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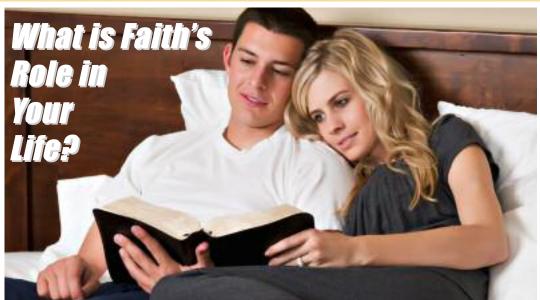


Repairs under way to pond at Doran Rock Garden



Repairs have begun on the east side of Doran Rock Garden pond in Gage Park. The project is to repair 180 feet of the wall along the east edge of the pond. The work will involve removing soil from behind the wall and installing a geo textile fabric along the wall, covering the fabric with compacted gravel and top dressing it with soil before seeding grass in the area.

During this time, "sidewalk closed" signs will be posted and temporary fencing will be installed in the area of the repair. The planting beds in the Rock Garden area will be planted after the repairs are completed.



Americans divided over role of faith in their lives

A new survey finds that Americans are divided over the role their faith should play in their day-to-day lives.

The "Faith in America Survey," conducted by The Marist College Poll, shows Americans are divided on the relationship between their

faith and professional lives. Furthermore, a majority of Americans say their religion or faith plays no role in where they decide to work or shop. The survey was conducted Jan. 19-26, 2022 using 1,653 U.S. adults.

"Our overall survey looks at how Americans of different backgrounds do or do not incorporate religion and faith into key aspects of their personal and professional lives, and when it comes to faith and business the survey indicates Americans are largely comfortable with those they work with knowing their personal

■ Please see FAITH page 2

Kansas Election Integrity Forum to be moderated by Lara Logan

The Kansas Election Integrity Forum will be held Monday, June 20th at the Embassy Suites Conference Center at 10401 S.

Ridgeview Rd., Olathe. This event is sponsored by Conservatives for Election Integrity, the Liberty Lions League and The Daily 302 podcast.



This all-day event, which runs 8 a.m. to 5 p.m., is part of a series of election integrity forums and ad hoc hearings being held across the country to allow subject matter experts to update citizens on election integrity issues and give citizens the opportunity to voice their concerns.

The forums will also provide an opportunity for elected officials and individuals involved in 2020 election investigations to offer solutions to secure elections in the fu-

■ Please see FORUM page 3

How 7 Christian Leaders Reacted to the Uvalde School Shooting

Faith leaders across the Christian tradition reacted to the Texas school shooting in a variety of ways, with all of them urging prayer and some of them suggesting specific solutions to America's mass shooting epidemic.

At least 21 people, including 19 children, were shot and killed on Tuesday at Robb Elementary School in Uvalde, Texas, when an 18-year-old gunman entered the building wearing body armor.

Below are quotes from seven faith leaders:

1. Franklin Graham, President of Samaritan's Purse

"Such a heartbreaking tragedy. 14 students and a teacher were killed in a mass shooting in Uvalde, Texas, today," Graham said. "Many were also injured by the 18-year-old shooter, who is also now deceased and allegedly also killed

■ Please see UVALDE page 3



Two non-profits will host Community Walk/Passport to Health

The Twilight Branch of the Topeka Lions Club have taken on the challenge to provide a service to the community that focuses on Diabetes. Lions International has five focus including: Diabetes · Vision · Hunger · Environment · Childhood Cancer.

"We wanted there to be no barrier to have members of our community come take a walk in the park and learn more about the risks of Type 2 diabetes, so we are offering this as a FREE Event", said Irene Haws, President of the Topeka Twilight Lions.

Participants can save time by signing up in advance and taking the risk test for pre-diabetes online. Doing so will earn them additional chances in the prize drawing after completing the walk and getting their passport stamped. Both links are at www.topekalions.org/community-

walk. Topeka Lions Foundation, a registered non-profit organization, is still accepting donated prizes to be awarded. Anyone wishing to donate a prize can contact Irene Haws, 785-249-1913.

24 For Life Offers Lifestyle Change & Prevents Type 2 Diabetes

As summertime arrives, we begin to awaken from our wintertime routines. Perhaps that means taking walks, riding a bike, or spending time in the garden. If you're having a hard time getting back into the swing of your activities, consider 24 For Life, a Diabetes prevention program. The 24 For Life program will help teach you simple ways to be more active, eat healthier, and develop lasting habits.

Thanks to a grant with the American Diabetes Association, partici-

pants who qualify as pre diabetic can be a part of this 24 For Life Program at no cost.

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese, according to the Centers for Disease Control and Prevention (CDC).

With the 24 For Life program, you are given a trained lifestyle coach that will lead the program in a way that helps you make adjustments in your lifestyle such as eating healthier, reducing stress, and getting more physical activity. The research from the CDC shows that making modest behavior changes helped participants lose 5 to 7 percent of their body

weight. These lifestyle changes reduced the risk of developing Type 2 Diabetes by 58 percent in people with prediabetes.

These modifications easily fit into your already busy lives. As these participant experiences show, you can be successful. The group support you will receive from those on the journey alongside you will be invaluable as you share your goals and struggles.

"The program reminds us of how to overcome stress in our lives and how it can affect our health. We talk through all the ways to help us get through these stressful times," said Vanessa, a 24 For Life participant. "I was devastated when the doctor said I was prediabetic and I needed to start medication. Honestly, I was reluctant to start 24 For

Life, but knew it was for my own good and besides, it was totally free. My first goal was to lose 5% of my weight, but at the half-way point, I lost 10%! My doctor even cut my medication in half," said Kelly, a 24 For Life participant.

During each session, your lifestyle coach will facilitate a lesson and group discussion. Some examples, of the things we will learn along the way are how to:

- Eat healthier
- Add physical activity to your life
- Manage stress
- Stay on track when eating out
- Understand your responses to food
- Stay motivated
- Solve problems that can get in the way of healthy changes

If you're interested in learning more about 24 For Life visit www.midlandcare.org/24forLife or contact Donna Doel at 785-250-5210.

FAITH

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religious beliefs," said Hal Boyd, Executive Editor of Deseret National which commissioned the poll. "However, a majority feel one's religious beliefs should not influence their business decisions, and likewise, a majority of Americans, as well as Christians, report that their religion does not play a role in where they choose to work or the businesses where they

shop."

The survey continues to reveal a disconnect between personal faith and how it informs individuals in their daily lives. Highlights from the full survey include:

Americans divide over role religion should play in business.

• For example, 47% of Americans report they strongly agree or agree that religious beliefs and values should influence someone's business decisions, while 51% of Americans strongly disagree or disagree.

- Survey results reflect that religious practice matters for the question, with Christians (58%) and those who practice a religion (69%) believing religion should play a role in someone's business decisions while 65% of those who do not practice a religion disagree.
- 67% of Americans, including 72% of those currently working for pay, say they do not let their religion play a role in their own business decision-making process while 54% of those who practice religion do.
- 57% of Christians do not factor their religion into their business decisions
- While the majority of Americans may not factor religion into their own business decisions, 85% report they are comfortable with the people with whom they work knowing their personal religious beliefs. 87% of Christians and 90% of those who practice a religion share this perspective.
- 70% of Americans reported they have prayed for a work colleague, while 37% said they have prayed for their business or company.
- On the question of whether they're very likely, likely, not very likely or not likely to look to their boss or colleague for guidance on moral living, 4% of Americans said very likely, 25% likely, 37% not very likely, 29% not likely at all, and 5% unsure.

Majority of Americans do not consider their religion when deciding where to work or shop

• 61% of Americans said religion or faith has no role in their decision to the

question of whether they consider their religion when deciding where to work or shop.

- Similarly, 55% of Christians say their faith does not play a role in where they decide to work while 24% say it plays a minor role and 18% report religion plays a major role in where they decide to work.
- 55% of Christians also do not consider their faith when deciding where to shop while a notable 31% say their faith plays a minor role in that decision and 13% say their faith plays a major role in their choice.
- Majorities of all age groups say their religion or faith does not factor into where they decide to work or shop. Younger Americans age 18 to 29 are the most likely to report religion does not play a role in where they decide to work (68%) or where they shop (71%).

Faith and social media usage: religion is not a strong influence over preferred sites, but age is

- Half (50%) of Americans report using Facebook daily, closely matched with YouTube (48%) as the social media sites most used daily. Instagram (28%), TikTok (16%) and Twitter (15%) round out the top five.
- Similarly, among adult Christians, Facebook (51%) tops the list of daily used social media sites, followed by YouTube (42%), Instagram (26%), Tik-Tok (16%) and Twitter (11%). Among those who do not practice a religion, YouTube (53%) and Facebook (52%) top the list, followed by Instagram (32%), Twitter (18%) and TikTok

(17%), as the platforms most used on a daily basis.

• While religious participation does not lead to significant differences in the choice of social media site used daily, age does. YouTube is the most used social media site daily among those 18-29 (80%) and those 30-44 (66%). Only 38% of those 45-59, and 19% of those 60 or older, report using YouTube daily. Among those 45-59, Facebook (59%) is the most used daily site, and it is also the most used platform by those 60 or older, though only 36% of that age group reports using Facebook daily.

The survey of 1,653 adults was conducted Jan. 19-26, 2022, by The Marist College Poll, sponsored and funded in partnership with Deseret News.

Adults 18 years of age and older residing in the contiguous United States were contacted on landline or mobile numbers and interviewed in English by telephone using live interviewers. Mobile and landline telephone numbers were randomly selected based upon a list of telephone exchanges from throughout the nation from Dynata. Results are statistically significant within ±3.2 percentage points.

The new faith and business data is the second part of the Faith in America survey issued by Deseret News . The first survey report was issued March 21 and looked more broadly at the state of religion and faith in America, noting a growing trend of Americans retaining core religious beliefs even as they are less attached to religious practices and institutions, such as daily prayer and attending services.

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can Legion.

technology, and how it

is helping the Ameri-

info@C5Alive.org.

eon" will be July 14.

The cost to attend a

Luncheon will be held June 9, 11:30

a.m. to 1:00 p.m. at Airsoft Zone,

3029-B, Hwy 24, in the American

Megan Snyder and Karl Snyder

C5 luncheon is \$10 for C5 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.

RSVPs and inquiries can be sent to

the second Thursday of each month.

The next monthly "POWER Lunch-

"POWER" luncheons are held on

C5Alive is part of the Capital

FORUM

continued from page 1

ture, including discussions on new leg-

islation that may be necesto address vulnerabilities in current election law. The Forum will also provide attendees the opportunity to get involved in various volunteer roles to help insure free and fair elections in the coming Mid-Term November Elec-

Featured panelists will include internationally acclaimed foreign correspondent Lara Logan, (panel moderator), Kansas State Senators Mark Steffen and Mike Thompson, former JOCO Commissioner Mike Brown, Conservatives for Election Integrity principal Mark Cook, and Liberty Lions investigator Thad

> Snider. The panel will discuss election integrity issues and irregularities in Kansas and possible remedies. Kansas constituents will have the opportunity to interact with panelists in an open forum environment. Presentations will also be made on election issues by Liberty Lions founder

- MetroVoiceNews.com -

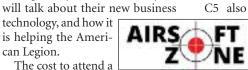
Lt. Col. Greg Shuey, USAF (Ret) and Liberty Lion and former paralegal Vicki Kline.

Afternoon guest speakers will include Lara Logan, Overstock.com CEO Patrick Byrne, Joe Flynn from The American Project, and Johnson County Sheriff Calvin Hayden. Subject matter experts on election irregularities will be featured as well. Guest appearances by remote live video will be made by Arizona House Rep. Mark Finchem and Mesa County, Colorado County Clerk Tina Peters.

Reservations may be made at AC-CFEI.org. Driver's License will be required at the door. Security will be on hand the entire day.

Breakfast will be provided along with coffee, tea and water throughout the day.

For questions contact Greg Shuey at Leo@LibertyLionsLeague.com.



C5Alive POWER Luncheon

to meet at Airsoft Zone

The monthly C5Alive POWER City Christian Chamber of Commerce (C5), an organization dedicated to developing and uniting Christian Leadership in the community: businesses, non-profits and churches.

> C5 also hosts other periodic events, including

EASTERFEST, the annual Topeka Easter Parade and Family

Fun Fair, held on N. Kansas Avenue and in Garfield Park on the day before Easter. Find details at Topeka Easter Parade on facebook.

The second annual Fall Fest will be on October 8 at The Vinewood.

C5 members may also sponsor luncheons and other events as a way to promote their organizations.

For more information about C5, go to www.facebook.com/C5Alive, C5Alive.org, or call 785-640-6399.

UVALDE

tion.

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his own grandmother before entering the school. Join me in praying for these devastated families and their community. May God help, comfort, and sustain them as only He can."

After Graham issued his statement, five more children succumbed to injuries sustained during the shooting.

Chaplains from the Billy Graham Evangelistic Association, Graham said, are deploying to the community.

"As our chaplains minister in this hurting community, please keep those who have lost loved ones in your prayers," he said.

2. Anthony B. Bradley, professor of religious studies and director of the center for the study of human flourishing at the King's College.

"Almost every major school shooter since Columbine suffered from dad-deprivation. It predicts criminal deviance. Sadly, this shooter is a textbook case of a dad-deprived abused & neglected kid. Hurt boys, hurt others," Bradley said.

"The shooter's mom was an abusive, neglectful, drug user," Bradley said. "Boys learn empathy from their fathers. Dad-deprivation in boys often develops into violent rage & suicidal ideation. Bad/absent dads are the pre-condition for boy's violence."

3. Michael Wear, Senior Fellow, The Trinity Forum

"I'm not a huge fan of Sen [Chris] Murphy, but I appreciate his leadership on gun control & that his messaging falls between the two insane poles on here: 1) There is absolutely nothing we can do 2)

We [could] end all shootings forever with this single bill but GOP literally enjoys shootings," Wear said.

"Instead, I'm where Sen. Murphy is...I don't know which shootings we could stop, but what kind of sick political culture endures shooting after shooting and responds with silence?" he asked. "There must be a substantive, legislative response that we then evaluate."

4. Albert Mohler, President of Southern Baptist Theological Seminary

"At least one thing that might have been done is to have prevented that young man from being able to enter that school with weapons," Mohler said on his podcast, The Briefing. "We're likely looking at a situation where over time, it's going to become more and more difficult for people to gain access to schools like that. ... But we also need to recognize that such a reordering of our society behind wall after wall and barrier after barrier of safety and security as necessitated by this kind of attack, the truth is that we have lived for some time in the blessed situation where our communities are more intact - or were more intact - where this kind of attack was far less believable, much less, far less predictable. Something is deeply broken in our society in a way that actually was not true, just a matter of, say, a century ago.

"It's not that murder didn't take place. It is just that crimes on this scale did not take place with this pattern, with this repetition in times past. And here's where Christians come back to say, 'Well, here's something that is certainly true, human nature hasn't changed.' So something has changed. One of the hardest questions for the United States of America at this point is trying to figure out what has changed and what we

can do about it."

5. Cardinal Blase J. Cupich, Archdiocese of Chicago

"Mass shootings have become a daily reality in America today. Two people died and 7 were injured last week during a mass shooting just down the street from Holy Name Cathedral. Last weekend in Chicago, 28 people were shot," he said.

"As I reflect on this latest American massacre, I keep returning to the questions: Who are we as a nation if we do not act to protect our children? What do we love more: our instruments of death or our future?" Cupich asked.

"The Second Amendment did not come down from Sinai," he asserted. "The right to bear arms will never be more important than human life. Our children have rights too. And our elected officials have a moral duty to protect

6. Rick Warren, Founding Pastor of Saddleback Church

"As a parent who lost one of my children to gun violence, I beg you to pray for the grieving parents of Uvalde," he said. "You'll quickly forget this horror and move on, but they will have to carry this grief the rest of their lives. Don't for-

7. Jim Daly, President, Focus On The

"Our hearts break at the news of yet another school massacre, which has taken the lives of elementary school children & teachers in Texas," Daly said. "As a citizen, I am sickened & saddened. As a father, I am enraged. Lord, bring comfort to the grieving families."

-Michael Foust | ChristianHeadlines.com

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Topeka ordinance prohibiting wheeled devices expanded to NOTO

Other ordinances regulate usage and parking of devices

The Topeka City Council recently passed an amendment to an existing ordinance addressing certain wheeled devices used in a specific area of the community. The ordinance becomes effective July 1, 2022.

The new ordinance amendment is to TMC (Topeka Municipal Code) 10.35.030. This ordinance addresses operating bicycles, electric-assisted scooters (such as the Bird scooters), roller skates, skateboards or similar devices on sidewalks within defined areas.

Those defined areas are already defined as downtown between 6th and 10th along Kansas Avenue, and public parking facilities. The amendment adds in the North Topeka District.

The North Topeka District, or NOTO is an area defined as N. Kansas Ave between NE Norris St. and NE Morse St; NE Morse St between NE Quincy St. and NW Central Ave; NE Gordon St. between NE Quincy St. and NW Jackson St.; NE Laurent St. between NE Quincy St. and NW Jackson St; NE Norris St between NE Quincy St and NW Jackson ST; and include Redbud and Breezeway Parks. Below is a map to help visualize the defined area.

The original ordinance states "It shall be unlawful for any person to ride a bicycle, operate an electric-assisted scooter, skate or use roller skates, skateboards, roller blades, or other similar devices" in the designated areas.

It also regulates the use of such devices on other public sidewalks in the city, stating, "Any person who rides a bicycle, operates an electric-assisted scooter, or uses roller skates, skateboards, roller blades, or other similar devices on a public sidewalk shall:

- (1) Yield the right-of-way to pedestrians and give an audible signal before overtaking and passing pedestrians; and
- (2) Travel at a speed that is reasonable and prudent under existing conditions, except that an operator of an electric-assisted scooter shall



not travel at a speed that exceeds 15 miles per hour.

- MetroVoiceNews.com -

Other ordinances also state that operators must be at least 16 years of age, and if under the age of 18 "shall

wear a helmet while operating an electric-assisted scooter."

It is also unlawful to operelectric-assisted scooter on a street with a speed limit of 35 miles per hour or more

unless the electric-assisted scooter is traveling in a marked bike lane.

Operators are to "park electricassisted scooters on hard surfaces in either the frontage zone or amenity zone of the sidewalk; beside bicycle racks, transit stops or bike share stations; or in another area specifically designated for scooter parking, which will not in any way inhibit the pedestrian zone." However, they may not park "in any street or in any area where parking is prohibited," or "on a sidewalk in such a manner that inhibits the pedestrian zone."

"Frontage zone" means the area adjacent to the property line where transitions between public sidewalk and the space within buildings occur. "Amenity zone" means that portion of the sidewalk used for street trees, landscaping, transit stops, and street lights.

These ordinances were written with the Bird scooters in mind, and do not refer to mobility devices such as motorized wheelchairs or scooters. A person on such a device designed for people with a disability is considered a pedestrian.







at SuperCuts (17 as a manager) Karen Sivertson is now at

bringing 32 years of experience as a Cosmetologist.

"I work with men, women and kids, specializing in haircuts, hair coloring, permanents, beard trimming & facial waxing. I enjoy working with the entire family and love seeing their smiling faces when they leave."

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Another poll finds majority want most or all abortions banned



publicans take a pro-life position and 54.6% of independents have one of the three pro-life positions.

Looking at results by sex, 55.2% of women took one of the three pro-life positions supporting banning all or most aboritons as did 60.2 percent of men. Some 55.7% of black Americans and 63.6% of Hispanic Americans fa-

vored banning all or most abortions

The poll falls right in line with 11 other recent polls confirming Americans are pro-life on abortion.

In May, a Fox News poll found Americans are pro-life on a 54-44% margin and majorities want abortions banned after either 6 weeks or 15 weeks.



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More national polls are confirming that Americans want all or most abortions banned. The news may come as a shock to some who see the weekly protests of pro-choice activists reflecting that of the country as a whole.

A new Trafalgar Group poll shows 57.6% of Americans believe all abortions should be banned or banned when an unborn baby's heartbeat can be detected.

According to the survey (download the PDF here), 13.9% of those polled say abortions should be illegal except in very rare cases to save the mother's life, another 24% of Americas think 99% of abortions should be illegal except in cases of rape, incest or to save the mother's life, and 19.7 percent of abortions support banning abortions when an unborn baby's heartbeat can be detected at approximately 6 weeks.

With the majority of Americans taking a pro-life position to support banning abortions (which requires Roe v. Wade to be overturned) that leaves a minority of Americans supporting abortion. Just 42.4% of Americans support legalized abortion with 30.8 percent saying they only want abortion legal in the first and second trimester and only 11.6% of Americans saying they support abortions up to birth — the position of Joe Biden and the Democrat Party.

Views by party affiliation

Breaking the results down by party, Trafalgar found 35.9% of Democrats took one of the three pro-life positions, 81.5% of Re-

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

dave**says**

Dear Dave,

All the talk on the news about inflation is a little scary. Is there any way to protect yourself against it on a day-to-day basis? Garret

Dear Garret.

When people start talking about inflation, it seems like there are always some who want to start collecting gold, fill every container they own with gasoline and stick their cash under their mattresses. But you can prepare for inflation and address the results without being panicked.

You are still in control of your money, inflation or not. You'll be able to make sure your money is going toward the right things, while being able to find places where you can cut spending, if you're living on a written, monthly budget. If you're noticing the prices of things like food and gas rising in your area, you'll need to adjust your budget to account for this.

bill or save money on gas. Maybe it's time you switched to generic brands, or started a carpool into work. If you find great deals on canned food and things you can stock your pantry with, go ahead and buy a little extra. You'll want to already know exactly what you're going to spend, so you don't get swept up into impulse buying.

Like it or not, inflation is a thing. If you plan on retiring one day, it's pretty much guaranteed that the cost of a loaf of bread, a tank of gas and even a cup of coffee will have gone up by then. The best way to protect yourself against inflation that's bound to happen is to invest your money—and the sooner the better. But remember, if you still have debt other than your mortgage, and don't have an emergency fund of three to six months of expenses, you need to take care of those things first!

—Dave

Dear Dave,

I'll be leaving the military soon, and I've been evaluating my living situation once I am out. My parents said I could live with them for a while, but I am not sure that would work out well. I have done some research on renting versus buying a home, but I understand that you hate VA loans. Can you clarify as to why you feel this way and give some advice for a person in my situation?

Tyler
Dear Tyler,
Number one, VA loans are usually

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more expensive with the interest rate and all the fees, than FHA or conventional loans. Number two, the reason most people gravitate toward a VA loan is they can get a house with no money down. But if you're trying to buy a house with

no money down, it means you're too broke to buy a house!

When you buy a house and you've got no money in the bank, that house is going to be a curse instead of a blessing. What happens if you buy a home this way and the air conditioner goes out next week? What happens if your car needs a new transmission next month? Most people who find themselves in situations like this start piling on debt to fix things, and that's not a wise answer.

VA loans and other "no down payment" mortgage loans allow you to buy a home from a position of financial weakness rather than a position of financial strength.

My advice is to rent a decent, affordable place for a while and concentrate on getting your new life and career off the ground while saving some money.

—Dave

401(k) Plan Owners: Watch Out

By Ryan Shumaker Smartvester Pro at The Retirement Team

Imagine how you would feel if you were on a sinking cruise ship and couldn't get



off because there weren't any life jackets or backup boats. Now ask yourself, if you were going to potentially face this scenario, when would you want to know about it?

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

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

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

low and investment options quite good. In these cases, we typically tell people to keep money in their 401(k) unless tax planning makes sense for their situation.

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

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

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

If you are considering making such a conversion from a 401(k) plan to a traditional IRA or Roth IRA, you should also look at the impact of the recently passed SECURE Act. Now most non-spousal beneficiaries must withdraw and pay any taxes owed on an inherited account within 10 years of an owner's death. If left in a 401(k) or IRA, the tax burden could be significantly higher. The Congressional Research Service estimates that over just the next 10 years, this is going to generate \$15.7 billion in additional taxation on inherited 401(k)s and IRAs, so converting to a Roth ahead of time while there are temporary tax cuts is even more appealing than ever.

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

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

Other great articles about retirement, investing, and tax reduction can be seen at RetireTopeka.com/blog.

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

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Managing Aging Parents' Finances

By Jim Hanna

Making financial decisions takes time, attention and energy at any age. In the case of elderly adults, it may become in-

creasingly difficult to manage daily finances, particularly if their health is declining or they're experiencing a cognitive issue. If you're providing support to aging parents – or plan to in the fu-



ture – here is some advice on how to handle the situation and prepare for what's to come.

Don't wait to start talking about finances. While it may be uncomfortable to ask your parents to discuss their finances with you, it's essential that you are familiar with their intentions for care and what plans they have in place. The first time you broach the subject, emphasize that you are looking for only a high-level overview so that you can have more peace-of-mind that your parents will be well cared for. This initial conversation can then help set the groundwork for future discussions.

Create a contact list. If your parents experience a sudden change in a health that affects their ability to manage their own affairs, it's important to have a game plan for what happens next. If you anticipate stepping in to pay bills, make insurance claims and handle other financial tasks, start by asking your parents for a list of contact information for the professionals they work with and where their accounts are held. Keep in mind that you may need to be an authorized user or power of attorney to be allowed access to certain accounts. Consult a lawyer to talk through what permission may be necessary for you to step in if the need arises.

Build a support network. Talk with siblings or other trusted family members about what a possible care plan could look like for your parents. While this con-

versation can be tough to initiate, know that it's often easier to bring everyone together while your parents are still healthy and in good mental capacity. Discuss who can realistically provide support – and in what way and at what cost. Proactively deciding who

can drive your parents to doctor appointments, manage financial affairs, care for their home, and handle other tasks can help avoid a strain on your time and energy down the road.

Anticipate future lifestyle changes and challenges. Even if they aren't yet needed, explore the options and costs of various assisted living and memory care services. And, check your parents' insurance policies to see if and how services might be covered. You may also want to decide whether their home or yours could be modified to provide additional space or comforts, such as wheelchair access. Knowing what choices exist and how your parents feel about each one can help you make future decisions with more confidence.

Know your rights at work. The Federal Family and Medical Leave Act of 1993 (FMLA) allows covered employees up to 12 weeks of unpaid leave to provide care for a family member with a serious health condition.1 Consult your Human Resources (HR) department to learn what your company's policies are for supporting employees who are caring for a parent and how to initiate a claim if you need to. Many employers have access to resources and support groups to help you manage your responsibilities at home and at work.

Maintain momentum on your own financial goals. It's understandable to want to provide your parents with as much support as you can. It's prudent to look at your finances to see how much support you could provide (if it's needed) without jeopardizing your own retirement and future health care needs.

It's hard to imagine – let alone talk about – what caring for an ill or aging parent may look like. For additional support in having family conversations, evaluating financial options and creating a plan for your parents, contact your financial advisor and lawyer. These experts work dayin and day-out with families in similar situations and can help you take the steps necessary to feel more confident about your own plan.

Deduction for Business Meals and Home Office

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

For 2021 and 2022 only, businesses can generally deduct the full cost of business-related food and beverages purchased from a restaurant. Other-



wise, the limit is usually 50% of the cost of the meal.

To qualify for the higher limit, the business owner or an employee of the business must be present when food or beverages are provided. Moreover, the expense cannot be lavish or extravagant. Restaurants include businesses that prepare and sell food or beverages to retail customers for immediate on-premises or off-premises consumption.

For this purpose, grocery stores, convenience stores and other businesses that primarily sell pre-packaged goods not for immediate consumption, do not qualify as restaurants. Additionally, an employer may not treat certain employer-operated eating facilities as restaurants, even if they are operated under contract by a third party.

For more information about this provision, as well as details on the special recordkeeping rules that apply to business meals, see IRS Publication 463, Travel, Gift, and Car Expenses.

With a growing number of business owners now working from home, many may qualify for the home office deduction, also known as the deduction for business use of a home

Those eligible can figure the deduction using either the regular method or the simplified method. Business owners can choose the simplified method, based on a 6-line worksheet found in the instructions to Schedule C, the tax form for sole proprietors.



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in Downtown Topeka! Gelebrate

Summertime is the perfect time to visit Downtown Topeka! There are many fun places and events to visit, and shopping downtown can also be fun, with all the unique shops and a bit of nostalgia in the air!

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

A Full-Service Florist, Home Decor & Gift Shop

Absolute Design by Brenda, 629 S. Kansas Avenue, offers hand-selected flowers and exquisite designs with delivery throughout the Topeka area. They have an expansive line of gifts, jewelry and home decor for all your holiday and year-round needs.

This locally-owned Topeka florist de-



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livers courteous, professional service and the highest quality floral and gift items around. Their experienced designers can create floral designs that will complement any occasion and meet your budget and style expectations as well. Daily delivery service is available to all local funeral homes, hospitals and nursing homes.

You can even save \$5.00 on an instore purchase with the coupon on this page! You can also order or wire flowers 24 hours a day at: www.absolutedesignbybrenda.com.

Taking chocolate to a new level

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

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

Lately, Nick has been making handcrafted chocolate from cacao (coco



beans) that import from around the globe. Much like fine wine, each cacao origin produces a unique flavor profile in the finished chocolate.

"There are only a couple of hundred companies in the US that hand craft chocolate," Nick said.

"In 2019, three of our handcrafted chocolate bars won bronze in the International Chocolate Awards Americas competition," Nick said. "In 2020

435 S. Kunsas Ave.

our sea salt caramel won the gold medal in the Chocolate Alliance competition. Both of these competitions include entries from more than 400 craft chocolate professionals."

Whether your preference is handmade chocolate truffles, home-style fudge, crispy-creamy caramel apples or something else - at Hazel Hill they have delightful treats for every palate.

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

Delicious treats for all to enjoy

Shana Cake opened at 435 S Kansas in 2015, and they are still committed to providing your family gluten-free, allergy-friendly treats.



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

Most of the products can also be made egg-free, and they strive to offer vegan goods daily.

One of their favorite compliments is when a new customer says they can't tell the treats are gluten-free. Many customers that have no dietary restrictions return simply because they enjoy the delicious treats.

Special orders, such as cakes, specific flavors of cupcakes, or special treats, etc., can be placed online at .shanacake.com or by calling (785)408-1272.

When you need a break

For your coffee emergency, go to Juli's Coffee and Bistro - a locally owned, woman owned, Veteran owned and operated coffee shop offering legit house coffee and all manner of espresso drinks.



















Take home a bag of the featured "Made in the USA" coffee grown and roasted in Hawaii, with aloha flavors like toasted coconut, chocolate and vanilla macadamia nut.



Local favorites are still available, like the Turkey Lurkey and house made Cranberry Almond Chicken Salad for lunch. Fresh salads, wraps and tasty paninis make it perfect for casual dining. Daily house made specials keep it fresh and exciting. Check out the menus online at www.juliscoffeeandbistro.com. You can order and pay online and then pick up, or use Eatstreet delivery.

Community matters, so remember 911 S. Kansas for "Great Coffee, Better Food!"

Diamonds are Forever

You'll find many specials and gift ideas at David's Jewelers, 623 S. Kansas - a family business that has served Topeka for four generations. Diamond rings, pendants and earrings usually top the list, but they also offer vivid colored gemstones in unique settings, watches, clocks, statues and fine crystal, as well as many other gift items, whether for yourself or someone else.



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

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



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Check out these upcoming Summertime Events & Activities Downtown!

While you're making your way around the downtown area, watch for these downtown events coming up:

ART WALK ON FIRST FRIDAYS — Downtown & NOTO arts district. Arts, antiques, fine crafts, many more items. Free shuttle will run from 5 pm to 9 pm. The stops are at the NOTO Arts Center, 8th and Kansas, and 6th and Jackson. It runs every 15 minutes. The vehicle is handicap equipped. The Washburn University Improve will entertain you during your ride.



MOVIES AT EVERGY PLAZA - Second Fridays til fall at 7th & Kansas.

LIVE @ LUNCH - Wednesdays; 11am-1pm, Evergy Plaza downtown. Live music, food



trucks, yard games & more.

EATS & BEATS — Every Thursday through Sep. 15, 6:30pm-8:30pm, Evergy Plaza. Bring lawn chairs. Food trucks, beer gardens.

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



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

MISS JUNETEENTH SCHOLARSHIP PAG-EANT - Jun. 4. The Beacon. 420 SW 9th St.

DOGGIE DATE NITE — Jun. 4. 5-7pm at Evergy Plaza. Enjoy a night out with your pup!



STONE & STORY MOVIE NIGHT — Jun. 14. 8pm at Evergy Plaza. Bring a blanket or lawn chair & get comfy. Food trucks on hand.

ARAB SHRINE FEZTIVAL — June 18, 11-5, Evergy Plaza

HOLLEY MILITARY MUSEUM — Downtown Ramada Inn. Featuring 5 galleries, named after world leaders. Featuring World War II artifacts, Air Force One exhibit, Kansas War Heroes, Space, Vietnam & more. Cost:



Free. 10am-8pm daily.

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





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David's is open Monday - Friday 9-5:30 and Saturday 9-3. Call for information at 785-234-4808 or 785-234-3771

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How My Faith Came Alive At Camp

This year marks my eighth year at Pioneer Camp Manitoba and my fourth year as summer staff. The island, where the camp is located, has always been a place where I have thrived. Each year that I have spent at camp has helped me develop new skills, learn new things about myself, and develop my faith.

Camp is a place where I set aside time to work on my relationship with God, something I look forward to each time I come back. Throughout the school year, it is easy to get caught up in the stress and responsibilities that come along with everyday life. This summer, especially, camp helped me to slow down and work on growing my faith.

COVID restrictions meant we couldn't host campers on the island this summer so we held day camp in the city. Still, our time with campers was filled with learning, fun and new friendships. It also came with its challenges.

A Difficult Camper

The second week of camp, one of our campers was having a difficult time, often reflected in their mood and temper. At first, I found myself frustrated with them, a feeling amplified by the exhaustion that accompanies working at a summer camp. Instead of letting my frustrations get the better of me, I looked to God for assistance and strength.

In times of weakness, it is easy to forget the support that God can provide. Throughout the week, I made an extra effort to bond with the camper. God teaches us to demonstrate kindness and show compassion towards all, and I wanted to show the camper they were accepted and embraced by God, regardless of their troubles.

At first, I felt guilty for my internal frustrations towards the camper. However, by the end of the week, I realized that my initial anger was what led me to seek God for guidance. Both the camper and I matured that week, and by the end, I felt as though we had each made significant progress in our relationship with

Strength in Community

Reconnecting with the camp community this summer reminded me how much we all have to learn from one another. In August, a group of younger staff and I went out to the island for a work week. But we weren't only doing practical tasks, we also focused on building new relationships with each other and God.

Every day that week, members of our community led Bible studies for us in small groups. Analyzing Bible verses and discussing my perspectives with my peers helped me rethink some of my previous opinions. Our Bible study leader reminded us that as we read, we should focus less on

"who we are" in the story, and focus more on what we have to learn from each person's story and from their experience. This has widened my lens and changed the way I read scripture. As I read, I have found it increasingly easier to find meaning in the verses I

I gained a better understanding of how the Bible can help guide us through everyday life. Our discussion on the Three Parables has become increasingly relevant to me now that I have started university.

myself becoming envious of my peers, I have been focusing on practicing gratitude for what I have rather I don't. I have been working on celebrating small accomplishments, as it is one of the most helpful motivational strategies that God has provided for us. Finally, I try to remind myself that in moments when I feel as though I have strayed from my faith, I am still worthy of God's love, and he will welcome me back with open arms.

Without camp, I don't think I would be where I am in my faith today. The supportive environment of camp is exactly what I needed to focus on self-improvement. I am looking forward to continuing my journey of finding myself through my faith, and helping to deliver the Gospel to all of our campers in the fu-

> - By Grace, Volunteer at Pioneer Camp Manitoba



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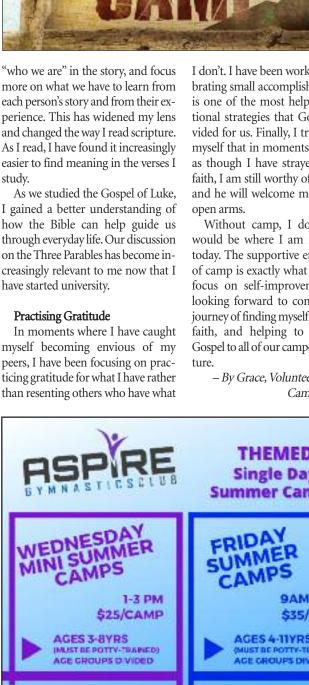
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Vacation Bible School: What is it & how is it done?

Vacation Bible school is one of the best things that churches do all year long. A church reaches out to the neighborhood, brings people closer, and is one of the most important and well-organized events for some churches. Earlier, vacation Bible schools were started to introduce children to the gospel of Jesus Christ, and help them familiarize themthe purpose is more defined and enhanced: to draw the congregation tomessage into their lives.

outreach program by the ministry that churches provide to educate children

Purpose of Vacation Bible School

The importance of vacation Bible school cannot be undermined, as it benefits not just kids who are enrolled, but the whole community. It enriches the lives of those participating in it. Along with the primary purpose of raising awareness about God and Christianity, vacation Bible school has grown to enhance the lives of those being a part of it. Read on to know more about the purpose and benefits of VBS:

Bringing children into the ministry in an integral part of growing and strengthening the church. Young people infuse new energy and enthusiasm into the church culture, and help to balance views. Without them, it will be lopsided in its outlook, and will not be able to reach a wider audience. A vibrant and robust church with people from all age groups it ideal for outreach. It is important to run kids' programs to build relationships.

• Vacation Bible School leads kids to

tance of Iesus Christ as Lord. Many kids are not raised in homes where attending church is a priority. People who believe in God do not attend church regularly. A vacation Bible school is a great way to connect with these peripheral families and get them to come back to regular events which their kids tend to enjoy.

 Vacation Bible School is great for teachers: Vacation Bible school is a great

way for those who wish to start teaching and connecting with kids. With few church services during the week that do not run for over an hour, it is not possible to teach kids and parents a lot. But with regular vacation Bible schools held every quarter, those interested in teaching could get a platform to connect and develop their skills.

· Vacation Bible achool is ideal for parents to connect and interact: Parents of kids enrolling in vacation Bible school will get a chance to familiarise and acquaint themselves with other parents. This could be a foundation for friendships, and parents may even get involved in activities organised by the vacation Bible school. Creative parents could put forward ideas that could be conducted in the school and help their children learn new skills and concepts.

At What Age Children Can Attend

Children from the age of 3, preschoolers, to children in high school are likely to benefit from vacation Bible school. Age guidelines vary from church to church, and some may focus on elementary school age groups. Some churches also offer free childcare for volunteers who have children that are too young to attend a vacation Bible school.

Vacation Bible School Theme Ideas

Many vacation Bible school programs choose themes. Most will try to integrate themes that are creative adaptations of learnings from the Bible. Creative decorations, fun snacks, and games are all integrated to impart life lessons. A few VBS themes that are commonly practiced across churches are:

1. Emoiis

Use emojis to talk about Christian character traits, days of Creation, etc.

2. Camping

Incorporate a campfire and camp songs to teach kids to serve others even in tough times.

3. Science Mania



Talk about how we are created by God as the kids experiment using science beakers to create interesting concoctions.

4. Wilderness Escape

Use this theme to teach kids about the Exodus from Egypt using wildernessthemed songs, decorations, etc.

5. Star Wars

Talk about the battle against sin and evil and explain the whole armor of God in Ephesians 6:11.

6. Superhero

Talk about the strength God gives us using Philippians 4:13.

7. Mystery Islands

This theme can be used to teach kids about the one true God using songs, an islander assembly, beach games, and tropical treats.

8. Rainforest Explorers

Use this to teach kids about how Jesus guides us through our lives using rainforest-themed decorations, artwork, etc.

Vacation Bible School Activity Ideas

Here are a few activity ideas that could help you run the vacation Bible school smoothly. A typical day at a Bible school includes prayer, Bible stories, arts and crafts, games, plays, songs, skits, puppet shows, sports activities, team building exercises, and snack breaks woven around themes.

1. Superheroes

Kids love superheroes, and you can get them to believe in Jesus as a superhero with illustrations and descriptions of the miracles he performed. One could have a "Hall of Wonders" and encourage kids to dress up as a Bible

Hero, or even people with good traits. This will help them learn that God has given us the power to be good, and that Jesus is the greatest power.

2. Deep Oceans

Use Romans 8:39, Cole to Life: No height or depth can separate us from his love. One could decorate the walls with underwater stimuli. Get kids to believe that they are close to the sea, and that living on earth, they co-exist and the Lord protects them.

3. Space

We often look at the night sky and tell children that the stars represent God and his angels. Decorate your ceilings with a galaxy theme with stars and planets. You could have snacks coming out of the balls that represent the planet.

Get kids to come with

4. Armor

a shield or an armor as if they are ready to go to a battlefield. Mention that courage and trust in God will help them surmount all obstacles and get them to sing songs about dedications, citizenship

5. Invitation to the Backyard

Make their church visit synonymous to their backyard fun, parties, and visits to their friends. Get them to come to church as if visiting a kingdom, and entertain them with stories about friendship and some healthy snacks.

6. Camping

and patriotism.

A great way to get children to learn to help, share, and take responsibility is by setting up a campfire. Get kids to sit around and share stories about kindness and how they influenced someone to make good choice, or how they were influenced.

7. Old Testament

You can go back in time and history when kings and characters lived a sacred life and followed the path of God. It helps kids understand how people followed a righteous king and followed the path of God. Get one of the kids to be court jester to add a few laughs.

8. Travel Passports

Encourage children to look around the world for countries that do not practice Christianity or does not have it as a main religion. Give them passports and ask them to come up with ideas on how they will incorporate a prayer routine, and also bear the flag of their country.

9. Wild Wild West

Introduce kids to the concept of the Wild West where people go pasture grazing and hunting, and compare them to the shepherds in the Bible. Emphasise on how shepherds treated everyone with compassion and care.

10. Science

The planet that we dwell on is part of the science created by God. It is great to get kids to bring in their experiments, and also explain the scientific miracles of God like the river merging into the sea, animals hibernating, and birds migrating.

-Ruchelle Fernandes

YMCA SUMMER CAMP - The YMCA offers several varieties of summer camps. Call

• Vacation Bible School is for outreach: selves with Christianity. In today's time, gether, and incorporate a life-changing Vacation Bible School (VBS) is an

Christ: It introduces kids to the impor-

VBS & SUMMER CAMPS

FOOD TRUCK PARTY VBS — June 5-8, 6:15-8pm, East Side Baptist Church, 4425 SE 29th St. Kids entering K-6th grade. 379-9933, esbcks.org

CAMP INVENTION – June 13-17, Topeka Lutheran School. A nationally recognized, nonprofit summer enrichment camp program from National Inventors Hall of Fame. For additional information or to register, visit invent.org/camp.

VACATION BIBLE SCHOOL (SPARK STUDIO) - Wanamaker Road Baptist Church, 2700 SW Wanamaker Road. June 20 through June 24, 6:00 to 8:00pm. PreK-Kindergarten (age 4) thru completed 5th grade. This is a free event. Kids will explore their God given talents in the Bible Study Studio, Crafts Deign Center and sing songs of praise to the Lord. They will learn like King David to use their talents to the glory of God. They will have daily snacks and play fun games, ending the week with a family night that will include a bounce house and corn hole games and other activities. Any questions leave message @ 785-272-9323.

GOD SAYS I'M TREASURED! VACATION BIBLE SCHOOL - Mon, June 27th - Fri, July 1st 6:30pm - 8:30pm. Lakeview Church of the Nazarene, 2835 SE Croco. Each person is made in the image of God wonderfully designed to know Him & live for Him! Friday Night Family Night will be a special event that you will not want to miss! Pre-Registration forms are in the church foyer or on our FB page. Pastor Rob & Pamela Self 785-266-3247. Facebook at Topeka Lakeview Nazarene, www.Lakeviewtopeka.org, lakenaz@aol.com

SPARK STUDIOS VACATION BIBLE SCHOOL - June 6-10, 6-8:45pm. There will be Bible stories, music, missions, crafts, recreation, and of course, snacks! Classes are available for ages 3 (potty trained) through 6th grade (last grade completed). Also, an adult class is offered and will be taught by Ricardo Bonner. Online registration is available on the church website: heightscc.com.

SINGLE DAY SUMMER CAMPS – Aspire Gymnastics is offering Wednesday and Friday themed Summer Camps on Wed. 1-3pm for ages 3-8, and Fri. 9-12 for ages 4-11. Visit aspiregymnasticsclub.com for details. 785-380-6046

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

KANSAS BALLET ACADEMY SUMMER DANCE CAMP. 785-383-7918. or KansasBal-

785-435-8651 or TerryJ@ymcatopeka.org

New scientific test dates Shroud of Turin to the time of Christ's Death

A new scientific method revealed that the Shroud of Turin may truly originate from the 1st Century, around the time of the death and resurrection of Jesus Christ.

Italian scientist Liberato De Caro told the National Catholic Register (NCR) that his fabric test shows the Shroud is roughly 2,000 years old. De Caro and his colleagues made the discovery by utilizing a technique called "Wide-Angle X-ray Scattering" (WAXS).

The shroud is located in the Cathedral of St. John the Baptist in Turin, Italy. It depicts the image of a crucified man, and scientists and experts have studied it for a long time in an attempt to determine if it could have been the burial cloth of Jesus Christ.

The recent findings by De Caro contradict a well-known 1988 carbon-dating study which suggested that the cloth is around 700 years old.

He said the carbon-dating method isn't great for fabric, explaining there are several possible reasons why the 1988 carbon-14 study may have been mistaken in its conclusions.

"Fabric samples are usually subject to all kinds of contamination, which cannot always be controlled and completely removed from the dated specimen," De Caro explained to NCR.

"If the cleaning procedure of the sample is not thoroughly performed, carbon-14 dating is not reliable," he explained. "This may have been the case in 1988, as confirmed by experimental evidence showing that when moving from the periphery towards the center of the sheet, along the longest side, there is a significant increase in carbon-14 (radiocarbon dating)."

A website called Aleteia reports that De Caro further explained there's greater accuracy when data is ob-



Left to right, the face of the Shroud man as seen on the cloth compared to the photographic negative (positive image) discovered by photography in 1898. (Photo Courtesy: Museum of the Bible)

tained by using the WAXS method. He said the technique was used on various samples of historical fabrics that date from 3000 BC to 2000 AD.

The scientist compared the Shroud of Turin with those samples and discovered that it best matched a piece of fabric from the siege of Masada, Israel, in 55-74 AD.

"The technique of dating linen by X-ray is non-destructive," De Caro noted. "Therefore, it can be repeated several times on the same sample. It would be more than desirable to have a collection of X-ray measurements carried out by several laboratories, on

several samples, at most millimetric in size, taken from the Shroud."

Lastly, De Caro pointed to factors that could trace the shroud's migration from the Middle East to Europe. He said analysis of the shroud showed samples of pollen from the ancient region of Palestine, which could not have developed in

have developed in Europe, according to Aleteia.

That discovery implies that the Shroud of Turin spent extensive time in the Middle East.

Want to join a writer's group?

Do you feel you are writing in a vacuum? Maybe wondering if anyone will want to read what you've written?

If this sounds familiar, join a writer's group. You will receive encouragement for you, as a writer, and for your writing. A writer's group includes those who are just beginning to write and those with years of writing.

Whether you're writing a book, short stories or anything else, this is your chance to receive honest and helpful feedback about your writing. You will also have the opportunity to read the writing of other people in your group, and give them feedback. Each of these experiences gives you a clearer understanding of the difference between outstanding and good writing.

One woman who has written short stories and is now writing her first novel,

said, "I've been in a writer's group for only six months and I now have more confidence in my writing. The other writers have shown me new ways to make my writing stand out."

A new member of a writer's group, who is also writing his first novel, said, "I thought I knew everything about writing, until I began reading other people's writing, and hearing feedback about mine. Being in this group has helped me view my writing from a totally different perspective."

Another advantage of being in a writer's group is that you will be discussing the challenges of being a writer, such as procrastination, writer's block, and fear of failure.

To find out more about joining a local writer's group, contact Sue at suewike12@aol.com



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We can know what's false but censorship isn't the answer

We should know by now that censorship is bad even if you're confident that you're censoring "the right things."

I recently saw a tweet from commentator and political scientist Yascha Mounk that I think does a great job of getting to the core of the free-speech debate. He said:

The real reason for free speech is not that all opinions have value or are worth airing. It's that there is no individual or institution whom I trust to make the decision as to *which* opinions are worthless on my behalf. And nor should you.

Free-speech defenders often point out that we can't always be confident that censored information is actually false; our understanding of reality is fallible and constantly evolving. As Joe Rogan said a few months ago when people pressured Spotify to ban his podcast: "Many of the things we thought of as 'misinformation' just a short while ago are now accepted as fact."

This is true. But people on the other



side are quick to respond that some ideas are obviously false or morally abhorrent: "What about Nazism? Or flatearth theory?"

This is also true. But it misses the point for exactly the reason Mounk said.

If we grant any central authority the power to decide for everyone what is "true," it gives them the opportunity to distort facts for their own purposes. Even if this authority is not malicious, it will at least mean that the consequences of any innocent mistakes they make will fall on all of society.

Who do you trust with this responsibility? Is it the scientific authorities? Is it the political authorities, who charged people for opposing wars in the past, and who want to do the same today? Is it the social media companies and journalists who make biased and incorrect decisions?

This is why, ultimately, it is irrelevant whether things being censored are false. The power to censor false things allows you to censor true things just as easily.

Free speech does not mean that we can never distinguish true from false or good from bad. In fact, it's predicated on the idea that not all ideas are created equal, and that we must sort good from bad. However, we can only know for sure that we have the right answers when we actually have debates in which neither side is squashed.

This was a major thesis of chapter two of 19th-century political philosopher John Stuart Mill's essay On Liberty, in which he wrote:

There is the greatest difference between presuming an opinion to be true, because, with every opportunity for contesting it, it has not been refuted, and assuming its truth for the purpose of not permitting its refutation. Complete liberty of contradicting and disproving our opinion, is the very condition which justifies us in assuming its truth for purposes of action; and on no other terms can a being with human faculties have any rational assurance of being right.

And we're still having the same conversation 150 years later.

-Matt Hampton | Founation for Economic Freedom | Used with permission



Safe Streets is about to embark on its 26th year of National Night Out in the Topeka/Shawnee County community! This annual event, which will be held Saturday, August 6, 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 6. As

of the middle of May, there were nearly 25 neighborhoods registered! Neighborhoods' activities vary – some may host an ice-cream social, cookout, potluck dinner, or a pool party. Some events are smaller with around 25 people, and others are larger with more than 300 attending. The next planning meeting is Thursday, June 16 at 6:30 p.m. in Room 101AB at the Topeka and Shawnee County Public Library, 1515 SW 10th Avenue, Topeka.

In 2021, Topeka/Shawnee County ranked 4th in the nation for cities of comparable size for our National Night Out events.

National Night Out 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, Topeka Fire Department, and Kansas Highway Patrol and with area businesses, including Evergy, Reser's, Hy-Vee, Dillons, Federal Home Loan Bank, Prairie Band Potawatomi Nation, 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 jwilson@parstopeka.org. You don't have 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.



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Progressive Christianity 'Can Send a Person to Hell'

By Franklin Graham

For decades, a war has been raging against Biblical Christianity that goes under the seemingly innocent name of "progressive Christianity."

It has cropped up in the halls of seminaries, infiltrated the pulpits of thousands of churches and been propagated by a godless liberal media. It is bent on casting doubt and undermining the foundational principles of God's Word.

Many of the Apostle Paul's letters were written to churches that were experiencing serious doctrinal errors. One of his sternest was penned to the church in Galatia, which is part of modern-day Turkey. In it, he launched into a stern rebuke for the teaching that had polluted the Galatian church:

"Progressive Christianity denies the divinely inspired, authoritative truth of the Bible as it intersects every facet of living."

"I am astonished that you are so quickly deserting the one who called you to live in the grace of Christ and are turning to a different gospel—which is really no gospel at all. Evidently some people are throwing you into confusion and are trying to pervert the gospel of Christ. But even if we or an angel from heaven should preach a gospel other than the one we preached to you, let them be under God's curse! As we have already said, so now I say again: If anybody is preaching to you a gospel other than what you accepted, let them be under God's curse!" (Galatians 1:6-9, NIV).

In the case of the Galatians, Paul was specifically addressing their attempt to return to the demands of the law rather than continuing to live by grace through faith in the sacrificial, atoning work of the cross of Jesus Christ. Such an attempt wasn't just a really bad idea; it actually would result in living under God's curse, not His favor.

I would say the exact same warning applies today to the advocates of progressive Christianity. They deceitfully promote and proclaim what I believe is clearly a "different gospel, which is really no Gospel

Let me say that again—progressive Christianity is not a Gospel at all. It has nothing to do with the Gospel of Christ's death, burial and resurrection. It results in nothing but spiritual confusion and

Here's the problem.

Progressive Christianity denies the divinely inspired, authoritative truth of the Bible as it intersects every facet of living. For example, although Scripture clearly says that marriage is between one man and one woman, proponents of progressive Christianity twist and distort the truth of God's Word on sexuality, focusing on such nonsensical trends as gender identity. They deny God's distinction of the sexes, and in-

stead invent their own misguided standards, unguided by the Word of God. The degrading cultural influences that embrace such movements as gay marriage have more sway on their beliefs than the Bible does.

When the topic of justice is discussed, progressive Christianity is primarily concerned with the issues of social and racial justice (which the Bible does address), but most often neglects the far more fundamental issue of God's justice—how a holy and just God deals with sinful and wicked

And when it comes to the matter of personal sin, progressive Christianity most frequently fails to see the ruinous consequences of mankind's depraved, sinful state. Biblical teaching on the precious blood of Christ, the sacrificial, substitutionary, atoning work of Christ's death on the cross, is too often neglected or distorted.

So the real, ultimate danger is that progressive Christianity can send a person to

I know that sounds harsh, but it's true. To reject the deity of Christ is to deny Christ and doom yourself to an eternity spent in hell.

To love darkness more than light will end in an eternity in hell.

To hope that good works alone will earn salvation, while rejecting the gift of everlasting life through faith in Christ alone, will lead straight into the eternal

To deny the fullness of the Trinity— God the Father, God the Son and God the Holy Spirit—can risk a person spending their eternity separated from the glory



and splendor of God Almighty.

"Biblical teaching on the precious blood of Christ, the sacrificial, substitutionary, atoning work of Christ's death on the cross, is too often neglected or dis-

Do you see how anything other than orthodox, Biblical Christianity can be so dangerous and deadly? That's why the Apostle Paul called down a curse on those who preach a different gospel than the Gospel of the Lord Jesus Christ.

Here's how Paul precisely defined the

"Moreover, brethren, I declare to you the gospel which I preached to you, which also you received and in which you stand, by which also you are saved, if you hold fast that word which I preached to youunless you believed in vain. For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures" (1 Corinthians 15:1-4, NKJV).

This is the only saving Gospel. Preach-

ers must faithfully proclaim it from the pulpit if they want their congregants to be convicted of their sin and to trust solely in the blood of Christ for the forgiveness of their sins. Praise and worship have their place in the church, but there is no substitute for pastors preaching the power of the cross and the resurrec-

Pastors today must "Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and

teaching. For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers; and they will turn their ears away from the truth, and be turned aside to fables. But you be watchful in all things, endure afflictions, do the work of an evangelist, fulfill your ministry" (2 Timothy 4:2-5, NKJV).

There's certainly nothing very forward thinking about progressive Christianity. It actually regresses into unbiblical thinking and living, and it will put a person's very soul in eternal jeopardy.

Evangelicals need to guard the truth of genuine Scriptural preaching and living, remaining true and bold about exactly what the Bible clearly teaches. There is no other way to be saved and secured for all

The Scripture quotation marked NIV is taken from The Holy Bible, New International Version. Scripture quotations marked NKJV are taken from The Holy Bible, New King James Version.



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HARTMAN

Managing Editor

Metro Voice

editor'sblog

You may have heard it said, "You can't take it with you." That doesn't apply to just money.

The truth is we are all just stewards, or managers, of all we have. When we are gone it will go to someone else to manage for a while – our money, house, job, car and all our possessions. While we don't really own them, our money, possessions, time & talent can be used as a means to an end.

How are you managing your earthly wealth? Is it sitting in a bank account or mutual fund? Is your basement full of stuff you have collected over the years? Do have more cars, boats, & other vehicles than you really need? What is that big house

I'm jus' sayin'....you can't take it with you

with all the empty rooms being used for? Is your time managed wisely, or are you wasting it? What about your talents – are they being maximized or wasted? Are you "managing" your life, or is life just happening to you?

How will you manage your earthly wealth going forward?

- For your own personal pleasure? Nothing necessarily wrong with that we all need a little down time for relaxation, restoration, pleasure, laughter, etc. Your time, money and possessions can help with that. But is this in itself a means to an end?
- To stockpile for yourself or family? Nothing wrong with taking care of yourself and the people you care about, at least to a degree. But is this the sum total of what you were put on this earth to do?
- For your health? Well, it's for sure smart to manage your own body to make sure it is capable of accomplish-



ing what you set out to do in life. Of course, different people will require different levels of fitness, depending on their goals in life. After all, no mater what you do, your body is only temporary, so your health must be managed in a balanced way with your other goals.

• In houses or cars? Everyone needs shelter and transportation. Do you really need a mansion with many rooms? Some people do, for family or so they can invite people in when necessary.

• To help others less fortunate? Truly a worthy cause, helping the needy while they are on this earth. This is necessary, because as God said, "the poor will always be with you." However, this wealth you give them is also temporary. Are you just writing a check, or are you interested in their long-term needs? What part of your wealth can be used for this – time, talent, treasure? And you thinking of just their earthly needs, or also their eternal welfare?

• To maximize your time? How do

you spend your time? Whether at work, leisure or "spare" time - are you accomplishing anything of real value to you or others?

- To maximize your talent? How can you be more effective?
- To accomplish God's will for your life? Do you know what God's will is for your life? What is the work he put you here to do?
- To make an eternal difference? Will you use material resources as a way to further the

work of God, and make friends for eternity?

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." - Romans 12:2

"Use your worldly resources to benefit others and make friends. Then, when your possessions are gone, they will welcome you to an eternal home." - Luke 16:9 NLT

Rejoice in the Days of Youth



DECKER
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Speaking Truth

There was once an old wise king who wrote and collected various sayings that reflected his observations of life, from youth to old age. In pondering his younger days, he wrote poetically to the those in his kingdom that were starting out in life, "Rejoice, O young man, in your youth, and let your heart cheer you in the days of your youth. Walk in the ways of your heart and the sight of your eyes. But know that for all these things God will bring you into judgment. Remove vexation from your heart, and put away pain from your body, for youth and the dawn of life are vanity. Remember also your Creator in the days of your youth, before the evil

days come and the years draw near of which you will say, 'I have no pleasure in them'; before the sun and the light and the moon and the stars are darkened..." (Ecclesiastes 11:9-12:2).

The king was Solomon, the wealthiest, wisest, and most sought-after man of his day. Other rulers from throughout the world came to ask questions and learn from him. What was his message to the youth of his kingdom?

Rejoice in your youth. Solomon recognized the season of youth comes only once and should be celebrated to its fullest. Laugh! Enjoy that time of life! Those years are filled with new experiences and opportunities to explore like no other. Learning is at its zenith. The wings of independence get spread and take their first flight. Chances at love are taken that may lead to a partner in marriage and family.

Remove grief from your heart. While enjoying youth to its fullest, sometimes there are days of darkness. There may come tragedy or pain that can overshadow this season. The death of a parent or friend, dad and

mom divorce, severe sickness or disease, abuse or depression can all darken this time of life. One's moral choices can have a great impact on these years as well. Problems with drugs or alcohol. Sexual encounters. Terminating a pregnancy. Bad financial decisions. Whatever it is, the days of darkness can bring grief to the years of one's youth.

Remember your Creator. It is easy to forget God in the younger years. The sense of adventure, a desire to question, being at the peak of energy and strength, and living for the moment, can all lead there. But God has a way of helping us to remember. Solomon points out three ways God does this. One, Solomon shares that in the time of youth, when one reaches their peak of life in so many ways, they slowly start to decline as the body ages. Aging is God's way of humbling us. Second, the wise king reveals how death is certain for us all. Some, as they age, will live long before stepping through death's door. For others, their youth may be cut short, before entering through that same door. Third, Solomon states that fol-



lowing death everyone will give an account before God for their life, a day of reckoning, where all those moral choices in our youth, will have to be answered for.

Knowing all this, how shall we live from the sunrise to the sunset of life? Hear Solomon, "The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man." (Eccl. 12:13) From the beginning of life, to the end, if we live according to God's ways there will be no regret. Peace will abound in our hearts and it will be well with our eternal soul. God sent His only Son to die and rise again so that our disobedience might be forgiven. No one can redo the

past. All we have is today. If we turn from our ways, then God promises that all things will be made new. Believe this truth. Tomorrow can be different!

A prayer for you – "Creator God, help the young to fully enjoy their youth. Pull back their days of darkness. Help them to remember and live their life, from beginning to end, all for you. In Jesus name. Amen."

Clint Decker is President of Great Awakenings and Speaking Truth is a nationally syndicated column. Please share your comment with Clint at cdecker@greatawakenings.org and follow his blog at clintdecker.blogspot.com.





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Experience art & music in NOTO

West of Topeka: Women Artists in Kansas is at NOTO Arts Center, 935 N. Kansas Ave., June 3. This new exhibit, curated by Barbara Waterman-Peters, features a group of female visual artists who live and work west of the Topeka community.

The three-month NOTO Summer Concert series will be held on 3rd Friday's and will highlight regional musicians as well as local emerging musicians, including family friendly activities, vendors, food truck and a beer garden.

Concert starts at 5 with music ending at 9. Bring your lawn chairs and bring some friends these concerts are FREE to the public!

June 17 5:00-5:45 Flow, this local high school group will JAZZ us with their talent as they open the concert series.

5:30-6 VIP Backstage Meet & Greet

6:00-9 UNIFIED, this Rhythm and Blues 8 piece band will kick off the Summer Concert Series with their sweet beats until 9pm!

July 15

5:00-5:45 local emerging musicians TBA

5:30-6 VIP Backstage Meet

6:00-9 Maria the Mexican, a Mexicana/Americana/indie blues rock/funk/soul fusion a true hybrid of Mexican folklore and rock 'n roll delivered in both English and



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August 19

5:00-5:45 local emerging musicians TBA

5:30-6 VIP Backstage Meet & Greet

6:00-9 Hector Anchondo, 2020 International Blues Challenge winner. This prestigious Memphis Cigar Box Guitar Award winner for best guitarist takes the audience on an emotional and personal journey through his powerful brand of blues music. Hector is traveling from Nebraska to join us!

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

KAW VALLEY BANK BLOCK PARTY is 3pm - 10pm June 3.

Entertainment can also be found on First Fridays, at various venues during the art walk up and down N. Kansas Avenue, as well as streetside vendors. The restaurants, locally owned shops, art galleries, antiques and studios have become a favorite art walk destination.

You can also visit every 1st and 3rd Saturday, 10am-3pm through October for the NOTO Saturday Market.

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

Contact NOTO Arts District office for details.

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

calevents

FREE LISTINGS! E-mail your events to: Voice@cox.net; mail to

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

CONCERTS

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

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

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

LIVE AT LUNCH — Wednesdays, 11-1 at Evergy Plaza. Live music and food vendors.

EATS & BEATS - Every Thursday through Sep. 15, 6:30pm-8:30pm, Evergy Plaza. Bring lawn chairs. Food trucks, beer gardens.

PLATINUM EXPRESS - May 28, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

GOLD CITY IN CONCERT - Jun. 3, 7pm, Wanamaker Woods Nazarene, 3501 SW Wanamaker. Gospel artists, free will offering, doors open at 6pm. 785-273-2248, wwoodsnaz@wwnaz.org

STEVE KILE BAND - Jun. 3, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com.

GOOD OL BOYS & A GAL - Jun. 10, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SUMMERTIME BLUES CONCERT SERIES - Jun. 15. 7-9pm, Gage Park Amphitheater. Josh Vowell Band. Sponsored by Topeka Blues Society

THE BASH — Jun. 17, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SUNFLOWER MUSIC FESTIVAL 2022: "THE AFRICAN-AMERICAN EXPERIENCE" - Jun. 17-25, White Concert Hall, 1700 SW College Ave, 785-670-1396

REWIND BAND — Jun. 18, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoric vinewood.com. 785.260.6772

STEEL SCARECROW - Jun. 24, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

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@rhcctopeka.org

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 10am, at Oakland Church of the Nazarene:

900 block of NE Oakland, followed by church services at 10:45am - followed at noon by The Hope House FREE Community Food & Clothing Banks.

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

INSIDE OUT FELLOWSHIP CHURCH - Every Sunday 12pm service; Every Tuesday 7:30pm service. Location: 2020 SE 21st. For info: 785-380-7031 or io@insideoutinc.net or www.insideoutinc.net

W.I.G.L. "WATER IN GOD'S LAWN" YOUTH & KIDS AC-**TIVITIES** - Wednesday's June 1 - Aug. 10, 7-8 pm.Lakeview Church of the Nazarene, 2835 SE Croco. Weekly games & fun possibilities: water balloons, water slide, kiddie pools, bubbles, side walk chalk, snacks, friends, fun, Jesus! (please bring appropriate water-wear, towel & sun screen. If necessary, please wear a t-shirt over swimsuit.) There will be Bible Study upstairs for the Adults. 785-266-3247, Facebook at Topeka Lakeview Nazarene, lakenaz@aol.com www.Lakeviewtopeka.org,

GIGANTIC GARAGE SALE - Jun. 3, 8-4 & Jun. 4, 8noon, Perry UMC Activity Center, 219 Oak St. 1/2 price sale Noon-2pm Sat.:\$1.00 bag sale. Homemade biscuits and gravy served both mornings. A homemade sloppy joe meal deal served both days for lunch. All proceeds go to the Blessing Box Ministry.

FOOD TRUCK PARTY VBS — June 5-8, 6:15-8pm, East Side Baptist Church, 4425 SE 29th St. Kids entering K-6th grade. 379-9933, esbcks.org

SPARK STUDIOS VACATION BIBLE SCHOOL - June 6-10, 6-8:45pm. There will be Bible stories, music, missions, crafts, recreation, and of course, snacks! Classes are available for ages 3 (potty trained) through 6th grade (last grade completed). Also, an adult class is offered and will be taught by Ricardo Bonner. Online registration at: heightscc.com.

25TH ANNIVERSARY CELEBRATION - June 12, 10am Family Life Church of the Nazarene, 1211 NW 46th St. Join us as we commemorate our Silver Anniversary 25 years of ministry - of Family Life Church of the Nazarene to the Topeka and surrounding communities. Following the service we will share a time of fellowship with testimonies and a meal.

CAMP INVENTION — June 13-17, Topeka Lutheran School. A nationally recognized, nonprofit summer enrichment camp program from National Inventors Hall of Fame. For additional information or to register, visit invent org/camp

VACATION BIBLE SCHOOL (SPARK STUDIO) - June 20 through June 24, 6:00 to 8:00pm, Wanamaker Road Baptist Church, 2700 SW Wanamaker Road. PreK-Kindergarten (age 4) thru completed 5th grade. This is a free event. Kids will explore their God given talents in the Bible Study Studio, Crafts Deign Center and sing songs of praise to the Lord. They will learn like King David to use their talents to the glory of God. They will have daily snacks and play fun games, ending the week with a family night that will include a bounce house and corn hole games and other activities. Questions? Leave message @ 785-272-9323.

RETIREMENT SERVICE OF PASTORS RICHARD & BARB SUNDERMEYER, June 26, 10am, Family Life Church of the Nazarene, 1211 NW 46th. Please join us as we thank and honor our retiring senior & associate pastors, Pastors Richard & Barb Sundermeyer. We will be commemorating their 25 years of ministry as the founding pastors of Family Life Church of the

Nazarene and blessing them as they follow God's leading into their retirement from ministry in Topeka. Following the service we will share a potluck meal.

GOD SAYS I'M TREASURED! VACATION BIBLE **SCHOOL** - June 27 - July 1, 6:30 - 8:30pm. Lakeview Church of the Nazarene, 2835 SE Croco. Each person is made in the image of God wonderfully designed to know Him & live for Him! Friday Night Family Night will be a special event that you will not want to miss! Registration forms are in the foyer or on our FB page. Pastor Rob & Pamela Self 785-266-

FAMILY-FRIENDLY EVENTS

3247. Facebook at Topeka Lakeview Nazarene,

www.Lakeviewtopeka.org, lakenaz@aol.com

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 & sugarfree items for diabetics. 215-0064.

TOPEKA TWILIGHT LIONS BRANCH CLUB - 4th Mondays at 6:30pm, Norsemen Brewing Co. Social gathering, guests welcome. Topekalions.org

TOPEKA LIONS CLUB - 2nd Mondays at Noon at Wings, Etc. Come at 11:30 to order from the menu. Guests welcome.

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

SHEPHERDS CENTER PICKLEBALL GROUP - plays Mon. & Wed. Mon. at Countryside UMC, 32nd & Burlingame, from 3-5. Park on the NORTH side & use

HISTORIC LECOMPTON TERRITORIAL CAPITAL OF KANSAS 1855 - 1861

CIVIL WAR HISTORY



- National Landmarks
- Constitution Hall
- Territorial Capital Museum

9 - 5 p.m. Wed-Sat. • 1-5 p.m. Sun.

TOURS 785-887-6148

WWW.LECOMPTONKANSAS.COM

Lecompton Turnpike Exit 10 miles East of Topeka on U.S. 40 & 24



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 inside the doors.

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

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

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

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

TOPEKA ACAPELLA UNLIMITED AUDITIONS —Topeka Acappella Unlimited is looking for female singers who would like to sing four part acappella harmonies. Come be our guest July 5 at 7:00 p.m. at Topeka Bible Church, 1135 College Avenue, Topeka, KS at our guest night to meet the Director and learn more about our chorus. Topeka Acappella Unlimited is a Chapter of Sweet Adelines, International. Call Cindy Patton at 785-640-7403 for info

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

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

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

FREE MOBILE FOOD DISTRIBUTION - 4th Tue. through Nov., 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will have its monthly food distribution. No ID or proof of income required, first come first served. Distributing fresh produce and other items to families in need. 785-234-1111 www.RandelMinistries.com

TOPEKA PUBLIC LIBRARY PLAY BUS - 9:30amnoon, Lakeview Nazarene Church, 2835 Croco. Every Tuesday, enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

HOPE AND HEALING ACADEMY harnesses the power of horses to transform the human spirit. They are expanding services to address the needs and experiences of first responders and members of the armed forces. For info. call 785-224-4232 or go to www.hopeandhealingacademy.com.

OVERCOMER'S OUTREACH ANONYMOUS RECOV-**ERY SUPPORT GROU**P - Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

OPEN INDOOR COURT PICKLEBALL – Sundays at 4pm, Berryton United Methodist Church (7010 SE Berryton Rd. All ages and abilities welcome.

SENIORS PITCH CLUB - Every Tuesday 1 pm at Garfield Community Center. First visit free then a dollar per visit for coffee and replacement cards

FRIDAY FLICKS — Second Fridays, 8pm at Evergy Plaza. Bring a blanket or lawn chair. Food trucks.

MONDAY FARMERS MARKET - Mondays 7:30-11:30am. May 9 to Oct. 3. Topeka & Sh. Co. Library. 10th & Washburn, (closed Labor Day)

SILVER LAKE FARMERS MARKET - Tues. 6-8pm, June 7-Sep. 13, Silver Lake Library, 203 Railroad St.

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 2 to Oct. 29, 7:30am-noon, 12th & Harri-

Passport

to Health

son. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, homebaked goods and more.

BREAD BASKET FARMERS MARKET - Sat., 7:30am-1pm, through Nov. 19, south end of West Ridge Mall.

JUN. CYCLING EVENTS - Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

JUN. OUTDOOR ACTIVITIES - Outdoor events and activities. www.getoutdoorskansas.org/calendar

SATURDAY NIGHT CRUISES – 1st Sat. – Spangles. 29th & Topeka Blvd.; 2nd Sat. – Fairlawn Plaza; 3rd Sat. – The Dugout, 17th & Fairlawn; 4th Sat. – The Pad: 5th Sat. - The Dugout.

KNG MUSEUM CAR & TRUCK SHOW - May 28, Museum of the Kansas National Guard. Forbes Field. 785-862-1020

HOYT CITY-WIDE GARAGE SALES - Jun 2-4, Hoyt.

KAW VALLEY BANK NOTO PARTY - June 3, 3pm -10pm, 1110 N Kansas & 1110 NE Quincy. Block party

TOPEKA YOUTH PROJECT GOLF CLASSIC - Jun. 3, Shawnee Country Club Golf Course. 8am shotgun. 7am registration. Lunch follows tourney. Over \$3000 in cash prizes! Register at topekayouthproject.com.

LECOMPTON FLEA MARKET - Jun. 4, 8am-4pm, El-

- Facebook/MetroVoiceNews ----

DOGGIE DATE NITE — Jun. 4, 5-7pm at Evergy Plaza. Enjoy a night out with your pup!

MISS JUNETEENTH SCHOLARSHIP PAGEANT - Jun. 4, The Beacon, 420 SW 9th St. 785-409-6715

MULVANE ART FAIR - June 4-5, Washburn University FOOD TRUCK NIGHT AT HHHS - June 4, 4pm. Live

GERMANFEST - June 4-5, 312 NE Freeman, Sacred Heart-St. Joseph Parish

C5Alive "POWER" LUNCHEON — June 9, 11:30-1 at Airsoft Zone, 3029-B, Hwy 24, in the American Legion building. Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door

- \$15 for non-members & repeat guests.
- Please RSVP to info@C5Alive.org, so we know how much food is needed!

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

SAVE THE DATE: C5 POWER Luncheon, July 14,

SHOW ME SNAKES - June 11, Ag Hall

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

CAMP INVENTION — June 13-17, Topeka Lutheran School. A nationally recognized, nonprofit summer enrichment camp program from National Inventors Hall of Fame. For additional information or to register, visit invent.org/camp.

STONE & STORY MOVIE NIGHT - Jun. 14, 8pm at Evergy Plaza. Bring a blanket or lawn chair & get comfy. Food trucks on hand.

COMMUNITY WALK/PASSPORT TO HEALTH - June 18, 8am, Gage Park Corral #2 Shelter. Free event with information provided by local health organizations, plus chances to win prizes when you complete the walk and have your passport stamped! Hosted by the Topeka Lions Club/Twilight Branch and 24 for Life by Midland Care. Register to get your free event passport at the event or earn extra chances for the

CSALIVE, METRO VOICE NEWS, TOPEKA HEALTH & WELLNESS MAGAZINE, GOLDEN EAGLE CASINO, AND EMERALD CITY COSMOPOLITAN CLUB PRESENT



THE VINEWOOD

FAMILY FUN PRESENTED BY LOCAL BUSINESSES & NON-PROFITS

- Live music
- · Craft & vendor fair
- Food trucks
- · Kids games & activities
- · Inflatables

- Petting zoo
- Face painting
- Gifts & Décor
- Clothing & accessories
- Pet care services
- Carnival Games Cake Walk for kids
- Trunk or Treat

Topeka KS

Hosted by Topeka Lions Club/Twilight Branch

and Midland Care/24 for Life

June 18, 2022 - 8 am to 10 am

Gage Park, Corral #2, 4330 SW Conservatory Drive,

• Free registration and passport to health

Free Screening for risk factors for diabetes

Community Walk

- Free Health Information
- Complete your passport for a chance to win prizes
- Water in coolers provided Bring your own water bottle
- Bring your used eyeglasses to be recycled by the Lions Club

No Entry Fee - Come out and take a walk in the park!

Plus, Screen for pre-diabetes risk factors. Kid friendly, strollers welcome, dogs on leashes. Water for dogs onsite.

Walk & collect stamps on your passport for a chance to win! Free Registration:

Visit TopekaLions.org/community-walk







Non-profit information Pumpkin decorating

- HEALTH & WELLNESS FAIR PRESENTED BY EMERALD CITY COSMOPOLITAN CLUB Health screenings
- Safety instructions & education
- Health & Wellness products & samples
- Health information & education
- Fitness information & demonstrations
 - Gymnastics & Exercise demonstrations
 - Personal Safety Items & Education Emotional & Mental Health Information
- 100+ VENDORS & SPONSORS FOR OUR MARKET, HEALTH FAIR, FOOD COURT, MUSIC STAGE & KIDS GAMES!

Funds raised will be shared with a local non-profit organization

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

VOLUNTEERS ALSO NEEDED! CONTACT: info@C5Alive.org or 785-640-6399







































SATURDAY, OCTOBER 8, 2022 • 10 AM - 3 PM

The Vinewood is located at 2848 SE 29th St. Topeka, KS 66605 (North side of Shawnee Lake)

prize drawings when you register online and complete the Risk Test for pre-diabetes from 24 for life. Both links are at topekalions.org/community-walk

ARAB SHRINE FEZTIVAL — June 18, 11-5, Evergy Plz KANSAS ELECTION INTEGRITY FORUM - June 20. 8am-5pm, Embassy Suites KC/Olathe, 10401 S. Ridgeview Rd. Olathe. Speakers include Lara Logan, Patrick Byrne, Joe Flynn, Tina Peters, Mark Finchem, Kansas Senators Mark Steffen & Mike Thompson and KS Sec. of State Mike Brown. https://addfei.org/eventskansas-01

JURASSIC OUEST - June 24-26. Stormont Vail Events Ctr. Stormont Vail Event Ctr. America's biggest and most popular dinosaur event

SOLE REASON GOLF TOURNAMENT – June 25, Cypress Ridge Golf Course. 8-8:30 AM registration, 9 AM shotgun. Solereason@yahoo.com or 785-338-2965 Benefits children that need sneakers. Lots of prizes and silent auction items.

SHAWNEE COUNTY FAIR - July 21 - 24, Stormont Vail Event Center. Animals large and small, competition exhibits, vendors, and food trucks are available all days. www.shawneecountyfair.org

FIRST TEE ANNUAL GOLF TOURNAMENT — Sep. 16, Shawnee Country Club. Reg. 11am, noon shotgun start. For info email marcus@firstteetopeka.org or visit firstteetopeka.org

YOUTH FOR CHRIST GOLF CLASSIC - Sep. 26. Lake Shawnee. Several sponsorship levels available. Lots of prizes! 232-8296 or topekayfc.org

2nd ANNUAL TOPEKA FALL FEST - Oct. 8, 10am-3pm, at the Vinewood, 2848 SE 29th St. Live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such as Face Painting, Craft Stations, Inflatables, Petting Zoo, Cake Walk, Pumpkin Decorating, Trunk or Treat and more! We'll have a Health & Fitness Fair sponsored by Topeka Emerald City Cosmo Club, featuring Health Screenings & Fitness Demonstrations, Information & Educational Booths, Health & Safety Products and more. For more information, email info@C5Alive.org.

MEETINGS & CLASSES

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

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

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

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

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

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

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

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

MetroVoiceNews.com

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

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

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

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

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

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

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

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

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

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

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

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

 $\textbf{VIP LUNCHEON FOR SENIORS} - \text{Every Wed.}, \ 10.45$ 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

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, 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 to be intentional! 234-5545.

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

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

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP -3rd Thu., 11:30am, Northland Christian Church, 3102 NW Topeka Blvd. Christian financial profes sionals: financial planners, accountants, attorney's & insurance agents invited. kingdomadvisors.org or Jim Hanna, iames.c.hanna@ampf.com or 357-6278 x19.

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

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

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 Char-ities, free yarn, needles, hooks & patterns. All are welcome. Anne, 272-9249 or kittens812@sbcglobal.net

BIBLE QUIZZING — 1st Sat. Learn God's Word & have fun with area Christian youth age 9-19. YFC/YEA style quizzing & rules. 913-593-6427 or biblequizzer.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 SCORF (Service Corps of Retired Executives). Info: 234-3049.

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

SUPPORT GROUPS

OVERCOMER'S OUTREACH ANONYMOUS RECOV-**ERY SUPPORT GROUP** – Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

BINDING UP THE BROKEN HEARTED - Sessions offered for women who suffer from the after-effects of abortion. All the women who lead these sessions have had an abortion and have received healing from God's Word. For info, contact local Healing Hearts representative Shelly Brush First Southern Baptist Church at shelly.b@healinghearts.org. All communication is confidential and secure.

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

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

ABORTION RECOVERY SUPPORT - Providing services for women & men who suffer from Post-Abortion Syndrome. Kay Lyn at KLCarlson20@cox.net.

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

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

ALZHEIMER'S SUPPORT GROUPS — Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. Caregiver support group via Skype 9:30am every

other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

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

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

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-

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

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

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

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

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

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

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

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

GAMBLERS ANONYMOUS – Every Wed. 7pm. St.

Francis Hospital, meeting room #8.

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

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

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

 $\label{eq:WED.} \mbox{WED.} - 6:45 - 8:45 \mbox{pm, Walnut View Christian}$ 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.north-

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

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

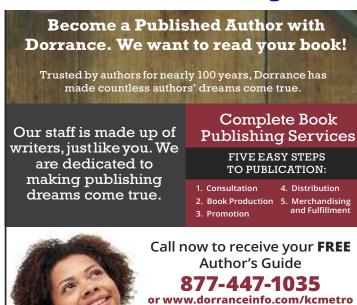
NICOTINE ANONYMOUS — Every Fri., 6:30pm, Town & Country Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net

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

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

Send your calendar events to voice@cox.net

DORRANCE



Is your chocolate produced by child slaves?

Chocolate makes for a perfect gift, a comforting snack and even a health food, thanks to its plentiful antioxidants. It is no surprise, then, that the chocolate industry garners billions of dollars each year.

However, there is also a dark side to chocolate.

As a cultural anthropologist who has done years of research on food and drink in Europe and North America, I have come to understand the close relationship between culinary traditions and social inequality.

In a course I teach on the anthropology of food, chocolate is among the numerous food commodities that I cover in the course as an index for understanding social class relations locally and globally, including human trafficking.

Exploitative labor, even slavery, especially of children, is among the most troublesome ways in which the global chocolate industry exists.

History of chocolate

Chocolate can be traced to the Olmec civilization of Mesoamerica. The Olmec were the first to transform the cacao plant into chocolate, around 1750 B.C. The Olmec used chocolate in religious rituals and as a medicine. It was also used, as anthropologists Sophie D. Coe and Michael D. Coe note, by both the Maya and Aztecs throughout the 15th century.

However, the chocolate used in ritual life was a far cry from the chocolates that we enjoy today. In fact, it was very bitter. Hernan Cortes, the famous Spanish explorer, is said to have brought cacao back to Spain in the early 16th century; there it was mixed with sugar and honey as a drink. It was not until the 17th century that chocolate was consumed throughout Europe, initially among the aristocracy.

The invention of the cocoa press in the 19th century allowed manufacturers to combine sugar with the fatty butter extracted from the beans. The mixture was then poured into molds and sold, thus ushering in chocolate's popularity among the European masses.

Sugar cane was cultivated by enslaved West Africans in the Caribbean and the Americas as part of the Atlantic trade. Refined sugar cane made its way to England, where it was consumed by the working class as a quick source of energy and a way to satiate hunger. European goods then made their way to Africa in exchange for slaves, in what anthropologist Sidney Mintz noted in his 1985 book "Sweetness and Power" as a "triangle of trade." It was Caribbean sugar produced by the enslaved West Africans in the 19th century that made chocolate palatable. The connection to slavery does not end here.

Children as cheap slave labor

During the early 19th century the British introduced the cacao plants to West Africa, where the growing conditions were ideal. The plants require warmth and humid growing conditions that are common to the tropical forests of the Ivory Coast and Ghana.

The cacao farms are still operating there: mostly small, and with poor owners. Harvesting and processing cacao is labor-intensive and many of these indigent farmers simply do not have the financial means or adequate family labor to make cacao growing viable. And so to economize they turn to children – often as young as 5 but more typically 10 to 12 years in age. The beans are in pods that must be cut open with machetes, making the work quite dangerous, especially for children.

Legal scholar Erika George notes that the vast majority of the children end up on the cacao farms through trafficking. Not all but many of the children come from Mali, especially from very poor rural villages. Reporters have found that many children are approached by traffickers and told that they will earn good wages on the cacao farms. They agree to the work to help their families financially.

As journalist Miki Mistrati shows in the documentary "The Dark Side of C h o c o l a t e," (below) the traffick-

ers then take the children to the Ivory Coast or Ghana, where they are sold to the farmers. The traffickers themselves are aided by local militia. Children who end up on the farms often work 14- to 16-hour days. They are even expected to carry heavy sacks of beans and beaten if they stumble or collapse.

It is hard to obtain exact figures on the numbers of children who have worked on the cacao farms. The International Labor Organization estimates 1.56 million in the Ivory Coast and Ghana alone

Given the vast financial network involved in the chocolate trade, it is dangerous work for journalists. Mistrati used hidden cameras and passed himself and his companion off as tourists. He mentions a French journalist who disappeared pursuing the story of



childhood slavery.

Telling the story

In 2021, six Malian men filed a legal case against Nestle USA and Cargill, claiming that they were trafficked from their villages and forced to labor on cacao farms. The case was brought to the United States Supreme Court with a majority ruling that chocolate companies cannot be sued in the United States for abuse that happened elsewhere, including for child slavery on African farms.

Large chocolate companies may not be participating in the trafficking of children directly, in that they purchase the cacao beans from merchant suppliers. Indeed, eight of the largest chocolate companies signed a protocol in 2001 that condemned child labor and childhood slavery. But it did not commit the industry to put an end to the practice.

Then there are organizations responsible for Fair Trade and the UTZ labels that seek to assure consumers of fair labor practices in the chocolate sector, although this is not an ultimate guarantee that the children have not been exploited in the production process more generally. It should also be noted that the United States Department of Labor has also taken a strong stand against the exploitation of children on cacao farms.

There is a strong argument to be made here against the abuses of labor, especially when it involves children, and to that end we all bear some responsibility as consumers.

-Stacy Morford | TheConversation







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'Shocking' New Poll: Only 37 Percent of U.S. Pastors Hold a Biblical Worldview



A majority of Christian pastors in the United States do not hold a biblical worldview, according to surprising new research from pollster George Barna, who says the data shows a spiritual awakening is "needed just as desperately in our pulpits as in the pews."

The survey, released Thursday by the Cultural Research Center at Arizona Christian University, shows that only 37 percent of pastors in the U.S. hold a biblical worldview.

Among senior/lead pastors, 41 percent possess a biblical worldview – the highest percentage within the subgroups of pastors. Less than one-third of associate/assistant pastors (28 percent), teaching pastors (13 percent) and children's/youth pastors (12 percent) hold a biblical worldview, the data found.

An accompanying report labeled the findings "shocking."

"This is another strong piece of evidence that the culture is influencing the American church more than Christian churches are influencing the culture," said Barna, director of research at the university's Cultural Research Center.

The survey's findings were based on 54 questions in eight categories related to a biblical worldview. Within those eight categories, the only one where a majority of pastors affirm a biblical worldview is related to the purpose and calling of life (57 percent). A minority of pastors hold a biblical worldview in the other seven categories: family and the value of life (47 percent); God, creation and history (44 percent); personal

faith practices (43 percent); sin, salvation and one's relationship to God (43 percent); human character and human nature (40 percent); lifestyle, personal behavior and relationships (40 percent); and beliefs and behaviors related to the Bible, truth and morality.

The data on children's pastors and youth pastors, Barna said, is particularly discouraging.

"Keep in mind," Barna said, "a person's worldview primarily develops before the age of 13, then goes through a

period of refinement during their teens and twenties. From a worldview perspective, a church's most important ministers are the children's pastor and the youth pastor. Discovering that seven out of every eight of those pastors lack a biblical worldview helps to explain why so few people in the nation's youngest generations are developing a heart and mind for biblical principles and ways of life, and why our society seems to have run wild over the last decade, in particular."

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Despite the gloomy data, Barna offered a glimmer of hope by noting that "you cannot fix something unless you know it's broken."

"God is in the transformation business," he said. "Pastors who are willing to allow Him to transform their thinking and behavior can emerge from that process as a powerful example of what

can happen when one's heart, mind and soul are surrendered to God. It certainly seems that if America is going to experience a spiritual revival, that awakening is needed just as desperately in our pulpits as in the pews."

-Michael Foust | ChristianHeadlines.com







What Homeowners Should Know Before Renovating

Your home is likely your most valuable asset, and you want to make sure you protect it with the right insurance. Did you know the cost to replace your home could be much more than it cost to build—and you could be on the hook for the difference?

Whether it would cost more to replace because you've made major upgrades that increased the value of your home or simply because the price of building materials and labor has increased, you'll need to come up with the additional funds or find ways to reduce costs. That's why guaranteed replacement cost coverage, offered by insurers like Erie Insurance, is so important. If you experience a total loss of your home, this coverage allows you to rebuild it back to its previous size and specifications at today's cost, subject to certain conditions.

To give you a better idea of the importance of insurance coverage that helps you protect the investments you make, consider the top three remodeling projects for the interior and exterior offering the best return on investment:

Interior

1. Refinishing hardwood floors. The main

reasons consumers are refinishing hardwood floors is to upgrade worn-out surfaces and to improve livability, according to the 2022 Remodeling Impact Report by the National Association of REALTORS Research Group. At 147%, it also tops the list for the number one interior project for what homeowners can recover on the cost of the project if they sell the home, based on estimates from NARI Remodelers and REALTORS.



2. Installing new wood flooring. The average cost recovered for this project is 118%. Surprisingly though, it was the number one feature homeowners surveyed by Erie Insurance said they got when they bought their home but wouldn't choose again. When asked why, reasons ranged from feeling the feature was not worth the money, to being tired of it or feeling the feature is outdated now.

3. Insulation upgrade. This is a popular project if you're looking to improve energy efficiency, and at 100%, it has a high cost recovery value.

Exterior

- 1. Roofing. Offering a 100% return on investment, most consumers upgraded their roof due to worn-out surfaces, finishes and materials.
- 2. Garage door. The top reason homeowners replace their garage door is having plans to sell their home in the next two years, according to the 2022 Remodeling Impact Report. This project may be well worth the cost, offering 100% returns.
- 3. Fiber cement siding. With 86% recovery on the cost of the project, upgrading siding due to worn-out surfaces, finishes and materials is a solid investment.

If you've made any recent updates, talk to your insurance agent to make sure you have the proper coverage. To learn more about guaranteed replacement cost coverage, visit erieinsur-

This summer, make home upgrades wisely. For peace of mind, be sure to protect the investments you make in your home.

-StatePoint







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entertainment

Marvel and DC's war on God

The first installment of a seven-part Marvel & DC's War on God series has been released by Christian media company Good Fight Ministries.

The company says the 150-minute film The Antichrist Agenda "documents how popular comics and the movies that they have spawned are riddled with anti-Christ themes that glorify gratuitous violence, sexual perversion, blasphemy, and the occult."

"Many leading comic book writers have admitted that they are using seduction, manipulation, the occult and even the Bible to influence children to view the God of the Bible from a twisted slant," Pastor Schimmel says.

Good Fight Ministries predicts the series, narrated by Pastor Joe Schimmel, will find an audience among parents and young people seeking help in discerning underlying messages in popular entertainment that negatively impact Christian family values.

New installments in the Marvel & DC's War on God series are expected to be released every three months and will be available on Vimeo on Demand for \$3.99 to rent and \$8.99 to buy. DVDs will



also be made available.

Pastor Schimmel is perhaps best known for his 2004 documentary They Sold Their Souls for Rock and Roll, which delved into the hidden agendas of popular musical artists such as Elvis, The Doors, Led Zeppelin, U2, Creed, Britney Spears, and DMX. That series sold tens of thousands of copies, the company says.

Marvel & DC's War on God is an eyeopening exposé series that documents how popular comic books — and the movies that they have spawned — are riddled with anti-Christ themes that glo-

rify gratuitous violence, sexual perversion, blasphemy and the occult. Many leading comic book writers have admitted that they are using seduction, manipulation, the occult and even the Bible to influence our children to view the God of the Bible from a twisted slant. The Antichrist Agenda is part one of a seven-part • series that explores all facets of these two popular franchises and exposes the dark origins and agendas being put into play • through the comic books and movies.

This documentary series is designed to help parents and young people alike to better discern the underlying messages in many popular comic books and movies that affect millions of professing Christian families. As we seek to know the Lord and follow His Word, it is imperative that • we are wise to the ways of the evil one in popular culture.

from Christian leaders.

"Joe Schimmel's documentaries are always cutting-edge, timely, and incredibly informative. Marvel & DC's War on Comfort of Living Waters.

Leonard W. DeWitt, Pastor, Ventura Jubilee Fellowship says, "Marvel & DC's War on God is a film I highly endorse. The message the producers are trying to get across shows that for years there has been a sinister attempt to promote violence and an anti-God focus in materials intended primarily for children's impressionable minds. It is high time that the perverted agenda of those who produce and market such materials is seen for • what it is and is unmasked."

-Charisma News | Used with permission

Angel Studios Announces \$100 Million in New Family Content in Alternative to Hollywood



The entertainment studio behind the hit series The Chosen announced more than \$100 million in new original content during an investor's event last week, saying it wants to produce stories that "amplify light" in a world filled with darkness.

Angel Studios CEO Neal Harmon told a live streaming audience during "Illuminate '22" that more than a dozen new family-friendly projects are on the horizon, including Season 3 of The Chosen, a new project about the founding of America and multiple new titles for children.

All Angel Studios projects, he said, will "amply light" – a phrase he defined as stories that are "true, honest, noble, just, authentic, lovely, admirable, excellent and The series is getting serious support • worthy of praise." The goal gets its inspiration from Philippians 4:8.

Angel Studios was founded as an alternative to Hollywood. The projects will be financed via God will not disappoint," states Ray crowdfunding and venture capital

> More than 50,000 people have invested in Angel Studios projects, Harmon said.

We're thrilled at the caliber of content that the Angel Studios investors selected for crowdfunding this year, validating our thesis that the crowd will make better decisions than a few executives," Harmon said.

A dozen titles were announced during the event, including:

· Luso, a series about the founding of America. It will be directed

by David Henrie (Reagan, Little Boy, Paul Blart: Mall Cop 2).

- The Chosen, Season 3, which is expected to be released in late
- Tuttle Twins, Season 2, which is in pre-production.
- · Dry Bar Comedy, Season 10, which is currently filming.
- The Wingfeather Saga, Season 1, which is expected to be released in December.
- · The Riot and the Dance, Season 2, which is scheduled to be released in late summer/early fall.
- Jungle Beat (five seasons), which will be released in 2022.
- · David, a full-length animated movie about the Old Testament king, which is in pre-production.
- Pharma, a project based on the true story of Dr. Frances Kelsey.
- · The German King, a project based on the true story of Rudolf Duala Manga Bell.
- Truth and Conviction, a series about teenage resistors in Nazi
- Testament, a re-telling of the book of Acts, set in the modern-

"Angel went from the verge of bankruptcy to \$123 million in revenue in one year," Harmon said, referencing the studio surviving a lawsuit by Disney. "This success is fueled by the global popularity of shows funded by 50,000 Angel investors, everyday people who have united together to make the media they want to see in the world."

> -Michael Foust | Christian-Headlines.com





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35 family-friendly channels for \$6.99?

By Michael Foust

For decades, satellite and cable companies maintained a large customer base by offering channels that families couldn't get anywhere else.

Then came the streaming era, which gave families more alternatives and more content at a significantly cheaper rate. But then those same services began promoting objectionable content — and countless families fled.

Don't fret, though, because there are plenty of family-friendly alternatives. This month, we look at one of the best ones: Frndly TV.

It bills itself as "the most affordable Live TV streaming service," a tagline that holds true with the basic, non-HD plan starting at \$6.99 and the HD plans -which include DVR service -- starting at

All plans come with more than 35 channels -- and most of them are familyfriendly.

Of course, at that price and that lineup, there must be a catch, right? Well, sort of: There are no sports or news channels -- which means you can't watch Sunday Night Baseball, Monday Night Football or the latest political nonsense. Then again, your blood pressure might benefit from skipping some of that.

My family gave Frndly TV a try in recent weeks and has been watching it every day.

For fans of family-friendly movies, there's Hallmark and Hallmark's competitors, GAC Family and UPTV. (The latter two, if you're curious, produce content every bit as good as Hallmark.) For fans of classic television, you have those three channels plus Me TV, the Dove Channel and Hallmark Drama. (Shows such as Andy Griffith are prevalent on Frndly's channels.)

For lovers of mysteries, there's Hallmark Movies and Mysteries.

If you enjoy history, you can try History or Military History. If weather documentaries are your things, then give the Weather Channel a try.

There are channels for outdoorsmen (Outdoors Channel and Sportsman Channel), game show fans (Game Show) and lovers of westerns (INSP).

Frndly was launched in 2019 by a former Dish Network executive who wanted to offer a limited bundle directed at families.

Mind you, some titles on Frndly aren't always family-friendly (A&E and Lifetime, which are part of the lineup, include some of the worst offenders).

But with multiple kid-friendly channels, a cloud-based DVR with unlimited storage, and an impressive price tag, Frndly TV is one of the best options for today's families. Visit FrndlyTV.com

Also worth watching this month:

Prehistoric Planet (Apple TV) -- What if a nature documentary had been recorded during the age of the dinosaurs -- and Sir David Attenborough was around to narrate it? That's the idea behind Apple TV Plus' new five-part series Prehistoric Planet, which was made by the BBC Studios Natural History Unit and voiced by Attenborough. It's just like Planet Earth -- only with dinosaurs.

The Story Behind The Story (TBN) -- Mike Rowe of *Dirty Jobs* fame examines unique moments from world history while searching for the spiritual lessons we can learn from them. In Episode 1, for example, Rowe tells the story of Hedy Lamarr, an Austrian-born Donna Summer for her disco American actress who helped win World • War II thanks to her knowledge of radio frequencies. It's a new series that's well- tian? done and inspiring.

The Repair Shop, Season 5 (Discovery Plus) -- Furniture restorer Jay Blades and first heard God's voice when a crew of experts use their talents to repair she was just ten years old. nearly everything under the sun -- a Summer had just finished wind-up panda bear toy, an old ship's singing a solo in her church wheel, an antique clock and an antique choir when she heard an stool, among them. It's as entertaining as it is educational.

hour, two-part documentary examines I looked up through my tears, everyone the life of one of the most significant fig- • in the whole church's eyes were downures in the founding of the United States. Ken Burns, the same filmmaker behind thought, 'Oh my God.' I looked at my Civil War and countless other landmark • dad and he was crying.' projects, directed it. It is available on all PBS streaming platforms, including sang, that I heard God speak to me, PBS.org.

Anne Wilson on new album: 'Every song speaks to believing what the Lord says about you'

Anne Wilson recently released her debut album, My Jesus, and is opening up about how a tragic accident brought her closer to the Lord.

"In 2017 my older brother, Jacob, passed away in a car accident at the age of 23," Wilson said in an interview with The Christian Post, "That was such a hard season in my life. He was my best friend, and I loved him with everything in me. We were so close and he died tragically in a car accident and died on impact."

The accident was devastating, but Wilson says her family's faith helped them get through the hard time.

"Instead of turning from Him, we chose to walk closer to Him through that time," she shared. "So I became on fire for the Lord and we just chose to trust Him. We saw the Lord do a lot of really incredible things and [He] was just so faithful and kind to me and my family and it was such a sweet season."

Her brother's death also drew her toward worshiping God through music. When he mother heard her singing and playing piano at home, she asked Wilson to sing at the funeral, which started her musical journey.

"When he passed away, I just wanted to worship God and I found myself, in-



stead of turning to medication or alcohol or something else, it was like I wanted to turn to the Lord for my medicine," the singer explained. "When I needed comfort, or when I needed just to be comforted, [I'd] go straight to the piano and worship and sing."

Wilson describes herself as being "on fire for God," and encourages others to pursue a close relationship with God.

"It's really easy to fall into the ways of the world and give in to temptations, and to peer pressure, and to let the enemy lead you down that path," she explained. "But for those that stand for

truth, and when you stand in who you are as a child of God, and you pursue the Lord, you're going to be blessed abundantly for that."

Wilson's faith is part of all the songs on her new album.

"Every song speaks to believing what the Lord says about you, rather than what the world says, and standing for truth, and really stepping up and not being lukewarm, not just calling yourself a Christian but actually being in love with the Lord and seeking Him that way," Wilson shared.

-Movieguide.org

Donna Summer: 'I was filled by God's Holy Spirit and gloriously born again'

Most people remember hits, but did you know the star was also a devout Chris-

Summer's father was a pastor and the singer said she "inner voice."

"It sort of knocked everybody out of Benjamin Franklin (PBS) -- This four- • the pews," Summer said. "When I cast and they were crying, and I

"It was that, on that first time I ever • and He said to me that I was gonna be



famous," the singer explained. "And that I was not to misuse the power that He was giving me."

Summer rose to fame in the 1970s on the strength of disco hits like "I Feel Love" and "Bad Girls," but fame took a toll on the star. She returned to her faith in 1979 and recommitted herself to God.

"I was finally filled by God's Holy

Spirit and gloriously born again," Summer said of her return to faith.

"I never stopped being a Christian," the star explained. "Being born-again is an affirmation that the person is going to make a personal effort to walk closer to God and bring Him into one's life and start following His way."

"There are parts in your life where you can look back and

laugh: 'I can't believe I did that; how could I have said that; where's my head at?" Summer continued. "I'm sad that all the running I did was only running; it didn't get me anywhere. The spirit of rebellion in myself and in my songs would not let me rest. But I've chosen to stay in the world's eye, to give a positive image. It's a very spiritual and a very helpful place to be. I love it."

50+ Lifestyles A Guide to Enjoying Life in the Best Years

How a Career Helping Others Can Make You Happier

There's no doubt about it -what you do each day for work can make a huge impact on your overall well-being. According to a Society for Human Resource Management survey, key job satisfaction aspects include job security, respect, trust and a positive and healthy environment. If you don't have these things in your workplace, you may be considering making a career shift.

Studies suggest that workers in professions focused on serving other people tend to be the happiest and most satisfied, and experts point out that careers in the growing home care industry can be particularly fulfilling.

"There are few occupations more rewarding than empowering someone who needs a little help," says Jennifer Sheets, president and chief executive officer of Caring Brands International and Interim HealthCare Inc. "A home healthcare career is a great fit for people who value flexibility and have a calling to help others and make a difference in the world."

So, is a caregiver job right for you? Here's what to know:

- This is not a desk job. Caregivers aren't trapped in a cubicle doing paperwork or staring at a screen all day. They're out in their communities, helping to keep seniors and others happy, healthy and safe. Their view changes throughout the day, keeping things fresh and invigorating.
- No two days are the same. While daily tasks are straightforward, no two days are exactly the same for caregivers. Home care careers mean that one day, you could be playing a game with a senior; the next, you could be sipping tea and sharing stories.
- The work is meaningful. Working with patients to provide care and help them stay healthy is immensely rewarding. Yet, even when days are stressful,

home care workers have the satisfaction of knowing they're having a positive impact on the individuals they serve, as well as their communities.

- It's flexible. Part-time, full-time, per diem, with flexibility in location and availability -- these are just a few of the ways in which workers can customize the look and feel of a home care career.
- The industry is booming. As more seniors are electing to stay in their homes, an increasing

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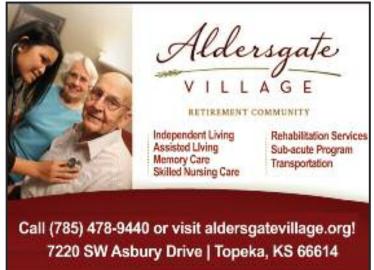
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number of home care aides and nurses are needed to provide them with essential care. Indeed, employment of home health aides and personal care aides is projected to grow 41 percent from 2016 to 2026, much faster than the average for all occupations, according to the Bureau of Labor Statistics.

In fact, major providers of home healthcare are actively hiring, including Interim Health-Care, which takes steps to match patients to clients, and has locally owned and operated franchises across the U.S. To learn more about home care careers, visit interimhealthcare.com/careers.

"Whether you're an experienced professional considering a pivot into home care, or a young adult looking for inspiration to choose a first career, the home care industry will welcome you with open arms," says Sheets."

-StatePoint





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Top Health Tips for Aging Men

— MetroVoiceNews.com —

For many men, the age of 50 is the turning point for their health and wellbeing. In the younger years, the bad habits you could get away with - or bounce back from — start to catch up with you. And the stress and strain of daily obligations can make you feel like you don't have the time to focus on your health.

"Men over 50 often are often very busy with careers and family obligations that lead to increased stress, poor eating habits, and less physical activity," says David M. Rodin, M.D., a urologist with the University of Miami Health System at in Downtown West Palm Beach. "They often neglect their health. Unchecked, these can lead to obesity, diabetes, heart disease, erectile dysfunction, and some cancers."

Fortunately, a man's road to maintaining good health well into his years isn't as long or arduous as you may have been led to believe. Dr. Rodin says that sticking with some basics can keep a man feeling his best, even as he crosses the 50 threshold and moves toward 60 and beyond.



Those annual screenings? Yes, they are needed

Older men can be particularly bad at getting their regular health screenings, says Dr. Rodin.

"Women are more likely than men to see a physician on a regular basis," he says. "Men often avoid seeing a physician until they are not feeling well, at which point the problem may have progressed, and treatment can be more difficult."

Dr. Rodin says you should see your doctor to get checked for prostate cancer, colon cancer, blood pressure, and high cholesterol. Regular blood pressure and cholesterol screenings are always valuable for your heart health, while prostate and colon cancer screenings may begin in your 40s or 50s, depending on your risk level. Ask your doctor about his or her screening recommendations during your annual wellness visit.

Have open conversations with your doctor

"Many men are reluctant to discuss sensitive and personal matters, such as erectile dysfunction or urinary difficulty, with their physicians due to embarrassment," he says. "However, these are quite common problems."

What's more, these issues are often tied to underlying health conditions that require treatment, so Dr. Rodin says it's vital for men to talk openly. Their health could be at stake.

Focus on diet

Of course, a healthy diet is a key to a long life, but as men age is even more important to maintain a healthy weight. Dr. Rodin relies on tenets like plentiful fruits, vegetables, and whole grains; avocadoes, nuts, and seeds for healthy fats; and fish, poultry, and lean meats in place of red meat.

Some nutrients, in particular, are important for men as they age. For example, calcium and vitamin D can

preserve bone health, while dietary fiber preserves digestive health and normal bowel function. In addition, healthy fats from nuts, avocadoes, seeds, and olive oil can protect heart health, while potassium can keep your blood pressure in check.

Stay hydrated

Men have a habit of shunning plain water for beverages with caffeine or alcohol, but Dr. Rodin says that these can dry you out more than hydrate you. In addition, some research indicates that regular soda consumption can increase the risk of prostate cancer

To maintain good health, drink water throughout the day.

"The amount of fluid intake you need can vary widely based on your body mass index, medical conditions, ambient temperature, and activity level," says Dr. Rodin. "An indicator of hydration status can be obtained simply by looking at the color of your urine. If your urine is a pale yellow to clear, you are likely well-hydrated. If your urine is dark yellow, orange, or tea-colored, you are likely dehydrated."

Take time to exercise

"The CDC recommends 150 minutes of moderate-intensity activity (which is anything that gets your heart rate up) per week and musclestrengthening activity (which is anything that makes your muscles work harder than usual) two days a week," says Dr. Rodin.

If you need some help making exercise a regular thing, the American Academy of Family Physicians recommends exercising with a partner to make it a social activity. You can also stay active doing something you enjoy, whether it's fishing, golfing, dancing, gardening, or simply walking.

It's never too late to start making healthy changes

Finally, Dr. Rodin says he sometimes sees an attitude in older men that it's too late for them to make positive changes in their health at this point. This is far from the truth.

"Even if you did not previously practice healthy habits, there are benefits for men who begin these lifestyle changes after age 50," he says.

Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.1 As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones. The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

Previous dental work can wear out. Your odds of having a dental problem only go up as you age.2

Treatment is expensive — especially the services people over 50 often need.

Unexpected bills, like \$189 for a filling, or \$1,219 for a crown³ can be a real burden, especially if you're on a fixed income.

- ► Look for coverage that helps pay for major services.
- ► Look for coverage with no deductibles
- ► Shop for coverage with no annual maximum on cash benefits.

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

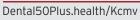
1"Medicare & You," Centers for Medicare & Medicaid Services, 2021.2 "How might my oral and dental health change as I age?", www. usnews.com, 11/30/2018. 3 American Dental Association, Health Policy Institute, 2018 Survey of Dental Fees, Copyright 2018, American Dental Association.

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sports

Travon Walker drafted No. 1 overall to Jaguars, says God is No. 1 reason he made it to NFL



There wasn't nearly as much certainty around this year's No. 1 overall pick in the NFL draft, but once again it was the Jacksonville Jaguars who held the coveted selection. They bolstered their defense by selecting Georgia defensive end Travon Walker, who joins last year's unquestioned top pick — quarterback Trevor Lawrence — as the team starts a new chapter with head coach Doug Pederson.

Walker skyrocketed up draft boards following his impressive performance at the combine in March. He expressed gratitude to the Jaguars organization when he met with the media from Atlanta, where he watched the draft with friends and family.

"This is a great feeling, just for Jacksonville to give me the opportunity," Walker said. "It's something that I've always prayed for ever since I was 7 years old. It's truly a blessing to be in this position."

Most experts believed Jacksonville was choosing between Walker and Michigan defensive end Aidan Hutchinson, who went second overall to the Detroit Lions. Walker told reporters he came away from his visit with the Jaguars weeks before feeling confident about his chances of going No. 1.

"There was just something special — a bond between me and the coaches and the general manager," he said. "That's when I was really feeling it."

While Walker felt good about the relationship he built with the Jaguars, debate and uncertainty surrounded the pick until the moment his name was called. In an interview with Yahoo Sports' Eric Edholm, Walker discussed how he was handling the possibility of Jacksonville selecting him.

Ultimately, he surrendered the situation to God.

"No one knows where they'll end up just because you don't know what people upstairs — GMs, things of that sort — [are thinking]," Walker told Edholm. "A coach may like you a lot more than the GM may like you, so you never really know how it's going to play out. So I just leave it all in God's hand."

The Thomaston, Georgia, native played 36 games over three seasons for the Bulldogs. He recorded six sacks and 32 quarterback hits in 15 appearances in 2021. Walker saved one of his best showings for last, producing a sack and seven quarterback hits in Georgia's 33-18 win over Alabama in the national championship game.

Four of Walker's teammates were taken later in the first round, making Georgia the first program to have five first-round picks on the defensive side of the ball. Bulldogs defensive coordinator Will Muschamp has known Walker since he was 10 and believes any concerns about Walker's lack of statistical production or late ascendancy are completely overblown.

"There's not a single red flag," Muschamp said. "He's the real deal now."

Earlier on Thursday, Walker posted a video on his Instagram account in which he identified the top three things that have helped him get to the NFL.

Oklahoma softball led by freshman ace Jordy Bahl, who plays for 'audience of One'

All eyes were on the top-ranked Oklahoma softball team as the NCAA Tournament gets underway, and especially on standout freshman pitcher Jordy Bahl. Bahl, however, will keep her eyes on the Lord, as she says she performs for an "audience of One."

Bahl is the ace of a staff that leads the country in team ERA at 0.81 runs allowed a game. The Sooners also lead the country in team batting average (.367). Thus, OU enters the tournament as the No. 1 seed looking to defend its national title. The Sooners (49-2) open the NCAA regionals at home on Friday by facing Prairie View A&M (20-27). Minnesota (26-24-1) and Texas A&M (29-26) will meet in the other regional matchup.

Those teams will have to face Bahl — if she recovers from arm soreness in time. She missed the Big 12 Tournament last weekend, and earlier this week OU head coach Patty Gasso said Bahl is "day-to-day."

Bahl leads her team with 199 strikeouts and 132.1 innings pitched, and she's reached double-digit strikeouts in six games this season. Her 0.95 ERA ranks fifth in the nation, and second on her team behind Hope Trautwein (0.31 ERA). Bahl was the only freshman among the 10 finalists for USA Softball College Player of the Year, though she was not among the final three announced Wednesday.

It's been an impressive year for Bahl to say the least, and OU is grateful to have her. Just a couple of years ago, Oklahoma wasn't in Bahl's plans. The Papillion, Nebraska, native had been committed to the University of Nebraska since she was in the eighth grade. But she eventually decided to reopen her recruitment and in-



stantly caught Gasso's attention.

"This is a whole other level of greatness. It's just her way of doing it. You just have to watch it and then get over [some perceived arrogance] quickly and go, 'This is elite status right now,'" Gasso recently told ESPN about her first impression of Bahl.

When Bahl reopened her recruitment, she became the No. 1 prospect for the class of 2021. She won back-to-back Gatorade Nebraska Player of the Year awards, and in 276 high school innings pitched, she only allowed 54 hits while striking out 615 batters. She also hit 42 home runs.

Bahl's talent caught the attention of all the top schools in the nation, but she landed on OU because of the Sooners' culture.

"I ultimately chose Oklahoma because I thought it was a program I would fit in with as far as things they value. They are big on family, playing for each other and putting God in the spotlight. They are gritty and play with fire," Bahl told Softball America after her commitment.

Her decision to commit to Oklahoma came after time in prayer and time with some of the team at church.

"I asked God several times to lead me to where He wanted me to go, and for His will to be done," Bahl told FloSoftball in 2019. "On Sunday morning of my visit (to Oklahoma), my family attended a church service with some of the players, and it was during the sermon where I felt like He was telling me, "This is it."

Led by Gasso and many of the other players, Bahl feels free to express her faith within the team and on social media. On both her Twitter and Instagram profiles, she writes "AO1" (which stands for "audience of One") followed by a cross symbol. This past December, she wrote about her identity no longer being in softball.

"Oh softball. You're not who I am. You're something I do," she wrote. "You're an incredible gift that God has blessed me with. You have introduced me to some of the most amazing, God fearing people I know. After years of my identity being lost in you, you have showed me the way to my real purpose which is found in my Creator. The chains are broken. Thank you softball for the journey you're taking me on, and thank you God for being present in every step along the way, before I even knew you were there."

Now, as Bahl prepares to play in her first NCAA postseason, she keeps her focus on God and the gifts He has given her.

"Going to war with these women is great, but who we do it for is even greater. Thankful for the talents, work ethics, and competitive spirits that God chose to gift us with," Bahl said in an Instagram post in February.

- Madison Thacker | SportsSpectrum.com

"No. 1 would have to be God. Without God I wouldn't be in this position that I am today," he said, before also mentioning his family and his dedication to football.

His social media pages include multiple references to his faith. He also has a Bible verse tattooed on the inside of his right bicep — Matthew 19:26, which says, "Jesus looked at them and said, 'With man this is impossible, but with God all things are possible."

Jacksonville added Utah linebacker Devin Lloyd with the 27th overall pick and currently own the 65th and 70th overall selections at the start of the third round. The second and third rounds take place Friday night with coverage begin-

ning at 7 p.m. ET.

- Joshua Doering | SportsSpec-





First Tee-Greater Topeka holds fundraiser golf tournament to help with youth development

First Tee – Greater Topeka is a youth development organization that enables kids to build the strength of character that empowers them through a lifetime of new challenges. By seamlessly integrating the game of golf with a life skills curriculum, active learning experiences are created that build inner strength, self-confidence, and resilience, that kids can carry to everything they do. Golf is seen as a metaphor for life. It's not the score that counts, but what you learn along the way. Like in life, golf requires goal setting, working with others and digging deep when things get tough. Golf is a perfect practice ground This fun bunch is from the First Tee Spring



for learning skills that go far beyond the fairways. Shawnee Country Club age 7-9 group

First Tee programs can take place daily at 7+ program locations, 45+ schools and 15+ community partners throughout Shawnee and Jackson counties. Participants ages 5 – 18 progress through the program over time, deepening their understanding of life skills and golf development. The integrated approach helps kids and teens build confidence and resilience for when they are on the course, at home and in school. Every participant has the opportunity to:

- · Learn the game of golf and how it relates to life
- · Focus on interpersonal and self-management skills on and off the golf course
- Set goals and put strategies in place to make them a reality
- · Learn conflict resolution, resilience and how to plan for the future

The 2nd Annual First Tee Golf Tournament is a major fundraiser for First Tee programs, and it will take place on September 16 at Shawnee Country Club, 913 SE 29th St. Registration starts at 11:00 a.m., with a shotgun start at noon. For more information about First Tee or the golf tournament, contact Marcus Miller, Executive Director, at 785-730-2220 or visit www.firstteetopeka.org.





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Jars of Clay Children's Ctr 785-379-9098 2. CHRISTIAN CAVALRY MINISTRIES INT.

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

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4. NORTHLAND CHRISTIAN CHURCH

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5. INDIANA AVENUE CHURCH OF CHRIST "Grace has dispensed, because Grace

has redeemed" 3510 SE Indiana Ave., Topeka, Ks. 66605 785-266-7788, www.lndianaavecofc.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

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9. GRACE COMMUNITY CHURCH

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11. COMMUNITY CHURCH

1819 SW 21st St., Topeka 233-3537 www.CommunityTopeka.com info@CommunityTopeka.com Sun. 8:30am - Sunday School for all ages Sun. 10:00am - Worship & Word Sun. 10:00am Youth Service ~ Nursery care for all services ~

12. BUCK CREEK COUNTRY CHURCH

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

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

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

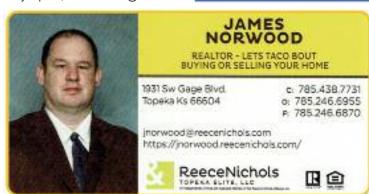
Dear Lord Jesus, I know I am a sinner. I believe that you died and rose again for me. Please forgive me of my sin, become Lord of my life, and take me to heaven when I die. I am trusting you completely, and in nothing I can do. Thank you Jesus! Amen.



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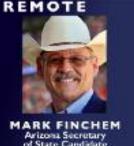


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