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NEW RESIDENT churchguide

Lakeview Church of the Nazarene



See inside back cover!

Topeka has a new City Manager



The City of Topeka's Governing Body selected Stephen Wade to serve as the next City Manager.

"Stephen's experience in leadership roles in both the public and private sectors, and his vision for equity in government are some of the many reasons we selected him to lead the City of Topeka as our next City Manager," said Topeka Mayor Michael Padilla.

Please see CITY MANAGER page 2

Do Teens Prefer 'Heartwarming' Shows?



A new study done by UCLA made a very interesting discovery about what teens want out of their TV shows.

The study was conducted by the university's Center for Scholars & Storytellers and collected data from 662 teens (ages 13-18) from all across America.

A surprising finding was the fact that just 4.4% of those surveyed

wanted to watch "aspirational" content. This category includes shows with glamorous or interesting worlds that one might want to be part of, like GOSSIP GIRL, DY-NASTY, or EMPIRE.

Instead, a large number of the teens surveyed were looking for different content. 21% said they would rather watch shows that depict real-world issues, like family dynamics

and sociopolitical issues.

"Hollywood has built its Young Adult content on the belief that teens want to see glamorous lifestyles and rich & famous characters, but our research suggests the opposite is true. We know from this and our Race and Class in Teen TV study, the majority of teens feel isolated and upset when media lack ac-

Please see SHOWS page 2

Last year's dollar is now worth only 88 cents



\$1 at the start of the Biden administration is now worth just 88 cents. The devastating news for millions of families comes as the Federal Reserve again raises interest rates to stem inflation, which is at a 40-year high.

The devaluation of the dollar by inflation has eroded Americans' purchasing power says Sen. Ron Johnson (R-Wis.), who illustrated its effects in a statement.

CBS's Scott Pelley noted that the most recent CPI came in at an annual 8.3 percent—which is close to a multi-decade high—and that Americans were "shocked

Please see DOLLAR page 2

Topeka Fall Fest has it all

Great weather and a pent-up demand brought four thousand people to the Topeka Fall Fest last year, and a similar crowd is expected this year, according to organizers. Families attending will be able to listen to live music, visit over 90 vendors & food trucks, attend the Health Fair and take part in the kids activities.

Dozens of local businesses and non-profit organizations will take

part in this year's event on October 8, as vendors or sponsors, and live music acts will perform on the outdoor stage.

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

Inside Vinewood hall, an Oz-themed Health Fair will showcase a variety of health care and fitness

Please see FALL FEST page 3



Burnout causing more than 40 percent of pastors to consider leaving ministry

More than four in 10 pastors are considering leaving the ministry, a recent Barna poll found.

"Our faith does not exempt us from anxiety, depression, temptation or COVID, so that's to be expected," David Ferguson, executive director of the Great Commandment Network, which provides counseling initiatives to help pastors, told Fox News. "But in addition to that, we obviously are in a real divided, polarized, politicized world, where sadly at times pastors feel the pressure to take positions on every imaginable topic."

Ferguson, who has served in ministry himself, said "there's no doubt" rates of clerical burnout are increasing. The pastorate has always presented pressures potentially detrimental to relationships and

mental health, he explained, but the cultural rifts that have deepened in recent years over politics and the pandemic "have pressed pastors to not stay in their lane, which is focusing on our faith and spiritual life."

Richard White, who has served 33 years as a pastor at a Presbyterian church in Montreat, N.C., said he and his staff first experienced "a flood of energy" as they scrambled to adjust to COVID-19 protocols they thought would only last for two weeks. They did their best to navigate the pitfalls of livestreams, cameras, uploading to the church website and other technical issues.

When the pandemic began to drag on indefinitely amid the nation's political firestorm, that energy waned and was replaced by what White de-



scribed as "a grinding spirit" that settled over him. About eight months in, he began to experience "decision fatigue," which he defined as fearing that "no matter what decision you

make, there's a group that's not happy and is vocal."

"We have had people leave our church because we had to wear masks," White said. "And I've had

people leave our church or contemplate leaving our church because we didn't wear masks, or we were inconsistent with mask-wearing and COVID protocols. And so here I am trying to navigate the course through this, and it's just wearing on the soul."

Many of his friends in ministry have expressed similar feelings to him. Of the 20 or so other pastors he has had conversations with, White said, "there isn't a one of them who hasn't taken a look at their retirement package and begun wondering, 'Do I have enough? How long can I last in this?'"

While relieved things have largely settled, White noted lingering anxiety that the pandemic's chaos could return.

DOLLAR

continued from page 1

by their grocery bills."

Grocery store inflation—based on the "food away from home" category in the CPI data—shot up by an annual 13.5 percent in August, the fastest in 43 years.

Johnson joins economists, voters and elected officials who continue to criticize President Joe Biden's handling of the economy and Democrats' big spending bills.

"Let this sink in: \$1.00 at the start of the Biden administration is now worth \$0.88. This is the Democrats' tax on the middle class, and it's crushing all Americans," Johnson wrote.

Johnson also talked about the dramatic reduction in purchasing power due to inflation, especially among Americans on fixed incomes, such as retirees.

"If you're a senior lucky enough to hold \$100,000 in a retirement account at

the start of the Biden administration, it's now worth only \$88,300," he told the outlet.

"It's like the federal government stole \$12,000 out of your savings account, and that's exactly what they did because of their exorbitant and out-of-control deficit spending," he said, "and they have no intention of stopping."

The numbers cited by Johnson align with the Consumer Price Index (CPI) - based purchasing power differential between the month Biden took the oath of office in January 2021 and last month, which shows that Americans now need one whole dollar to buy what 88 cents bought during Trump's final month in office.

The Republican senator earlier criticized the passage of the Democrat-led Inflation Reduction Act, calling it a misnomer that would—contrary to remarks made by members of the Biden administration—add to inflationary pressures.

CITY MANAGER

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Wade is a Shawnee Heights graduate and a Topeka resident. Prior to his role as the City's Finance Director, he was the publisher of The Topeka Capital-Journal.

Wade holds a Masters in Public Administration (MPA) from the University of Kansas and a Masters in Business Administration (MBA) from the Florida Institute of Technology.

He is currently working on an academic research project that calls for a greater emphasis on equity in municipal

budgeting.

Wade currently serves on the board of directors for the Topeka Community Foundation, and he previously held board seats on Go Topeka and the Greater Topeka Chamber of Commerce.

"It's an honor to have the opportunity to serve in this role in the place I truly call home. I'm excited to represent our more than 1,000 City employees as we work to collectively make Topeka a better place to live, work and play," Wade said. "I've pledged to the Governing Body that we will work with all neighborhoods and community members to ensure an atmosphere of fairness and equity."

Topeka's Governing Body approved Wade's contract at a recent City Council Meeting. The three-year contract includes Wade's base salary, which will be \$200,000.

Wade started his new duties on September 14.

On August 30, the City Manager finalists participated in interview panels with the Governing Body and community stakeholders. Wade was selected by the Governing Body out of a pool of more than 40 City Manager candidates from across the country. 13 candidates had ties to Kansas.

SHOWS

continued from page 1

curate identity representations. This is an important change that Hollywood needs to take note of," said psychologist Yalda Uhls, PhD, director of the Center for Scholars & Storytellers.

She continued, "American adolescents value media that reflects what they know about the real world, even while they prefer to see people that are different from themselves. Teens want their media to show a world characterized by genuine diversity, relatable characters and heartwarming experiences."

The study also found that teens prefer to watch uplifting stories about people overcoming obstacles, rather than content about partying, drinking, and doing drugs.

The findings of this study are not surprising.

Movieguide® previously reported on another study about America's media preferences:

A seven-year study of the top 275 or so movies released each year in the United States by Hollywood clearly shows that Americans prefer conservative, patriotic, pro-American movies with traditional, Judeo-Christian values and free market ideals rather than movies pushing an anti-capitalist, socialist, atheist, Communist, or anti-Christian agenda.

"Movies with strong or very strong Judeo-Christian values, capitalist ideals, patriotism, anti-Communist leanings, and/or Pro-American attitudes, do much better at the box office than movies promoting Marxism, political correctness, atheism, and anti-Christian content," says Dr. Ted Baehr, founder and publisher of MOVIEGUIDE®: A Family Guide to Movies and Entertain-

ment and chairman of the Christian Film & Television Commission® ministry, a Christian advocacy group in Hollywood.

"For example," Dr. Baehr added, "movies with more conservative values in 2008 averaged more than seven times as much money as those movies promoting liberal or leftist values, \$81.2 million versus only \$11.4 million."

Furthermore, none of the Top 25 Movies at the North American Box Office in 2008 had any socialist content, strong Communist content, strong anti-capitalist content, or very strong feminist, homosexual or anti-Christian content, but four of the Top 25 had very strong biblical or even Christian content, at least two had strong content featuring a positive view of a capitalist entrepreneur, and one had very strong anti-Communist content.

-MovieGuide

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Christian School Enrollment Booms: 79 Percent See Increase Post-Pandemic

Nearly 80 percent of private Christian schools in the United States say they have experienced increased enrollment since the start of the COVID-19 pandemic, according to a new report that also says many of those same schools are struggling to meet the demand.

The survey, released Tuesday and conducted earlier this year, found that 43 percent of private Christian school leaders say enrollment has increased “substantially” in the past two years, and 36 percent say it has increased “somewhat,” for a total of 79 percent who say enrollment is up, according to the report by DickersonBakker.

Multiple issues have led to the increased demand, the report says.

“A convergence of cultural factors, from the remote learning that took place during the pandemic to moral and social concerns, is causing increased numbers of parents to consider alternative education for their children,” the report says. “Christian schools across the nation appear to be benefiting from this trend, with demand increasing and enrollment growing.”

But the increased demand also has led to challenges, the report says. Asked to



list their top three challenges, 67 percent of private Christian school leaders say it’s “having enough classroom space/facility space.” That was followed by “raising more money to cover general operating costs” (46 percent) and “balancing the budget with rising costs” (36 percent). In fact, seven of the top 10 reasons involved financial issues.

“Unfortunately, Christian schools on the whole are not raising money effectively,” the report says, noting that only four in 10 Christian schools employ full-time fundraising staff.

“One major reason that Christian schools are not fundraising effectively is simply because they are not investing

sufficient time or money into fundraising efforts,” the report says. “... Most Christian school leaders are not trained in fundraising and do not feel adequately supported or equipped to tackle these challenges on their own. Making matters worse, most of the associations they belong to offer very little in the way of support, training or professional development in this area.”

The report concludes, “Given how important Christian school leaders from across the nation say fundraising is to the future of their schools, we must do more to train and equip them to do it more effectively.”

—Michael Foust

FALL FEST

continued from page 1

businesses and services, several of which will offer presentations or demonstrations to fair goers.

The Health Fair will also offer healthy food options, as well as fun things for the kids.

Businesses and organizations represented at the health fair will include Midland Care, Thornton Place, Innov8tive Nutrition, Perfectly Posh, GraceMed, St. Croix Hospice, SoulFire Nutrition, Celebrate Recovery, Sunshine Connection, MyGym, Marian Dental Clinic, SHop-

per’s Kitchen, PARS, Emerald City Cosmos and more. Rasmussen University is a co-sponsor and will also be on hand with educational information.

Many kids’ activities will also be offered outside, such as facepainting, petting zoo, cupcake walks and bounce houses.

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

Major sponsors include Integrity Insurance, Rasmussen University, SoulFire Nutrition, Stormont Vail

Health, Hutton Monument and more.

Other sponsors ServPro, Capital City Flooring, College Hunks Moving, LRS, McCrite, Frito-Lay, Big Phil’s, Kanss Fencing, Magic 107.7, WIBW and more.

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

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



Spencer Lindsay to speak at C5Alive POWER Luncheon

The monthly C5Alive POWER Luncheon will be held October 13, 11:30 a.m. to 1:00 p.m. at The Peak, 1930 SW Gage.

The featured speaker will be Spencer Lindsay, CEO & Founder at Working Men Of Christ, Inc., and President at Crossroads Restoration Inc., and Assistant Chaplain at Shawnee County Detention Center.

The cost to attend a 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 info@C5Alive.org.

“POWER” luncheons are held on the second Thursday of each month. The next will be held Nov. 10.

C5Alive is part of the Capital 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 EAST-ERFEST, 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 Topeka 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.



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Kansas 10th, Missouri 14th in religious liberty

Missouri and Kansas do a good job of protecting religious liberty, a new report found. Kansas ranks 10th and Missouri is 14th, according to a report by the Center for Religion, Culture and Democracy, an initiative of First Liberty Institute.

The survey rated the 50 states on 11 religious liberty "safeguards," such as whether a state has adopted a so-called Religious Freedom Restoration Act and whether it has certain protections for religious employees within health care.

The results came with a few surprises, especially when examined through the lens of America's politically polarized culture. The conservative state of Mississippi ranked No. 1 with a score of 81.82, while the liberal state of Illinois ranked No. 2 (80.52). New Mexico ranked a distant third with a score of 60.82, followed closely by Florida (58.01). New York (15.58) ranked No. 50.

"The index makes a significant and unique contribution to the field in a way that is rigorous, thorough and thoughtful," said Kelly Shackelford, president and CEO of First Liberty Institute. "We are proud of this project and thankful for the hard work that has made it possible."

Jordan J. Ballor, director of research for the center, said the report "provides very clear and concrete opportunities for states to improve their protections of religious liberty. For every state, there are examples from other states, whether their neighbors or from different parts of the country, that can be adapted and used to address gaps in their safeguards of free exercise," he said.

The complete rankings are as follows: 1. Mississippi; 2. Illinois; 3. New

Mexico; 4. Florida; 5. Washington; 6. Utah; 7. Tennessee; 8. Maryland; 9. Idaho; 10. Kansas; 11. Connecticut; 12. Alabama; 12. Pennsylvania (tied); 14. Maine; 14. Missouri (tied); 16. Oklahoma; 16. Rhode Island (tied); 18. Massachusetts; 18. Minnesota; 18. South Dakota (tied); 21. Arizona; 22. Delaware; 23. Indiana; 24. Montana; 25. Texas; 26. Kentucky; 27. Arkansas; 27. Louisiana (tied); 29. Wyoming; 30. Alaska; 30. Hawaii; 30. Nebraska; 30. North Carolina; 30. Ohio; 30. Virginia (tied); 36. New Jersey; 37. North Dakota; 38. South Carolina; 39. Georgia; 39. Wisconsin (tied); 41. Colorado; 42. Nevada; 43. New Hampshire; 44. Michigan; 45. Vermont; 46. Iowa; 46. Oregon (tied); 48. California; 49. West Virginia; 50. New York.

Christian schools face staffing challenges

Many Christian schools are scrambling to keep up with increased demand, a new report by nonprofit consulting firm Dickerson-Bakker found.

Eight out of 10 Christian school leaders say demand for Christian education is increasing in their area, and the same number report their enrollment has grown since the pandemic. It's part of a national trend following COVID-19 public school closures when students had to switch to online classes at home, and many parents weren't happy with what they saw.

"Large class sizes, inadequate staffing, disorganized virtual education, curriculum limitations and rapidly changing social and moral standard caused parents to take a new look at Christian schools," the report said.

Public schools across the United States have seen an exodus of nearly two million students since the pandemic, and a recent survey by EdChoice revealed four out of 10 parents say prefer a private education for their children.

"For Christian schools, this represents an opportunity for unprecedented growth," said Derric Bakker, president of DickersonBakker. "But this great opportunity also presents some sobering challenges, particularly related to financial sustainability."



resolved by increasing annual fundraising," according to the report. "Although 97 percent of Christian school leaders say upping their fundraising efforts is vital to the future of their school, Christian schools on the whole are not raising money effectively, and most administrators lack training and guidance on the topic."

"If we don't find a way to fix it, many Christian schools are going to struggle and some might not survive," Bakker said. "The upshot of this study is that many Christian schools across the nation are seeing increased enrollment and face many challenges that come with that growth -- challenges that can be wholly or partially resolved by increasing their annual fundraising, it's a new era for Christian schools in America."

Key challenges include balancing budgets amid soaring costs and making tuition fees affordable. Three out of four Christian school leaders say they're struggling to hire qualified staff; one-third say they don't have enough room on campus for more students; and yet only three out of 10 schools have increased their fundraising activities.

"Remarkably, seven of the top 10 challenges are related to financial sustainability, and can be at least partially

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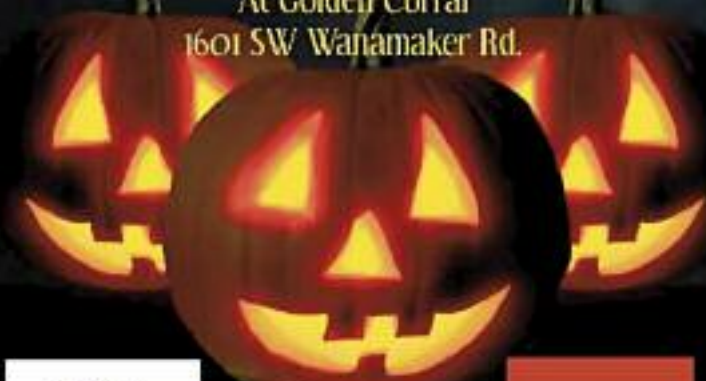
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Experts: Parents should take steps to protect children in today's culture



That's one of the things we gotta pray over our kids — greater love for God.”

Huerta encourages parents to take the role of protector seriously as their children navigate through all that is happening

around them.

“There are lot of protections you can find,” he said. “Make sure you're putting those on the computers and devices, have conversations about the limits and necessity to have limits on those including bedtime, the car, meal times and then modeling it as a parent.”

Today's children face unprecedented dangers, many of them with spiritual roots, yet many parents are asleep at the wheel.

“Anxiety, depression, panic disorders have gone up among kids I've seen in my practice and throughout, and I know right now many counselors have long waiting lists already and the school year has just started,” Dr. Danny Huerta of Focus on the Family says.

Numbers from the CDC found that suicide among teens is at record levels, exacerbated by pandemic lockdowns and the feeling of loss of control in their lives.

Huerta states many young people must face these unprecedented challenges without a key spiritual component.

“When you remove God, there's confusion,” he said. “There's chaos. And right now, it really saddens me to watch counselors and others push kids towards deciding psychologically their gender.”

Huerta went on to say that it is vital that parents stay informed about these issues and talk openly with their children. He warns that if they don't, others with different values will.

“You want to step in listen to your kid,” he said. “What are they hearing? What are they seeing? What are their worldviews on it? And then stepping into that from a biblical truth starting with the beginning of male, female. What is the difference from male, female? How did we start with that in scripture? And then from there just having open conversations, dialogue.”

Families also should engage the power of God for their children, said Dr. Kathy Koch, founder and president of Celebrate Kids.

“We have compassion and if they're not yet saved, they don't have a love for God that will compel them to righteousness,” she said.



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A DIFFERENT KIND OF CREDITOR?

Dear Dave,

My wife and I have plans to enter the mission field as soon as we have paid off our debt and get a full emergency fund in place. We only have about \$12,000 in credit card debt left, and we don't own a home, but my father does not want this debt to stand in our way. He has offered to pay off the credit cards and make it a loan where we would pay him back over time. It is a tempting offer, but we both feel strange about accepting it. What do you think we should do?

-Brandon

Dear Brandon,

Your dad sounds like a gener-

ous, good-hearted man. But considering the goal you and your wife have, I want you to think for a minute about the spiritual implications of a situation like this.

Proverbs 22:7 says the borrower is slave to the lender. Now, the Bible doesn't say debt is a sin, but it definitely discourages debt, and it teaches us to live our lives differently than the rest of the world. That's the case when it comes to handling money, too.

If you do this, you'd be turning your dad into your creditor in a very real sense. That's going to make family dinners taste different, because you'll be eating with your lender instead of just good old dad. Money has a way of changing the family dynamic, and it's almost never for the good. Suddenly, you're getting raised eyebrows if you buy something for yourself, because even the nicest, most generous folks have opinions.

If it were me, I'd say thanks, but no thanks. There's no way I'd be in financial debt to my dad.

Now, if he were to offer to make paying off your debt a gift — one that was given with no strings attached to help you two

get into the mission field quicker — I'd be OK with that, and I'd

If the Average Investor is Losing, Who is Winning?

By Ryan Shumaker
Smartvestor Pro at
The Retirement Team



When it comes to investing, for every loser there is an equal and opposite winner. If someone sells something to someone else and it goes up in value the person that sold lost while the person that bought won (and vice versa). According to Dalbar's most recent study titled "Quantitative Analysis of Investor Behavior," the average retail investor has made less than half the return of the stock market over the last 30 years. In fact, the average investor has made less per year investing than the over 3% that inflation has averaged in the United States since the US Bureau of Labor Statistics started tracking in 1913. So if the average investor is losing, who is winning and why?

First, let's talk about the why. The overwhelming reason, accounting for over 70% of the underperformance, is investor behavior during times of market volatility. The reality of the situation is that while investors should 'buy low and sell high' people are emotionally compelled to 'buy high and sell low.' As pointed out in one of our previous articles, the last large selloff sparked by Covid-19 resulted in 1/3 of those 65+ years old (which would be those not only in or near retirement, but also typically those with the largest balances) selling 100% of their investments at or near the market bottom. Time and time again, when you look at retail mutual funds you'll see big inflows when things are high and big outflows when things are

be deeply grateful and honored.

But I would never tell you to go into debt to a parent. Your dad is probably thinking it's better for you to be in debt to him rather than some uncaring bank

or credit card company. But I just wouldn't want to do anything that might jeopardize your relationship.

— Dave

low. Far too many retail investors rely on emotion— particularly greed and fear. People like to hop on board with 'what's hot' right now, which generally means after the value has already increased (crypto the last few years, real estate in 2007, tulip bulbs in 1634, etc.) and then panic sell after steep drops. People see others getting rich and want to get rich too (greed) and those are the people that usually are left holding the bag when the bubble inevitably bursts and panic selling occurs (fear).

Generally speaking, it's not wise to own or buy 'what's hot' right now as most, or possibly all, the gains have likely already happened. The 'smart money' being managed by institutions usually takes advantage of the emotional decisions of retail investors by 'buying low' from them when individuals are panic selling and 'selling high' when individuals are overrun with greed and panic buying. In the flagship portfolio our firm utilizes, we like to buy into ownership of good, well-run companies where there is some sort of temporary issue or short term negative news, but still a terrific long term outlook. We're not trying to buy, for instance, companies that have both short term and long term issues (think wagon wheel or buggy whip makers in days past). Medical device companies would be a great recent example of those with a short term issue, but great long term outlook. With Covid, elective procedures (many of which utilize medical devices like a knee replacement) were banned in much of the country for a time and certainly were down even after restrictions eased due to other factors such as staffing shortages. As a result, many medical de-

vice companies saw sales and profits plummet, which caused people to panic sell these companies. Keep in mind that long term if you need something like a knee replacement, you will still need it! So, in the short term these companies were not doing well, but over the long term their business will not only return to what it was, but become even larger and better as all of the backed up procedures that were put off are done in addition to normal business.

In our flagship growth portfolio we also focus on managing money so that, in a worst case scenario, accounts are worth the same 3 years from now as they are today (with there being many, many scenarios better than the worst case). And if there are any losses, we want them totally eliminated in less than that time frame. With this approach our clients don't have to worry about what is going on with the economy, elections (which happen every 2 years), global wars (there has been a major global conflict or war on average every 2.72 years over the last 90), or any other major negative news making headlines. If we put 3 years worth of desired income into some sort of conservative investments, then a client can draw from them the income they want and need and by the time they're used up the rest should be recovered eliminating ever having to 'sell low' to generate income or because of worry. We find that usually our greatest outperformance occurs when markets are uncertain and volatile, like they have been lately, as that is when there is the most opportunity to take advantage of others making foolish moves based on emotions.

If you're worried about current events it likely means you don't have a plan or have a bad one. Relying on emotion not only creates a lot of stress and anxiety, but also usually leads to poor results. A good, solid plan and approach can eliminate this possibility and cause one to actually excel, outperform, and profit when markets are becoming rocky by taking advantage of those who don't have a plan and are panicking.

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

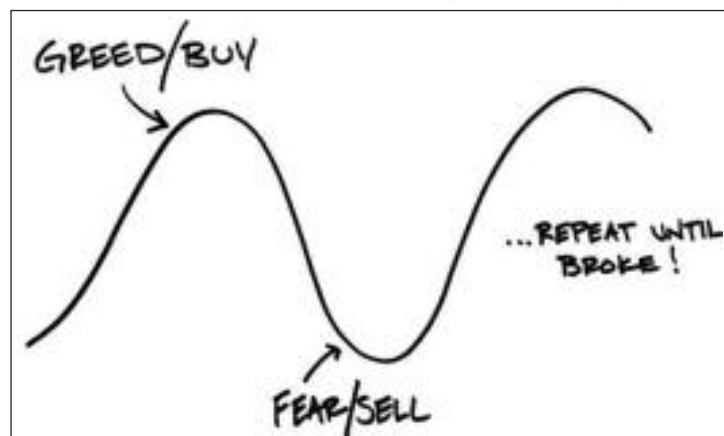
Ryan can be contacted at 785-228-0222 or RetireTopeka.com.

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Is “lifestyle creep” threatening your finances?

By Jim Hanna

As your income increases, your spending habits may have a tendency to go up as well. This is a phenomenon known as lifestyle creep. Though it's a natural inclination to want to spend more as your funds go up, it's important that it doesn't impede your ability to protect your long-term financial security. If you're making more money, but your expenses are noticeably higher than they were before, or your savings seem stuck in neutral, it may be time to reset your spending habits. Here are three steps to help you avoid or reverse lifestyle creep



Hanna

Step #1 – Assess your current spending patterns

One way to identify whether lifestyle creep is a reality for you is to compare your expenses and savings strategies to a point in the past – say one or five years ago. Review checking account statements from then compared to those of today. You should be able to detect whether, in that time, your spending has changed significantly. Also, review how much you are putting away in savings – your bank accounts for emergency needs, your retirement accounts, and toward any other savings goals. Has that number improved or declined in the past year? This can tell you a lot about whether lifestyle creep is threatening your future goals.

Step #2 – Establish a “target” budget and stick with it

Creating a monthly budget provides you with guideposts on how much you should spend. It also helps you prioritize what's important. Lifestyle creep often occurs when we become too fast and loose with our money, spend impulsively, or simply get careless about spending. Budgeting can help you put parameters around what is justifiable spending and what expenses will most likely prove unfulfilling.

Step #3 – Increase savings where possible

One primary reason to investigate the potential for lifestyle creep is to determine ways to enhance your savings strategy. If you are employed and

can participate in an employer's retirement plan, be sure to do so. If the employer offers matching contributions, it's important to fully capitalize on it. An ideal target is to set aside at least 10% of your gross income in retirement savings. That can include a Roth IRA, where you can build a source of retirement income that can qualify for tax-free withdrawals. Also, be sure to boost your savings when you receive a raise or, at least, to keep pace with inflation.

Having a financial plan in place is a good way to put the damper on lifestyle creep. An up-to-date plan can help you establish a savings regimen that will keep current spending in check and keep your long-term goals on track. Your financial advisor can help.

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Preventing Identity Theft & Scams

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

The IRS, state tax agencies and the tax industry have been combatting identity theft since 2015, in an effort to urge people to secure their computer systems and protect data.



While many professionals may be working from home either full- or part-time, the IRS and the tax industry urge the use of virtual private networks, or VPNs, to securely conduct business.

Online business/commerce and banking should only be done while using a secure browser connection - never at a coffee shop, restaurant or other business offering 'free wifi.' One way users can tell if they're using a secure browser is by looking for a small lock visible in the lower right corner or upper left of the web browser window.

Some additional considerations:

- Do not open an email link or attachment that arrives unexpectedly. Always call the sender to confirm receipt and validity of any unexpected links or attachments before opening.
- Use separate personal and business computers, mobile devices and email accounts.
- Do not send sensitive business information to personal email devices. Do not conduct business, on a personal computer or device. Likewise, do not engage in web surfing, gaming or video downloading on business computers or devices.
- Do not share USB drives or external hard drives between personal and business computers or devices. Never connect an unknown piece of hardware into the system or network. Also do not insert any unknown CD/DVD or USB drive.
- Do not download software from an unknown web page.
- Use strong passwords and change passwords every three months.



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opinion

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The Best Way to Fight the Culture Wars

By Jim Denison

When Vanna White received a star on the Hollywood Walk of Fame, Wheel of Fortune creator Merv Griffin called her “America’s sweetheart.” She has been the show’s co-host for forty years and is one of the most famous and popular celebrities in America.

She told People magazine, “I was baptized a Baptist, and I’ve always had my own personal relationship with God.” However, she says, “I don’t preach, because everyone’s entitled to their own beliefs.”

According to a new article on yahoo!life, these beliefs include the marriage advice she gives her two children, now in their thirties: “Don’t get married until you’re thirty. You can live with your girlfriend or boyfriend. You can have all the fun you want. Just don’t get married until you’re thirty.” She adds: “Wait until you’re thirty, you can still do all the same stuff. Just don’t tie that knot, just in case.”

CHOOSING “TREE” AS YOUR PERSONAL PRONOUN

My point is not to criticize Vanna White; her advice to her children is more the norm today than ever before. My purpose today is to ask why this is so.

In the 1970s, when only 0.2 percent of the US population lived as cohabitating romantic partners, would you have believed that the number would climb to 15 percent in the eighteen-to-thirty-four-year-old age bracket today? This despite the fact that couples who cohabit, even as common as this has become, are still at advanced risk of divorce compared to couples who do not.

If I had told you in 2005 that same-sex marriage would become the law of the land in 2015, would you have believed me? If I

had told you in 2014 that a mainstream show like NCIS Hawai’i would portray a lesbian love scene on primetime television last week, would you have believed me?

If I told you last year that a Massachusetts school district would promote a book teaching children how to use gay sex apps and containing pornographic descriptions I will not reproduce, would you have believed me? Or that a Chicago curriculum would prompt first graders to choose their own gender pronouns? (One character chose “tree” as their preferred pronoun.)

“TAKE EVERY THOUGHT CAPTIVE”

As I noted in a recent Daily Article, “normalization” is “the process through which wisdom becomes conventional.” A *New York Times* article explains that “things, simply by becoming more common, become more acceptable.” By contrast, behavior that is viewed as abnormal is easily considered weird or deviant, often resulting in ostracism or bullying.

There was a time when LGBTQ behavior would have been seen as abnormal and biblical morality as normal. Now, after decades of strategic cultural normalizing of the former and condemnation of the latter, the script has flipped.

As a result, it is more urgent than ever before in American history that Christians normalize biblical values for their fellow Christians.

Dr. John Newport, my major professor in my philosophy of religion doctoral studies, often emphasized the importance of “immersing” people in the biblical worldview. He reminded us that churches see their members for a few hours a week at best; schools and society influence them for the rest of the week.

To counter the secularizing forces constantly at work, we must be deliberate and strategic about helping Christians think “Christianly.” In biblical terms, we must “destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ” (2 Corinthians 10:5, my emphasis).

“THE LORD ADDED TO THEIR NUMBER”

In other words, the best way to fight the culture wars is first to focus on Jesus.



In John 15, Jesus taught us, “I am the true vine, and my Father is the vinedresser” (v. 1). As a result, he urged us, “Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me” (v. 4). The consequences of this decision are enormous: “Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing” (v. 5, my emphasis).

Do we truly believe this? Do we truly believe that apart from “abiding” in Christ we can do “nothing” of true significance?

If Christians do, we will “abide” in Christ every moment of every day. As a result, we will refuse sin and worldliness. We will worship and study Scripture with passion.

Our lives will be marked by spiritual disciplines and intimacy with Jesus.

Consequently, we will share God’s word out of the overflow of God’s Spirit in our lives. We will do evangelism because Jesus will be making us fishers of men (Matthew 4:19). We will demonstrate the “fruit of the Spirit” in our personal character and public witness (Galatians 5:22-23). We will operate in the gifts of the Spirit (for more, see Dr. Ryan Denison’s new book, *What Are My Spiritual Gifts?*).

Our churches will be marked by unity and compassion (Acts 2:42-47a). We will be transforming change agents in a culture desperate for the “salt” and “light” of God’s word and love (Matthew 5:13-16).

And what was true of the early church will be true of us: “The Lord added to their number day by day those who were being saved” (Acts 2:47b).

THE GOSPEL IN ACTION

In the aftermath of Hurricane Fiona’s destruction in Puerto Rico, evangelical ministries Samaritan’s Purse, Operation Blessing, and World Vision are partnering to deliver emergency relief supplies across the island. Shelter tarps, water filtration units, portable family water containers, tablets for purifying water, cleaning buckets, clothes, blankets, tents, and fans are among the items being supplied.

Each of these ministries embraces biblical sexual morality. Each would therefore be condemned as homophobic by secular critics.

But ask the thousands of people in Puerto Rico being served by their compassion if they are modeling a faith worth following.

How will you follow their example today?

—Jim Denison | christianheadlines.com

Will Voters Notice?

By Kerby Anderson

If I could summarize the questions many political strategists are asking, it would come down to one question, “Will the voters notice?” They may notice the problems around them, but will voters connect these policies to the politicians?

Victor Davis Hanson reminds us that we live in a country that “obsesses over whether biological men can compete in women’s

sports as transgendered males.” Many of us live in cities where “crime is spiking at levels not seen in 40 years. Major US downtowns almost overnight went from mostly safe and clean to terrifying and toxic.”

Matthew Continetti reminds us that voters “run from the progressive Left’s positions on race, immigration, and crime.” But then he adds that the “future of the Democratic Party depends on its ability to mask the unpopular parts of its cultural agenda while emphasizing those moral is-

suations on which Democrats are perceived to be in line with public opinion.”

How will Americans vote in the November mid-term election? The polls now might be a bit more accurate since voters know they can cast a vote in a little over five weeks. Races will tighten. Politicians will make some gaffes that might doom their chances. Undecided voters will break for one party or another or perhaps decide not to vote.

Leftist politicians have also learned that

slogans like, “defund the police” and “abolish ICE” are not winning strategies. But voters also are concerned with issues ranging from inflation to crime to abortion to border security to school curricula emphasizing critical race theory.

I believe voters may pay more attention to who is their district attorney (because of crime) or who is on the school board (because of their kids). That’s why I believe these midterm elections will bring about some needed change.

The Great Reset

By Carolyn Cogswell

If you have ever wondered why everything in the world has gotten so crazy since summer of 2020, it may be useful to know a little bit about the Great Reset. I will begin with the definition in Wikipedia:

“The Great Reset Initiative is an economic recovery plan drawn up by the World Economic Forum (WEF) in response to the COVID-19 pandemic. The project was launched in June 2020, with a video featuring the then Prince of Wales Charles III released to mark its launch. The initiative’s stated aim is to facilitate rebuilding from the global COVID-19 crisis in a way which prioritizes sustainable development.”

I recommend that you at least read the Wikipedia entry to begin to understand what is taking place. But let me quote again from them to give you an idea about what is going on geopolitically.

“The initiative triggered a range of diverse conspiracy theories spread by the American far-right and conservative commentators on social media such as Face-

book and Twitter. Such theories include baseless claims that the COVID-19 pandemic was created by a secret group in order to seize control of the global economy,[1] that lockdown restrictions were deliberately designed to induce economic meltdown,[14] or that a global elite was attempting to abolish private property while using COVID-19 to enslave humanity with vaccines.[15][12] Great Reset conspiracy theories increased in intensity when leaders such as U.S. president Joe Biden, New Zealand prime minister Jacinda Ardern and Canadian prime minister Justin Trudeau incorporated ideas of a post-COVID-19 “reset” in their speeches.”

Definitely be on guard for “conspiracy theories”; but you decide. Read George Orwell’s 1984 if you haven’t, but don’t let all this scare you. If you are a Christian, you may feel like you need to just relax and let the one world government descend, the anti-Christ appear and the Rapture occur, but think about it. Jesus also said, “Occupy till I come” (Luke 19:13, KJV). The New King James says, “Do business till I come.”

In other words, you probably have something you should be doing.

We don’t know when Jesus is returning. Ask yourself and ask him if there is something you are supposed to be doing. You have heard it said that we should live on earth as though Jesus will not come in our lifetime but be prepared for him to come any time. In other words, think about your



children and grandchildren. What kind of a world do we want to leave them?

The main concern of the World Economic Forum is Climate Change. This may explain why this topic is looming so hugely today in our world and in our gov-

ernment. This is why President Biden and the rest of the left are shouting so loudly about it. If you are a Christian, you may be able to detect that this is not consistent with your beliefs. God has promised to provide for the earth and its people. In Genesis 8:22, we read, “While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease.”

At the June 3, 2020, the keynote address of the World Economic Forum (WEF), Kristalina Georgieva, Managing Director of the International Monetary Fund (IMF) said, “The COVID-19 pandemic presents an opportunity to shape an economic recovery and the future direction of global relations, economies and priorities.” This should explain that, while our school children and our world has been leaning toward “green” everything for some years now, the pace has suddenly ramped up since the summer of 2020.

Under the heading “Endorsements” in the Wikipedia article, we read, “Political leaders such as Canadian Prime Minister Justin Trudeau, U.S. President Joe Biden and New Zealand Prime Minister Jacinda Ardern have endorsed the idea of “building back better”, as has former UK Prime

Minister Boris Johnson.”

Boris Johnson has been replaced by Liz Truss as British Prime Minister, and Prince Charles was on board with the WEF agenda, so it remains to be seen how his becoming King Charles III will affect affairs in the UK. Meanwhile, we have an election coming up in November. Remember, this is not simply a political debate. Americans are feeling its effects every day. It is more urgent than ever that Americans inform themselves about the World Economic Forum and the Great Reset.

If you agree with it, that is your business, but if these things concern you, please inform yourself. The survival of our Republic relies on an informed citizenry. I am only beginning to understand this myself, but I invite you to join me in finding out more about it. You may be seeing more about it in future editions of the Metro Voice.

Meanwhile, just remember, when you hear Mr. Biden say, “Build back better,” now you know that this is a key rallying cry of the World Economic Forum. If they have their way, we can kiss our Republic and all we hold dear as Americans goodbye.

Awakening a Comfortable Church



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

Speaking Truth

Would any coach want an entire team of content mediocre football players, playing for him? Would any business want a whole company of uninterested employees working for them? Would any pastor want to eagerly lead a congregation of happily complacent believers?

Jesus is the Founder and Chief Shepherd of the church. In straight forward terms He condemns any of His congregations that are filled with these type of contented mediocre, uninterested and complacent followers. There was once a church just like this, and Jesus wrote them a letter saying, “I know your works: you are neither cold nor hot. Would that you were either cold or hot! So, because you are lukewarm, and neither hot nor cold, I will

spit you out of my mouth.” (Revelation 2:15-16)

Jesus used temperature language to illustrate where this church stood in relationship with Him. They did not have a cold distant relationship, nor a passionate one. They were somewhere in the middle, which Jesus forcefully called, lukewarm.

The church had good biblical doctrine. The congregation was morally upright. They were not lazy, but a group of doers, always getting much done in the church. Consequently, their divine rebuke did not result from their beliefs, morals or activity. Instead, it came from their attitude toward their Chief Shepherd. They acknowledged Him, talked about Him, but they did not operate their church, nor live their lives in dependency on Him. And anyone that visited the church could sense this. They may not have been able to put their finger on it, but there was something or rather, someone missing. Jesus.

This is the state of so many churches today. They have wonderful buildings, faithful congregations, dependable supporters, marvelous weekly services, but something is

missing. Jesus says to them what He said to the Laodicean church, “Those whom I love, I reprove and discipline, so be zealous and repent.” (Rev. 3:19) Like the believers in Laodicea, the church today is missing a zealotness for Christ. This is another temperature word referring to hot or boiling. There is no burning passion for Jesus. There is no boiling love for Him. Just a contented lukewarmness. And people can feel it. Amidst the solid teaching, friendliness, good programming, something is missing.

In love for His church, Jesus comes to its door and patiently, but steadfastly knocks. All the while, the door remains unknowingly closed to dependency on Him. Even so, He knocks, waiting for anyone in the church to come and welcome Him back in. If they refuse, He will “spit them out of His mouth.” But if they respond and turn from their lukewarmness to a renewed walk with Him, He offers a great promise of blessing upon them.

My fellow brothers and sisters in Christ, take time to examine the spiritual condition of your church and your own walk with Christ. Where is the passion for Jesus? Where is the



boiling love for Him? Where is the heavenly zeal? This is not about feelings, but about the bent of one’s whole life and the spiritual state of a congregation.

Listen to Jesus’ loving and persuasive words to His precious bride, “I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me. The one who conquers, I will grant him to sit with me on my throne, as I also conquered and sat down with my Father on his throne. He who has an ear, let him hear what the Spirit says to the churches.” (Rev. 3:20-22)

Hear the Spirit’s call to His church and respond. May we, the church, repent of our lukewarmness and be

awakened to a fresh zeal for Christ, the one who died in our place.

A prayer for you. *“Shepherd of the church. Search our hearts. Point out if we have strayed from you and lost our zeal. We repent of our love for the world and dependency on ourselves. We turn to you asking that you pour out upon us a renewed passion and love that burns with a raging fire, that nothing in this world can extinguish. 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.



5 Reasons Why You Should Consider Adopting a Child



Like many hopeful parents, you have probably gone through a long process trying to bring a little bundle of joy home. Maybe you have faced infertility challenges, been waiting on the perfect partner, or spent a number of years wondering if parenthood was right for you.

While everyone may have their own motivations for exploring adoption, the core desire for a family to adopt and what propels that family forward to complete an adoption should be based on the right motives as well as a clear understanding of what is entailed. If you find yourself thinking about adoption, there are a number of things to consider. You need to be sure you are adopting for the right reasons and that you are ready for adoption.

5 Reasons to Choosing Adoption

Whether you are looking to start a family through adoption or you are looking to add to your existing family, the best adoptions are those where prospective adoptive parents are able to move beyond their personal desires and have the interests of the adopted child in mind. Below are five solid reasons to consider adopting a child. If you find these motivations align with your heart and your mind, you are probably ready for adoption.

The best adoptions are those where prospective adoptive parents are able to move beyond their personal desires and

embraced.

Helping a Child Move on in Life

As adoptive parents, if you have an interest in helping a child heal from past grief and pain, whether this comes from abuse, neglect, being abandoned, or orphaned, then you have the right motivations for adopting a child. The best adoptive families want to help the child start a new life. They also know that there will be ups and downs with adoptive parenting and are prepared for these challenges.

Providing for a Child in Every Way

Being ready for adoption is about more than wanting to share your home with a child, it also means having the physical space for the adopted child. You also need to be financially secure in order to be able to adopt a child comfortably. After all, you will need to be able to provide for the child's physical needs like food, clothing, school expenses, and medical care. But most importantly, you need to have the time and the emotional energy for a new family member.

Agreeing to the Adoption

If everyone in the family agrees that adding a child to the home through adoption is the right thing to do, then you are probably ready for adoption. But, if even one person is not on board,

you need to take time and reconsider whether this is right for your family. You never want an adopted child to enter an environment that is not completely welcoming.

Your motivation to adopt needs to be shared by everyone, including your other children. If not all the children in the home are excited about adopting, you may want to wait. Going through with an adoption when children in the home are not on board with the plan is never a good idea.

Knowing a Child in Need of a Family

When you are aware of a child who needs an adoptive home, this may motivate you to consider adoption. The child may be a family friend, a relative, or a child you met at church or within the neighborhood—whatever the reason, your family as a whole feels that you should step forward and provide a home for this child.

Again, everyone in the existing family unit needs to be on board

■ Please see **ADOPTION** on next page

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'Babies in the Womb': NBC's Today Surprises with 3D Ultrasound Story

Pro-lifers on Thursday applauded NBC's Today Show for the images and baby-centric language used in a story about a 3D ultrasound but also questioned why such language is not used when the topic switches to abortion.

The Today story spotlighted new United Kingdom research that examined how "babies in the womb react" to different flavors their mom ingested," host Sheinelle Jones said.

Pictures of babies from the 3D ultrasound were displayed for the audience.

In one sequence, the audience saw two photos of the same baby – one while resting and the other after the mom ate carrots.

"Do you see how he smiles?" Jones asked, referencing the baby.

In another sequence, two photos were displayed – one of the baby resting and the other of the baby scowling.

"[The study] co-author says the images could just show muscle movements when a baby's reacting to, maybe, a flavor that's bitter," Jones said.

Jones and co-host Dylan Dreyer discussed the 3D images.

"The 3D imagery is ..." Dreyer said before Jones finished her thought: "pretty cool."

"They didn't have that when I was pregnant," Jones said.

Dreyer, though, said she did get a 3D ultrasound. Her children, she said, "look exactly" like they did on the ultrasound.

The Today tweet about the study

showed pictures of the babies with an explanation: "These images from researchers show that babies in the womb can possibly react to flavor."

Pro-lifers noted the discrepancy in how stories about the unborn are discussed.

"A 'baby' when it makes for a cute news story. A 'fetus' when justifying killing them," tweeted Lila Rose, founder and president of Live Action.

"This is an admission of the humanity of life within the womb and that fetuses are, in fact, babies. Keep doing stories like this and educating the world about life in the womb," tweeted pro-life advocate Emila Rarick.

—Michael Foust



Court Says N.Y. Can't Shut Down Christian Adoption Agency

A Christian family services agency won't have to provide adoption services to unmarried or same-sex couples, a judge ruled on Wednesday.

New Hope Family Services -- a 60-year-old nonprofit adoption and temporary foster placement agency and pregnancy resource center in Syracuse -- filed a federal lawsuit against the New York State Office of Children and Family Services in 2018 after officials told the faith-based agency to revise its "discriminatory and impermissible" policy or shut down the adoption program.

U.S. District Court Judge Mae A. D'Agostino in Albany wrote that New Hope succeeded on the merits of its First Amendment claim against the state, and issued a permanent injunction

prohibiting the state from closing New Hope or from forcing it to place children in same-sex homes or the homes of cohabitating couples.

"It's regrettable that New York ever threatened to shut down our adoption services, through which we have placed more than 1,000 children with adoptive families since we began as an adoption agency in 1965," executive director Kathy Jerman said, according to Fox News. "We live in a diverse state, and we need more adoption providers, not fewer."

The faith-based center's lawyer applauded the court's decision, adding that closing down an adoption provider for its religious beliefs "needlessly and unconstitutionally" reduces the number of

agencies willing to help and benefits no one, especially children.

"The state's attempt to shutter New Hope did nothing other than violate core rights protected by the First Amendment -- the freedom to speak what you believe and the freedom to practice the teachings of your faith," said Roger Brooks, senior counsel for the Alliance Defending Freedom.

When unmarried or same-sex applicants apply to New Hope, D'Agostino said, the agency informs them "that it cannot provide them with adoption services because of its religious beliefs" and offers to "provide those applicants with referrals to other agencies."

The Office of Children and Family Services said it was "deeply disappointed



with the decision and maintains that discrimination on any basis should not

be tolerated. We're reviewing our options for next steps."

ADOPTION

continued from page 10

with the adoption before this step is taken. But, meeting an existing need is an excellent motivation for considering adoption.

Signs You Are Ready for Adoption

Adopting a child is a huge commitment and you may still be wondering if you are ready to take the next step. While many adoption professionals can offer advice and suggestions, ultimately the decision comes down to you. Some signs that you may be ready to start the adoption process include the following:

You're Informed About the Adoption Process

Adopting a child is not easy. There are a number of steps that must be taken in order for the adoption to be successful for everyone involved. As a result, you need to be sure you know exactly what is involved before beginning any type of adoption procedures. If you have talked to professionals and done your homework on what your rights are, then that is a clear sign that you may be ready to begin the process. If you have no idea what is involved in adopting a child, then you are probably not quite ready for all it entails.

You've Come to Terms With Infertility

Not everyone who chooses adoption had this process as part of their original

plans. If you have struggled with infertility, it is crucial that you have not only accepted your infertility, but that you also have healed from the emotional heartache involved. If you still have dreams of having a biological child, you may want to delay adopting. Adopted children allow you the opportunity to create a family by providing a home for a child in need, but they should not be used to mend your broken heart.

You Have Set Adoption Goals

If you are truly prepared for adoption, you probably have already set some adoption goals. For instance, you know whether you want to pursue a foster care adoption, an infant adoption, an international adoption, or an-

other kind of adoption. Asking yourself questions about the race and age of the child you want to adopt, are also signs that you are ready for adoption. Considering all possible scenarios is an important part of the adoption readiness process.

You're Prepared for the Process

The adoption process can be long, complicated, expensive, and emotionally challenging. If you have prepared for the challenges as well as the expenses, you are probably ready for the adoption process. You also should have a good support system in place in case things do not go exactly as planned. For instance, if you are not going through the foster care system and are instead working

with a foreign entity or a local birth mother, there can be a lot of unexpected challenges along the way. If you have truly prepared for the possible scenarios, you are probably ready to begin the process.

You're Committed to Adoptive Parenting

Becoming parents through adoption takes a strong commitment from the very beginning. As a result, one of the biggest indicators that you are ready for this challenge is that the possible issues and problems do not deter you. You are excited and determined to see this process through to the end, no matter what it takes.

—By Carrie Craft

Republicans work for more family support as Democrats push for abortion

As Democrats pass legislation to legalize abortion until birth across the country, Republicans are taking a different path to support women and unborn children. Both responses to the historic overturning of Roe could not be in more sharp contrast.

The June ruling that found there was no constitutional right to abortion, resulted in a flurry of activity from House Democrats, passing numerous bills that are stalled by Republicans in the Senate to codify abortion into federal law. It also resulted in hundreds of violent attacks on pro-life women's clinics and churches by abortion supporters. House Speaker Nancy Pelosi (D-CA) refused to condemn the acts when asked.

In response, Republicans argue now is the time to ramp up family support with legislation that compliments the many efforts of pro-life organizations already serving millions of women across the country.

Sen. Mitt Romney, R-Utah, issued his Family Security Act 2.0 plan over the summer, focusing on easing economic hardships for families. Finances are the top reason cited by women seeking an

abortion. The plan expands the child tax credit and would provide between \$250 and \$350 direct monthly payments to low-income families with young children. The payments could start during a woman's pregnancy with the caveat that the family receiving it meets a minimum work requirement.

Romney has tried to thread the needle between support and what could be perceived as welfare in the bill.

"I'd like a young woman that's not working, that's pregnant, I'd like her to know that she doesn't have to eliminate the pregnancy to be able to carry the financial burden of a child," he said. "But we don't want to create any potential incentive for people to become entirely dependent upon government."

Romney's plan has earned some support from major pro-life advocates, including the National Right to Life Committee.

"The practical effect, of course, is going to help families with young children but also hopefully it's going to help women realize that children are a blessing, and ending the life of that child is not going to improve their life," committee President Carol Tobias said.



Florida Republican Sen. Marco Rubio's Providing for Life Act also includes a family tax credit and expands into areas such as paid leave, adoption and crisis pregnancy centers. For more than a decade, economist Abby McCloskey has advocated for a greater government response to struggling

families and single mothers.

"There has been hesitation on the part of conservatives to rally behind these policies to the extent they're seen as an entitlement," she said. As a conservative, those are concerns I take seriously as well. That said, I think the purpose of government even for the

most conservative of us is to provide a safety net for vulnerable people."

Contrary to media reports, some polls show that Republicans, and the pro-life cause, have gained support from voters as Democrats continue to pass radical pro-abortion bills.

Planned Parenthood Scrubs Website Definition of Fetal Heartbeat to Mirror Pro-Choicers

Planned Parenthood has changed the information on its website about fetal heartbeats in the face of a public debate between the pro-life and pro-choice communities on the issue.

According to internet archives using the popular Wayback Machine,

the Planned Parenthood website formerly said that a "very basic beating heart and circulatory system develop" during weeks 5-6 of pregnancy. The Wayback Machine screenshot was taken on July 25.

But the website was changed recently and now claims that during weeks five and six of pregnancy, "a part of the embryo starts to show cardiac activity. It sounds like a heartbeat on an ultrasound, but it's not a fully-formed heart – it's the earliest stage of the heart develop-



body."

The Washington Examiner quoted the National Library of Medicine's website, which says at five weeks, "your baby's brain, spinal cord, and heart begin to develop," and at six to seven weeks, your "baby's heart

continues to grow and now beats at a regular rhythm."

"This can be seen by vaginal ultrasound," the National Library of Medicine's website says, referencing an unborn baby's development at six to seven weeks.

The Cleveland Clinic website says that a "tiny 'heart' tube will beat 65 times a minute by the end of the fourth week" and that "at about six weeks, a heartbeat can usually be detected."

Mount Sinai in New York says

that at weeks six or seven, a "baby's heart continues to grow and now

beats at a regular rhythm."

-Michael Foust

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Coach Tony Dungy stands up for the unborn in a series of tweets

Society should focus on the baby in the womb, broadcaster and former NFL Coach Tony Dungy said recently. Dungy started his coaching career as an assistant for the Kansas City Chiefs.

"God is placing life in the womb, and He is forming that life," he tweeted, according to "Christian Headlines." "Is it OK for us to decide to end it?"

It wasn't the first time Dungy has engaged with his followers on the issue of abortion, although it is the first time he's commented on the subject on Twitter since the Supreme Court overturned Roe v. Wade. Dungy's string of tweets began as a response to a question from journalist Adam Davidson, who had implied there is no biblical case for the "idea that life begins at conception."

"It's a brand-new idea, made up in the 1970s," Davidson tweeted. "In the bible and for nearly all of Xn history, life was thought to begin sometime in the 2nd



trimester." Davidson writes for "The New Yorker" and cofounded the NPR podcast "Planet Money."

"Read Jeremiah 1:5, Psalm 139:13-16 and Genesis 25:23. Then see what you think," Dungy responded. The verses, Dungy said, "speak about God seeing us in the womb, working on us in the womb and knowing us in the womb."

When someone asked why Dungy was siding with "people from 2,000 years ago, he replied, "I'm basing my opinion on what God said, not what people want to advocate." Another person encouraged Dungy to "focus on the woman." To that, Dungy wrote, "Why not focus on the baby? Does that life mean anything?"

The question at the heart of the debate, Dungy said, is whether the fetus in the womb is a life. "If you don't believe it's a life, then it has no rights," he tweeted. "But if you believe it's a life, then it has rights. Thirty-eight states have fetal homicide laws, implying they think it is a life. God formed the baby, not man."

Meanwhile, Dungy acknowledged other opinions on the issue.

"I think we can have conversations and even disagree without it being the end of the world," he tweeted. "I know that everyone won't look at things like I do, but I can still share what I believe and why I believe it."

Topeka Life Chain to rally Oct. 2



Topeka Life Chain will rally on Sunday, October 2, 2022, at two locations in Topeka.

Pro-life protestors will rally at 21st & Wanamaker on the east side on Wanamaker & along 21st Street, as well as on the west side on Wanamaker.

Others will rally at 29th & California. Rally time is set from 2:00 PM – 3:30 PM.

The event is to be held rain or shine.

Organizers invite the pro-life community to come and 'Stand for Life!' They may also bring lawn chairs. This is a time to gather with pro-lifers across the nation. Families and children are welcome.

Signs will be provided. For more information call 785-969-2706.

See www.LifeChain.org for locations across the US and Canada.

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God-sized confusion: Americans' faith, theology has shifted

Americans experienced seismic changes over the past two years, including, for many, how they attend church. The shift in behavior coincides with a shift in theology.

The biennial State of Theology study conducted by Lifeway Research found relative stability in some of the religious and cultural beliefs U.S. adults hold. After months of quarantines and social distancing, however, Americans increasingly believe worshipping apart from a church is as good as attending church services.

In March 2020, as the COVID-19 pandemic was just beginning in the United States, 58 percent of Americans said worshipping alone or with one's family was a valid replacement for regularly attending church, with 26 percent strongly agreeing. In 2022, 66 percent believe worshipping apart from a local congregation is as valid as worshipping with one, with 35 percent strongly agreeing.

Research throughout the pandemic found U.S. Protestant churches were open at pre-pandemic levels by summer of 2021 and into 2022, but early this year few churches had reached pre-pandemic attendance levels.

"Religious identity, beliefs and behavior are interrelated," said Scott McConnell, executive director of Lifeway Research. "When in-person church attendance behaviors were interrupted and habits were broken, it affected some Americans' beliefs about the need to gather with other believers to worship."

With many theological beliefs remaining stable, those that did shift point to areas where a changing U.S. culture may be impacting Americans' religious perspectives.

The 2022 State of Theology study, sponsored by Ligonier Ministries, surveyed more than 3,000 Americans and follows previous versions in 2014, 2016, 2018 and

say God is a perfect being and cannot make mistakes, half (51 percent) say God learns and adapts to different circumstances.

Almost 7 in 10 Americans (67 percent) say God accepts the worship of all religions, including Christianity, Judaism and Islam. A similar percentage (71 percent) say there is one true God in three persons: God the Father, God the Son and God the Holy Spirit.

how to balance the two. A growing number says Christians should stay out of the discussion.

While 3 in 4 Americans (78 percent) say God created male and female, they're more split on whether gender identity depends on personal preference. More than 2 in 5 (42 percent) say gender identity is a matter of choice, the highest in the history of the State of Theology. Half (51 percent) dis-

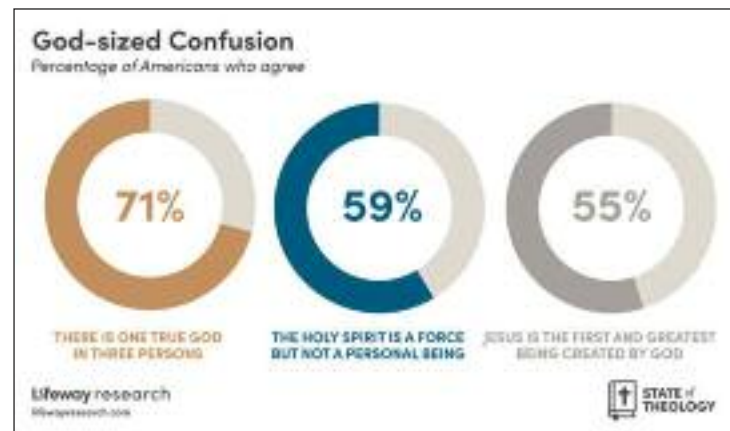
the same in 2016.

Americans are also split on whether the Bible's condemnation of homosexual behavior is still applicable. Slightly less than half (46 percent) say it doesn't apply today, and 42 percent disagree.

Additionally, Americans are closely divided over the issue of abortion. While 53 percent say abortion is a sin, 39 percent disagree. Still, a previous Lifeway Research study specifically on abortion found 12 percent of U.S. adults say abortion shouldn't be legal in any situation. When asked specifically what time period they believe abortion should be a legal option assuming there are no health issues for the woman or the fetus, half of Americans say no later than 12 weeks.

Three in 10 Americans (30 percent) say Christians should stay silent on political issues, an increase from 24 percent in 2020 and the highest percentage recorded in any previous State of Theology study. Around 3 in 5 Americans (61 percent) disagree.

"Discussions of sin are inherently theological, because they explore whether God set standards and what behaviors miss this mark," McConnell said. "So, those who acknowledge certain behaviors as sin are acknowledging a deity's standards. This is a different discussion than whether society agrees on an ethical standard of conduct that we determine."



Despite a majority of Americans affirming a Trinitarian God with three divine persons, most still aren't sure about how that applies to Jesus or the Holy Spirit. Slightly more than half (55 percent) believe Jesus is the first and greatest created being. Another 53 percent say He was a great teacher but not God. Close to 3 in 5 (59 percent) believe the Holy Spirit is a force but not a personal being.

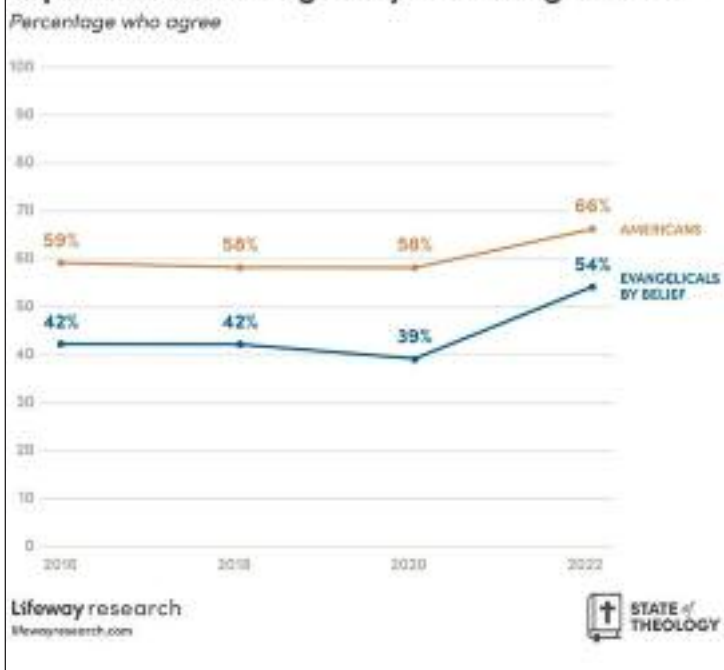
When thinking about these theological convictions, most Americans classify them as opinions not facts. For 60 percent of U.S. adults, religious belief is a matter of personal opinion; it's not objective truth.

"Many Americans think about God as if He had only revealed himself in a vague, nondescript way. They seem to fill in the gaps with whatever they want to believe," McConnell said. "This creates sharp contrasts between what Americans believe about God and how He revealed Himself in great detail in the Bible."

Social issues and sin

Hot button cultural issues often intersect with the theological beliefs, and Americans often aren't sure

Worshipping alone or with one's family is a valid replacement for regularly attending church.



Additionally, most Americans (56 percent) don't believe every Christian has an obligation to join a local church. Fewer than 2 in 5 (36 percent) say this is something all Christians should do.

Tracking surveys from Lifeway

2020.

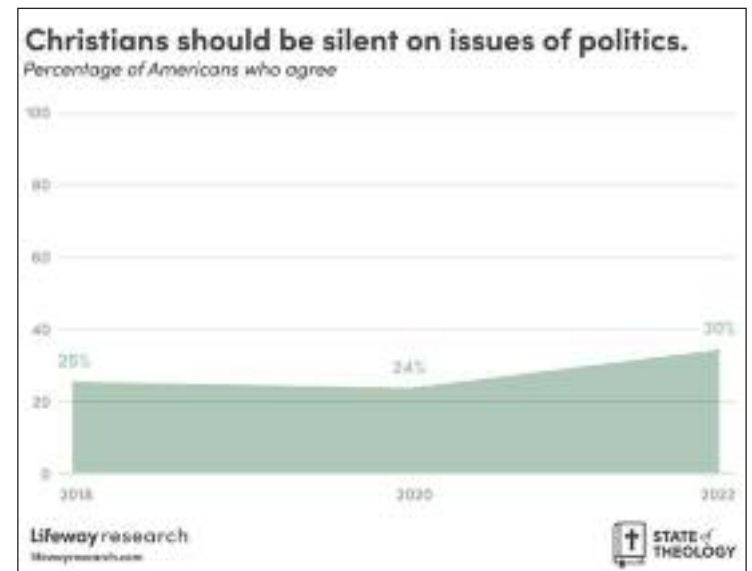
God-sized confusion

Most Americans believe in God, but they're a little confused about who the divine is.

While 66 percent of U.S. adults

agree. The American public is more divided than American pastors. A 2020 study of U.S. Protestant pastors found 72 percent believe it is morally wrong for an individual to identify with a gender different than the sex they were born.

Half of U.S. adults (53 percent) say sex outside of traditional marriage is a sin, while 42 percent disagree. Those who view non-marital sex as sinful has increased slightly but steadily since 49 percent said



Eternal destinations

Americans believe God cares about what we do each day, most people are generally good, but hell is a real place where some people will spend eternity in punishment.

While 58 percent of U.S. adults disagree, a growing number believe God is unconcerned with their day-to-day decisions. Around a third of Americans (32 percent) say God isn't concerned with what they do on a daily basis, up from 25 percent in 2020 and the highest since the State of Theology first asked the question in 2014.

As people consider their actions and their nature, most believe they're naturally good and start off innocent before God. Two in 3 Americans (66 percent) say everyone sins a little, but most people are good by nature. Seven in 10 (71 percent) say everyone is born innocent in the eyes of God.

Still, 3 in 5 Americans (59 percent) say hell is a real place where certain people will be punished forever, up from 56 percent in 2020 and 54 percent in 2018. A quarter (25 percent) also believe even the smallest sin deserves eternal damnation, consistent with the 26 percent from 2020 after climbing up in each State of Theology study starting at 18 percent in 2014.

“An interesting paradox exists regarding Americans’ views of sin

and punishment,” McConnell said. “More than two-thirds of Americans believe everyone is inherently good, yet almost as many believe divine judgement will occur in the future.”

Biblical balance

Americans tend to trust the Bible, especially what it teaches about Jesus, but may have some doubts in other areas.

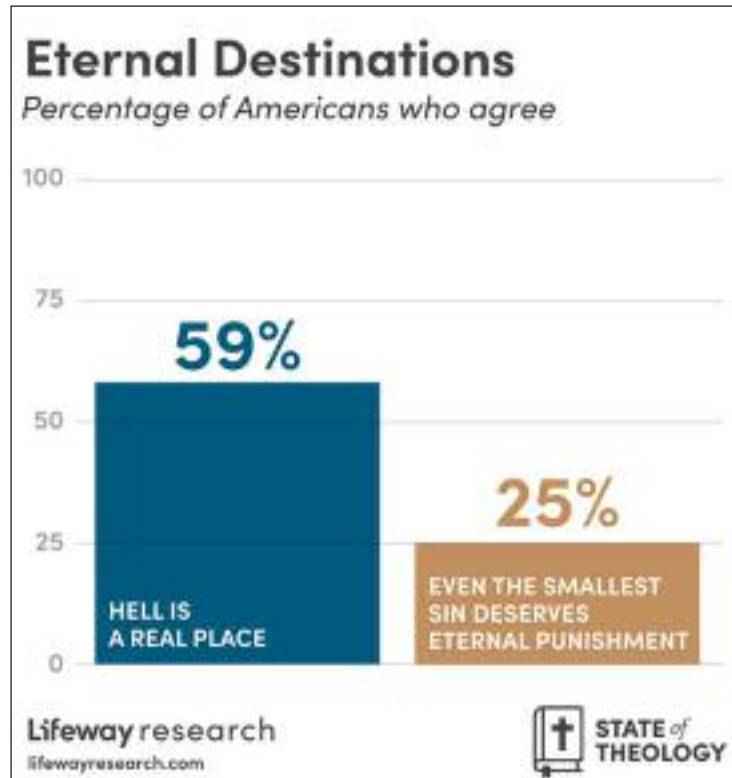
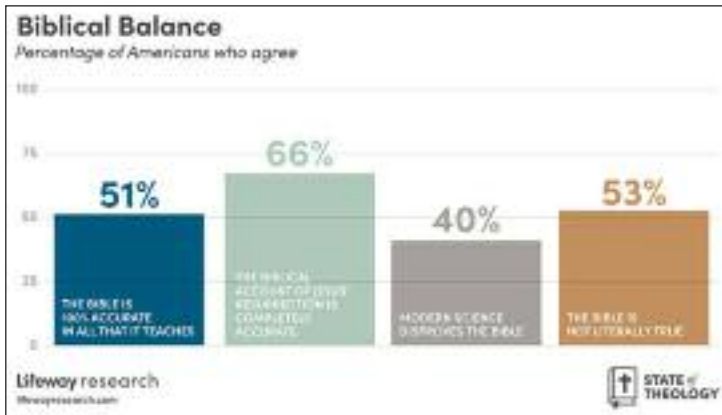
Two in 3 U.S. adults (66 percent) say biblical accounts of the physical or bodily resurrection of Jesus are completely accurate. They believe the event actually occurred.

And Americans do not believe the Holy Spirit will contradict Scripture. More than 3 in 5 (62 percent) don't believe the Holy Spirit can tell them to do some-



thing that is forbidden in the Bible.

In many ways, Americans are split on the trustworthiness of the Bible. Around half say the Bible is 100 percent accurate in all that it teaches (51 percent) and the Bible has the authority to tell us what to do (52 percent); however, 53 per-



cent of Americans say the Bible, like all sacred writings, contains helpful accounts of ancient myths but is not literally true. And 40 percent say modern science disproves the Bible.

“As a society, views on the Bible probably best summarize how split Americans are when it comes to theology,” McConnell said. “Half see Scripture as dependable and authoritative while half see it as fiction. Higher numbers acknowledge the story it tells, but more than half also give weight to their personal opinions.”

For more information:

• View the complete report: <https://research.lifeway.com/wp-content/uploads/2022/09/Ligonier-State-of-Theology-2022-Full-Report.pdf>

• Visit the data explorer TheStateOfTheology.com

• Find previous versions at LifewayResearch.com/StateOfTheology

• View trends over the years at LifewayResearch.com/TheologyTrends

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Aaron Douglas art, Duo Du Jour hit NOTO

This month at NOTO Arts Center, "Not White Art Painted Black; A tribute to Aaron Douglas" will be on display from October 7-29. This exhibition visually explores the writings of Aaron Douglas (1899-1979), a Topeka native, and most accomplished and influential artist of the Harlem Renaissance. Through his art, Douglas combined elements of modern art and African culture, sharing the African-American experiences and exposing racism and segregation.

Oct. 7, Duo Du Jour will be playing again in NOTO for First Friday, at Redbud Park. First Friday Art Walk & Market is the first Friday of every month. The North Topeka Arts District has become an attraction to Art Lovers and History Buffs alike with beautiful scenes of art and history. Entertainment can also be found on First Fridays, at various venues during the artwalk 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.



Great Overland Station's Halloween celebration, Station 9 3/4, is an immersive family friendly experience allowing guests to interact with fairy tale and fictional characters, play in Wizard games, and hunt Dragon Eggs. Imagine a renaissance festival set in a modern-day fantasy setting. Upon entering Station 9 3/4 families will have the chance to shop up to 30 themed vendor booths, create their own wand, interact with community partners hosting STEAM activities. Oct. 22-23. Admissions: \$5. Children 3 & Under Free.

Visit NOTO 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.

Other North Topeka events:

SATURDAY NIGHT CRUISES are held every 4th Saturday at The Pad.

GARY'S PUMPKIN PATCH & FALL FESTIVAL - Sept. 30-Oct 30, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm!. garysberries.com, 785-246-0800

HOLIDAY FLEA MARKET & CRAFT SALE - Oct. 15, 9-3, Philip Billard VFW Post, 3110 SW Huntoon.

TOPEKA NORTH OUTREACH'S OPERATION BACKPACK FUNDRAISER - Oct. 18, 5-9pm, The Pad, 1730 NW Topeka Blvd.

HARVEST DINNER & BAZAAR - Oct. 21, 4:30-6:30pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave. \$8.00 Adults, \$4.00 Kids 10 & under. Includes Chicken Fried Steak, mashed potatoes & gravy, corn or green beans, roll, dessert and drink.

RANDY STONEHILL CONCERT - Oct. 22, 7pm, Seaman Community Church, 2036 NW Tyler. Free will offering.

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A Tribute to Aaron Douglas
October 7-29, 2022



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

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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 fun!

GRAND OTTAWA OPRY – 2nd & 4th Saturday, 5:30PM-pre-show, 6PM showtime, Ottawa Memorial Auditorium, 301 S Hickory, Ottawa. Tickets are \$15 and only at the door. Ph. 785-241-6762, email grandoprpy@gmail.com. GrandOttawaOpry.com

STEVE KILE – Oct. 14, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

WOOD VALLEY PICKERS – Oct. 15, 7:30pm, Classic Bean, Fairlawn Plaza. Folk & Country, Free admission. 785-271-5005

GUARDIANS IN CONCERT – Oct. 21, 7pm, Wanamaker Woods Nazarene, 3501 SW Wanamaker. Free will offering, doors open at 6pm. 785-273-2248, woodsnaaz@wnnaz.org

RANDY STONEHILL CONCERT – Oct. 22, 7pm, Seaman Community Church, 2036 NW Tyler. Free will offering.

DUELING PIANOS – Oct. 22, doors open at 7pm, Ag Hall, Taco bar, silent auction, games, dancing, cash bar. Benefits LifeHouse CAC.

GOOD OL BOYS & A GAL – Oct. 28, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SILENTS IN THE CATHEDRAL – Oct. 28, 7-10pm, Grace Cathedral

PLATINUM EXPRESS – Oct. 29, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

LIVERPOOL LEGENDS – Oct. 29, 7:30pm, TPAC

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@rhctoepka.org

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

HOPE HOUSE FREE COMMUNITY CLOTHING BANK – Wed. 6-8pm and Sat. 12-3pm, Oakland Church of the Nazarene: 939 NE Oakland

HARVESTER FREE MOBILE FOOD DISTRIBUTION – 2nd Saturday each month, 1:30-3pm, Oakland Church of the Nazarene: 939 NE Oakland

FREE WEEKLY COMMUNITY PANCAKE BREAKFAST – Sundays 8:10 to 10:30am, at Oakland Church of the Nazarene: 939 NE Oakland, followed by church services at 10:45am with Pastor Jeanette Cook.

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

AWANA – Every Wed., 6:30-8pm, Lakeview Church of the Nazarene, 2835 SE Croco Road. A VBS-style program that strives to reach children with the gospel of Jesus Christ, help them understand who Jesus is, what He did for us, & how we can serve Him. Through activities & Bible verse memory, children will earn "Shekels" to spend at the AWANA Store! Something for all ages Toddlers - 12th Grade. The fee to attend is \$60/child towards items for the child. (financial help available) Activities include: Worship, Games, Bible Memory, Bible Stories, & More! 785.266.3247

HARVEST FIRE CAMPMEETING – Oct. 2-7. Sun. Oct. 2, 10:30am & 6pm. Mon. Oct. 3, 7pm, Family of God Church, 1231 MW Eugene St; Oct. 4-5, 7pm, Harvest Family Fellowship Church, 522 SW Polk; Oct. 6-7,

7pm, New Hope UMC, 2915 SW 8th

PAUSE WOMEN'S CONFERENCE – Oct. 7, 6:30-9pm; Oct. 8, 8:30am-12pm. First Southern Baptist Church, 1912 SW Gage. Kim Harrison is the featured speaker. Register TODAY at fsbctoepka.org/pause

HARVEST DINNER & BAZAAR – Oct. 21, 4:30-6:30pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave. \$8.00 Adults, \$4.00 Kids 10 & under. Includes Chicken Fried Steak, mashed potatoes & gravy, corn or green beans, roll, dessert and drink.

COMMUNITY NIGHT OF WORSHIP – Oct. 22, 6pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Parent meeting, meet your teacher, pick up supplies, find classroom, enjoy snacks & fellowship! 785-266-3247. Come & worship Jesus with our community!

Washington Street. Minimal cost per person. Reservations/cancellations required 24 hours in advance by calling Meals on Wheels of Jefferson & Shawnee Co. at 295-3980. Each meal includes 1% milk & sugar-free items for diabetics. 215- 0064.

TOPEKA TWILIGHT LIONS BRANCH CLUB – 4th Mondays at 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 nhoil@tsopl.org

SHEPHERDS CENTER PICKLEBALL GROUP – plays Mon. & Wed. Mon. at Countryside UMC, 32nd & Burlingame, from 3-5. Park on the NORTH side & use the furthest WEST door. Follow the hallway to gym. On Wed. at First Baptist, 30th & MacVicar, from 1-3. Park on the WEST side. Gym is inside the doors.

FAMILY-FRIENDLY EVENTS

SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, at noon at Auburn Civic Center, 1020 N.



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- Nov. 10: POWER Luncheon, 11:30-1
- Dec. 8: CHRISTMAS Luncheon, 11:30-1

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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 ACAPPELLA 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. Randell 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.RandellMinistries.com

TOPEKA PUBLIC LIBRARY PLAY BUS - 9:30am-noon, 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.

OPEN INDOOR COURT PICKLEBALL - Sundays at 4pm, Beryton United Methodist Church (7010 SE Beryton 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

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

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 2 to Oct. 29, 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.

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

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

OCY. 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.

OVERBROOK FARMER'S MARKET - every Monday now to October, 4-6 pm at Overbrook Fair Grounds

KANSAS CITY RENAISSANCE FESTIVAL - Sep. 3 - Oct. 16, 10am-7pm; Weekends only plus Labor Day and Monday Oct. 10. 628 N 126th St., Bonner Springs, KS. www.KCRenFest.com. 913-721-2110 (email voice@cox.net to see how to get free tickets from Metro Voice!)

GARY'S PUMPKIN PATCH & FALL FESTIVAL - Sept. 30-Oct 30, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home



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Oct 4-5
Tues & Wed @ 7pm
Harvest Family Fellowship Church
522 SW Polk St - Topeka

Oct 6-7
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RALLY AT THE CAPITOL - Oct. 1 9-2:30, Kansas Capitol. In God We Trust Blue Capitol Flag Wave. Conservative candidates will speak. Hot dogs, chips & drinks available.

OKTOBERFEST - Oct. 1, 10-3, Prince of Peace Lutheran Church, 3625 SW Wanamaker

AARON DOUGLAS ART FAIR - Oct. 1, 10am, Huntoon & Lane.

FALL FEST - Oct. 1, 5pm, Grace Bible Church, 4021 SE 37th.

FOOD TRUCK NIGHT - Oct. 1, 4-8pm, Helping Hands Humane Society, 5720 SW 21st. Live music.

NATIONAL LIFE CHAIN - Oct. 2, 2-3:30pm, 21st & Wanamaker and also 29th & California (SE corner). Signs available at both locations. Water, lawn chairs, umbrellas & strollers are welcome. Signs are

provided. For info: Bibi @ 785.969.2706. Take a stand for our preborn citizens. More info at lifechain.net

VAPING: MYTHS AND FACTS - Oct. 6, 4:30pm, Kay

McFarland Garden, 635 SW Gage. Includes Q & A and refreshments.

FALL FUN NIGHT - Oct. 7, 7pm, Lakeview Church of the Nazarene, 2835 SE Croco Road. Food, fun,




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Have we reached the point of crisis news fatigue?

The news does not lack from a daily stream of crisis coverage. But there are ways to stay engaged and not become numb to needs.

When Vladimir Putin launched a full-scale invasion of Ukraine by land, air and sea on Feb. 24, 2022, the images of war were conveyed to dismayed onlookers around the world. Far from the action, many of us became aware of the unprovoked aggression by reading online coverage or watching TV to see explosions and people running from danger and crowding into underground bunkers.

Half a year later, the violence continues. But for those who have not been directly affected by the events, this ongoing war and its casualties have been shifting to the periphery of many people's attention.

This turning away makes sense.

Being attentive to realities like war is often painful, and people are not well-equipped to keep a sustained focus on ongoing or traumatic occurrences.

In addition, since the war in Ukraine began, many other events have arisen to occupy the world's attention including financial collapse, inflation, food shortages, the death of Queen Elizabeth and more.

As the philosopher-psychologist William James asked, "Does not every sudden shock, appearance of a new object, or change in a sensation, create a real interruption?"

Ongoing tragic events, like the assault on Ukraine, can recede from people's attention because many may feel overwhelmed, helpless or drawn to other urgent issues. This phenomenon is called "crisis fatigue."

Roots of crisis fatigue

Malevolent actors and authoritarians like Putin are aware of public fatigue and use it to their advantage. "War fatigue is kicking in," the Estonian prime minister, Kaja Kallas, said. "Russia is playing on us getting tired. We must not fall into the trap."

In a speech to marketing professionals in Cannes, France, the president of Ukraine, Volodymyr Zelenskyy, asked them to keep the world focused on his country's plight. "I'll be honest with you – the end of this war and its circumstances depend on the world's attention ...," he said. "Don't let the world switch to



something else!"

Unfortunately, many of us have already changed the channel. The tragedy has become banal.

I became interested in the phenomenon of fatigue as a result of my scholarly research into moral attentiveness. This idea was articulated by the 20th-century French philosopher and social activist Simone Weil.

According to Weil, moral attention is the capacity to open ourselves up fully – intellectually, emotionally and even physically – to the realities that

we encounter. This mindset receives, raw and unfiltered, whatever is presented without avoidance or projection.

Not surprisingly, Weil found attention to be inseparable from compassion, or "suffering with" the other. There is no avoiding pain and anguish when one attends to the afflicted; hence, she wrote that "thought flies from affliction as promptly and irresistibly as an animal flies from death."

The sensitivity involved in attend-

ing to crises can be a double-edged sword. On one hand, attention can put people in touch with the unvarnished lives of others so the afflicted are truly seen and heard. On the other, such openness can overwhelm many of us through vicarious trauma, as psychologists Lisa McCann and Laurie Pearlman have noted.

The difficulty of sustained focus on events like the war is due not only to the inherent fragility of moral attention, however. As cultural critics have noted, the 24/7 news cycle is one of many pressures clamoring for our attention. Our smartphones and other technology with incessant communications – from trivial to apocalyptic – engineer environments to keep us perpetually distracted and disoriented.

Why audiences tune out

Aside from the threats to people's attention posed by our distracting technologies and information overload, there is also the fact of crisis fatigue leading readers to consume less news.

This year, a Reuters Institute analysis showed that interest in news has decreased sharply across all markets, from 63% in 2017 to 51% in 2022, while a full 15% of Americans have disconnected from news coverage altogether.

According to the Reuters report, the reasons for this differ, in part, with political affiliation. Conserva-

tive voters tend to avoid the news because of biased reporting, while liberal voters avoid news because of feelings of powerlessness and fatigue. Big online news outlets, with their perpetual drive to keep eyes trained on screens, are unwittingly undermining their own goals: to provide news and keep the public informed.

Taking a new tack

How might we recover a capacity for meaningful attention and responses amid incessant, disjointed and overwhelming crisis news? Scholars have made a variety of recommendations, usually focused on reining in digital device usage. Beyond this, readers and journalists might consider the following:

1. Limiting the daily intake of news can help people become more attentive to particular issues of concern without feeling overwhelmed. Cultural theorist Yves Citton, in his book "The Ecology of Attention," urges readers to "extract" themselves "from the hold of the alertness media regime." According to him, the current media creates a state of "permanent alertness" through "crisis discourses, images of catastrophes, political scandals, and violent news items." At the same time, reading long-form articles and essays can actually be a practice that helps with cultivating attentiveness.

2. Journalists can include more solutions-based stories that capture the possibility of change. Avenues for action can be offered to readers to counteract paralysis in the face of tragedy. Amanda Ripley, a former Time magazine journalist, notes that "stories that offer hope, agency, and dignity feel like breaking news right now because we are so overwhelmed with the opposite."

Weil, who was committed to the responsibility of moral attentiveness but did not romanticize tragedy, wrote, "Nothing is so beautiful and wonderful, nothing is so continually fresh and surprising, so full of sweet and perpetual ecstasy, as the good."

—*TheConversation* | Rebecca Rozelle-Stone, Professor of Philosophy, University of North Dakota

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"Why, God?" 5 Things to Remember When Natural Disasters Hit

Five Things to Remember When Natural Disasters Hit:

1. WE LIVE IN A BROKEN WORLD.

The Bible tells us that when sin entered the world, all of nature was cursed. Because of this, death is a promised component of this life and, to put it simply, bad things happen.

Before the fall of man, the weather was perfect all the time. There was no change in season, no rain or snow storms, earthquakes, tornadoes or tsunamis. Before the fall of man, everything worked in perfect harmony. Because of sin, that is no longer the case.

We must accept the fact that we live in a broken world and expect that natural disasters will occur. Romans 8:19-22 tells us, *"For the creation waits in eager expectation for the children of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God. We know that the whole creation has been groaning as in the pains of childbirth right up to the present time."*

We must remember this world is not our home. While natural disasters are a reality in this life, for the children of God, there will be no disasters in eternity.

2. GOD IS SOVEREIGN.

We could argue whether God causes natural disasters or simply allows them to happen, but the only conclusion we can draw from Scripture is that nothing in nature happens outside of God's providence. In Exodus, God clearly sent the plagues in Egypt. In Genesis, God sent the flood. When we read about Jonah, we see that God hurled a storm into the sea.

Job 37:6 says, *"He says to the snow, 'Fall on the earth,' and to the rain shower, 'Be a mighty downpour.'" Consider Psalm 147: "He covers the sky with clouds; he supplies the earth with rain. He spreads the snow like wool and scatters the frost like ashes." In Amos 4 God says, "I also withheld rain from you when the harvest was still three months away. I sent rain on one town, but withheld it from another. One field had rain; another had none and dried up." Mark 4:9 tells of Jesus rebuking the wind and saying to the waves, "Quiet! Be still!" Out of obedience, the wind died down and was completely calm.*



Note how these Scriptures attribute the weather - good or bad - to the direct controlling hand of God. This is frightening to many, as it makes God appear rash or untrustworthy. But the truth is quite the opposite. Which brings us to the third thing we must remember.

3. GOD CAN BE TRUSTED.

Many people find it easy to trust God when they focus on phrases like "God is good" or "God is love," but we must remember also that "God is just." This is difficult for some when faced with natural disasters in light of verses like Psalm 115:3, which says *"Our God is in heaven; he does whatever pleases him,"* or *Isaiah 45:7, "I form the light and create darkness, I bring prosperity and create disaster; I, the Lord, do all these things."*

We look at the world and its natural disasters and decide what is just and unjust based on our own thoughts and emotions. We look at the Bible and, rather than letting it say what it says, we interpret it as what we want it to say. But, we must remember *Isaiah 55:8-9, "For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."*

We, who are as broken as all of nature, are the ones who can not be trusted. Our judgement is not sound. Proverbs 3:5 reminds us to *"Trust in the Lord with all your heart and lean not on your own understanding."* If we can't trust our God in all things, who then can we trust?

4. THERE IS STILL JOY TO BE HAD.

For many, surviving a natural disaster means more than losing material possessions; it means losing loved ones. Under

such circumstances, it might seem difficult to experience joy while facing such devastation, but feeling joy in the face of suffering is not to deny pain. For children of God, suffering and joy go hand in hand.

Peter wrote to scattered Christians telling them, *"In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials."* (1 Peter 1:6) Paul is a great example of this also. While he didn't face tornados, hurricanes or earthquakes, the list of his personal trials is quite extensive - you can read about it in 2 Corinthians 6:3-10. Notice his words at the end of his list of trials, *"sorrowful, yet always rejoicing."*

Natural disasters remind us of several truths: life is short, we are frail, and death is certain. Sadly, we are also reminded of the countless lost souls among us. By expressing joy in the midst of crisis, Christians glorify the Lord, encourage one another, and point the lost to hope in Christ.

Perhaps our best example in suffering is found in Job 1:21. After losing material possessions, his own health, and all of his children, the cry of his heart was, *"The Lord gave, and the Lord has taken away; blessed be the name of the Lord."*

5. WORSE THINGS ARE YET TO COME.

When we read Matthew

24:5-8, it's clear that despite the natural disasters we face now, there are worse things to come and we must be ready. *"For many will come in my name, saying, 'I am the Christ,' and they will lead many astray. And you will hear of wars and rumors of wars. See that you are not alarmed, for this must take place, but the end is not yet. For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places. All these are but the beginning of the birth pains."*

This verse sums up all the points above. There are birth pains because we live in a broken world. God is sovereign and he can be trusted as he tells us to not be alarmed because these things must take place. We can glorify the Lord in our response to crises and point others to Christ. But the good news is, while there are worse things yet to come in this life, Paradise is on the horizon!

Isaiah 25:8-9 tells us, "He will swallow up death for all time, And the Lord God will wipe tears away from all faces, and He will remove the disgrace of His people from all the earth; for the Lord has spoken. And it will be said in that day, 'Behold, this is our God for whom we have waited that He might save us. This is the Lord for whom we have waited; Let us rejoice and be glad in His salvation.'"

— Beth Ann Baus is a wife and mother of two adult sons. She is a freelance writer and author of novels, Sister Sunday and My So Much More. In her writing, Beth often pulls from her own experiences of abuse, anxiety, depression and OCD. Beth has a heart for homeschooling, women's ministry, and is an ACBC-certified Biblical Counselor. She loves serving alongside her husband and pointing couples to the Word for strengthening their marriages and home life. You can find more from her at www.bethannbaus.com.



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'Commitment to America' outlines Republican goals after election

Republicans are hoping a new agenda, to be enacted should they take control of Congress in November, will motivate the party faithful and independents to actually vote. "Commitment to America," a multi-point plan of action, was recently released by House Minority Leader Kevin McCarthy (R-Calif.).

The platform was developed through a nationwide town hall-style process, with input from Republicans nationwide, including party leaders at the highest levels to everyday voters. The plan took over a year to develop and was modeled after Newt Gingrich's "Contract with America" which brought Republicans to power in 1994 for the first time in 50 years.

"Commitment to America" includes four categories—"An Economy That's Strong," "A Nation That's Safe," "A Future That's Built on Freedom," and "A Government That's Accountable."

It features policies to protect unborn life and support for women choosing to keep their babies, reduce crime, curb inflation, secure the U.S.-Mexico border and minimize illegal immigration, and ensure that only biological women are able to participate in women's sports, among other objectives. A "Parents' Bill of Rights" in the plan is important "because you will have a say in



your kids' education," McCarthy said.

The first piece of legislation to reach the House floor would "repeal 87,000 IRS agents," he said to an approving audience, alluding to one of the measures in the Inflation Reduction Act that Biden signed in August.

The "Commitment to America" is designed to be a blueprint for governing in 2023. Although Democrats currently have a majority in the House, Republicans feel confident that they'll regain control of the chamber when midterm election results are announced on Nov. 8.

Elections are being held for every seat in the House. At least 212 districts lean Republican while 192 favor Democrats, the Cook Political

Report announced on Sept. 21. The organization rates 31 districts as toss-ups. But some analysts are saying Democrats will see a much larger defeat. Republicans, say pollsters, typically turn out 5 points ahead of where they poll which could swing an additional 30 seats in their direction.

"Democrats control Washington. They control the House, the Senate, and the White House, and they control the committees and the agencies," McCarthy said. "They have no plan to fix all the problems they created, so you know what, we've created a 'Commitment to America.'

"We want an economy that is strong. That means you can fill up your tank. You can buy the groceries. You have enough money left over to go to Disneyland and save for a future—that the paychecks grow, they no longer shrink.

"We have a plan for a nation that's safe. That means your community will be protected. Your law enforcement will be respected. Your criminals will be prosecuted. We believe in a future that's built on freedom—that your children come first."

McCarthy, Minority Whip Steve Scalise (R-La.), House Republican Conference Chair Elise Stefanik (R-N.Y.), and Rep. Jim Jordan (R-Ohio) promised strict oversight into China's role in the COVID-19 pandemic, COVID-19 vaccinations, the illegal immigration crisis, and the flood of fentanyl into the United States.

"That's the essence of this campaign. That's the essence of our 'Commitment to America.' It's about fixing those issues and protecting your freedom," says Jim Jordan (R-Ohio).

Democrats responded with a phrase coined by President Joe Biden

and often repeated in the media—extreme MAGA.

In a Twitter post, House Speaker Nancy Pelosi's (D-Calif.) spokesman Henry Connelly bashed McCarthy's blueprint for "doubling down on an extreme MAGA agenda."

Before the plan can be implemented, Republicans must win in November—a feat that Jordan be-

lieves will happen.

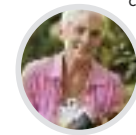
"From my background in sports, I learned a long time ago that you should never be overconfident. Yet it's important to confidently campaign with a message that says what we will do if we win," he says. "We'll see on Nov. 8, but I believe we're going to win, and then we'll start delivering on our commitment."

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Unexpected Spaces - Surprising home upgrades

Not all great things come in big packages, and home upgrades are an example of the truth in this wisdom. Unexpected, smaller spaces may not get the same attention as high-traffic areas like kitchens, bathrooms and living areas, but their impact can be just as powerful.

Get inspired to make improvements to the lesser-used areas of your home with these tips from the home decorating experts at Wellborn Cabinet, Inc.:

Entryway

It's the impression that welcomes guests into your home, so even if the space is small, your entryway warrants some TLC. Focus on making it open and inviting by removing any unnecessary furnishings. Some functional storage, like a bench with integrated coat hooks, can serve a practical purpose, and if you have the space, some built-in cabinetry with an eye-catching countertop can incorporate stylish storage.

Laundry Room

Getting motivated to do chores like laundry is easy when you have a beautiful setting for getting to work. Introducing pops of color in nontraditional places, like the cabinetry, adds a high-end elegance. Water-inspired and

earthy hues like Midtown Matte Tidewater or Arcadia Chiffon Cypress are perfect for the laundry space. Both are options in Wellborn Cabinet, Inc.'s Aspire Series, which features concealed hinges with self-close functionality and matching interiors for a high-class look, even when the doors are open for business.

Closet

A cluttered closet may not be the first thing a guest notices, but it's a space you visit daily. Improving the organizational features can streamline your morning routine and put you in a more positive frame of mind to start each day. There's no right or wrong when it comes to closet design, but using cabinetry in place of open shelving and rods lends a more luxurious feel. Plan for adequate hanging and closed storage, and if space allows, be sure to plan for shoes and accessories since these items can easily contribute to a closet's disarray.



Mini Bar

If you fear you don't have room for a mini bar, you may be surprised. Reimagining a larger cabinet, like the ones Wellborn Cabinet, Inc. offers in 30-, 33-, 36- and 42-inch widths, can create an instant bar out of just about any wall space where you can fit a cabinet. Install it as a coffee bar or traditional bar, or add the optional Appliance Pullout shelf for more versatility.

Pantry

Guests may not find themselves in your pantry very often, but you likely use this space every day. Transform your pantry for heightened utility in simple ways like using clear plastic bins for small boxed foods or stylish wicker baskets to hide away snacks. For a more permanent solution, take advantage of unused space on the back of the pantry door with thin shelves for items like seasoning packets and smaller canned goods.

Guest Bathroom

Swapping out a tired vanity and countertop is a relatively affordable upgrade that can completely change the style of a secondary bathroom. Be sure to also update the fixtures for a more contemporary look and, if budget allows, replace the flooring. Finish the project with a fresh coat of paint in a light, airy shade and add new textiles and a few decorative touches to complete the job.

Find more ideas for updating unexpected spaces in your home at Wellborn.com.

any space is more storage. Having convenient places to tuck away all your stuff makes rooms feel more open and inviting. Hidden storage solutions are often better because you can enjoy the

functionality they add to the space without interrupting your design aesthetic.

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4 Things Parents Should Know about Pinocchio

Geppetto is a lonely, middle-aged wood maker who finds companionship in a cat named Figaro and a fish named Cleo.

He creates cuckoo clocks that are much-desired by the people of his beloved city. He also makes toys for the local children – and sometimes, for himself.

His latest creation is a wooden marionette puppet he calls Pinocchio, so named because it was made of pine. Pinocchio has blue eyes and a yellow cap. Pinocchio also has a wide smile.

Geppetto has no desire to sell Pinocchio.

"He looks almost like a real boy," Geppetto says.

That night, the solitary and sleepy Geppetto – with no wife or children – makes a wish upon a "wishing star" that Pinocchio will come to life.

"If my wish came true, Figaro," he tells his cat, "that would be wonderful."

The next morning, Geppetto wakes up to a shocking surprise: The wooden doll he created from a block of pine is now alive.

It's all part of the new Disney Plus film *Pinocchio* (PG), which stars Tom Hanks in the lead role and Joseph Gordon-Levitt as the voice of the wooden puppet.

Here are four things parents should know:

1. It's a Live-Action Remake of a Classic

Pinocchio is the latest live-action remake of a Disney animated film and follows such remakes as *Dumbo* (2019), *The Lion King* (2019), *The Jungle Book* (2016) and *Beauty and the Beast* (2017).

The 1940 version of *Pinocchio* was groundbreaking for its time, receiving seven Academy Award nominations and winning two (Best Original Score and Best Original Song). Thanks to a series of re-releases, it remains the 45th highest-grossing film of all time when adjusted for inflation.

Both films are based on the 1883 book, *The Adventures of Pinocchio*, by Carlo Collodi, about a boy whose nose grows when he lies.

2. It Parallels the 1940 Film

The 2022 version largely follows the plot of the 1940 film, with a few exceptions. Geppetto creates a wooden doll and then wishes upon a "wishing star" that Pinocchio will become a "real boy." As Geppetto sleeps, a blue fairy uses magic to turn Pinocchio into a talking doll. Pinocchio is sent by Geppetto off to school but is lured away by a sly fox (Honest John) who promises him fame and sends him to



Stromboli's puppet show. Pinocchio escapes from Stromboli but is tempted once again, this time to visit the so-called Pleasure Island (which has no cops, parents or rules). He escapes Pleasure Island and is reunited at sea with Geppetto, yet the two are swallowed whole by a sea monster (Monstro), who subsequently spits them out onto dry land when Pinocchio starts a fire. In the film's final moments, Pinocchio turns into a human.

The film has a few noteworthy additions and changes. In the 2022 version (and unlike the 1940 film), Pinocchio does indeed make it to school but is kicked out by the headmaster, who tells him, "school is for real children, not ridiculous puppets." In another change, Pinocchio isn't visited by the blue fairy when his nose stops growing. (Instead, it shrinks when he apologizes for his fibs.) The biggest change takes place at the end: In the 1940 version, Pinocchio drowns and is brought back to life (with Geppetto praying by his bedside). In the 2022 version, it is Geppetto who dies and is revived as a crying Pinocchio sings *When You Wish Upon a Star*.

3. It Is a Lesson on the Conscience

Of course, the backdrop to the plot is the moral tale about Pinocchio, who is created without a conscience. The blue fairy appoints a talking insect named Jiminy Cricket to be Pinocchio's conscience until he develops one for himself.

"A conscience is that still small voice that most people refuse to listen to," Jiminy Cricket says. "And that is the entire problem with the world today."

For the rest of the film, Pinocchio stays out of trouble when Jiminy Cricket is by his side but succumbs to temptation when the two are separated. At Pleasure Island – where children steal, lie and vandalize – Pinocchio is told by one of the attendees not to take his conscience.

It's a lesson grounded in Scripture: Ro-

mans 2:15 says the law is "written on our heart," and our conscience is "bearing witness."

Still, we must remember that our conscience is tainted by sin. Even though it can be a general guide, it is not the final word on right and wrong. That role belongs to God's Word.

The film also includes solid lessons on temptation, peer pressure and family love. It even has a good message about adoption.

4. It's a Film Kids Will Enjoy

The 2022 version of *Pinocchio* remains family-friendly, with no sexuality (minus a can-can dance) and only minor language (details below).

But it has been widely panned by critics, who call it pointless, soulless and unimaginative. (Its Rotten Tomatoes score is an awful 30 percent.)

Perhaps *Pinocchio* is, indeed, another live-action remake that we didn't need. No doubt, the 1940 version is significantly more fun and entertaining.

But if a 10-year-old Martian boy were to land on Earth and watch *Pinocchio*, I am quite certain he'd enjoy it. I'm confident that most 10-year-old children of Earth will, too. (Mine did.) Just because one thing (1940 *Pinocchio*) is far better doesn't mean another thing (2022 *Pinocchio*) isn't good.

Besides, there are children who would prefer a live-action film over a film with 1940s animation. And thanks to this remake, they will be introduced to a classic tale about right and wrong, temptation and conscience. Perhaps they even will be tempted to watch the 1940 classic.

Pinocchio is rated PG for peril/scary moments, rude material and some language.

Entertainment rating: 3 out of 5 stars.
Family-friendly rating: 4.5 out of 5 stars.
–Michael Foust

Johnny Cash's Christian Transformation Is Subject of New Film by Kingdom Story



The faith-based studio that produced *I Can Only Imagine* and *American Underdog* is behind a new documentary about Johnny Cash that will follow his spiritual transformation and include more than 100 tapes that have never been publicly released.

Johnny Cash: The Redemption of an American Icon will release in theaters for only three nights – Dec. 5, 6 and 7 – and include interviews with Cash's son, John Carter Cash, as well as Marty Stuart, Wynonna Judd, Jimmie Allen, Alice Cooper, Franklin Graham, Joanne Cash, Yates, Greg Laurie, Sheryl Crow and Tim McGraw.

Kingdom Story Company, the same company that produced *I Can Only Imagine*, *American Underdog*, *I Still Believe* and *Woodlawn*, made it. Fathom Events will release it. Ben Smallbone directed it.

"Johnny Cash is an American icon who undoubtedly shaped the musical landscape," said producer Jon Erwin. "Behind the fame is the true story of a man who was haunted by his own inner

demons, and through facing them, ultimately found an unshakable faith in God."

Said Cash's son, John Carter Cash, "I think of all the documentaries made about my dad, he'd be most excited about this one."

The film tells how Cash was rescued from a cycle of depression and drug addiction during the time of his famous album, *Man in Black*. Cash found hope and peace in his Christian faith.

The Cash family gave Kingdom Story Company access to more than 100 tapes that were originally recorded for Cash's autobiography. They've never been heard outside of the Cash family.

"Here's the great contradiction – who could be friends with Willie Nelson, Waylon Jennings, and Billy Graham all at the same time? The answer, Johnny Cash," said pastor and producer Greg Laurie of Harvest Ministries. "He was a contradiction at times, but he had a deep faith that he always returned to."

–Michael Foust

Liverpool Legends Return to TPAC

Liverpool Legends "The Complete Beatles Experience!" returns to the Topeka Performing Arts Center (TPAC) on Saturday, October 29, 2022 for a 7:30 pm performance.

"I can't believe how phenomenally popular the Liverpool Legends are" said Larry Gawronski, Executive Director of the Topeka Performing Arts Center. "There is so much social media asking us when they are returning to TPAC. We must give the audience what they want! Hands down, this is the BEST Beatles experience on tour today and we are thrilled to have them back in Topeka. It's great to see multiple generations enjoying the music of The Beatles. It's a family fun experience!"

The concert transports you back to



1964 when the Beatles made their first US appearance on the Ed Sullivan show. It transitions through their touring days and illustrates the artistry of each individual Beatle as they play hits from Sgt. Pepper's Lonely Hearts Club Band, Abbey Road and many more.

For more information about the show visit TPAC's website www.topekaperformingarts.org/events

The 7 Best Family Movies and TV Shows Streaming this month

Here are the seven best family movies and television shows streaming this month.

1. *The Lord of the Rings: Rings of Power* (Prime)

It's the prequel to the blockbuster *Lord of the Rings* films and follows a young elf named Galadriel in her search for the evil Sauron of Middle Earth. With a price tag of \$1 billion, this five-season project is the most expensive series in television history. So far, it's winning fans of J.R.R. Tolkien. It's also (thus far, at least) family-friendly. Due to frightening images, *Rings of Power* may be best for older children. Rated TV-14.

2. *Legacy Peak* (Pure Flix)

A young man plans a getaway with his girlfriend's kids to try and win their hearts, only to find himself fighting for survival when their airplane is forced to make an emergency landing. The film stars Lucas Black (*Fast and Furious* franchise, *NCIS: New Orleans*) and was directed by Aaron Burns (*Beyond the Mask*, *Overcomer*). It is one of 10 original movies and series streaming on Pure Flix this year.

3. *Rudy* (Pure Flix)

A football player overcomes multiple obstacles to fulfill his dream of playing for Notre Dame. The film is based on a true story of a small-in-stature player who didn't have the grades or the money to attend the prestigious school yet found a way to enroll. It stars Sean Astin in the lead role and is considered one of the best sports movies of all time. It's based on the true story of Rudy Ruettiger. Rated PG.

4. *Despicable Me* and *Despicable Me 2* (Netflix)

A villain hatches a plan to steal the moon in order to become the world's greatest criminal but is transformed into a good guy—sort of—after he adopts three young girls. *Despicable Me* (2010) follows the hilarious and dramatic conversion of the man we call "Gru." In *Despicable Me 2* (2013), he falls in love. Both films are rated PG and include solid messages about redemption, forgiveness, adoption and love. Animated.

5. *America's National Parks* (Disney Plus)

Some of America's top national parks are profiled in this eight-episode series that combines jaw-dropping landscapes and elusive wildlife to give the viewer an up-close snapshot. Originally broadcast on National Geographic, the series spotlights Olympic, Yosemite, Everglades, Saguaro, Yellowstone, Gates of the Arctic, Grand Canyon and Great Smoky Mountain National Parks.



6. *Pinocchio* (Disney Plus)

A lonely, middle-aged woodworker makes a wish that his marionette puppet will come to life—and it does. This live-action re-telling of the 1940 animated classic stars Tom Hanks in the lead role and includes solid lessons on honesty, conscience and family love. Both are based on the 1883 book, *The Adventures of Pinocchio*, by Carlo Collodi. Rated PG for peril/scary moments, rude material and some language.

7. *Minions: The Rise of Gru* (Home Video)

A quirky 11-year-old boy has dreams of becoming a supervillain but is rejected by his favorite villainous gang (The Vicious 6). He then sets out to prove he's worthy. *The Rise of Gru* is the backstory to the *Despicable Me* franchise but without the redemptive element. (For that, you'll need to watch the other films.) Even so, it's entertaining and hilarious, especially when the Minions are involved. Rated PG for some action/violence and rude humor.

—Michael Foust

'Knocking down' genre walls, Christian music reaches new audiences

You don't have to be a fan of contemporary Christian artists to have heard Christian music in recent years.

Thanks to a wave of collaborations between CCM artists and those of other genres, you could be a fan of country music. Or pop music. Or even hip hop and rock.

In 2019, For King and Country partnered with hip hop artist Timbaland and pop singer Sydney Sierota of Echosmith for a new rendition of *God Only Knows*.

TobyMac followed with a collaboration with folk/rock singer Sheryl Crow on *Promised Land*. Chris Tomlin teamed up with country artists Thomas Rhett and

Florida Georgia Line on *Thank You Lord*, and then with Jimmie Allen, also a country singer, on *Love People*. Other collaborations have included Matthew West (country singer Carly Pearce: *Truth Be Told*), Zach Williams (Dolly Parton: *There Was Jesus*) and Lecrae (singer/songwriter John Legend: *Drown*).

"[With collaboration,] you are knocking down societal and genre walls, brick by brick. I think that's part of the reason people love it," Joel Smallbone of For King and Country told me.

Often, the collaboration involves mainstream artists who already were fans of the CCM genre.

"I love Christian music," Jimmie Allen, the 2021 CMA Awards New Artist of the Year, told me, saying he listens to Christian radio "all the time."

Collaborations have multiple benefits,



Smallbone and his brother Luke say. For starters, collaborations open a door to a new audience. In other words, it's a way for Christian artists to reach a new set of fans.

"When you've got a different voice on your song, there are people who follow that artist and then [they] start listening to your songs," Luke Smallbone said.

Other songs naturally lend themselves to collaborations — *God Only Knows*, for instance.

"We had this song that felt universal," Joel Smallbone said. "And it felt like it was bigger than our two voices. And so what do people respond to? They respond to rhythm. So Timberland was just so magnificent in bringing his own beat."

Music fans also "respond to the beauty of different voices," he added. That's where Dolly Parton enters the picture. In

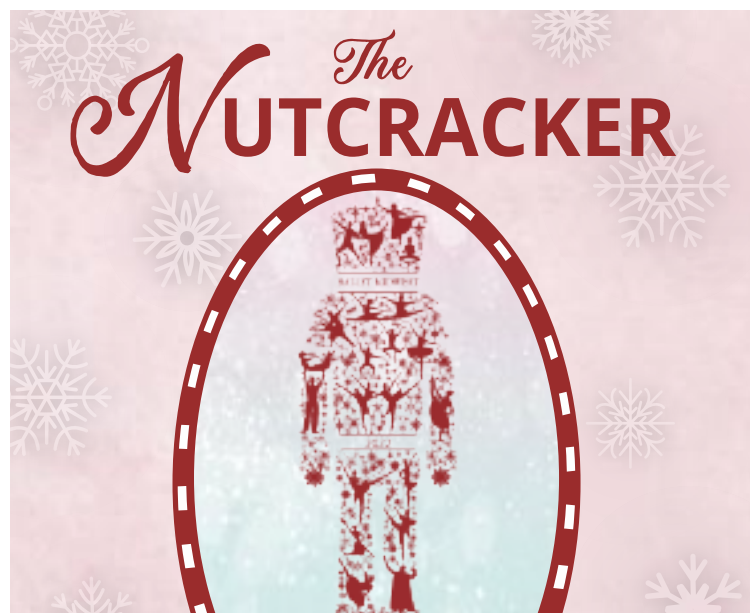
December 2019, she teamed up with For King and Country for another version of *God Only Knows*.

"Dolly was a long shot. We were going for a hole-in-one there," Joel Smallbone said. "And by the grace of God, she loved the song, and she came back and put her heart into it."

New voices can give a song new meaning, Luke Smallbone added.

"That's a lady who has been in entertainment for 60 years," he said. "So when she says 'God only knows,' you can hear her going, 'I'm thinking through what I've been through.' That's part of the charm of it. You take the same song, and someone else can sing it. And it can mean something different to you. I think that's the power of a voice."

—By Michael Foust | Metro Voice



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A Guide to Enjoying Life in the Best Years

Fitness Tips for 50-Plus

One of the most important reasons to exercise at 50-plus is to keep your weight in check. By maintaining a healthy weight, you lower your blood pressure and decrease your risk of heart disease, diabetes and arthritis.

Inspired to break a sweat? Before you grab your water bottle and gear bag, keep these six fitness tips in mind.

DOs

1. Strength train.

Muscular strength declines with age, so strength training is key for maintaining strength and preventing muscle atrophy at 50-plus. Strength training has also been shown to help with bone density, and which decreases the rate of bone breakdown, helping reduce the risk of fractures

later in life.

2. Get an exercise partner.

If you work out with a friend or your spouse, you generally tend to exercise more regularly because you have that person to coax you. Even owning a dog will get you out and walking.

3. Stretch regularly.

As our bodies age, our tendons get thicker and less elastic. Stretching can counter this and help prevent injury at 50-plus. Remember to stretch slowly; do not force it by bouncing.

DON'Ts

1. Start exercising without your doctor's blessing.

Consult your health care provider if you have underlying health risks such as a cardiovascular, metabolic or

renal disease. Inactive individuals who are healthy do not need an evaluation but are recommended to start slow and progress gradually. If you have any concerns or are unsure how to start, consult your physician.

2. Sign up for an expensive gym.

If you're on a budget, you can get plenty of exercise at home. Great fitness tips: Moderate time spent walking, gardening and even vacuuming all count as exercise. A modest investment in dumbbells and exercise bands will also allow you to do strength training at home.

3. Focus on cardio only.



While cardiovascular exercise is important, so is stretching and strength training (see the "Dos" for details) as well as core strength and balance exercises. Tai chi, Pilates and certain

kinds of yoga can enhance balance and core strength at 50-plus, which will help support and protect your spine and may help prevent a future fall.

TRY IT

Sit Less, Move More

Knowing you should exercise more can feel daunting, especially when you're just starting out. Some people don't feel they can fit in the full amount of physical activity their doctor recommends—and they give up on moving altogether. But those recommendations are just guidelines. It doesn't have to be all or nothing. Try to focus on being less sedentary rather than more active. For example, you do not have to reach the goal of 10,000 steps per day in a week, but this could be the goal to reach over two to three months.

Research shows that sitting still for long periods of time can cancel out the effects of 30 minutes of exercise. There is evidence that being too sedentary, such as prolonged time in front of a TV, is perhaps as harmful to your heart health as not exercising at all. Prolonged inactivity is linked to obesity and diabetes, even in people who are active for part of the day.

Yes, daily exercise is important, but so is regularly getting up and just moving around throughout the day.



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.

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► 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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5 Steps to Properly Manage Blood Pressure



Nearly half of all American adults have high blood pressure, or hypertension, according to the Centers for Disease Control and Prevention. Of those, about 75% don't have it under control, and many may not even realize they have it unless they experience other complications.

In fact, high blood pressure is a leading cause and controllable risk factor for heart disease and stroke as well as other issues such as kidney failure, vision loss and sexual problems. However, the American Heart Association recommends taking these simple steps to help control your levels and manage risks.

1. Know Your Numbers

In most cases, normal blood pressure is 120/80 mm HG or less.

Readings consistently higher than 130/80 are considered high blood pressure. Have your blood pressure measured at least once a year by a health care professional and regularly monitor it at home with a validated monitor then discuss the readings with your doctor. Getting accurate readings can help ensure the most appropriate treatment should any problems arise.

2. Maintain a Healthy Weight

If you're overweight or obese, you're at increased risk of high blood pressure. Losing just 3-5% of your body weight can help improve your numbers. There are an abundance of plans and programs available that can assist with weight loss, and taking positive steps with a friend or family member may help with motivation.

3. Get Active

To maximize health benefits and help keep blood pressure in the normal range, the American Heart Association recommends adults get at least 150 minutes per week of moderate activity, 75 minutes of vigorous activity or a combination of the two. Try activities like brisk walking, swimming, bicycling or dancing. For example, the Get Down with Your Blood Pressure campaign uses music and dance to help remember the four easy steps to self-monitor blood pressure:

- **Get It** – grab your self-monitoring blood pressure (SMBP) device
- **Slip It** – slide the SMBP cuff up your arm
- **Cuff It** – wrap the cuff snugly, but not too tight
- **Check It** – check your blood pressure on the device

4. Eat Well

Making small, simple changes to your eating habits can go a long way toward keeping you and your family healthy. Eating fruits and vegetables, such as mangos, avocados and blueberries, can lower blood pressure over time. Other smart choices include nuts and seeds, whole grains, lean proteins and fish.

5. Reduce Alcohol and Tobacco Usage

Smoking compounds risk factors for heart disease, such as high blood pressure and diabetes, and the chemicals in tobacco smoke can harm your heart and blood vessels. Similarly, consuming alcohol excessively (more than two drinks per day) is associated with high blood pressure. Limiting alcohol consumption and stopping smoking – or avoiding secondhand smoke – can help reduce your risk.

If you develop high blood pressure, work with a health care pro-

fessional to manage it, and visit heart.org/hbpcontrol to find local blood pressure resources, step-by-step self-monitoring videos and more.

Monitoring Your Blood Pressure at Home

Knowing how to correctly check your blood pressure is important, especially if your doctor recommends regular self-monitoring at home.

- **Be still.** Don't smoke, drink caffeine or exercise during the 30 minutes before measuring your blood pressure. Empty your bladder and take at least 5 minutes of quiet rest time before measuring.
- **Sit correctly.** Sit with your back straight and supported. Keep your feet flat on the floor and your legs uncrossed. Support your arm on a flat surface, such as a table, with your bicep at heart level. Place the bottom of the cuff directly above



the bend of your elbow. Never take measurements over sleeves or other clothing.

- **Measure at the same time every day.** For greatest consistency, take readings at the same time daily, such as a set time in the morning and evening.

- **Take multiple readings and record the results.** Each time you measure, take 2-3 readings approximately 1 minute apart and record the results to share with your doctor.

– Family Features

sports

Bryce Young, QB for No. 1 Bama: I Want to 'Embody Christ in all I Do'



The defending Heisman Trophy winner says his faith is giving him purpose and peace as he prepares to lead No. 1 Alabama during his junior season.

Bryce Young guided the Crimson Tide to the SEC title and the College Football Playoff National Championship game in 2021 while becoming a runaway winner of the Heisman Trophy. Although Georgia edged Alabama during the national title game, Young and his team are ranked No. 1 heading into the 2022 season thanks to a core of returning players.

"I work to be the best version of myself that I can be and to embody Christ in all that I do," Young told the Sports Spectrum Podcast for an episode that will be released on August 31. The Sports Spectrum website recently posted excerpts. "So, for me, regardless of how someone else views me, whatever award, accolade, what someone may say ... at the end of the day, what motivates me and pushes me is to model myself after the Lord."

Young has been outspoken about his faith since stepping onto the Alabama campus. His Twitter bio reads "Follower of

Christ." A picture on his bio depicts a cross.

Last season, he referenced his faith during his Heisman Trophy acceptance speech.

"First and foremost, I'd like to thank my Lord and Savior, Jesus Christ. Without Him, I couldn't be here, and through Him, all things are possible," Young said before addressing his father and mother, who were in attendance.

He completed 68 percent of his passes for 4,322 yards with 43 touchdowns and just four interceptions during the regular season last year. Included in that was a last-minute, Heisman-worthy touchdown drive against Auburn that saved the Tide's championship hopes.

"There's a lot of excitement surrounding this year, this team," he told Sports Spectrum for the August 31 episode. "Obviously, it's a new group of guys. ... [Head coach Nick Saban] has a very strict policy year to year that you're not entitled to anything, so right now, it's all of us individually proving ourselves, us pushing each other to get better."

Young and his teammates learned plenty of lessons during a 2021 season in which they fin-

FROM THE CHEAP SEATS

by Rob Mooney

There are so many things happening in the world of sports right now I have literally stared at my computer for what seems like an eternity, contemplating what I should write about.

There's the amazing turnaround on the gridiron over here in Lawrence. The Kansas Jayhawks are currently 4-0 as they prepare for the Iowa State Cyclones. At the end of last season we

caught a glimpse of what the future could hold for the 'Hawks. After getting dumped by K-State by 25, they went on the road and beat Texas and then played TCU and West Virginia close. The last three games were 3 of the highest scoring games they had last year, showing what was potentially on the horizon.

Now, here they are, averaging more points per game than Alabama



and scoring just as many touchdowns as Ohio State. As a longtime KU fan, it just seems natural to wait for the wheels to fall off, but as the players gain more confidence so do I. I've always said that I just want them to be competitive each week. Looks like they will be.

Kansas State just knocked off Oklahoma in Norman. I know several people who were questioning the transfer of quarterback Adrian Martinez. They're not questioning it anymore. He had 234 passing yards and 1 touchdown through the air.

Yeah, not bad, but did I mention he also rushed for 148 yards and 4 touchdowns? That guy was straight up ballin' against the Sooners!

Albert Pujols hit his 700th home run against the Dodgers in September, putting him in an elite class of



players who have reached the 700 mark. Babe Ruth, Henry Aaron and Barry Bonds. Not bad company to be mentioned with. He has his Cardinals poised to make a playoff run after they clinched the National League Central division. Do the Cardinals seem like one of the most consistent teams in Major League Baseball? Since the year 2000, they have won 11 division titles and have clinched 5 wild card berths. That leaves 6 years that they play in the playoffs. Incredible.

Sticking with baseball and home runs, how about Aaron Judge reaching 60 home runs this year? He's still vying for number 61, which is the American League record set by Yankee great Roger Maris in 1961.

The Kansas City Chiefs lost a heart breaker to the Colts this past weekend but what's more surprising than anything else in the NFL is the total beatdown that the Jacksonville Jaguars laid on the Los Angeles Chargers 38-10. I was in shock when I saw that score. I know it's only one game, but many folks had the Chargers as a possible Super Bowl contender this year. Still a long way to go!!

ished 13-2, he said.

"I think the biggest thing that I took away – we took away as a unit – is that all things come to light," Young said. "I think there

was a lot of shortcuts we were taking, a lot of stuff we weren't doing to our level, to our standard. A lot of little things that we should've ironed out that didn't

really get ironed out. In the big moments throughout the season, I think all those little things got exposed."

—Michael Foust

Deion Sanders says prayer saved his life during health crisis

Deion Sanders, the Hall of Fame football player and Jackson State University head coach, cried out to God to save his life while hospitalized last year. During the 2021 college football season, Sanders missed three games after doctors found blood clots in his leg.

The clots were severe and required two toes to be amputated from his left foot.

"Shoot, it's been a tremendous ride," he said, according to "The Christian Post." "We may smell like the smoke because we've been through the fire. But I wouldn't change none of it. I needed it. I love it, I'm proud of it, I'm thankful for it. I got to really see God's face and the different personalities of God, I feel."

The 55-year-old spoke of the fear he



felt of the possibility he could lose his life.

"It was a blessing," he said. "Because I could have lost my life very easily. It was there. It was a thought process of losing my leg from the knee down. It was almost there. So when I look up and say, 'thank you,

Jesus,' it's because I know the quiet cries at night that were in that hospital."

Sanders said his faith was on full display, and God answered his prayers.

"I know all the speaking in tongues and the prayer and the fellowship of God and the praising him through and through, I'm pretty sure that some of those nurses thought I was crazy," he said. "I know when they walked out of there, they said, 'That negro there saved,

I don't care what you all say, he's saved because ain't no way in the world, he called on the Lord all night."

Sanders said he cut his recovery time short to be present at a Jackson State game because his son Shedeur Sanders, the quarterback of the team, told him: "Dad, I need you." Shedeur Sanders is a young man of few words, which compelled the loving father to be there for his child and the team.

"When I think back on it, it was stupid," he said. "It was stupid, because I wasn't in any physical condition. But I missed my team, I missed the coaches, I missed the feeling of the crowd, I missed the fans, the sonic boom, I missed all of it. Didn't have no strength. I probably was 40 pounds light, weak. It wasn't a good decision, but I'm glad I made the decision and God saw me through."

National Review editor blasts Kansas Gov. Kelly for cynical ad about men playing women's sports

Kansas governor Laura Kelly, a Democrat running for reelection, released an ad last week saying, "You have seen my opponent's attacks. So let me just say it: Of course men should not play girls sports. Okay, we all agree there."

"The ad is an attempt at defensive culture war politics — and also brazenly dishonest and cynical," editor Rich Lowry wrote in "National Review." "As Kelly demonstrates, some Democrats feel compelled to say such things, but these kinds of assurances generally aren't forthcoming from the national Democratic Party."

Kelly vetoed bills in both 2021 and 2022 to keep males from competing in girls' sports. The bills passed the Kansas legislature handily, and the Senate voted earlier this year to override her veto 28-10 (the House failed to override by three votes). Her campaign still has an online petition against the bill, calling it "hateful, discriminatory legislation." It is allegedly "a direct attack on Kansans across the state — from the student athletes who are being discriminated against to the communities harmed by potential economic repercussions."



Forced to square her ad with the vetoes and her past rhetoric, she has resorted to unpersuasive parsing. Incredibly enough, she is trying to argue that her ad was only talking about "a male over the age of 18" trying to compete in sports with younger girls — something that no one supports. A spokesperson for Kelly said, "These decisions should be made by medical professionals, school officials, families and local jurisdictions — not politicians."

"The problem, though, is that the purveyors of trans-radicalism are so determined — and have such an ability to cajole and cow any institution or official who is not a committed opponent of the

agenda — that the only reliable vehicle for pushing back is the political process," Lowry said. "Conservatives are right to agitate for rules against males distorting and demeaning girls' sports — and to make Democrats defend the indefensible."

Kelly came out with her ad under pressure from her Republican opponent Derek Schmidt, who has been hitting the issue hard. He appeared at a news conference with Riley Gaines, a University of Kentucky swimmer who lost to Lia Thomas in the NCAA finals. Gaines also was featured in a spot from the Republican Governors Association.

"With Kelly, it's not even a matter of watch what she does, not what she says," Lowry said. "Prior to her TV spot, she wasn't even saying the right thing. She clearly knows she's vulnerable, which is why she took the radical measure of saying out loud something that most people believe. That she could bring herself to say this only in the final weeks of a close reelection race really tells you all you need to know."

Katy Nichole, on way to KC as part of Jeremy Camp tour: 'God Has Blessed Me In Miraculous Ways'

Katy Nichole recently took time to reflect on her blessings as she prepares for her upcoming gig, touring with Christian artist Jeremy Camp. Camp and Nichole have a concert date on October 7 in Kansas City as part of the "I Still Believe" tour.



EP this summer, around the same time she made her Grand Ole Opry debut. Her song "In Jesus Name" won a K-LOVE Fan Award for Worship Song of the Year.

The song also went No. 1 on Billboard's Hot

Christian Songs chart and stayed there for 12 weeks.

Speaking about her upcoming shows with Camp, she shared, "It was a no-brainer for me to want to go out with someone who's such an incredible musician with a heart for the Lord and a heart for missions."

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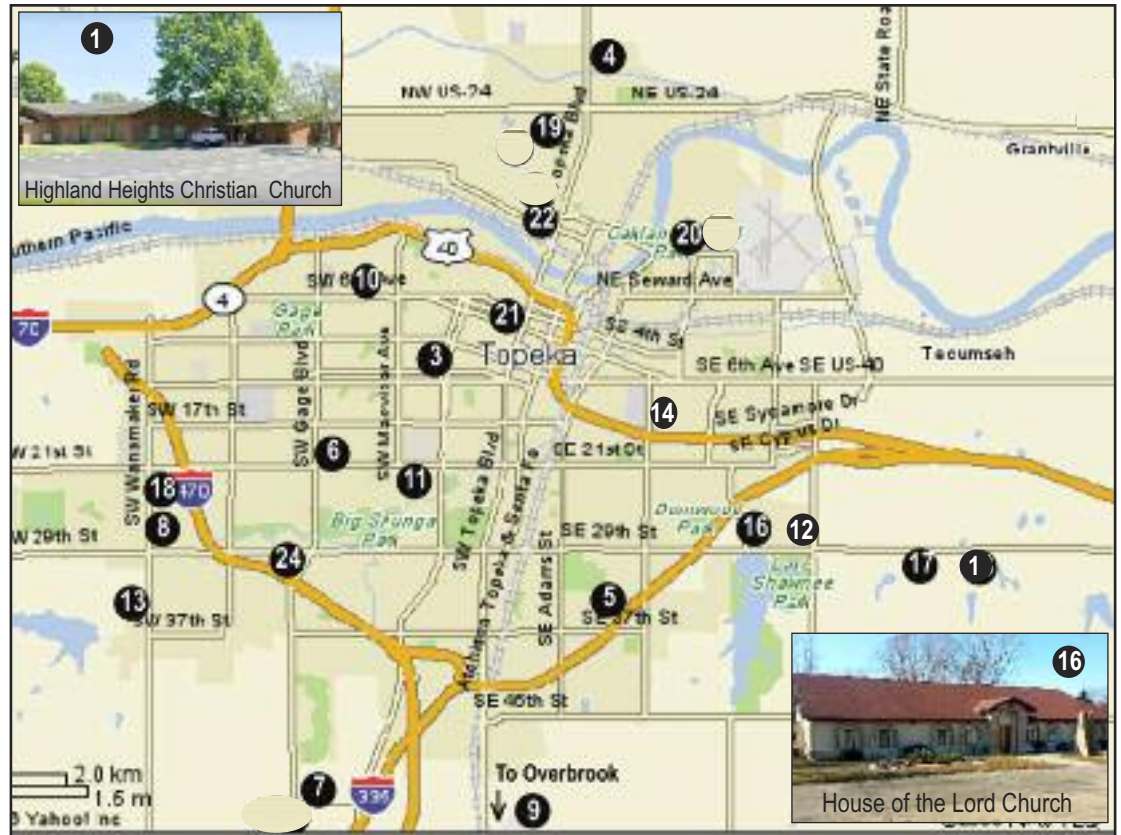


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Sunday Worship 10:00am & 6:00pm
AWANA Sunday at 5:45 p.m.
See our website for info on our
Student Ministries & Kid City
www.esbcks.org

22. FAMILY OF GOD CHURCH
1231 NW Eugene St.
Topeka, KS 66608
Pastor Roger Randel
Sunday Worship 10:30am & 6pm
Wednesday Bible Study 7pm
785-234-1111
FOGchurch.com

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

20. HERITAGE BAPTIST CHURCH
1937 NE Madison St,
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Pastor Dale Stockburger
Sunday Worship: 11 am and 6pm
Sunday School: Sun 10am
Wed. Evening Worship: 7pm

21. HARVEST FAMILY FELLOWSHIP
Meets at 522 SW Polk
785-220-5418
Pastor Rey Rodriguez
Sun. Worship 10:30 am
www.harvestfamilyfellowshiptopeka.org

9. GRACE COMMUNITY CHURCH
310 E 8th St (E. US 56 Hwy)
Overbrook, KS; 785-670-6456
Elvin Dillard, Senior Pastor
Sunday School 9 am; Worship 10 am
www.gccinoverbrook.com
office@gccinoverbrook.com

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

12. LAKEVIEW CHURCH of the NAZARENE
2835 SE Croco Road (785)266-3247
Rob Self, Senior Pastor
Facebook: Topeka Lakeview Nazarene
Sun. 9:30am: SS all ages & Discipleship Class
Sunday 10:45am: Nursery, Children's Church,
& Worship
Wednesday: Awana - 6:30pm - 8pm
Life Group/Bible Study - 7-8pm

13. WANAMAKER WOODS NAZARENE
3501 SW Wanamaker Rd • 273-2248
www.wwnaz.org
Sun. Worship: 9am (Hymns) & 11 am
Children's Worship 9 & 11 am
Sunday School 10 am, all ages
Sun. Evening Various Children's Programs
6 pm Life Groups; 6:30 pm Teen Service
Wed. 6:30 pm Adult & Teen Life Groups
Wed. 6:30 pm Kids University
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14. OPEN ARMS OUTREACH MINISTRIES COGIC
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3. TOPEKA BIBLE CHURCH
1101 SW Mulvane St., Topeka
785-234-5545
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www.discovertbc.com

4. NORTHLAND CHRISTIAN CHURCH
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Morning Worship – Sunday – 10:45 a.m.
Midweek Bible University – Wed. – 7pm

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

7. TOPEKA BAPTIST CHURCH
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4500 SW Gage Blvd., Topeka
785-862-0988
www.topekabaptist.org


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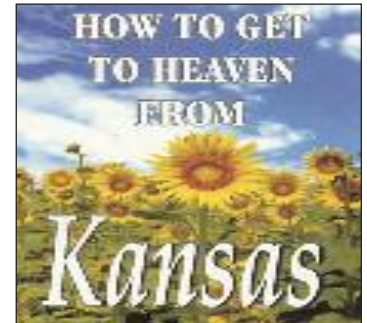
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1. Realize you are a sinner. Everyone starts the same place spiritually. "For all have sinned and come short of the glory of god." (Rom. 3:23). Sin's penalty keeps you out of Heaven and condemns you to Hell, separating you from God. Romans 6:23 says,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

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

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

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



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