfill the Great Commission in this lifetime.

"Imagine the world if everyone who went to church on Sunday purposely spent Monday through Saturday loving, serving and reaching out to others!" Redmond says. "What if we took all the energy we put into so many different things and put it into helping people connect with Jesus and the local church?"

"Every follower of Christ has the same Holy Spirit that raised Jesus Christ from the dead living inside of them! The Holy Spirit had enough power to raise Jesus from the dead and can give brand new spiritual life to the people in our lives!"

God's Team: Unleashing the Full Power of the Church is now available at Amazon and all retailers and online stores. To learn more about Jack Redmond, follow him on Facebook, Twitter and Instagram @jackwredmond.

# CFL issues update on Choose Life License Plates

Christians for Life, Inc. has announced that there is no longer a need to collect prepaid applications for Choose Life Plates. The Kansas Legislature reduced the required number for Kansas Department of Revenue (KDOR) to make the plates, and KDOR will begin producing them at the end of the year.

Christians for Life, Inc. has turned over all current applicants' information to KDOR and the money collected. After January 1, 2022, the KDOR Inventory



Manager will send your certificate to take to your county treasurer where you will receive your Choose Life license plate.

If you have any questions, or you want to apply for a Choose Life plate, the number to call is 785-296-2228.

In addition, Christians for Life, Inc. has expressed their thanks to the many organizations and individuals who helped with this cause, including Representative Trevor Jacobs, and Russ Amerling of the National Choose Life organization.

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# Pavilion in Redbud Park fills various needs

Did you know you can rent the event pavilion in Redbud Park? The industrial character of this 1800 square foot building is balanced with innovative finishes that lend an "artsy" feel. With 13.5 feet ceilings and large barn doors in the main area, the facility offers a large, open atmosphere suitable for a variety of events. The main part of the building is an area of about 40' x 28' with an 8' stage at one end. At the other end is a winding stair case that goes to a small mezzanine. The facility has two restrooms and a small serving kitchen. Contact NOTO Arts Center for info.

Of course, First Friday Art Walk & Market is the first Friday of every month. The North Topeka Arts District has become an attraction to Art Lovers and History Buffs alike with beautiful scenes of art and history. The restaurants, locally owned shops, art galleries antiques and studios have become a favorite art walk destination.

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

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

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

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

### Other North Topeka Happenings:

KEVIN SHOREY IN PERSON – Aug. 7, 10:30am, Family of God Church, 1231 NW Eugene St. Evangelist, Singer, Song Writer, Recording Artist, (785) 234-1111.

ENTREPRENEURIAL SOCIAL – Aug. 4, 5-7pm, The Woodshed, 1901 NW Kansas Ave. A free event for Topeka business folks to network. Several networking groups will be represented as well. Food and drinks available. Sponsored by SCORE. Topeka.score.org

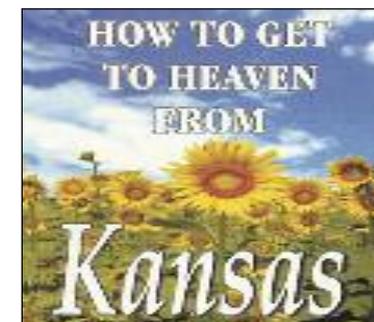
SCHOOL SUPPLY GIVEAWAY – Aug. 7, 10am-Noon, Seaman Community Church, 2036 NW Taylor. Proof of address needed for this drive-up event – for Oakland and N. Topeka area only. Hosted by Topeka North Outreach. 785-286-1370

KAW VALLEY BANK NOTO CONCERT SERIES - Live Music – Chance Encounters – Aug. 20, 5-9pm, Redbud Park



NOTO Live - Sep. 11, 11:30am-8pm, NOTO Arts and Entertainment District. A day-long celebration of performance art, live music, busking, and talent of all kinds, with special acts at Redbud Park and Compass Point, and a grand finale by Last Carnival Act to end the evening. <https://explorenoto.org/product/noto-live-vip-ticket/>

HOE-DOWN – Sep. 11, 4-6:30pm, Kansas Ave UMC, 1029 N Kansas Ave. Bring your lawn chairs - Entertainment: "The Heartstrings," Joe Kampsen- keyboard; Infinity Dancers; Children's Activities; Door Prizes, Free hot dogs, chips, soda, cookies, & popcorn.



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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# the events calendar

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

## CONCERTS

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

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

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

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

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

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

**GREATER VISION CONCERT** - Aug. 13, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Rd. No tickets needed; freewill offering. Doors open at 6pm. 785-273-2248. [woodsna@wnnaz.org](mailto:woodsna@wnnaz.org) <https://www.facebook.com/events/923288371572235>

**SECOND SATURDAY CONCERT SERIES** - Aug. 14, Noon, Downtown on SW 8th between Crosby Garage and SW Jackson Ave

**CASTING CROWNS** - Oct. 3, 7pm, Stormont Vail Event Center. Special guest will be Matthew West. For info: [castingcrowns.com](mailto:castingcrowns.com)

## SPECIAL CHURCH EVENTS

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

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

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

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

**FIRST WEDNESDAY WESLEY CAFE** - First Wed., 6:15pm, Susanna Wesley UMC, 7433 SW 29th. A worship service will follow at 7:00. 785-478-3697 or [www.swumc.org/wesley-cafe-sign-up1.html](http://www.swumc.org/wesley-cafe-sign-up1.html).

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

**INSIDE OUT FELLOWSHIP** - Every Saturday, 6:30pm. Faith Temple Church, 1162 SW Lincoln. For info: 785-380-7031 or [rhaggertyjr@hotmail.com](mailto:rhaggertyjr@hotmail.com)

**VACATION BIBLE SCHOOL: "THE JOURNEY OF GRACE"** - Aug. 3-6, 6:30 - 8:30 pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Price: Free. A treacherous trek through a dense forest, up a jagged mountain & through the darkness. [LakeNaz@aol.com](mailto:LakeNaz@aol.com). (785) 266-3247

**KEVIN SHOREY IN PERSON** - Aug. 7, 10:30am, Family of God Church, 1231 NW Eugene St. Evangelist, Singer, Song Writer, Recording Artist. [KevinShorey.com](mailto:KevinShorey.com). (785) 234-1111; [FOGchurch.com](mailto:FOGchurch.com); [familyofgodchurch@hotmail.com](mailto:familyofgodchurch@hotmail.com)

**HOE-DOWN** - Sep. 11, 4-6:30pm, Kansas Ave UMC, 1029 N Kansas Ave. Bring your lawn chairs - Entertainment: "The Heartstrings," Joe Kampsen- keyboard; Infinity Dancers; Children's Activities; Door Prizes, Free hot dogs, chips, soda, cookies, & popcorn.

**GATHER TOPEKA** - Sep 19, Every Plaza. What used to be Meet Me at the Park is now GATHER TOPEKA @Every Plaza. Join us for a fun, family-centered worship service. First Southern Baptist Church, (785) 272-0443

## FAMILY-FRIENDLY EVENTS

**SENIORS NUTRITIONAL LUNCH** - Weekdays, except holidays, at noon at Auburn Civic Center, 1020 N. Washington Street. Minimal cost per person. Reservations/cancellations required 24 hours in

advance by calling Meals on Wheels of Jefferson & Shawnee Co. at 295-3980. Each meal includes 1% milk & sugar-free items for diabetics. 215-0064.

**TOPEKA TWILIGHT LIONS BRANCH CLUB** - 4th Mondays at 5:30pm, Norsemen Brewing Co., Visitors welcome.

**MEDICARE MONDAYS** - First Mon. ea. month, 1-3pm. Topeka/Sh. Co. Public Library, 1515 SW 10th. Jayhawk Area Agency on Aging offers Senior health insurance counseling. For info: 580-4545 or [nhorl@tscpl.org](mailto:nhorl@tscpl.org)

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

**MONDAY FARMERS MARKET** - Mondays 7:30-11:30am, May 10 to Oct. 4, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

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

**TOPEKA SWING DANCE** - Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. [www.topekasingdance.com](http://www.topekasingdance.com).

**CARBONDALE FARMERS MARKET** - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-produced. For vendor information, call Mary at 836-7887.

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

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

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

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

**MOVIES AT EVERY PLAZA** - Second Fridays til fall

**DOWNTOWN TOPEKA FARMERS MARKET** - Saturday's April 3 to Nov. 7, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods

**MOTHER TERESA'S FARMERS MARKET** - Saturdays, July 3 - Sep. 11, 8:30-11:30am, 2014 NW 46th St.

**LAWRENCE FARMERS MARKET** - Sat. 7:30-11:30, 824 New Hampshire St. Open April 10-Nov. 20

**TOPEKA ACAPPELLA UNLIMITED AUDITIONS** - Topeka Acapella Unlimited is looking for female singers who

would like to sing four part acapella harmonies. Come be our guest via Zoom at our guest nights to meet the Director and learn more about our chorus. Topeka Acapella Unlimited is a Chapter of Sweet Adelines, International. Call Cindy Patton at 785-640-7403 for information on how to receive a Zoom invitation

**SQUARE DANCING** - Shawnee Swingers has monthly dances and sponsors lessons in the Fall. Call or text 785-845-2357; [shawneeswingers@gmail.com](mailto:shawneeswingers@gmail.com). On Facebook: Shawnee Swingers Square Dance Club. [wesquaredance.com](http://wesquaredance.com)

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

**TERRITORIAL CAPITAL MUSEUM** - Now Open, 640 E Woodson, LeCompton. (785) 887-6148 [www.lecomptonkansan.com](http://www.lecomptonkansan.com) [historiclecompton@gmail.com](mailto:historiclecompton@gmail.com)

**FREE MOBILE FOOD DISTRIBUTION** - Fourth Tuesday through November, 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will be conducting its monthly food distribution. No ID or proof of income required, first come first served. Distributing several tons of fresh produce and other items to families in need. (785) 234-1111 [www.RandelMinistries.com](http://www.RandelMinistries.com)

**DALE EASTON'S THE DRUNKARD** - July 30, 31 at 8pm, VFW Phillip Billard VFW Post, 3110 SW Huntoon [kateastings@outlook.com](mailto:kateastings@outlook.com)

**VINEWOOD MARKET** - July 31-Aug. 1, and Oct. 2-3: 8-4 Sat. & 8-2 Sun. The Vinewood, 2848 SE 29th St. Indoor & outdoor flea market & craft fair. Food Trucks. 785-260-6772 or [thehistoricalvinewood.com](http://thehistoricalvinewood.com)

**GAGE PARK CONCERT SERIES** - Aug. 1, 7-9pm, Gage Park Amphitheatre. Santa Fe Band

**BACK TO SCHOOL SPLASH JAM** - Aug. 4, 7-8:30pm, Shawnee North Family Aquatics Center, 300 NE 43rd. Lazy River, Childrens Pool, Fitness Jam, more! Tickets at <https://familiesplashjam.eventbrite.com>

**ENTREPRENEURIAL SOCIAL** - Aug. 4, 5-7pm, The Woodshed, 1901 NW Kansas Ave. A free event for Topeka business folks to network. Several networking groups will be represented as well. Food and drinks available. Sponsored by SCORE. [Topeka.score.org](http://Topeka.score.org)

**HARLEM GLOBETROTTERS** - Aug. 6, Stormont Vail Events Center.

**TOUCH A TRUCK** - Aug. 7, 9 - 11am, Christ Lutheran Church, 3509 SW Burlingame Rd. Price: Free. Join us for a free community event - Check out large trucks and other vehicles up close and meet first responders and other hard-working members of the Topeka community. Fun for the whole family! Free event! Free refreshments! Free book for the first 100 kids!

**SCHOOL SUPPLY GIVEAWAY** - Aug. 7, 10am-Noon, Seaman Community Church, 2036 NW Taylor. Proof of address needed for this drive-up event - for Oakland and N. Topeka area only. Hosted by Topeka North Outreach. 785-286-1370

**NATIONAL NIGHT OUT EVENTS** - Aug. 7. National Night Out events throughout Topeka and Shawnee County. For

info call Judy at Safe Streets, 266.4606 or email [jwilson@safestreets.org](mailto:jwilson@safestreets.org).

**WOMEN ON WHEELS** - Aug. 7, 9am-2pm, Washburn University Parking Lot 7 (MacVicar & 19th St). Car & Motorcycle Show geared to Women who are crazy about their rides. Choose your category! Compete for Awards! To enter: <https://ktwu.org/wow-participant-registration/>

**C5Alive "POWER" LUNCHEON** - Aug. 12, 11:30-1. at The Peak, 930 SW Gage. Barry Feaker will be the featured speaker!

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

• \$15 for non-members & repeat guests.

• Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org), so we know how much food is needed!

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

**SAVE THE DATE: C5 POWER Luncheon, Sep. 9, 11:30-1, C5Alive POWER Luncheon.** Kristin O'Shea will be the featured speaker.

**CRUISING THE CAPITAL** - Aug. 14, Noon, Harrison 8-10th, Jackson 8-12th, 8th Topeka-Kansas, 10th

**TOPEKA CLASSIC HIGHLAND GAMES** - Aug. 14, 9am-6pm, 9220 SW 10th Ave. Tickets: \$40. [www.eventbrite.com/e/7th-annual-topeka-classic-highland-games-tickets-143794819175](http://www.eventbrite.com/e/7th-annual-topeka-classic-highland-games-tickets-143794819175)

**THIRD THURSDAYS: TOPCITY COMEDY AT THE FOUNDRY** - Aug. 19, 8pm, 400 SW 33rd St. Open mic after the show. (785) 633-1767. Price: \$10

**HEARTLAND NIGHTS! CRUISE-IN & DRAGS** - Aug. 19, 4pm, 7530 SW Topeka Blvd. Dust off your old or new ride and cruise out to Heartland Park for an informal car show or get on the drag strip for grudge races-testing-tuning or simply to burn some fuel! Cruise-in gates open at 4pm, with dragstrip test-tune-grudge race passes available from 6pm-10pm. Cruise-in or spectate for only \$10 per person or drag strip car and driver for

\$30.00, and kids 12 and under are FREE! (785) 861-7899

**FORGEFEST DOWNTOWN CONCERT** - Aug. 28, 5:30 - 9pm, Every Plaza, 630 S Kansas Ave. Join the GTP's young professional group, Forge, at their downtown concert with Josh Vowell and then The Familiar at 7PM. Food & drinks available. (785) 215-8765

**FREE BREAKFAST LAST SUNDAY OF EVERY MONTH** - Aug. 29, 8am-12pm, VFW Philip Billard Post 1650, 3110 SW Huntoon. Free breakfast to all that come through the door. Pancakes, sausage, eggs, coffee, juice and some times biscuits & gravy. Donations are accepted and will go to helping vets in the Topeka area. [vfw1650seniorvice@gmail.com](mailto:vfw1650seniorvice@gmail.com); 785-383-2997

**GUN & KNIFE SHOW** - Sep. 4, Stormont Vail Events Center

**KANSAS CITY RENAISSANCE FESTIVAL** - Sep. 4 - Oct. 17, 10am-7pm; Weekends only plus Labor Day and Monday Oct. 11. 628 N 126th St., Bonner Springs, KS. [www.KCrenFest.com](http://www.KCrenFest.com). 913-721-2110

**NOTO Live** - Sep. 11, 11:30am-8pm, NOTO Arts and Entertainment District. A day-long celebration of performance art, live music, busking, and talent of all kinds, with special acts at Redbud Park and Compass Point, and a grand finale by Last Carnival Act to end the evening. <https://explorenoto.org/product/noto-live-vip-ticket/>

**BLARNEY BREAKFAST** - Sep. 18, 7am, Blind Tiger. Visit [www.capper.org/events](http://www.capper.org/events) for details.

**CIDER DAYS FALL MARKET** - Sep. 25-26, Exhibition Hall - Stormont Vail Events Center. Explore over 175+ makers, creators, artisans and pickers at this weekend filled with amazing shopping, unique food and live entertainment.

**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 [topekaycfc.org](mailto:topekaycfc.org)

**TOPEKA FALL FEST** - Oct. 9, 10am-3pm, at the Vinewood, 2848 SE 29th St. Come out and enjoy the

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

**Aug. 12, 11:30-1: "POWER"**

**Luncheon at The Peak, 1930 SW Gage featuring Barry Feaker**

RSVP to [info@C5Alive.org](mailto:info@C5Alive.org).

Open to the public.

Save the Date!

- Sep. 9: POWER Luncheon: Details to be announced
- Oct. 9: FALL FEST at Vinewood! 10am - 3pm
- Oct. 14: POWER Luncheon: Details to be announced

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



2021 Kansas City Renaissance Festival



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Labor Day & Monday Oct. 11

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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 info email [info@C5Alive.org](mailto: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](mailto: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.flocritkentons.org](http://www.flocritkentons.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](mailto: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](http://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](mailto: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](mailto:ourladyofthefairful@gmail.com). Facebook: "OurLadYofthefairful."

**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](http://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](http://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](mailto: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 or [vip@topekanorthoutreach.org](mailto:vip@topekanorthoutreach.org)

**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 [tgstoepka.org](mailto:tgstoepka.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](http://kingdomadvisors.org) or [James.C.Hanna@ampf.com](mailto:James.C.Hanna@ampf.com) or 357-6278 x19.

**TOPEKA (Downtown) OPTIMIST CLUB** - Every Fri., noon, Top of the Tower. Serving the youth of Topeka. Anyone welcome. For info: 272-1099 or [fostern60@yahoo.com](mailto:fostern60@yahoo.com).

**TOPS (Taking Off Pounds Sensibly)** - Every Fri. 8:30 to 10:00 am at 3221 SW Buringame Road. 800-932-8677. Support for your weight loss journey. [tops.org](http://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](mailto: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](http://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](mailto: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

Syndrome. Kay Lyn at [KLCarlson20@cox.net](mailto:KLCarlson20@cox.net).

**AL-ANON FAMILY GROUPS** - for friends & families of alcoholics. 785-409-3072 or [topekaalanon.org](http://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@al.org](mailto:hdyoung@al.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@al.org](mailto:hdyoung@al.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 Terry at (785)230-6730.

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

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

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



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MAY 15 & 16  
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TOPEKA, KANSAS

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Learn more: [TheHistoricVinewood.com](http://TheHistoricVinewood.com)

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.

**DIVORCARE PROGRAMS** – (For updates check www.divorcicare.org) locations and times:

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

ples 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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# entertainment

## “The Jesus Music” film traces history of contemporary Christian music

A new documentary film scheduled for release on October 1 will trace the history of contemporary Christian music. “The Jesus Music” takes viewers on a journey throughout the years as told by the biggest names in the genre.

The documentary is the uplifting and untold story of the roots of the Christian genre up to where it is today. The movie will feature firsthand testimonies from several singers, including Amy Grant, Kirk Franklin, Michael W. Smith, TobyMac and Lauren Daigle.

“The universal power of music from these artists shine through from their messages of passion, sacrifice and redemption that inspire millions of devoted listeners,” according to the film’s synopsis.

“The richness of hope that can land on someone’s spirit via rhyme and melody and sound, I don’t understand it,” Daigle said in a trailer for the documentary.

Grant added, “A lot of hymns are close your eyes singing to God; I wanted to



sing with my eyes wide open, singing to each other.”

The film also shows how the CCM genre was birthed in the midst of civil unrest in the 1960s. “You want to find a loving way to have these conversations,” Franklin said of the era.

Directed by the Erwin Brothers, the creators behind the hit film “I Can Only Imagine,” the film also gives viewers a glimpse into some of the battles that

took place behind the scenes that help propel the genre. “It was so much drama in the church,” Franklin said.

The documentary also features commentaries from Toby Mac, who divulges details he’s never shared before, and Chris Tomlin, who discusses the relationship between God and music. Other artists included: DC Talk, John L. Cooper, For King and Country, CeCe Winans and Steven Curtis Chapman.

## Jon Voight shares God moment: ‘At that Moment, I Knew, I’m Not Alone’

Hollywood veteran Jon Voight recently discussed an encounter with God that changed his outlook on life.

During a time of great anxiety regarding his relationship with his wife and his children and his career in Hollywood, Voight said that God reminded him of his purpose.

During an interview with Fox News’ Tucker Carlson, the NATIONAL TREASURE star said he fell to his knees and said out loud, “it’s so difficult.” But to Voight’s surprise, he heard a response from God with “wisdom, kindness ... clarity.”

Voight said God spoke directly to him.

Voight recalled God’s voice telling him: “It’s supposed to be difficult.”

“At that moment in time, I knew, I’m not alone,” Voight added. “Everything is known. ... I am known.”



“Now, I know we’re covered. ... Everything we think, everything we say, everything, it’s known. ... They say God knows every bird that falls. ... We all are known,” he continued. “We’re being observed, and helped and loved and we’re expected to get up and ... do what’s right. ... There’s a purpose here. And the purpose here is to learn our lessons and grow. And what’s the big deal? To give to each other, and to be here and be of help.”

From that moment on, Voight said that he grew a healthy “fear of the Lord.” “I had to straighten out,” Voight said. “If I’m going to be a vessel for God, I better be cleaner than I was. I’ve got to be a righteous fellow.”

Voight confessed that the road was not easy, but as his encounter revealed, Voight knew that God was with him and that God put people in his life to help him along the way.

“Family is so important, and family is being attacked by people who are really trying to tear down the fabric of our society, it’s true,” Voight told the Christian Post. “I don’t want to get into any kind of conspiracy stuff, but it’s really happening. So we have to protect the values of our country and the values of family and guide the focused lives; we have to protect that aspect.”

Voight has attended and won at the Movieguide® Awards Gala and is candid about how his faith takes precedence despite acting in Hollywood.

—movieguide.org

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



## Walnut Valley Festival in Winfield, Kansas returns for its 49th year

The popular Walnut Valley Festival in Winfield, Kan. will take place Sept. 15-19 with organizers releasing talent line-up.

This year’s event will be the 49th annual and the public, eager for a return to in-person entertainment, will notice a few changes. The festival continues to draw folk music fans from across the nation and has firmly planted Kansas as the heartbeat of the musical genre.

“Some of the changes are cosmetic,” said Media Director Rex Flottman. “Most of our hires were made in 2019, and a few bands have changed their names in the interim. Missy Raines recently changed her billing to Missy Raines & Allegheny. Helen Avakian & Dave Irwin are now known as Red Door Duo.”

The festival had a few resources already on hand to fill the sets left empty by a few groups that cannot make it this year. Several additions to the lineup were announced in February 2021, including the addition of the Dillards, a legendary band known to bluegrass aficionados and newcomers alike. A second band, Pretend Friend, was added to this year’s list of performers after winning the festival’s online Battle of the Bands.

Now the festival has announced that several other performers have been added to provide for the right ‘Winfield’ mix.

Rachel Baiman and George Jackson are a multi-instrumentalist old time and Americana duo from Nashville, Tenn. Baiman’s June 2017 album Shame was featured on NPR’s “Songs We Love” and was nominated for Americana Album of the Year in the Independent Music Awards. New Zealand native George Jackson spent years on the Australian festival circuit, and since moving to Nashville has worked with bands including the Missy Raines Trio, Front Country, and Peter Rowan.

Old Sound is a Kansas City-based trio with roots in Winfield, crafting traditional

and original acoustic folk music. Led by Grady Keller’s imaginative storytelling, the trio is strengthened by the exploratory bluegrass flat-picking style of Chad Brothers and the playful doghouse groove of Greg Herrenbruck on upright bass, both of whom also take turns fronting the group’s vocals. Brothers and Herrenbruck grew up in Winfield, and all three have made appearances on campground stages at the festival. Old Sound’s initial album “Rain Follows the Plow” was joined by “Deluge,” released in 2021.

They will be joined at Winfield by Jo Ann Smith, a three-time Autoharp Champion (1999, 2013 at Winfield, and 2003 at the Mountain Laurel Autoharp Championship). She is known for her expertise with the diatonic autoharp, and her unique, melodic and expressive playing style has won her legions of followers on YouTube with over a million views to date. Finally, three-time National Flatpicking Champion Allen Shadd will return to play at both the Champions Concert (showcasing the previous year’s contest winners) and on stage in a duo with flutist Kristen Holloway.

After the death of legendary fiddle player Byron Berline, the Byron Berline Band will be playing as the Byron Berline Band & Legacy Grass. Berline, a gifted musician, was at the very first Walnut Valley Festival in 1972 and many thereafter, and played at various times with several of this year’s performers, including Dan Crary, Steve Spurgin, and the Dillards. To honor Byron, the band is planning to invite some special guests to join them in one of their sets.

For additional information about the performers, contests and other festival activities, or to purchase advance tickets, visit [www.wvfest.com](http://www.wvfest.com). Tickets may also be purchased by phone 620-221-3250 or during business hours at the festival office at 918 Main Street, Winfield, Kan. 67156, Monday through Thursday.

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## Disney's 'Mysterious Benedict Society' is funny and entertaining

By Michael Foust

It's not easy finding a television series the whole family can watch, especially when the household includes children and teenagers -- not to mention a mom and a dad.

It seems most TV series either are too mature for the youngsters or too child-like for the picky teens in the clan.

Still, there are a handful of programs that bridge the divide, and Disney Plus has the newest entry.

Called *The Mysterious Benedict Society* (TV-PG), it debuted June 25 and tells the story of four gifted orphans who are recruited by a mysterious man named Mr. Benefit to stop a worldwide crisis called "The Emergency." This Emergency -- we are told -- has led to the eradication of truth and empathy.

In order for the orphans to reach their goal, they must successfully penetrate the L.I.V.E. Institute, a school that resides across the bay.

The *Mysterious Benedict Society* is an eight-episode live-action series and is based on the best-selling book series by Trenton Lee Stewart.

The humor makes it cross-generational, as do the cliffhanger endings and the family-friendly themes.

The comedy is similar to that in *A Series of Unfortunate Events* -- quirky and original. In the first 15 minutes of the series, an eccentric teacher tells a classroom of frightened students they'll be "executed" if they're caught cheating. Soon, though, she corrects herself: She meant to say "excused." Seconds later, she's drinking a large jar of pickle juice. (Why? Who knows?) It's crazy enough to make adults and children alike laugh.

Each episode ends with a cliffhanger that makes you want to start the next episode. But with Disney Plus releasing the episodes weekly -- a streaming strategy I like -- you'll have to wait a few days to learn what happens.

Thankfully, the series also is family-friendly. The first two episodes include no sexuality or violence and only minor language (I caught one "OMG.") If you need anything skipped, then give the filtering service ClearPlay a try. (It works with *The Mysterious Benedict Society*.)

Like the orphans in *A Series of Unfortunate Events*, the orphans in *The Mysterious Benedict Society* are the smartest characters in the series.

We need more television shows

like it.

Also worth watching this month:

**Luca** (Disney Plus) -- A young boy and his friend spend a summer in a seaside Italian town with the goal of winning a triathlon as they harbor a secret: The two boys are undercover sea monsters. *Luca* is the latest film from Pixar, which (tragically) released the movie on Disney Plus instead of in theaters due to the pandemic. It includes a strong message about friendship and an inspiring allegory about race. Rated PG for rude humor, language, some thematic elements and brief violence.

**Birdie** (Pureflix) -- A single father recently released from prison tries to reconnect with the 8-year-old daughter he barely knew. Unfortunately for him, she's being raised by grandparents who don't want him near her. It's an uplifting story about redemption, forgiveness and the gospel. LaRon Marzett is stellar in the lead role.

**Summer of Soul** (Theaters and Hulu -- teens and above) -- It's a documentary about the 1969 Harlem Cultural Festival, a series of concerts that drew well-known names and hundreds of thousands of fans but were largely forgotten -- until now. Sly and the Family Stone, Stevie Wonder and Fifth Dimension all sang. Gospel music also played a major role in the festival and is spotlighted in the film (led by the Edwin Hawkins Singers' "Oh Happy Day"). I caught only one coarse word (a "GD," said when musician Ray Barretto is performing.) Rated PG-13 for some disturbing images, smoking and brief drug material. This one is best for teens and adults.

**Capital One College Bowl Game Show** (NBC, Peacock TV) -- Peyton Manning and his brother Cooper host this trivia game show that features students from rival colleges going head to head. (Students from Alabama and Auburn faced off in one of the first episodes.) It is a revival of a game show that first aired in 1959. The first season includes 10 episodes and airs each Tuesday. Rated TV-PG.

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

## Kendrick brothers will release two films for fall

The Kendrick brothers are at it again. In partnership with Sony Pictures' Affirm Films, they are releasing their first documentary, "Show Me the Father," and the fictional "Courageous Legacy" later this year.

The brothers, Stephen, Alex and Shannon, released their sixth movie, *Overcomer*, in 2019. It opened at No. 3, earned an A+ CinemaScore rating from moviegoers, and grossed \$34.6 million.

"Show Me the Father" is their first documentary release and intends to surprise viewers with captivating stories interwoven with inspirational truths about the fatherhood of God. The Kendrick brothers once again will take moviegoers on a cinematic and emotional journey in this powerful film coming to theaters nationwide on September 10.

"Everyone has a father story, but not everyone has learned how to redeem it for their own good and the good of others," executive producer Stephen Kendrick said. "Even though fatherlessness is directly connected to so much brokenness in today's world, we wanted to go beyond traditional documentaries and show how God is the perfect



father and can amazingly provide the love and healing to anyone at any stage in life."

"Courageous Legacy" will be released in theaters nationwide on October 15. It is a remastered rerelease of the Kendrick brothers' film that has been affecting fathers and families around the world since its initial release 10 years ago.

"In September 2011, 'Courageous' was estimated to open at the box office with \$1.5 million, and it ended the weekend the No. 1 new movie, with \$9.4 million in the first frame," said Rich Peluso, executive vice president of Affirm Films. "We are thrilled to bring this

incredible story to theaters with new footage, as well as bring to the big screen the Kendrick brothers' first documentary."

"We're humbled and gratified that 'Courageous' is continuing to make a global impact," director Alex Kendrick said. "The Lord has been graciously using this film all over the world for a decade, and we can't wait to see how the film is received by a new generation of fathers and their families."

Both movies are releasing in a cross-promotional effort and promise to leave audiences inspired and challenged.

## Executive producer is surprised by ongoing popularity of "The Chosen"

The success of the television series "The Chosen" has caught even its creator off guard.

"Early on, our primary audience was believers, because that's who was more attracted to a Jesus show," Dallas Jenkins says. "But as the buzz has been building, we're hearing all the time from atheists, agnostics, people in the industry -- even the friends and family of our casting crews, many of whom are not believers themselves, who just loved the show as a regular show."

"Hopefully, it's making them think more about who Jesus was and wanting to look more into it."

Now in its second season, "The Chosen" is the first multi-season series based on the life of Jesus Christ and the largest crowd-funded media project in history. Since its premiere in November 2017, episodes of "The Chosen" have been watched more than 150 million times and translated into more than 50 languages.

What has surprised and excited Jenkins most is who "The Chosen" has touched over the last several years.

"One woman told me about her mom, who is in her 80s and has Alzheimer's," he said. "Her brain is, for all intents and purposes, gone. And yet every time 'The Chosen' comes on, she engages, she responds, she laughs. Her daughter told me that the show is their opportunity to reconnect with their mom because of Jesus. That was pretty extraordinary."

Numerous parents of special-needs children have shared how the show has ministered to their families.



"We hear about these young children with extreme special needs who, when they watch the show, light up," he said. "It doesn't make sense, because the show is complex. It's not a simple, easy-to-follow Sunday school story. I believe that with this show, God is removing all these barriers and removing the scales from our eyes to allow us to see Jesus very clearly, from the very young to the very old."

Executive Producer Derral Eves

said the goal is for "one billion people to see the authentic Jesus" through the show, adding, "I believe that we can inspire other people to have the values that Jesus Christ taught as we share 'The Chosen.'"

"I truly do believe this show has impact, and it has power," he said. "The world needs 'The Chosen.' If there's ever a time that the world needs Jesus, it's now -- and not just Jesus, an authentic Jesus that people can literally connect with."



## 7 Secrets Of A Septuagenarian

By Jeff Allen

“One time on a book tour, I appeared on a late-night talk show somewhere west of New York. A caller asked what the J.D., C.P.C. after my name meant. I was exhausted and needed to rush to appear on a T.V. wake-up show. As I pulled off my headset and got up to leave, I blurted out, “The J.D. stands for Just Do It, and the C.P.C. stands for Courage, Persistence, and Confidence!”

Here are my Seven Secret Steps:

### 1. Get to The Gym!

Thirty years ago, my wife “suggested” that I stop exercising in the house. Something about my sweat stinking up the place, if memory serves.

So I joined the closest gym and have gone to one every day – 7 days a week – for 30 years. The only exceptions have been medical or pandemic and have totaled less than 30 days. For real.

You probably have free gym privileges in your Medicare Supplement or Advantage plan. So the membership is the best investment you’ll ever make – in yourself. If not, pay.

Happy people of all ages, stages, and wages are there. All positive, with the initiative and commitment to be the best they can be. Listen to the vernacular of this generation and pick it up. Get with it.

The funnier you feel at first, the more you need to be there.

### 2. Wake Up with a Song

It’s high time you developed a cranial jukebox. Mine is filled with 50’s R&B since I was fortunate to be raised in a musical family.

If you don’t wake up singing, play some of your favorite music an hour or so before bedtime. You can be distracted with other stuff if you use earbuds or a headset.

Before long, you’ll wake up singing with a beat, too! How’d you ever start the day without it?

### 3. Find Yourself a Doctor’s Doctor

Pick a young one ... one that’ll practice on you for your duration. A fighter when you’ll need it most.

The biggest difference between one doctor and another isn’t their specialty. It’s their personal attributes. Is she a good listener? A whiz at drugs, drug interactions, and safe off-label (non-FDA approved) uses? Someone accessible, compassionate, and who’ll expect you to follow her advice?

In most cases, you make the difference. Do you call the doctor’s office to report on the results of your “compliance”? (Yes, that’s what it’s called. Doctors worry about patient compliance constantly, but they don’t ask because you might think they don’t trust you.)

Do you call their office to thank them for the good doctoring? Almost no patients do, and it means the world to

them.

Don’t be a crank – become special. A hip doc is your very best lifelong, Longlife friend!

### 4. Be a Guardian Angel

That’s what I am to my grown kids and my grandkids – and they know it. What that means is they know I’m with them every step of the way.

You should know that you can’t change other people at your age, even if they bear your genes. You should also know that you can’t control other people, regardless of how hard you try. How about sending them personalized awards or trophies? Are you having little ceremonies at family gatherings honoring their achievements? Are you encouraging their passions ... making their goals your goals?

I set up joint bank accounts with each of my grandkids. No strings. The funds were theirs for whatever they wanted.

Before they started working, I’d slip one a Franklin or whatever he or she deserved, simply by calling my bank (24/7) and transferring dough from my account to theirs. Boom. They never had access to my account.

When each started working, they’d email me a pay stub (or call), and I’d transfer the same amount into their DoubleUp Account. Then when each turned 18, we’d go to the bank with their picture I.D. They’d be added as joint tenants (with the right of survivorship) on the account. Bam.

My multiplication on those transfers tended to be off in their favor – creating a family giggle they’ll never forget. Of course, those bank visits were accompanied by lunch wherever they liked.

What else can you do? You can advise when asked. You can accept when your advice isn’t followed (usually). You can reward, award, honor. You can encourage, support, surprise. Who does that? Happy grandparents!

And above all, you can be there to catch them when they fall.

I lost a most wonderful mother at an early age. My father was devastated at her loss and was never the same. Yet, for all of his missteps in single parenting, he always made sure I knew he’d always be there for me. I never needed him to be because I never doubted it.

Being a guardian angel is so important for you. If you fear death, it’s because you’re not one. Even if it’s not a family member, decide now that you’ll be a youngun’s someone.

This is so important for your peace of mind. You must matter. Get a legacy, and you’ll live forever.

### 5. Make People Laugh

People react the way you treat them. Smiling, saying “please” and “thank you,” respecting them as you wish to be respected. What a difference you’ll make!

It’s fun to make total strangers laugh. I’ll walk up to some badged “associate” in a store and say she looks like someone important before I ask a question.

Or I’ll bring in a return without a receipt and show it to the first uniformed (and probably uninformed) employee I see. I’ll tell him I’ll need him to bail me out if I’m arrested.

I’ll invite the server to sit next to us and eat. (I’ve had some great conversations there with someone who really deserves respect.)

Irreverent things like that.

My favorite comeback was when our granddaughter was having her picture taken at the mall with Santa Claus. I asked him if the photo op was a franchise. He replied, “I don’t know, fella. I’m just Santa Claus!”

Laugh, and the world laughs with you. Cry, and you cry alone.

Try something like this. There’s no law against fun. I do it all the time.

### 6. Share Your Generational Joy

It blows me away how two generations up resemble two generations down.

I see my maternal grandmother and mom in our daughter and granddaughter, my dad in our son, and another granddaughter. I see myself in two of our grandsons, my wife in our daughter. How they look, how they think, how they behave. Such wonderful traits that nature bestows before nurture.

This is such a kick! I tell them. I share pictures. They love it. None think the world was created the day they were born. Our family history is their continuum. They know they are a sacred carrier of our lineage.

As am I, and as are you. Whether you consider it an obligation or a thrill, please do whatever you can to tie past grands to present grands.

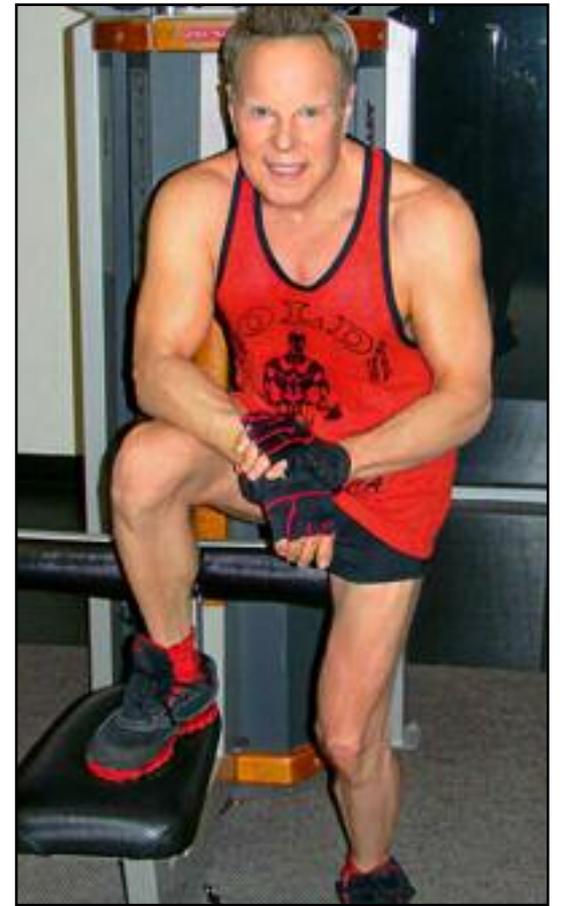
Ironically, it will do continuous wonders for your inner peace because y-o-u are an inner piece!

### 7. Delegate Your Financial Future

If you’re a healthy ager, you probably spend a healthy part of every day obsessing over how much money you have, whether it’s enough to support you ’til who-knows-when, who you’ll leave it to (depending on the day), and how you’ll pay off the national debt.

Maybe you take your cue from a well-packaged T.V. guru, a hyped radio host, a buy-sell newsletter, or some salesperson with a fancy “advisor” title and self-serving awards. Then again, maybe you make decisions emotionally or on “hot tips”—your blood pressure regulated daily by internet statements or email alerts.

The smartest life-extending mental



move I ever made was when I turned all of my savings over to a trusted professional with a major brokerage. My instruction to this young fireball was not to tell me any account balances, any trades that were being made, or anything else except disclosures or consent required by law. All statements were sent to an email I never opened. I just made it clear that I didn’t want to outlive my money.

Whew! I never knew I was in prison until I escaped. How much negative baggage did I have? Ugh! Carrying it every day (and night). Unburdened, I believed I could fly.

That was about 15 years ago. I’ve developed a lifetime friendship with that amazing guy. Now, I dutifully pretend to care about his disclosures and recorded calls for consent.

But I drive him crazy with unsecure emails through his stodgy brokerage like, “I don’t want my money to outlive me!”

It’s not too late for you to know that same financial freedom.

Do these Seven Steps, and you will achieve the ultimate lifetime goal: The vigor of youth with the wisdom of age.

Best wishes for a well-deserved, loving legacy!

*Jeffrey G. Allen, J.D., C.P.C. has over 50 years of experience as an executive recruiter, human resources manager, and lawyer. He has served as Special Advisor to the American Employment Association and Director of the National Placement Law Center. Allen is also the author of more than 20 books, including How to Turn an Interview into a Job, The Complete Q&A Job Interview Book, and Instant Interviews. For further information, visit placementlaw.com.*

## Embrace the Healthy Habit of Bicycling

Whether rediscovering the joy of riding a bike or taking a ride for the first time, cycling saw a boom during the pandemic, and many believe this trend is here to stay. The summer is an excellent time to recognize the many benefits of this healthy habit, as well as outfit yourself with everything you need to embrace your inner adventurer. Huffy Bicycles is offering the following tips and insights to celebrate cycling.



### Recognize the Benefits

Bicycling is a heart-healthy cardiovascular exercise that strengthens your lower body, yet is low-impact on joints, making it a terrific workout for adults of all ages, as well as kids and families. It's also great for the mind, and has been shown in studies to boost mood and improve cognitive function.

### Find Time to Bike

Changing or creating a single habit can have unexpected and wide-reaching effects. Even with a jam-packed schedule, you can establish the habit of biking by seamlessly incorporating it into your current routine. Here are a few ideas for doing so:

- Pick one to two days a week to commute to work by bike.
- Swap out sedentary activities you do to unwind with your family, such as watching TV, with bike rides.
- Are weekends the time you spend connecting with friends? Suggest your next meet-up start with a bike ride.

• Whether you're a runner, swimmer or love working out at home, swap at least one workout a week with cycling. Cross training emphasizes different muscle groups and helps build out a more well-rounded fitness routine.

### Go Electric

Electric bikes are great alternatives for all adult riders, no matter your level of experience. An e-bike helps you get back on a bike if it's been a while since your last ride, if you have physical limitations that make riding a standard bike difficult, or if you want to keep up on a ride with more experienced friends. The pedal-powered boost can also provide a less intense alternative to traditional biking, especially for those looking to commute without breaking a sweat.

### Get Equipped

Consider a one-stop brand, such as Huffy Bicycles to ensure each member of your family is equipped with the bike that best meets their needs. For more information, visit [www.huffy.com](http://www.huffy.com).

This year, pave the way for a healthy habit you and your family can enjoy together for years to come.

—StatePoint

# Senior Living Made Simple

After a lifetime of hard work and responsibility, it's time to relax and enjoy yourself. And that's what life at Holiday Retirement is all about. We provide seniors with a comfortable home they don't have to maintain, a satisfying enriching life among a community of their peers, and a sense of comfort and belonging. It's the ideal setting for seniors who are ready to simplify their lives and live a better lifestyle. If that's the retirement you've envisioned, we invite you to discover all that Holiday has to offer.

When Holiday Retirement was founded in 1971, they set out to create a lifestyle unlike anything seniors had ever experienced before; cheerful communities filled with friendly accepting neighbors, a team dedicated to the happiness and well-being of each resident, innovative activities programs and opportunities for fun and personal growth, and all the chores and details of daily life taken care of.

Thornton Place is one of Holiday Retirement's many communities across the country that serves seniors. Imagine freedom from the daily stressors that life can bring. Just outside the door of your own apartment is a community forged on people and relationships. We create that extra sense of family that you can't find anywhere else.

What truly makes Thornton Place feel like home? Our people! Our associates are more than employees they are part of a family that is compassionate forward thinking and value driven. The special things we do make each resident feel at home. We dedicate ourselves to the happiness of our residents. We also offer Peace of Mind for residents, family, and friends. We foster a genuine feeling of fam-

ily, and our communities just wouldn't be the same without them.

Let us do the cooking! Perfectly balanced, chef prepared meals and an enjoyable dining experience are two of the most important factors in determining where you or your loved one will live, so we ensure our menus offer a variety of choices while still providing homestyle favorites. Each meal is carefully planned to meet the unique nutritional needs of our residents to support longer, healthier lives. Meals are served in our comfortable dining rooms where friendly wait staff serve residents and their family or friends. Our dining and hospitality team take tremendous pride in our meals, a highlight of the all-inclusive lifestyle at Holiday Retirement. From our daily menu to special chef showcase features, dining in a Holiday Retirement community makes good days even better. Our dining team goes above and beyond to create home cooked traditional holiday meals, birthday dinners, and themed events like luaus and barbecues.

We welcome your four-legged friends! Our residents make countless new friends here, but that doesn't mean they have to leave their old friends behind. We value the bonds that seniors have with their pets and are delighted to have dogs and cats as part of our community.

Expand your horizons through our life enrichment program. It is a proven fact that engaged seniors live richer, more satisfying lives. At Holiday Retirement, we've put together a comprehensive program of activities and events especially designed to stimulate the seven dimensions of wellness: physical, emotional, spiritual, intellectual, creative, social, and vocation. We

focus on the whole person, enriching your mind, body, and spirit and helping to make many areas of your life better.

Leave the driving to us! We have complimentary scheduled local transportation. Our residents love letting our drivers transport them to their scheduled appointments, errands, and offsite destinations for planned activities.

Our lifestyle is more affordable than you think. Considering the comfortable home we offer at Thornton Place, it's understandable that you might assume life here is costly. But many seniors discover that it is no more expensive to live here than it was in their previous home, and for some, it's even more affordable. We invite you to compare your current costs of living with our all-inclusive, monthly rent. You'll find a helpful cost-comparison calculator on our website: [holidayseniorliving.com](http://holidayseniorliving.com). We think you'll be pleasantly surprised.

Are you stubborn about keeping your independence for as long as possible? Well.... we are too! At Thornton Place, our business is to help older people live better, age more successfully and stay independent for as long as possible. We know that good food, good neighbors, good friends and good opportunities for social engagement and physical activities can make for good living. Since Holiday Retirement was founded almost 50 years ago, we've been known as a great value for the dollar and a trusted, experienced brand. As America's largest collection of independent living retirement communities, we're proud that over 30,000 older adults call our communities home and we'd love for you to join us!

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# sports

## Patrick Mahomes took up football to keep 'playing with all my buddies'



Last season — as part of a partnership with the NFL Players Association — all NFL players were provided with a WHOOP Strap 3.0, which is a body-worn device that monitors and tracks a person's respiratory and heart rates. WHOOP — which calls itself a "human performance company" — developed this wrist-worn strap to allow anyone with an active lifestyle to record body strain, sleep and recovery.

Kansas City Chiefs quarterback Patrick Mahomes is one of this device's early NFL adherents — and wore his throughout the 2020 season.

Recently, WHOOP released a summary of the data they accumulated from Mahomes' 24/7 activity in 2020. Among other things, it showed that the biggest strains on Mahomes' body were in the games where he attempted the most passes — one them Super Bowl LV against the Tampa Bay Buccaneers. But it also showed that one of Mahomes' best 2020 games followed his best pre-game recovery.

On Sunday November 1st, before he really started taking on intense levels of strain from the grueling demands of the long season, Mahomes woke up with a 91% WHOOP recovery. His body was primed to perform, and it showed.

That afternoon, he completed 31 of 42 passes for 416 yards and a season-high 5 touchdown passes. He also posted a passer rating of 144.4, his best of the year.

Mahomes said he has learned to check the device on a regular basis.

"[Checking my recovery score is] the first thing I do when I wake up," Mahomes said on a recent episode of the WHOOP podcast. "I look at it because I want to know how I'm feeling, how my body is feeling, where I'm at. Usually if I'm feeling pretty relaxed it's a pretty good score."

But during his appearance, he also addressed many other topics — including how he first came to be a football player.

"I went on a sophomore day at the University of Texas and they sent me over to play safety," he recalled. "I knew I wasn't going to be a safety or anything like that. On the road back home, my dad said, 'You should just focus on baseball and basketball because that's the way you're

going to go.' I thought about it — but more than anything, I just didn't want to not be there playing with all my buddies when they were in football season."

But he said that even after moving to quarterback, he still figured he'd end up as a professional baseball player — like his father.

"I didn't think I was going to be a professional quarterback until probably after my sophomore year in college. I went in [to college] thinking I was going to play football — and I was going to play baseball as well — and after three years [in school] I was going to go play baseball."

He also gave some details about the famous conversation he had with then-New England Patriots quarterback Tom Brady after the Chiefs had lost the 2018 AFC Championship to the Patriots in overtime.

"He said, 'I appreciate how hard you work — and I can tell what type of guy you are by how you act and how you handle yourself out there on the field. I can

# FROM THE CHEAP SEATS

By Rob Mooney

I've been trying to watch the Olympics every night when I can. So far, it's been quite entertaining. My daughter and I watched the USA men's volleyball team play. She plays volleyball so she was giving me quite the play by play. She was marveling at how high the guys could jump and how hard they could spike. What really caught her eye was the fact that they rarely, if ever, touched the net. It was incredible.

Another sport I watched was men's handball. To tell you the truth, I thought it was going to be like racquetball without the racquet. Was I ever wrong! It seemed like a cross between basketball and soccer. They passed the ball around with their hands like basketball but they were throwing to a goal with a goalie in front of it. It was fun to watch.

However, the hardest sport for me to watch was water polo and I watched the USA women play China, well, the first quarter at least. I literally had NO idea what was going on. Like handball, they were throwing at a goal with a goalie in front of it. Other than that, I

couldn't tell you what they were doing. Whistles were being blown ALL the time. Were there fouls committed? Don't ask me! I will NEVER be impatient with someone who is watching baseball or football with me and does-



n't know the rules. I felt like a fish out of water.

I've been enjoying the swimming as well. It's amazing to watch the swimmers compete and the rivalries that have been formed. Katie Ledecky, one of the most decorated swimmers of all time, is widely considered the greatest female swimmer of all time. However, her dominance has caused other swimmers to train harder to try and catch her and it looks as though

Australian Ariarne Titmus has done just that. She edged Ledecky in the 400 meter freestyle, winning gold as Ledecky settled for silver. Believe it or not, that was her first loss in an individual event at the Olympics.

Speaking of all-time greats, Simone Biles withdrew from Olympic competition citing mental health concerns. She said that she was experiencing the twisties, which can be described as losing air awareness while in the air and being unable to land safely. If you doubt that she is really experiencing it, just look at how she was doing before that. She seemed to be disoriented not only as she competed, but while she was walking around as well.

Earlier I mentioned that dominance in a sport could cause others to up their games. That appears to be the case in men's basketball. I believe that there are several reasons why the USA

men's team is not living up to expectations but I think that the rest of the world has caught up to them, in a sense. The USA should ALWAYS be favored in basketball because of the number of pros that are on the team. I think they will turn it around and win a medal, but they'll need to play like they did against Iran to win. They played team basketball and they actually played some defense.

Now, if I can only find out how to watch Olympic mountain biking!

tell your teammates like you.' He said, 'Continue to do that. Continue to do that and you'll continue to have success.'"

He also spoke about the league's new 17-game regular season.

"I'll just say it will definitely be a change. It's a lot of games on the body. You've got to think about all of the guys that already get injured in the late part of the season. I think it will be bad for the players — but it will be good for the money."

And it appears that during the season, Mahomes will be checking his WHOOPS wristband to see how he's doing.

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## YFC Golf Classic is a Tournament of Champions for teens

Topeka Youth for Christ's 2021 Annual Golf Classic will be held on Monday, September 27 at the Lake Shawnee Golf Course. The four-person, 18-hole scramble begins with a shotgun start at 10:00 PM.

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

and YFC Camp designed for today's

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](http://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](mailto:info@topekayfc.org), or visit the website at [www.topekayfc.org](http://www.topekayfc.org).

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[EVENTS@GREATLIFE.COI](mailto:EVENTS@GREATLIFE.COI) | FRIDAY SEPT 17TH 100PM

<b>HOLE SPONSORSHIP</b>	<b>\$150</b>
<ul style="list-style-type: none"> <li>Logo on 18" X 24" sign</li> <li>Company Name on event web page and Facebook event page</li> <li>Promotional material placed in swag bag</li> </ul>	
<b>TOP FLITE SPONSORSHIP</b>	<b>\$400</b>
<ul style="list-style-type: none"> <li>Logo on 18" X 24" sign</li> <li>Company Name on event web page and Facebook event page</li> <li>Promotional material placed in swag bag</li> <li>Complimentary Foursome in tournament</li> </ul>	
<b>SILVER SPONSORSHIP</b>	<b>\$750</b>
<ul style="list-style-type: none"> <li>Logo on 18" X 24" sign</li> <li>Company Name on event web page and Facebook event page</li> <li>Promotional material placed in swag bag</li> <li>Complimentary Foursome in tournament</li> <li>Large company banner at event</li> </ul>	
<b>GOLD SPONSORSHIP</b>	<b>\$1000</b>
<ul style="list-style-type: none"> <li>Logo on 18" X 24" sign</li> <li>Company Name on event web page and Facebook event page</li> <li>Promotional material placed in swag bag</li> <li>TWO Complimentary Foursomes in tournament</li> <li>Large company banner at event</li> </ul>	

# 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](http://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](http://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](http://www.discovertbc.com)

## 4. NORTHLAND CHRISTIAN CHURCH

3102 NW Topeka Blvd., Topeka  
 286-1204  
 Worship Sun. 9:00 & 10:45 AM  
[www.northland.cc](http://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](http://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](http://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](http://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](http://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](http://www.gccinoverbrook.com)  
[office@gccinoverbrook.com](mailto:office@gccinoverbrook.com)

## 11. COMMUNITY CHURCH

1819 SW 21st St., Topeka

233-3537 [www.CommunityTopeka.com](http://www.CommunityTopeka.com)  
[info@CommunityTopeka.com](mailto: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

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

## 14. OPEN ARMS OUTREACH MINISTRIES COGIC

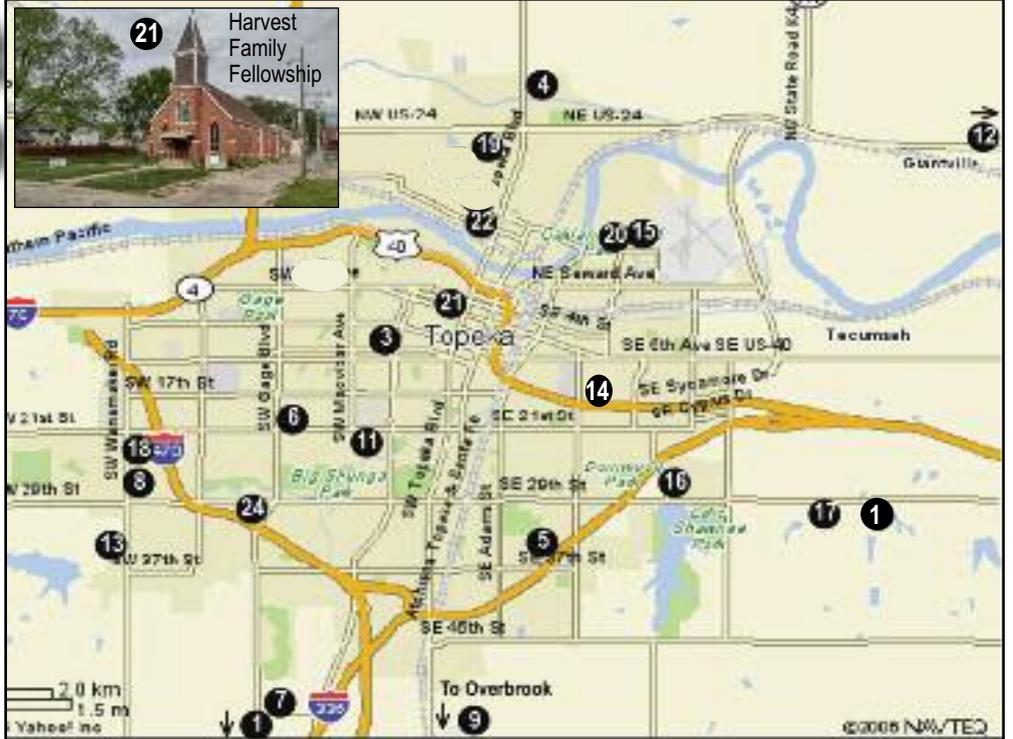
1 (785) 232-3463/41 (785) 217-5560  
 Sunday School 10:00, Worship 11:30  
 In person or conference call:  
 (712) 770-4749 / 583229  
 2401 SE 11th St., Topeka KS 66607  
 Supt. S. C. Mitchell, Pastor

## 15. OAKLAND UNITED METHODIST

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

## 16. HOUSE OF THE LORD CHURCH

A Spirit-filled, Word-centered church  
 2531 SE Wittenberg Rd., Topeka  
 Sunday Worship 11am & 6pm  
 Wed. Prayer & Praise 7pm



785-266-LOVE (5683)  
 J. Michael Borjon, Pastor

## 17. EAST SIDE BAPTIST CHURCH

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

## 19. SEAMAN COMMUNITY CHURCH

Independent Christ-Centered Bible Church  
 2036 NW Taylor, Topeka, KS  
 354-8777 • [www.seamanchurch.com](http://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](http://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](http://FOGchurch.com)

## 24. TRINITY REFORMED BAPTIST CHURCH

Holding to the authorized King James Version and the 1689 London Baptist Confession of Faith  
 Sunday 10 a.m. Wednesday 6 p.m.  
 Pastor Bob Spagnuolo 785-273-3506  
 meeting in our home:  
 4307 SW 30th Ter., Topeka  
[www.TrinityReformedBaptist.org](http://www.TrinityReformedBaptist.org)

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

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### SERVICES:

**DISABLED? UNABLE TO WORK?** Win Social Security disability benefits. Expert help, application to hearing. No out-of-pocket fees. 785.331.6452. [montemace2000@yahoo.com](mailto:montemace2000@yahoo.com)

### FOR RENT:

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

**FOR RENT:** Furnished Room, Includes private bath, WIFI and kitchen privileges. \$425/mo. flat rate, no deposit. Females only. No Pets. Avail. July 15. Call/text 785-249-1913

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**VOLUNTEER WRITERS** – Metro Voice needs volunteer writers or interns who can serve as area correspondents for church and community

news around the area. Call 235-3340 or email [voice@cox.net](mailto:voice@cox.net). Some perks. involved.

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"On August 4, Kirk & Karin Nystrom will be married 41 years!  
*Happy Anniversary.*"



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

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 785-267-5777  
 P.O. Box 3856, TOPEKA, KS 66604



## DIY Kitchen Makeover Ideas You Can Complete in a Weekend

Whether you're putting down roots or putting your home on the market, kitchen upgrades make a huge impact. Not only do they have daily "good feeling" appeal for current homeowners, they can offer a great return on investment when it's time to sell.

So it's no surprise that kitchens were the second leading site of home improvements made since the pandemic, according to Hippos's recent "State of Homeownership Survey."

Boost your kitchen's beauty and functionality with these DIY makeover ideas:

**1. Countertops.** Tired of boring countertops? When using the SpreadStone kit from Daich Coatings, an elegant new finish requires only the ability to paint, roll and sand. Working well on existing laminate, cultured marble, formica and other solid surfaces, the result is a dynamic stone finish that provides shimmering mineral accents and color highlights found in natural mined rock. The three-step process includes applications of a stone base coat, decorative stone coat and stone clear top coat. Finished countertops resist heat, stains, abrasion, impact and household clean-



ers. Available in 10 colors, including Oyster and Volcanic Black, each kit includes application tools and required coatings to complete 30 to 40 square feet of space. Kits are available online at The Home Depot and at daichcoatings.com.

**2. Decorative boards.** Add warmth to bars and kitchen islands, or an entire wall, by installing decorative wood boards. The ready-to-install S4S

Decorative Boards from Ornamental Decorative Millwork provide a rich, clean appearance and are available in Ambrosia Maple, White Oak, Black Stained Aspen and Gray Stained Aspen profiles.

**3. Track lighting.** For a cool look that's also highly functional, install track lighting above all areas of the kitchen where you slice, dice and sauté, or use it to highlight design elements. Kits make installation easy and are available in a range of designs complementing any style. Add specialty lighting in other areas of the kitchen to give the room a warm glow.

**4. Floating shelves.** Add floating shelves to keep spices handy, hold favorite cookbooks, stack plates or display decorative accent pieces. Lightweight and easy-to-install in just minutes, those from Ornamental Decorative Millwork can be easily painted or stained to complement other design elements in the room.

**5. Wood beams.** Add architectural style and warmth to your kitchen (or any other room) with lightweight Rustic Beams from Ornamental Decorative Millwork. Whether it's adding straight beams, creating a center beam with cross beams, or crafting a coffered ceiling, home design creativity knows no bounds with this DIY project. Made of real wood, these pre-stained U-shaped beams and wrought iron metal accent brackets are available at Lowe's and come with everything needed for installation.

**6. Outdoor kitchen.** Building an outdoor kitchen is an amazing way to make better use of your backyard and enjoy fresh air as you cook and dine. Using VertiStone Roll-On Wall Texture, you can ensure the space is beautiful. Without prep work and in little time, you can use it to completely transform

any drywall, block, masonry or concrete outdoor kitchen surface in such finishes as smooth polished marble, natural suede, parchment, dream lace and linen. Then, to protect the newly-coated surfaces, simply add Hi-Build Ultra Clear Coat, a tough coating that

resists water, U/V rays, chemicals, impact and abrasion.

Thanks to a variety of products making DIY easy, you can affordably give your kitchen that "wow factor" in an afternoon or weekend.

—StatePoint

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