



CHRISTMAS TREE DISPLAY

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metr VOICE

FREE!
TAKE ONE!

Ice rink coming Page 3



Page 10

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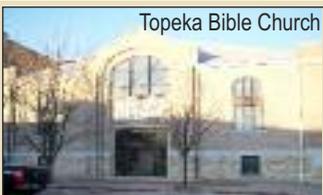
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NEW RESIDENT churchguide



Topeka Bible Church

See inside back cover!

Social Security Announces 8.7% Benefit Increase



Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023, the Social Security Administration has announced.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will

■ Please see SOCIAL SECURITY page 2



Festival tells the story of "The Greatest Gift"

Gary's transforms from Fall to "Festival of Lights"

Christmas is often a time where families come together to celebrate their love for one-another, creating memories by taking family pictures, enjoying traditions like watching Christmas movies or listening to carols...and of course sharing their favorite Christmas treats. Many families exchange gifts to show those

they love how much they care about them. Christmas at Gary's allows families to stroll the farm at their leisure and have conversations about the meaning of Christmas.

No matter what the season, Faith and Family is what is dear to the hearts of the folks at Gary's. For several years they have been a part of

many family Fall traditions. Now they are branching out, and feel they have the setting to share the story of Jesus Christ at Christmas.

This year, they will present a Holiday Festival starting on the Friday after Thanksgiving, called Festival of Lights. The festival will feature

■ Please see GREATEST GIFT page 2

'Share the Warmth' program begins



The 36th annual coat giveaway between Scotch Fabric Care and the Topeka Salvation Army provides coats for those in need through the "Share the Warmth" program.

Coat Collection and cleaning started October 19th and continues through November 19. Scotch Fabric Care locations are at 134 SE Quincy St., 2801 SE California Ave., 2007 NW Topeka Blvd., 1020 SW Wanamaker Rd., and 2848 SW Wanamaker Rd. Distribution: on Saturday, December 3: 9a to 2p at Topeka Salvation

■ Please see WARMTH page 2

OCC Drop-Off Sites to Open

More than 4,500 locations will open to collect Operation Christmas Child shoebox gifts for the Samaritan's Purse project. Volunteers are preparing to collect shoebox gifts during National Collection Week, Nov. 14 - 21.

Operation Christmas Child has been collecting and delivering shoebox gifts—filled with school supplies, hygiene items and fun toys—to children worldwide since 1993. Anyone can pack a shoebox! In 2022, Operation

Christmas Child hopes to collect enough shoeboxes to reach another 11 million children

Individuals, families, and groups still have time to transform empty shoeboxes into fun gifts. The project partners with local churches across the globe to deliver these tangible expressions of God's love to children in need. Find a step-by-step guide on the How to Pack a Shoebox webpage.

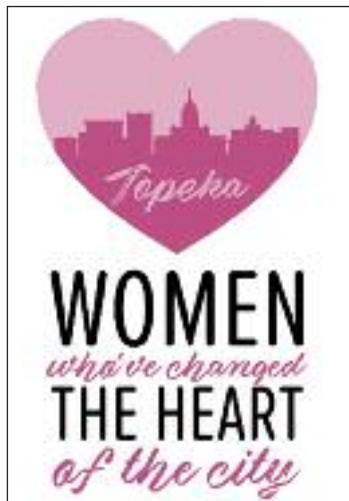
■ Please see CHRISTMAS CHILD page 3



The Urban Ministry Institute of Topeka to hold 'Women Who've Changed the Heart of the City' event

On Thursday, November 17, 2022, at 5:30 pm, TUMI Topeka will present the Women Who've Changed the Heart of the City 2022 Topeka event in the Sunflower Ballroom, Maner Conference Center at Hotel Topeka at City Center. Pattered after City Union Mission's flagship luncheon in Kansas City by the same name, the event will honor women whose vision, compassion and service have made a difference in the lives of those affected by poverty or incarceration in Kansas. Sponsorships and gifts given at the event will make it possible to rebuild and sustain seminary-level, leadership development in Topeka Correctional Facility, where nearly 100 women were enrolled in the two levels of the program prior to Covid-19. The purposes of the event are to honor women whose work has had significant impact on our communities, and empower incarcerated women and urban leaders for significant futures.

This year, The Urban Ministry Institute



of Topeka will recognize three honorees for exemplary and inspirational service among those impacted by poverty or incarceration in Kansas. Please join us in honoring these women:

- Debra Sabb for her work with the

be Saturday, December 3rd, 9am to 2pm at Topeka Salvation Army, 1320 SE 6th Street. Personal shoppers will be available to assist applicants in the selection of coats and the check-out process.

premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

Information about Medicare changes for 2023 is available at www.medicare.gov.

The Social Security Act provides for how the COLA is calculated. To read more, visit www.socialsecurity.gov/cola.

Topeka Rescue Mission, Topeka

- Tricia Sublett for her work with Hi-Crest Fellowship and impact on the Hi-Crest neighborhood, Topeka

- Dr. Alicia Thompson, Supt. Wichita Public Schools, Wichita

The Urban Ministry Institute of Topeka (TUMI Topeka) offers leadership development training and theology classes to equip leaders in Topeka's under-resourced neighborhoods, County jail and State women's prison. TUMI Topeka also works to identify and equip leaders through community courses and initia-

tives that target specific needs in the urban church environment.

By attending and/or sponsoring this celebration of inspirational leaders, donors will empower women who are incarcerated in our Kansas women's prison, the Topeka Correctional Facility, to change the heart of their cities and further equip urban men and women to lead in their neighborhoods.

Event information and donation buttons can be found at TUMI Topeka's website at www.tumitopeka.org/events and clicking on "About Us" and "Events,"

or call 785-431-6000 to RSVP.

TUMI Topeka serves the urban church by training theologically-sound, Christ-centered, Bible-based, contextually-skilled leaders who will win their cities through the victorious Gospel of our Lord Jesus Christ.

TUMI Topeka's address is 1023 SW 8th Ave, Topeka KS 66606. For more information, contact May Flin at maryflin@tumitopeka.org or 785-431-6000. Visit www.tumitopeka.org, or find on Facebook at www.facebook.com/TUMITopeka

GREATEST GIFT

continued from page 1

Christmas characters such as Santa and the Grinch, nearly one million lights, plenty of food items, shopping and plenty more to help you celebrate with your loved ones this season.

But at Gary's, they believe there is another reason to celebrate, and that's because of the greatest gift we've ever been given: that we are loved so much by God in heaven that he gave us His only son – Jesus – to be born as a baby and live among us. And they want to share this story with you.

At Gary's Festival of Lights, you will be taken on an excursion halfway around the world and over two thousand years ago to when a little baby was born in obscurity – but would ultimately offer redemption for us all.

While walking through "The Greatest Gift" you will encounter scenes depicting Mary and Joseph's story, the Wisemen's journey, and the Nativity.

Other holiday-themed activities on the farm will include a choreographed 32-foot singing Christmas tree, multiple photos and a magnitude of lights throughout the farm.

Guests can also visit Santa in his workshop on Fridays and Saturdays. But watch out! While Santa's taking Mrs Claus out, the Grinch will sneak in and take over his workshop! Be on the lookout for the mischievous green guy trying to steal the Christmas



Cheer!

After visiting Santa in his workshop, head into the tunnel of lights! Scan the QR Code as you enter Secular Row and test your knowledge of traditional and modern holiday



music and movies.

Bring your camera as you enter Candy Cane Lane where you will find many opportunities to take family photos. Be it a giant swing, a life size Christmas greeting card or visiting the land of frozen - you won't want to miss taking your Holiday family pho-

tos to create those lasting memories!

The familiar tasty treats guests are familiar with will also be available. This includes the pumpkin and blueberry donuts, seasonal flavored fudge made on the farm, funnel cakes and specialty hot chocolate drinks.

The farm opens at 5:30 pm and the last admission onto the farm is at 8:30pm on the following dates:

- November 25th through December 18th on Friday, Saturday and Sunday ONLY

- December 21st through December 23rd open at 5:30pm (CLOSED Christmas Eve and

Christmas Day)

- December 26th through December 30th open at 5:30pm

Gary's is located at 5991 17th Street, Grantville, KS 66429, off of Highway 24. For more information or for tickets, go to <https://garysfarmfest.com> or call (785) 246-0800.

WARMTH

continued from page 1

Army, 1320 SE 6th St.

Distribution of the cleaned coats will

SOCIAL SECURITY

continued from page 1

begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare

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Thank you, Anne

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Ice skating rink coming to Downtown

An ice skating rink will soon be coming to Downtown Topeka. It is expected to open November 12.

Every Plaza announced Friday a partnership with CoreFirst Bank & Trust that will bring the 'CoreFirst Ice Rink' to Every Plaza.

Officials say the rink will be open through January 2023, and will coincide with many holiday events that will take place near or at Every Plaza. Special events already on the calendar include Small Business Saturday on Nov. 26, Friday Flicks on Dec. 9, Miracle on Kansas Ave. Parade on Dec. 12, New Year's Eve on Dec. 31, and another Friday Flicks on Jan. 13. Themed late skates are also in the works.

Tickets for the CoreFirst Ice Rink go on sale November 1st online and at Every Plaza. Guests will get to skate for up to 90 minutes for \$12, and skate rental will be offered at \$3 per pair.

"CoreFirst is thrilled to partner with Every Plaza to bring ice to Topeka," said Kurt Kuta, President &



CEO of CoreFirst. "We believe in Every Plaza's mission to connect the community in a venue that celebrates Downtown. The CoreFirst Ice Rink will be the perfect driver to bring families, friends and neighbors together to create memories that will last a lifetime while supporting the continuous progress being made at Topeka's core."

"We look forward to the addition of the CoreFirst Ice Rink to our

venue as we believe it will bring families and our community together in a season we don't often get to participate in as an outdoor venue," says John Knight, Director of Every Plaza. "Every Plaza was created to be a community gathering space and we are delighted to bring additional experiences to Downtown Topeka to enhance the environment."

Officials say the rink will also be available for private rental.

C5 will host luncheon at National Guard Museum

The November C5Alive "POWER" Luncheon will be held on Nov. 10, 11:30 a.m. to 1:00 p.m. at the National Guard Museum at Forbes Field.

CH (CPT) Travis Forde, JFHQ/891st Engineer Battalion, Kansas Army National Guard, will be the featured speaker.



Forde

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.

CHRISTMAS CHILD

continued from page 1

"Now more than ever, children around the world need to know that

God loves them and there is hope," said Franklin Graham, president of Samaritan's Purse. "A simple shoebox gift opens the door to share about the true hope that can only be found in Jesus Christ."

Participants can find the nearest

drop-off location and hours of operation as they make plans to drop off their shoebox gifts. The online lookup tool is searchable by City or ZIP code. Signs at each location will identify the drop-off.

Those interested in more information on how Operation Christmas Child is making adjustments during its National Collection Week can visit the organization's webpage for the latest information and answers to Frequently Asked Questions: www.samaritanaspurse.org/what-we-do/operation-christmas-child



Operation Christmas Child, a project of Samaritan's Purse, seeks to demonstrate God's love in a tangible way to children in need around the world and, together with the local church worldwide, to share the Good News of Jesus Christ. Since 1993, Operation Christmas Child has collected and delivered more than 188 million gift-filled shoeboxes to children in more than 160 countries and territories.

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Nutcracker Takes Center Stage for 46th Year

BALLET MIDWEST HOSTS ANNUAL PRODUCTION



Symbolizing good luck and their ability to frighten away malevolent spirits, nutcrackers have long symbolized another thing for many people... the Christmas season. Based loosely on E.T.A. Hoffman's fantasy story "The Nutcracker and the Mouse King," the plot of the annual holiday ballet program depicts a girl whose new beloved Christmas gift of a wooden nutcracker that comes to life on Christmas Eve to battle against the evil Mouse King.

Make the Nutcracker ballet a part of your holiday must-dos and watch this unique story transform on the stage during the 46th annual Ballet Midwest Nutcracker, December 9-11, 2022 at the Topeka Performing Arts Center.

At the start of the show, the stage is set as a Victorian Christmas party with boys and girls running around with holiday glee. The merry crew are led into mischief by Fritz, who makes it his mission to torture his older sister, Clara, and the special gift from her mysterious godfather: a Nutcracker.

Falling asleep that very evening, Clara dreams of her darling Nutcracker, her very own night, battling evil against the wicked Mouse King. Victorious, Clara and her Nutcracker (now a handsome prince) travel through snow-covered fields, to cascades of flowers and through the sugar plum-filled Kingdom of Sweets, where dancers take to the stage representing different countries (and their corresponding treats!) throughout the second part of the show.

Ballet Midwest Company and Junior Company dancers are primary players on stage, but the cast includes both adults and children from the local community. Ages 3 to ageless make up the full cast of almost 200 dancers.

Ballet Midwest's Nutcracker Ballet is a holiday staple and will be performed live at TPAC, Friday, December 9th at 7:30 pm, Saturday, December 10th at 1:30 pm and 7:30 pm and Sunday, December 11th at 1:30 pm.

Ticket prices are \$22 for adults, \$20 for seniors 55 and older, and \$14 for students 18 and younger. A family

pack of two adult and two student tickets is \$60. Tickets can be purchased in person at the TPAC box office, from cast members, and at Barbara's Conservatory of Dance.

For more information visit www.balletmidwest.net.

Fun Facts:

- All local talent! All the dancers involved are trained right here in Northeast Kansas. Many grow up performing in the Nutcracker every year with dreams of the day they perform the lead roles in the production.

- It's the longest running Nutcracker in Northeast Kansas.



- Terrific lighting and theatrical effects to behold – smoking cannons, lighting flashes, growing sets, falling snow and more.

- Costumes are stunning! The level of detail with Victorian lace and sequins makes the dancers shine on stage.

- Christmas tree grows over 20 feet in front of your eyes.

- Acting plays a major role in the production – Shannon Reilly (Topeka Civic Theatre's Artistic Director) consistently creates magic on stage as Clara's godfather. Each cast member similarly strives to bring out the best in their role, whether scary or stunning, magical or mysterious.

- Incredible pas de deux (dance of two) to view: enjoy watching strong men lift ladies overhead, allowing them to gracefully hover in the air, spin with precision and glide through space.

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But let justice roll down like waters, and righteousness like an everflowing stream. - Amos 5:24



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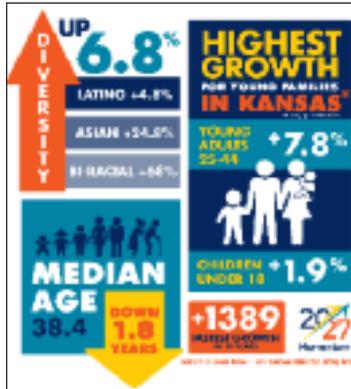
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Topeka area population grows, becomes younger



we are very excited to see this type of momentum occurring in a relatively short period of time! This is yet another metric validating the progress this community has fought for over the course of Momentum 2022. I couldn't be more proud and can't wait to see what else we accomplish together through Momentum 2027 — because Topeka/Shawnee County is just getting started."

"Our growth in young professionals,

in particular, is very exciting," said Fatima Perez-Luthi, incoming chair of Forge Young Talent. "Our mission is to provide young adults in Topeka and Shawnee County new ways to connect and build the future they want for themselves. I am proud to see our community make notable gains in this demographic. Word is getting out, and it's become clear Topeka is the best community for young adults and families to get started in."

The U.S. Census Bureau released its 2021 American Community Survey data on Sept. 15, showing that Shawnee County's population in 2021 increased by 1,389 residents over 2019 — the fastest population growth recorded in 10 years. The data also showed that Shawnee County is the only community among the top-five largest counties in Kansas to become younger during the two-year period, with the county's median age decreasing by 1.8 years to 36.6. The decrease was driven by increases in children under 18 (+1.9%) and young adults aged 25-44 (+7.8%). Shawnee County in 2021 led the state in growth in children under 18 and young adults aged 25-44.

"Between 2019 and 2021, the population in the county grew at an impressive rate," said Freddy Mawyin, senior economic advisor for the Greater Topeka Partnership and GO Topeka. "This was the largest and fastest population growth we have seen in the last decade. Our initiatives to attract new and younger talent are paying dividends, and this is evident in higher employment numbers, more attraction and retention projects, and a decrease in the county's median age. It is also important to note that the community is becoming more diverse, as our non-white population grew by almost 7%. That growth is being led by increases in Asian, Hispanic and bi-racial groups."

According to the data, Shawnee County saw the largest gains demographically in those identifying as bi-racial, which grew by 68%. Meanwhile, the number of local Asian residents increased by 24.8%, and Topekans identifying as Latino grew by 4.8%.

"This is what happens when you put strategy into motion," said Matt Pivarnik, CEO of the Greater Topeka Partnership. "Our record-hot housing market the past two years has led us to anticipate some population growth, but



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SACRIFICES NEEDED FOR MOM TO STAY AT HOME

Dear Dave,

I bring home about \$2,800 a month, and our mortgage payment is \$1,100. We have been forced to take money out of our savings account occasionally over the last year or so to help pay the bills. My wife loves being a stay-at-home mom with our two preschool kids, but even she is talking about finding a daycare for the kids so she can go back to work and help out financially. How do you feel about this idea and our situation?

Cade

Dear Cade,

I can't blame your wife for loving the idea of staying home with your kids when they're so young. Being a stay-at-home mom is a great thing if you can make the numbers work. Still, I'm sure it's no picnic trying to live on \$1,700 a

month with two little ones in the mix.

Let's look at it like a math problem with three components — house payment, income and lifestyle. Forty percent of your pay is going toward your home. That's way too much. Your mortgage payment or rent should never be more than 25 percent of your take-home pay. I suppose you could look into the possibility of refinancing your home, but that's not going to solve all your problems.

One option would be finding a way to generate some extra income, whether that means a part-time job nights or weekends, or pursuing additional education or certifications to get your income level up at work. Another is to sell the house and find a less expensive alternative, but I'm never a big fan of that idea — especially in a family situation — unless there's absolutely no other way to avoid bankruptcy or foreclosure.

I think you and your wife need to sit down and spend some serious heart-to-heart time talking things over, crunching the numbers and creating a plan. There's going to be some sacrifice involved for everyone, and only you two can decide what's worth it and what isn't — for you two and your kids.

God bless you and your family, Cade.
— Dave

We're in our 20s and aren't planning to have kids. What type of life insurance do

you recommend?

Dear Dave,

My husband and I are debt-free. We are in our mid-20s, we also have a full emergency fund and we each have 401(k) plans with our employers. Currently, we are looking at life insur-

ance. We do not plan on having children, so what length term policies would you suggest for a couple in our situation?

—Ashlie

Dear Ashlie,

I'd recommend you both find good 15- or 20-year, level term policies, with coverage amounts of 10 to 12 times your individual incomes. If you two have a change of heart, and decide you want kids later, I'd recom-

mend converting those to 30-year term policies, still at 10 to 12 times your incomes. Why? You'd want the insurance to be there to protect everyone in the family until the kids are out on their own.

Between now and then, and in the years after, your continued saving and wealth building will lead you to a place where you guys are self-insured. And that's a great place to be!

— Dave

Why You Shouldn't Listen to Those on Wall Street

By Ryan Shumaker
Smartvestor Pro at
The Retirement Team



Gas prices, grocery store bills, and interest rates have all been rising at a fairly high rate recently. It seems to be what everyone is talking about. The question is, where are they headed next?

To be blunt and to the point, no one knows and listening to those that claim they do is about as foolish as the predictions being made. Just look at this chart that shows where every single analyst on Wall Street had said they believed interest rates would be 6 and 12 months later at the start of each year (the blue dots) and where interest rates actually went (black line). You can see that for 3 out of the last 4 years interest rates were either lower than the lowest prediction from Wall Street or higher than the highest prediction. Not exactly a great track record. The numbers are even worse when you look to the stock market. 10 out of the last 12 years the SP 500 has either finished higher than the highest prediction or lower than the lowest prediction.

Trying to ascertain what financial

markets may do in the short run is like trying to guess which raindrop might make it to the bottom of a window first. It is simply impossible to do with any sort of accuracy, even for those whose primary job it is to do so. Despite this, many financial TV shows, newspapers, websites, and even portfolio managers are constantly trying to forecast the next short-term move. Everyone likes certainty and to know what's next, which is why this practice of wildly inaccurate guessing continues and why people keep listening. If you want to be successful financially, though, you need to ignore the noise. Basing your financial future on what someone said is going to happen in the short run is a surefire way to find yourself facing negative results.

A wiser course of action is to create a plan where short-term financial market movements and all the uncertainty surrounding them can be ignored. If you're sure you're going to have ever increasing income in retirement to overcome ever increasing prices regardless of what any financial market (be it stocks, bonds, real estate, precious metals, commodities, etc.) might do over the next month or year then it is much easier to ignore those that are more often wrong than

they are right. The fact is that it is not a question of if but when, and how many times, major financial markets will temporarily decrease in value when you're retired. Failing to have a plan for this inevitable scenario usually means you're planning to fail as you'll likely fall victim to emotional decision-making and start listening to and acting on rarely right predictions.

The next time you hear someone say where they believe the stock market, interest rates, oil prices, etc. are going in the near future, remember this article and chart. Then remember to ignore them. If any short-term movement of any asset is going to make or break your retirement you either have no plan or a poor one. If you're feeling the urge to act on a prediction you've recently seen or heard, you should instead consider speaking with a financial professional that can help create a comprehensive strategy that covers tax reduction, Social Security timing, pension decisions, and inflation fighting income streams.

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.



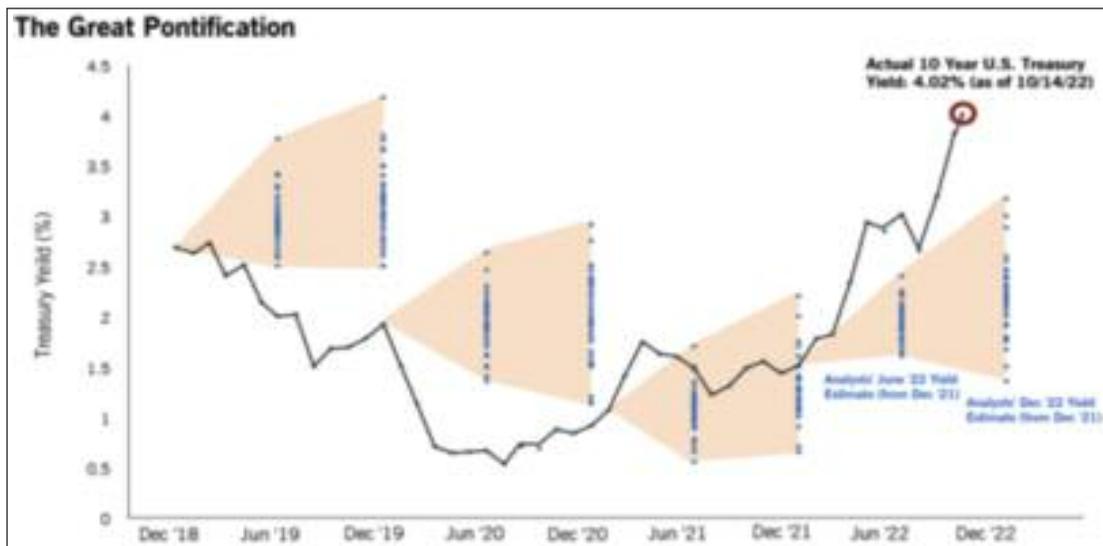
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Are you financially prepared if disaster strikes?

By Jim Hanna

Natural disasters – from floods and wildfires to hurricanes, tornadoes and snowstorms – seem to be in the news all too frequently. As you watch or read stories about the challenges facing victims of the latest disaster, you might try to convince yourself that it will never happen to you.

Nearly anyone, however, may be exposed to a natural disaster at some point. Keeping you and your family safe is the ultimate priority but so is mitigating the impact of financial loss. Taking steps to be financially prepared for such an occurrence can determine your readiness to handle a life-changing event. Here are some things to keep in mind to help you prepare.

Proper protection in place

There may be no more important step than to make sure you have appropriate insurance coverage that is current and up-to-date. This includes property and casualty insurance to protect your home, vehicles and other possessions. You'll want to make sure your coverage is sufficient for the replacement value at today's prices. If you believe you could be subject to a flood, you'll need to look into a separate flood insurance policy provided through the National Flood Insurance Program. It's important to note, most traditional homeowner policies do not cover flood damage.

Also make sure you have sufficient health insurance in place too should you require medical care following a disaster.

Cash on hand

It isn't unusual for many of the services we take for granted to be out of commission if a natural disaster should strike the area where we live. For example, power may be out, which means ATMs will be unable to dispense cash. Internet and cell phone service could be limited as well, making it difficult to conduct any transactions online.

One solution is to make sure you keep a reasonable amount of cash safely tucked away in your home so you have money that's available to

use when you need it. During times like these, most purchases may require cash. Be sure you've got sufficient cash on hand that would meet your needs for a few days if you have to contend with such a drastic circumstance.

Protect key documents

Important documents should be stored in a safety deposit box at a bank. This includes birth and marriage certificates, Social Security cards, passports, and titles to your home and cars. In addition, if you have important household information stored on your computer, make certain it is backed up on a hard drive that is in a safe place. Keeping information on a safely stowed thumb drive that you can grab and keep with you in case of emergency may also be helpful.

Maintain an emergency fund

Your sources of income may be interrupted, either by an inability to work due to injury, or because the business where you are employed may not be able to operate for a period of time. Be sure you have at least six months of living expenses set aside in a liquid, emergency fund (bank savings account or money market fund) to meet your expenses if you should be unable to work for an extended period of time.

Natural disasters can be devastating in so many ways. While the above tips are some of the ways to financially prepare for a natural disaster, there may be additional actions you can take depending on the severity of the event and your individual circumstances. But remember: the more you can do in advance, the better prepared you will be.

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Take a fresh look at your tax withholding

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

The last quarter of 2022 is a good time to check withholding. Life brings constant changes to individual financial situations. Events like marriage, divorce, a new child or home purchase can all be reasons to adjust withholding.



The convenient Tax Withholding Estimator, also available in Spanish, will help taxpayers determine if they have too much withheld and how to make an adjustment to put more cash into their own pocket now. In other cases, it will help taxpayers see that they should withhold more or make an estimated tax payment to avoid a tax bill when they file their tax return next year.

Things to consider when adjusting withholding for 2022 are:

- Coronavirus tax relief – Tax help for taxpayers, businesses, tax-exempt organizations and others – including health plans – affected by coronavirus (COVID-19).

- Disasters such as wildfires and hurricanes – Special tax law provisions may help taxpayers and businesses recover financially from the impact of a disaster, especially when the federal government declares their location to be a major disaster area.

- Job loss – IRS Publication 4128, Tax Impact of Job Loss, explains how this unfortunate circumstance can create new tax issues.

- Workers moving into the gig economy due to the pandemic – IRS advises people earning income in the gig economy to consider estimated tax payments to avoid a balance or penalties when they file.

- Life changes such as marriage or childbirth – Getting married or having a child are just a couple of life events that can affect your refund or how much you owe.

For more information, see Tax Withholding at IRS.gov.



- Multiple Year Tax Returns
- Tax Problem Solutions
- IRS letters



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Celebrate the Holidays in Downtown Topeka!

As we enter the Holiday season, Downtown is looking better than ever! People are getting in the Christmas Spirit!

Christmas shopping in Down-town Topeka can be fun, with all the unique shops and a bit of nostalgia in the air. It might remind you of a time when shopping was more exciting, more personal, and less of a chore.

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



A Full-Service Florist & Gift Shop

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

This locally-owned Topeka florist delivers courteous, professional service and the highest quality floral and gift items around. Their experienced designers can create floral designs that will

complement any occasion and meet your budget and style expectations as well. Daily delivery service is available to all local funeral homes, hospitals and nursing homes.

You can even save \$5.00 by using the coupon on this page!

You can also order or wire flowers 24 hours a day at the website: www.absolute-design-by-brenda.com.

Taking chocolate to a new level

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

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

Lately, Nick has been making hand-crafted chocolate from cacao (coco beans) that import from around the globe. Much like fine wine, each cacao

origin produces a unique flavor profile in the finished chocolate.

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

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

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

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

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

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



When you need a break

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

Now featuring "Made in the USA" coffee grown and roasted in Hawaii, with aloha flavors like toasted coconut, chocolate and vanilla macadamia nut. Buy a bag to take home!

See the new place at 911 S. Kansas Avenue, having relocated from 8th Street last year. The new space has easier access – no more stairs to the front door. Local favorites are still available, like the Turkey Lurkey and house made Cranberry Almond Chicken Salad for lunch. Fresh salads, wraps and tasty paninis make it perfect for casual dining. Daily house made specials keep it fresh and exciting.

Check out the menus online at www.juliscoffeeandbistro.com and

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order online, pay online and then pick up, or use Eatstreet delivery.

The staff at Juli's wants to take this opportunity to thank the Topeka community for their support since 2016. Despite the pandemic and relocation Juli's remained OPEN! Community matters and that is the reason Topeka has been home for 6 generations of the Bistro family. Remember us for Great Coffee, Better Food and Happy Holidays!

A little bit of Heaven

Working side-by-side at Cashmere Popcorn, Bill and Angie Anderson's goal is to create a high-quality product in every handcrafted batch of popcorn, and provide it to you with unmatched customer service.



Faith and family is the driving force behind this amazing company. In fact, their family motto has always been, and will always be, "Thanks Be To God!"

They produce, package and market all the popcorn. With about twenty flavors to choose from, you'll find a little bit of heaven in every bag. Hours are Tuesday-Friday 10-6 and Saturday 10-4.

Cashmere Popcorn would like to wish everyone a Blessed Christmas Season, thanks for supporting local.

Diamonds are Forever

With the Christmas season in full swing, you'll find many specials and gift ideas at David's Jewelers, 623 S. Kansas - a family business that has served Topeka for four generations, with over 50 years in business.



Diamond rings, pendants and earrings usually top the list but they also offer vivid colored gemstones in unique settings, watches, clocks, statues and fine crystal.

"Gifts can start at \$20.00 and go from there," said Mitzi from behind the counter at David's. "We will be glad to help you find that special gift for that special someone."

Holiday Memories, Events, & Gift Ideas!

Check Out Some of the Upcoming Holiday Events & Activities

While you're making your way around the downtown area, check out all of the new things to look at on both sides of the street. There are lots of new features! And watch for these downtown events and opportunities during the holiday season:

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

VETERANS DAY PARADE --SUNFLOWER SALUTE - Nov. 5, 11am, State Capitol Building.

CIRQUE MUSICA HOLIDAY WONDERLAND - Nov. 9, TPAC.

COMEDIAN JP SEARS - Nov. 11 8pm, TPAC. In addition to inspiring laughter in a weird world, JP's work takes an unapologetic stand for freedom, free speech, and encouraging people to free themselves from fear. Tickets available at the TPAC Box Office and online

VETERANS CELEBRATION ORGAN RECITAL - Nov. 13, 3pm, Grace Episcopal Cathedral, 701 SW

8th Ave. Free. Presented by American Guild of Organists.

GINGERBREAD HOMES FOR THE HOLIDAYS - Nov 18, 9am-7pm; Nov 19, 9am-5pm; Nov. 20, 11am-4pm. TPAC, 214 SE 8th Ave. View and bid on elaborate gingerbread houses



Families, students, youth groups and scout troops, etc. can build their own. Holiday Boutique - crafts, gifts and more; Sweet Tooth Lane - delicious fresh baked goods and homemade

candy. Meet Santa. Adm. \$5. 785-234-2787. TopekaPerformingArts.org

CHOCOLATE NUTCRACKER - Nov. 26, 2pm & 7:30pm, TPAC. An urban twist on the classic ballet, showcasing a variety of ethnic dances, including hip hop, jazz, African contemporary, lyrical, praise dance and ballet. The performance shows off local talent and is staged by It Takes a Village Inc.

MIRACLE ON KANSAS AVENUE PARADE - Dec. 3, 6-8pm, Downtown Topeka. Lighted parade at 5th & Kansas. www.topekapartnership.com/gtp-events



NUTCRACKER BALLET - Dec. 9, 7:30pm; Dec. 10, 1:30pm; Dec. 11, 1:30pm at TPAC. Ballet Midwest's holiday staple. Ticket: \$22 adults, \$20 seniors 55+, \$14 students 18 & under. Family pack for two adult & two students is \$60. Tickets at TPAC box office, and Barbara's Conservatory of Dance. www.balletmidwest.net.

RED STOCKING BREAKFAST - Dec. 10, 7:30-10:30am, The Pennant, 915 S. Kansas

Ave. Get tickets in advance at www.kcls.org or at the door. Children 10 & under eat free. Benefits KCSL's child abuse prevention programs and

services.

ICE SKATING RINK OPENING - Dec. 12 at Evergy Plaza!

THE KREADY HOLIDAY SPECTACULAR - Dec. 23, 6:30pm, TPAC. Benefit show for TPAC is for the whole family.

TOPEKA SWING DANCE LESSONS - Tuesdays, 7-8:45pm, no partner required, Jayhawk Theatre, 720 SW Jackson. http://jayhawktheatre.org/events

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Do you know all the benefits of adopting a child?



Experts estimate that there are around 2 million hopeful adoptive families in the US who are waiting to adopt a baby. However, annually only around 20,000 babies are placed for adoption privately (meaning directly with an adoptive family through an agency or an attorney rather than through the foster care system.) Don't worry, I'll do the math for you.

This means there are 100 waiting adoptive families for every baby placed for adoption.

What is adoption?

It is establishing a parent-child relationship, legally, with someone else's child.

When you adopt, you are taking all responsibility for the child which include emotional and financial. There are many different types of adoptions including step-parent, relative, agency, or non-agency adoption. Adoptions can be open where the birth parents keep in touch with the parents and get updates on the child, or it can be closed where all information is kept confidential.

No matter what type of adoption you choose, there are so many positive effects for the child and the potential parents alike.

There are many benefits of

adopting a child, some you may not even realize.

10 Benefits of Adoption

1. Love:

Every child is entitled to a loving family for the entirety of life.

When you choose to adopt, you are choosing to emotionally bond yourself with love to a child and them to you, which has positive effects for both. The parental relationship provided by adoption will allow a child to thrive. A birth parent may not have the ability to pro-

vide the love a child needs.

2. Support:

Every child needs support through their life as well. Supporting a child is more than physical needs. An adoptive parent provides a child with emotional support through all of life's ups and downs.

A child who is adopted is provided the ability to thrive in life.

3. Resources:

Children who are adopted typically do not have the right amount of resources in the current situation that they need. Birth parents will make a selfless decision to give up their child for adoption sometimes based on their lack of resources.

As an adoptive parent, you are providing the child with financial resources and support. Birth parents usually are not financially capable of such needed provision and you are allowing for a lifestyle that every child should have.

4. Education:

A child also deserves that chance for a great education and an opportunity to reach whatever goal they set. Not only does adopting a child give them a chance at an education, but the financial security

and support will push the child to accomplish more. Plus, it can provide the birth parents the opportunity to finish their education

5. Social Relationships:

Life in the Foster care system can be difficult for children to grow socially, especially if the child moves from home to home frequently. A child who remains in foster care is less likely to develop long term relationships.

When you adopt, you give a child the ability to make stable relationships through a school setting or near their home. This will drastically help the child to make long term friendships which will positively impact the child.

6. Opportunities:

As for birth parents, putting a child up for adoption rather than other methods is saving a life. Not

■ Please see ADOPTION on next page

Christian Family Adoption

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How to Know if Foster Care Is for You

Fostering is not for the faint of heart! Putting your home, heart, and resources on the line for a child and family in need is draining, to say the least. Maybe even more than that, it requires training, expertise, availability, and a good amount of grit. So why would you even consider taking on such a role? I often wonder why we felt compelled to say yes to such a crazy undertaking! Our lives were happy and full before feeling the Lord nudge us towards opening our home; what sane person would mess up such a comfortable, cozy life? Yet, I can't imagine not going on this journey! Our hearts and home have been so abundantly blessed through the children, child-welfare workers, families, and most of all, our son during our time as foster parents.

So the big question is, is fostering right for you? Not everyone is called to this work, right?

I would propose that everyone, most especially all Christ-followers, are called to be involved in caring for those involved with or at risk of being involved with CPS and Foster Care.

The foster system is where the least of these in our communities live. These children and families are the least supported, most impacted by trauma, and struggle through other challenging issues in our localities. Foster care is not just a parent's failure; a child enters the system when an entire family unit is unable to step up and care for a child that has experienced abuse or neglect. The systems that handle these very complex systems are underfunded, overworked, and under-supported.

If we want to see change in the lives of vulnerable children and their families in our community, it's going to take everyone deciding that this issue matters to them.

It means being a mentor to a teen in a group home, offering to supply meals or other support to foster parents, showing social workers appreciation, intervening in the lives of vulnerable parents before CPS has to get involved,

educating the community on trauma and how it affects the behavior of children, showing love to unseen youth stuck in the system by making an effort to celebrate their birthdays and other holidays, being a willing babysitter for a foster parent who needs a break, sending gift cards to DSS to support their work when funding is not available for necessities, it means being a foster or adoptive parent, it's making ways to make visitation rooms more welcoming for families working to reunify, offering affordable childcare to single moms, helping a birth parent navigate the piles of paperwork given to them by DSS, and on and on the list goes on how we can come alongside those involved in child welfare.

We are all called to this work because God calls us to care for the least of those around us. But are you specifically called to foster? Are you in the right season of life that opening your home feels safe and manageable? This can be a hard question to answer.

1. Don't Let Fear Hold You Back

First, it's easy to list reasons not to step out and become a foster parent. Most people love to lament about the fact they could never foster because "they'd get too attached." Going through the training is time-consuming and invasive. If you have children in your home, their welfare is always a valid concern. Basically, there are many good reasons you can be convinced not to do this work. My challenge to you is to pray past that list and ask God to guide you with the wisdom to know if you are equipped in this season to step out in faith and make yourself a little extra uncomfortable for the sake of another.

2. Go to a Foster Care Interest Meeting

The first step to fostering is to get information and then go through foster parent training. The information will help you know if you are eligible to be a foster parent in your locality. There are

actually very few restrictions on who can foster. You can be single, you don't have to have a considerable income, your foster child can share rooms with other kids in your home, but they do need their own bed, and you have to undergo some training process. If you are feeling called to this work, I encourage you to start by going to an interest meeting. Hear about what the process looks like in your area and ask God to guide you in your journey.

That was my and my husband's first step. We went to a foster-to-adopt meeting and left feeling certain that what we thought we'd be called to do much later in our lives was something God wanted us to step into right then. God provided the things we needed to open our home, and even though we were afraid, we just kept saying yes until we made it through the training!

3. Complete Foster Care Training

When we went through our training, our teacher told us that you would leave the class with one of three outcomes; you will become a foster parent, you will say this is great but not the right time for us to be doing this, or you will say this is not for me. It's okay to step out and do the training, completely unsure if you are up for the work. The training is designed to give you a clearer picture of what is required of you. As you go, it's okay to say this is not right for us in this season, or maybe we will support foster youth in a different way. But if you never get trained, you can never say 'yes'!

4. Grow Your Expertise

While your parenting experience may help you as a foster parent, there are nuances to this role that requires extra support and expertise. Trauma, neglect, and substance exposure are all common among children in foster care. These experiences rewire brains, and to step into these kids' lives with grace, it's vital to understand what that can look like and have a few good strategies for handling behaviors related to these issues. Read



about foster care, become trauma-informed, and listen to others that have gone before you. Take time to hear the stories of former foster youth and adoptees.

I love The Honestly Adoption Podcast! This couple and their ministry offer a tremendous amount of honesty, expertise, insight, and support to foster and adoptive parents. Take time to sample their podcasts if fostering is on your heart.

Jamie Finn at Foster the Family is an amazing voice of God's truth in this world. Her book is fantastic, I love following her on Instagram, and she offers other support to families worldwide. Tori Hope Peterson is a former foster youth advocate who loves Jesus well. She offers some excellent insight into the foster care crisis. These are just a few of the many Christ-followers in this space that offers sound wisdom and insight into what fostering really looks like.

5. Grow Your Support and Pray Fer-vently

Fostering is done best when you have a village that you can lean on. Identify people that will support you on this confusing and emotional journey. Have a list of people to call when a placement comes, and you need diapers and formula delivered to your home in mere hours. Get some trusted babysitters that can help give you a break when things feel like more than you can handle!

Along with that practical support, you need some prayer warriors to join you on this journey. There are real powers of darkness at work in these families and children's lives. Prayer is vital to break the chains of sin and darkness that want to swallow up these young ones' futures. The emotional toll of stepping in as a full-time caretaker on behalf of these children and almost instantly loving them so wholeheartedly can feel heavy. Living in seasons of uncertainty for you and your foster children is scary! You need people to lift you up as you step into this complex role. Don't be afraid, though. God is so faithful to care for you and your children. He loves these kids so much that he will move mountains to care for them and you!

How do you know if Foster Care is for you? That is a question I can't fully answer, but I know if your heart is for these kids, then God will lead you! The foster care crisis is ongoing, and one fact is TRUE these kids and families need you if you are willing to open up your life to them. In our locality, teens regularly sleep in the DSS building because there are not enough homes to take them. The numbers of kids in care continue to rise as the ramifications of COVID continue to play out. I encourage you to start with step one and see where it leads you! God is faithful to guide us, and his story is always better than the ones we try to write all on our own.

ADOPTION

continued from page 10

only does that child get to have opportunities, but you are allowing for those opportunities to be carried through by a better-equipped family.

It also can provide opportunities

for a birth parent as they may be able to attend school and acquire an education.

7. Growth:

Parents who adopt receive an experience that continues to grow in positive ways not only for themselves but for the child as well. A child has the ability to grow in a family where they will be loved,

supported, and most of all wanted.

8. Traditions:

When an adopted child becomes a part of a family, parents can pass down traditions, spread culture and faith. Children should understand the heritage and family rites of passage. In an open adoption, the child can still have access to their birth family so they can learn

where they came from as well as how they were raised.

9. Gratitude:

If a family adopts a child, they will have feelings of gratitude. People often find fulfillment from helping a child in need, especially those who are in seriously negative situations.

The child will also have grati-

tude especially if they are rescued from their current situation.

10. Experience:

Raising a child is an overall amazing experience that any person should be able to enjoy. Adoption makes that possible for every individual who desires to be a parent.

opinion

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The Lasting Trauma of Abortion

By Lila Rose

"You won't hurt me this time, will you? Not do what you did last time?" In the controversial new Netflix film *Blonde*, that is the question that a realistic depiction of an unborn child asks her mother, Hollywood icon Marilyn Monroe, portrayed in the film by actress Ana De Armas. *Blonde* purports to tell the life story of Marilyn Monroe through vignettes of trauma, two of which are abortions she experiences and sincerely regrets.

It is not confirmed that the real-life Monroe actually experienced abortion, though she did suffer multiple miscarriages. But *Blonde* does authentically portray a reality that thousands of women face daily: abortion regret and the enduring effects that abortion trauma can have on the lives of women. Research shows that abortion can be physically, emotionally, and socially harmful to a woman in various ways throughout her life.

There are millions of women who, like the film version of Marilyn Monroe, are grieving the loss of children killed by abortion. They can't stay silent. It is far past time for women to speak up and end the silence around the long-term effects of abortion.

Abortion is an inherently invasive and violent procedure. As such, it has very real potential to cause lasting physical harm to mothers. Whether through a chemical abortion, a surgical abortion, or an induction abortion, major consequences can occur, sometimes even death. Other risks include hemorrhage, infection, and perforation of the uterus.

This physical damage incurred

by abortion often manifests in subsequent pregnancies. Studies confirm a risk of pre-term birth or low birth weight of future babies after an abortion. The greater the number of abortions a woman has had, the greater the risk to her future children.

increased anxiety during later pregnancies or about their already-born children.

There is a demonstrated correlation between abortion and subsequent depression. Suicidal behavior is also more common among post-abortive women

cent greater risk) and conflict about drugs (385 percent greater risk)," one study found.

Men are largely left out of the abortion conversation. But fathers have a critical influence both on preborn children's futures and on mothers' pregnancy-related decisions. Men experience abortion regret similar to that of women, although with varying symptoms. Like women, they grieve the loss of their child. They also feel shame for participating in the decision—either by failing to support the mother or by pressuring her into ending their child's life.

As the Marilyn character in *Blonde* illustrates, abortion not only ends the life of a child, but it hurts both mothers and families, too. Watching *Blonde* takes a viewer



Abortion also appears to have a potential impact on future fertility, which even Planned Parenthood admitted on its consent forms. One Michigan abortion facility's consent form states: "In rare, but possible situations, permanent disability and/or permanent (hysterectomy) sterility may result."

In addition to abortion's physical risks, research has found that abortion is correlated with mental health struggles, including anxiety, depression, and substance abuse. Studies and meta-analyses point to a 45 to 81 percent increase in the risk of mental health pathologies among post-abortive women.

A significant percentage of post-abortive women experience post-traumatic stress disorder following their abortions. Symptoms can include nightmares, flashbacks, and panic attacks. Research also shows that post-abortive women can feel

compared with those who give birth. Substance abuse among post-abortive women has also been studied extensively; one cross-sectional study found that post-abortive women experienced highly elevated rates of alcohol abuse, drug abuse and dependence, and substance use disorders generally.

Abortion also has consequences that can reverberate outward from the women who choose it, affecting their various relationships.

For men and women, the experience of an abortion in a previous relationship was related to negative outcomes in the current relationship. Among women, the experience of abortion within a current relationship was associated with an increased risk for various forms of sexual dysfunction (122 to 182 percent). "Men whose current partners had experienced an abortion were more likely to report jealousy (96 per-

through a parade of dramatized, horrible events in Monroe's life, but the trauma which affects her character the most deeply stems from her two abortions. The abortion industry wants us to believe that choosing death is empowering, yet it is quite the opposite. As a mother, I know the true beauty of a child's life, and the paralyzing sadness of losing a child.

The research shows that women who choose that fate for their children often deeply regret their decisions, and feel physical and emotional consequences for years afterward. Rather than shouting their abortions, many women stay silent, enduring their fear and grief alone. *Blonde* shows us the visceral pain surrounding post-abortive trauma. Read the stories of real women who have overcome it at can't stay silent.

Lila Rose is founder and president of Live Action.

David Limbaugh: The church has allowed culture to dilute Christianity

The culture has been destroyed by leftism and needs to be called back to the eternal truths of scripture, Missouri author David Limbaugh says. Limbaugh and his daughter, Christen Limbaugh Bloom, wrote the new book “The Resurrected Jesus,” the final title in Limbaugh’s bestselling “Jesus” series.

“We are seeing the glorification of evil,” he said. “We’re seeing the celebration of abortion, the murder of babies, not just the reluctant abortion, safe, legal or not, we’re seeing the glorification of it and the demonization of anyone who opposes it, anyone who champions life. We have lost our compass, our moral compass, and the Bible sends us back to it. So to that extent, it’s relevant today.”



Limbaugh discussed how many modern churches have exchanged the meaningful truths of Christ’s gospel for a more woke form of Christianity influenced by the political left. “It’s shameful,” he said. “It’s disgraceful.

Americans have become so liberal and just diluted the gospel to the point that it’s unrecognizable.”

Limbaugh’s book focuses on the spread of the early church and that it’s easy to be disheart-

ened comparing the success of the church after Christ’s resurrection to what appears to be a church failing in many areas today. A recent Pew Research study suggested that the Christian population in America could drop below 50 percent by 2070.

As of 2020, the Pew Center estimated that about 64 percent of Americans were affiliated as Christian. People identifying as “nones” or religiously unaffiliated included 30 percent of the population, with other religious groups, such as Jews, Muslims, Hindus and Buddhists representing the other 6 percent.

Christianity has been diluted with other belief systems in the United States, Limbaugh said, leading to the decreasing Christian influence on society, and in

turn, a more liberal culture. “I think you have syncretism, the combination of pagan beliefs with Christian beliefs and mixing it together,” he said.

The book is receiving positive reviews from readers. Rachel, reviewing the book on Goodreads.com wrote, “This book inspires me to continue to pursue and speak the truth boldly. The authors do a great job of breaking down the teachings of Paul, who is a faithful follower of Christ. The bold prayers in each chapter were my favorite as they helped me put my faith into practice. As always, every detail was passionately revealed. How special and refreshing it was to read a book written by a father and daughter team.”

Dennis Prager shares seven life lessons from book of Deuteronomy

The book of Deuteronomy provides a roadmap of life lessons showing how to be a good person, radio host Dennis Prager said.

“There is a word for the study of goodness and how to make a good world: wisdom,” he wrote on FoxNews.com. “Most of the wisdom of Western civilization — the civilization that has been the most successful in history in making good societies — comes from the Bible. That is why the Bible is the most influential book ever written.”

Prager offered seven life lessons from Deuteronomy.

“Do not show partiality in judgment” (1:17). A compassionate society is built on justice, not compassion. That might sound counterintuitive. But while we should be compassionate in our private lives, the state must be preoccupied with justice. That is the reason for this law: judges are forbidden not only to show favor to the rich but also to the poor. The purpose of a judge is to dispense justice.

“Do not be afraid of anyone” (1:17). Every human being has fears. The question is: whom do we fear? For most people, only if you fear God will you not fear men. Pastor Dietrich Bonhoeffer, one of



the few Germans to actively oppose the Nazi regime — and who was executed for doing so — feared God more than Hitler. If more Germans had feared God more than they feared Hitler, and if more Russians had feared God more than they feared Stalin, tens of millions of people probably would not have been murdered.

“You will find him if you seek him” (4:29). Just as finding a spouse can take years of searching, so, too, finding God can take years of searching. But like a good spouse, the effort is worth it. Without God, life has no ultimate — no objective — meaning. If there is no God, every one of us is as insignificant as a grain of sand. It is not a

coincidence that as fewer Americans take God and religion seriously, suicide and depression rates have risen dramatically.

“You shall have no other gods before Me” (5:7). We have more “gods” in modern life than idol worshippers had in the ancient world. Just to cite one of at least a dozen examples, many secular people believe in science the way religious people believe in God and the Bible. But there is a big problem with that. Unlike God and the Bible, science has nothing, simply nothing, to say about good and evil or about the meaning of life.

“Love God with all your heart” (6:5). Given all the unfair suffering in the world, it is difficult for many people to love God. I admit I am one of them. God knows this love is difficult; that’s why Deuteronomy commands us to love God. It is an amazing commandment. And it’s amazing in another way: Deuteronomy is the first book in history to present a God who loves human beings and who wants humans to love him.

“Repeat them again and again to your children” (6:7). Parents need to teach their children wisdom and moral values all the time. In the words of Deuteronomy, “Talk

about them when you are at home and when you are on the road, when you go to bed and when you get up.” Otherwise, others — such as teachers and social media — will teach your children neither wisdom nor good values.

“You shall be happy ...” (12:7). That there is a biblical law to be

happy is what has shaped my entire approach to happiness: it is a moral obligation, not just an emotional state. We owe being, or at least acting, happy toward everyone in our lives. And yes, even to God — no one makes the case for atheism more persuasively than unhappy religious people.

Three questions about abortion to ask before you vote

As Election Day approaches, a lot of people are talking about abortion, and many will consider the issue when they cast their ballot. Voting is a responsibility that each of us ought to take very seriously. Here are three crucial questions to ask before you go to the polls.

Is she a human being? Abortion ends the life of a human embryo or fetus. Is that embryo or fetus a human being—a living member of our species? This is a question answered by science. “Fertilization is a critical landmark,” explains the textbook *Human Embryology & Teratology*, because “a new, genetically distinct human organism is thereby formed.” If all goes well, that distinct human organism, or human being, develops herself through the many stages of life. That’s what each one of us has done. We were once embryos and then fetuses before we were infants and toddlers and teenagers. The embryo or fetus, then, is the same kind of being as we are. She is a human being—living and growing rapidly as a young member of our human family.

Does she have a right to live? The next question is this: How should we treat this unborn human being? Does she have a



right to live—a right not to be intentionally killed through abortion? There are two basic views about the scope of human rights. The first view says that rights belong only to human beings who have particular characteristics or abilities. If unborn humans don’t meet those criteria, then they don’t count. But this approach is both exclusive and inegalitarian. It’s exclusive because it doesn’t just exclude embryos and fetuses—it excludes other vulnerable humans too. Many abortion defenders say that certain mental capacities are necessary in order to have rights. If that’s true, then patients in temporary comas and people with ad-

vanced dementia don’t qualify. This view is inegalitarian, too, because it doesn’t make sense of equality for anyone. If cognitive functions confer our rights, then those of us with greater cognitive abilities have a stronger right to live than those of us with lesser ones. We aren’t equal. Some people

are just more valuable than others. The second view of human rights, by contrast, is both inclusive and egalitarian. It says that rights belong to human beings simply because they are human beings. That means that all humans have rights—no matter how young or dependent or marginalized—and they have equal rights because they are equally human. If all humans matter, then the unborn human being matters. And the pregnant woman does too. This is why both mother and child deserve our respect, protection, and care.

Will I vote to protect her? Now we get to the final question. Justice requires that society protect the basic rights of innocent human beings. But legalized abortion excludes a whole class of humans from such protection. It denies their human rights and exposes them to lethal violence. And that

violence happens on an industrial scale.

Can we do something to affect our abortion laws? Yes, we can. The candidates we elect to public office will shape our laws and policies—for better or for worse. We can use our vote to make things better. We can use it to advance justice and compassion so that more unborn children are safeguarded, more pregnant women are empowered and supported, and more lives are saved. Science tells us that the unborn child is a human being. Justice says that her human rights deserve protection. The only remaining question is this: Will we vote accordingly?

This article was written by Minnesota Concerned Citizens for Life and was featured in the October 2022 edition of National Right to Life News

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Conservative candidates rally at the State Capitol

Todd Staerke, candidate for House of Representatives in District 535, led the crowd in singing the National Anthem and talked about how working people are struggling with inflation and high gas prices, and how wages are not keeping up. He also advocated for safe streets and the second amendment. He said he and his wife were tired of hearing about rising fuel prices, inflation and other economic problems, and he wanted to do something about it. He spoke of his love for the Capitol building and for Kansas and Topeka.

As a candidate for House of Representatives in District 53, Bruce Williamson spoke about Gov. Kelly being the first governor in the nation to shut down schools and her disastrous policies that have helped lead to the loss of jobs and businesses in Kansas. He told how the county health department shut down his business.

Bill Ripahn, candidate for Shawnee county commission, spoke about why it's important to have a conservative Republican in that seat. He mentioned



fighting for election integrity and against the lockdowns and mandatory vaccinations, as well as appointing conservatives to local boards, such as the library and others.

Kris Kobach, candidate for attorney general, talked about how Democratic policies have led to inflation, Afghanistan atrocities, a border wide open to terrorists, and more. He listed five ways Biden is attacking the constitution:

- Denying our First amendment rights by forcing military to take vaccinations
- Promoting red flag laws that allow seizing of citizen's arms without due process
- Defying separation of powers by canceling student loan debt
- Ordering OSHA and other agencies to defy statutes
- Ordering ICE agents & border security to break the law

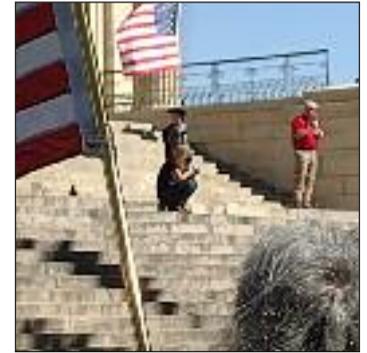
Kobach mentioned how twice the Kansas legislature passed a law protecting girls' sports, which was vetoed twice by Gov. Kelly. Kelly also vetoed the sales tax reduction twice, before finally supporting it the third time during an election year. We need a Republican governor to get bills passed without a veto, Kobach said.

Kobach also pointed out that his opponent has stated publicly that he will not defend Kansas laws he disagrees with.

Derek Schmidt, candidate for governor, said Kelly is a Biden Democrat and has the same philosophies as those that have ruined the nation's economy with inflation and high gas prices.

He listed some of the errors of Gov. Kelly's administration and the results of her decisions:

- Shutting down churches and schools
- Academic performance is way down
- Good teachers are leaving the profession



- 357,000 Kansans thrown out of work

- Kansas still lags other states in the recovery

Other speakers advocated for a Yes vote on both Constitutional Amendments on the ballot. One would allow the legislature to overturn egregious rules and regulations that violate constitutional rights, and the other protects the jurisdiction of our county sherrifs.

It was also mentioned that Gov. Kelly has been claiming that Gov. Brownback cut school budgets, but in fact he increased state spending on schools every year he was in office.

The World Has Gone Mad



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

Speaking Truth

Across the globe, corrupt political leaders institute laws and policies that oppress their people. Debased wealthy abuse their power for personal gain. Possibilities of World War III and nuclear war are spoken of. Criminals go unpunished while the just are defamed and imprisoned. Deception, lawlessness and perversions of all sorts abound. Our world has gone mad. Where is God?

At times it can seem as if there is no God when the state of the world and your own community goes from bad to worse. Can it be stopped, or is man a god unto himself, doing as he pleases with no accountability, no justice? Is

there any hope for a world out of control or is evil destined to reign supreme?

To discover the answer, lift your eyes above the news headlines. Look beyond what you see, which is a foggy mist of deception and fear. Above is a truth that hangs like a mighty banner which states in bold letters, "For God is the King of all the earth . . . God reigns over the nations . . ." (Psalm 47:7-8) Despite this truth, many of those in power have no fear of God, "The kings of the earth set themselves, and the rulers take counsel together, against the Lord and against his Anointed . . ." (Ps. 2:2) Do the rulers not realize that God sees their plans and will hold them to account? "Arise, Lord, do not let mortals triumph; let the nations be judged in your presence." (Ps. 19:9) For God will become their enemy if they persist and do not turn from their ways, "Strike them with terror, Lord; let the nations know they are only mortal.

The nations and those in power that defy the Lord God, misunderstand His patience. They act with-

out any concern for God nor of consequences. It is a veil of deceit the evil one has laid over their eyes.

As evil proceeds from bad to worse and corrupt men become even more so we might wonder why God does not respond to the arrogance of the merciless. Why does He not pour out His wrath on the cruel, unjust and grossly immoral?

God's ways are opposite of mankind's. We want instant action and often revenge. God responds differently.

He comes to where the prince of darkness dwells, who orchestrates the madness. The Holy One listens as the father of lies arrogantly declares "I am King of the Earth. God has no place here." But while Satan speaks, the sovereign King of the Universe, with His saving light, quietly and humbly moves about in the darkness. He walks the ground He spoke into existence long ago searching, looking, calling and drawing men and women through the power of His unseen Spirit. The light of His Word of Truth pierces the dark-



ness. His Spirit-empowered servants boldly expose the evil, while proclaiming the way of salvation to those held captive by the wicked prince.

The evil one fights back using every weapon available to silence the Most High's servants.

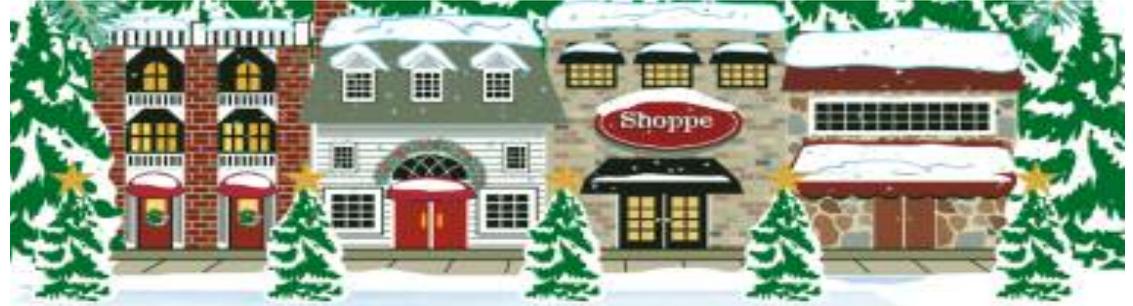
Satan once battled God's only Son, whom was killed on a cross. He was the prince's greatest enemy. Three days of celebrating went by. Then all the sudden, the Son rose from the dead, and the prince of darkness' head was smashed by the Son of God into defeat.

As evil exerts itself in our world understand this. The King of Kings has defeated Satan, evil,

death and sin. He is the Victor! He is here and at work among us. Today, flee from the slavery of sin. Run to Jesus and be free!

A prayer for you. "Lord God, open our eyes to see you high and lifted up above the evil plans of men. Reveal yourself to us. Let us not be held captive to fear or destructive ways. We turn to you. Only you can save our souls and the nations of the world. In Jesus' name. Amen."

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



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NOTO Celebration of Lights will be held on Saturday Nov. 19 from 2-8pm. Enjoy carriage rides, musical performances, holiday cookie workshops, shopping and a tree-lighting ceremony at 6pm.

NOTO Holiday Market will be an indoor market at the Redbud Park Pavilion on Saturdays November 19, 26 and December 3, 10, and 17, from 10am-

3pm, with a variety of arts, crafts and gifts. Vendors may purchase booth space for \$30 per day or \$125 for all 5. Email info@notoartsdistrict.org for more information.

Santa will visit Donaldson's Jewelers Nov. 19, 4-5pm, and Kaw River Rustics Nov. 26 from 11-12:30. In December, Santa will visit Round Table Books 11-12:30 on Dec. 3; Phoenix Finds 11-12:30

Dec. 10; and Compass Point 11-12:30 Dec. 17

NOTO Holiday Raffle: Here is your chance to be the best Santa ever this Christmas! You could win a stunning "Spirit of NOTO" necklace designed by Dave and Gloria Horn of Donaldson's Jewelers. This \$1,400 necklace will go to the lucky raffle winner on December 2nd. You can buy as many \$10 tickets as you would like!



Fall life drawing sessions are now open. Sessions are held on two Thursday evenings per month from 6-8pm. Next session will be November 10th. Enjoy an evening of drawing and socializing with other artists. These sessions provide a live model, wine, cheese, and conversation. Class size is limited to 15. Bring your own supplies, easels are provided. Advance admission tickets are \$20, day of class tickets are \$25.

First Wednesday Speak Easy Poets Open Mic is at ArtsConnect at 909 N Kansas Ave. All levels are welcome. Sign up begins at 6:30pm and readings begin at 7:00pm.

First Friday Art Walk this month will feature the Arthur Black Band, 5:30pm 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.

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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 grandotopr@gmail.com. GrandOttawaOpry.com

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

MARY JAMES IN CONCERT – Nov. 2, 7pm, Family of God Church, 1231 NW Eugene St.

HATCH BAND – Nov. 5, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

ELMONT ANNUAL GOSPEL OPRY – Nov. 11, 7pm; and Nov. 12, 1pm, Elmont UMC, 6635 NW Church Ln. With Special Guests Stan & Becky Tichenor. Doors open 90 minutes early for lunch or dinner. Tickets \$15 – call 785-249-0908.

VETERANS CELEBRATION ORGAN RECITAL – Nov. 13, 3pm, Grace Episcopal Cathedral, 701 SW 8th Ave. Free. Presented by American Guild of Organists.

STEVE KILE – Nov. 18, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

THE BASH – Nov. 23, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

PLATINUM EXPRESS – Dec. 1, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

PARADIZE BAND – Dec. 9, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

HOLIDAY CONCERT – Dec. 10, 2pm, First Lutheran Church, 1234 SW Fairlawn Rd. Topeka Acappella Unlimited Chorus with special guest Journey Women's Quartet. Tickets at acappellaunlimited.com

STEVE KILE – Dec. 16, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SARA EVANS CHRISTMAS CONCERT – Dec. 18, Stormont Vail Events Ctr. stormontvaileventscenter.com

THE KREADY HOLIDAY SPECTACULAR – Dec. 23, 6:30pm, TPAC. Benefit show for TPAC is for the whole family.

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 – 3rd Thursdays at 7pm, check Facebook page for location. Topekaliions.org

TOPEKA LIONS CLUB – 1st 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 nhoni@tscl.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.

TOPEKA SWING DANCE LESSONS – Tuesdays, 7-8:45pm, no partner required, Jayhawk Theatre, 720 SW Jackson. <http://jayhawktheatre.org/events>

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

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. 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.

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• Business • Non-profits • Churches

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

Nov. 10, 11:30-1: "POWER" Luncheon at National Guard Armory, Forbes Field.
Featured: CH (CPT) Travis Forde

RSVP to info@C5Alive.org.
Open to the public.

Save the Dates!

- Dec. 8: **CHRISTMAS** Luncheon, 11:30-1
- Jan. 12: **POWER** Luncheon, 11:30-1
- Feb. 9: **POWER** Luncheon, 11:30-1

For info: www.C5Alive.org or Facebook.com/C5Alive

SPECIAL CHURCH EVENTS

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

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

FAMILY-FRIENDLY EVENTS

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

2-3pm, Shawnee Heights UMC parking lot.

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

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

TOPEKA PUBLIC LIBRARY PLAY BUS – 9:30am-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, Berryton United Methodist Church (7010 SE Berryton Rd. All ages and abilities welcome.

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

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

NOV. CYCLING EVENTS – Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

NOV. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansan.com/calendar

“SHARE THE WARMTH” PROGRAM – Thru Nov. 19. Providing coats for those in need. Scotch Fabric Care collection & cleaning at 134 SE Quincy St., 2801 SE California Ave., 2007 NW Topeka Blvd., 1020 SW Wanamaker Rd., and 2848 SW Wanamaker Rd. Distribution: on Saturday, December 3: 9a to 2p at Topeka Salvation Army, 1320 SE 6th St.

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!. garysfarmfest.com, garysfarmfest.com; 785-246-0800

PUMPKIN PATCH – Oct 16-31, 10:30am-6:30pm, West Side Christian Church, 432 SW Lindenwood. 100% of West Side's percentage of the proceeds will be donated to an organization to aid Ukrainian refugees

FALLPALOOZA – Oct. 29, 3-5pm, Fairlawn Church of the Nazarene, 730 SW Fairlawn

TRUNK OR TREAT – Oct. 29, 5-6:30pm, Capital Gymnastics, 3740 SW Park Ave.

TRUNK OR TREAT – Oct. 30, 5-7pm, Grace Cathedral, 701 SW 8th

TRUNK OR TREAT – Oct. 30, 2pm, Topeka Bible Church

TRUNK OR TREAT – Oct. 31, 5-7pm, Wanamaker Woods Church, 3501 SW Wanamaker.

EDWARDS TWINS ULTIMATE VARIETY SHOW – Oct. 30, 7pm, TPAC. Las Vegas' number one impersonators. topekaperformingarts.org/events

FALL FESTIVAL – Oct. 30, 3pm, Faith Lutheran Church, 17th & Gage. Worship with Communion at 3pm, a short Bible Study after. Games will begin at 4:30pm. Free Meal provided by KansaSEED will begin at 5:30pm. Join us for all or parts

TRUNK OR TREAT – Oct. 31, 5:30-6:30pm, KS Big Brothers/Big Sisters, 2300 SW 29th

TRUNK OR TREAT – Oct. 31, 5-7:30pm, Lakeview Church of the Nazarene, 2835 SE Croco Road. Partent meeting, meet your teacher, pick up supplies, find classroom, enjoy snacks & fellowship! Hot Chocolate, Hayrack Ride, Hotdogs, Candy, Fun, Games, Popcorn, & more! 785.266.3247

2ND ANNUAL "DRIVE AWAY HUNGER" FOOD DRIVE – Oct. 15 - Nov. 17. M-F 9am to 5:30pm, Sat 9am-1pm. Accepting non-perishable food goods, and personal care items at AAA of Topeka, 1223 SW Wanamaker. Contact Tamsyn Beckwith 785-438-6518

170 CHRISTMAS TREES & ORNAMENT DISPLAY – Nov. 1-Jan. 1, 10am-4pm Mon-Sat., & 1-5pm Sun. at Territorial Capital Museum, 640 E. Woodson, LeCompton. Over 170 Christmas trees decorated in antique, Victorian, vintage and theme décor – including turn of the century and WW II era decorations, a barb-wire tree and feather trees. Also tour Constitution Hall, a National Landmark 785-887-6148. lecomptonkansan.com

FIRST WEDNESDAY SPEAK EASY POETS OPEN MIC – Nov. 2 at ArtsConnect, 909 N Kansas Ave. All levels welcome. Sign up begins at 6:30pm and readings begin at 7pm.

24 FOR LIFE DIABETES PREVENTION CLASS – Nov. 3, 5:30-6:30pm, 1st Apartments activities room. Those who qualify as prediabetic can be a part of the program at no cost. To find out your risk for Type 2 Diabetes, go to www.midlandcare.org/24forlife or contact Donna Doel at 785-250-5210 or ddoel@midlandcc.org

SHARE THE STORY – Nov. 4, 6:30pm, Topeka Zoo. Lifeline Children's Services fundraising dinner. Come find out about the ministry and hear the stories. Tickets at https://p2p.onecause.com/sharethestory/event/topeka-ks

HOOSIER ARENACROSS – Nov. 4-5, Stormont Vail Events Ctr. stormontvaileventscenter.com

TAILS ON THE TRAIL – Nov. 5, 10am, Shawnee North Comm. Ctr. Dog-friendly 5k run, 1 mile walk and family event! This is a fundraiser for Helping Hands Humane Society. Register here: https://register.chronotrack.com/r/69096

VETERANS DAY PARADE – SUNFLOWER SALUTE – Nov. 5, 11am, State Capitol Building.

FALL BACK – Nov. 6, 2am. Daylight Saving Time

ends. Set clocks back 1 hour. Be on time for church!

WOMEN WHO'VE CHANGED THE HEART OF THE CITY DINNER – Nov. 7, 6pm, City Center Hotel, 1717 SW Topeka Blvd. TUMI-Topeka invites you to be part of this event that will honor women who've had significant impact in our communities, and empower incarcerated women for significant futures. Also, info will be presented on the four-year, seminary level leadership training program developed by The Urban Ministry Institute (TUMI), which will help equip incarcerated women for leadership. Mary Flin, maryflin@tunitopeka.org

ELECTION DAY – Nov. 8: Vote in person or drop off ballots at the election office or polling place by 7 pm.

CIRQUE MUSICA HOLIDAY WONDERLAND – Nov. 9, TPAC.

CSAlive "POWER" LUNCHEON – Nov. 10, 11:30-1, at National Guard Museum, sponsored by ServPro. Featured Speaker is CH (CPT) Travis Forde.

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

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

• Please RSVP to info@CSAlive.org, so we know how much food is needed!

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

SAVE THE DATE: C5 POWER Luncheon, Dec. 8, 11:30-1.

BLIZZARD BASH DEMO DERBY – Nov. 10-12, Stormont Vail Events Ctr. info@stormontvaileventscenter.com. 785-251-5552

COMEDIAN JP SEARS – Nov. 11 8pm, TPAC. In addition to inspiring laughter in a weird world, JP's work takes an unapologetic stand for freedom, free speech, and encouraging people to free themselves from fear. Tickets available at the TPAC Box Office and online

NATIONAL SHOEBOX COLLECTION WEEK, Nov. 14 – 21. Operation Christmas Child volunteers will collect shoebox gifts at various drop-off sites. www.samaritanaspurse.org/operation-christmas-child/drop-off-locations/

GINGERBREAD HOMES FOR THE HOLIDAYS - Nov 18, 9am-7pm; Nov 19, 9am-5pm; Nov. 20, 11am-4pm. TPAC, 214 SE 8th Ave. View and bid on elaborate gingerbread houses Families, students, youth groups and scout troops, etc. can build their own. Holiday Boutique - crafts, gifts and more; Sweet Tooth Lane - delicious fresh baked goods and homemade candy. Meet Santa. Adm. \$5. 785-234-2787. TopekaPerformingArts.org

CASA HOMES FOR THE HOLIDAY'S TOUR – Nov. 19 – 20, 10-4. Tickets at the door or in advance at www.casaofshawneecounty.com.

TARC's WINTER WONDERLAND – Nov. 23-Dec. 31, 6-10pm. Lake Shawnee, 3435 SE East Edge Rd. View dazzling holiday light displays, featuring one million lights, while winding through a 2-mile scenic drive. Advanced Tickets are available: TARC, 2701 SW Randolph. 785.506-8720

GARY'S BERRIES - FESTIVAL OF LIGHTS – Nov. 25 through December, at 5991 17th Street, Grantville, KS, off of Highway 24. Christmas characters such as Santa and the Grinch, nearly one million lights, plenty of food items (like fudge, donuts, kettle corn and more), shopping and more. It also tells the story of "The Greatest Gift," as in the story of Christ. https://garysfarmfest.com or call (785) 246-0800.

CHOCOLATE NUTCRACKER – Nov. 26, 2pm & 7:30pm, TPAC. An urban twist on the classic ballet, showcasing a variety of ethnic dances, including hip hop, jazz, African contemporary, lyrical, praise dance and ballet. The performance shows off local talent and is staged by it Takes a Village Inc.

MIRACLE ON KANSAS AVENUE PARADE –

Dec. 3, 6-8pm, Downtown Topeka. Lighted parade at 5th & Kansas. www.topekpartnership.com/gtp-events

BREAKFAST WITH SANTA – Dec. 3, 8:30am-12, Rose Wood Event Ctr., 3216 SW 29th St. Cost: \$20, includes one photo with Santa.

TOP CITY DAY OUT – Dec. 3, 10-3, Vail Events Ctr. Help support local small businesses. 75 booths with snacks, beauty, health, home goods, decor, gifts, local businesses, clothing, jewelry, and more! Many booths will be offering free samples or pampering services. Admission \$2.

NUTCRACKER BALLET – Dec. 9, 7:30pm; Dec. 10, 1:30pm; Dec. 11, 1:30pm at TPAC. Ballet Midwest's holiday staple. Ticket: \$22 adults, \$20 seniors 55+, \$14 students 18 & under. Family pack for two adult & two students is \$60. Tickets at TPAC box office, and Barbara's Conservatory of Dance. www.ballet-midwest.net.

RED STOCKING BREAKFAST – Dec. 10, 7:30-10:30am, The Pennant, 915 S. Kansas Ave. Get tickets in advance at www.kcls.org or at the door. Children 10 & under eat free. Benefits KCSL's child abuse prevention programs and services.

ICE SKATING RINK OPENING – Dec. 12 at Every Plaza!

WING FLING -Dec 17, Stormont Vail Events Ctr. stormontvaileventscenter.com

MEETINGS & CLASSES

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

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

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

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

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

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

MENNINGER BIBLE CLASSES - Tuesdays 11am-12:30. Amerus Room, YWCA, 225 West 12th. A new study group for Year One of Flo Menninger's course

on Four Years through the Bible. Read and discuss Genesis through First Kings. Nominal charge for materials. For info call the YWCA at 233-1750 or Clara Gamache at 785-408-5433. (The Bible study is also taught on Sat. mornings on 101.5 FM radio.)

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

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

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

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

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

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

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

SAFE STREETS MEETING – 1st Wed., 11:45am, Great Overland Station 266-4606. (no meeting in July)

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

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

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

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

TOPEKA GENEOLOGICAL SOCIETY – 4th Thurs., 7pm, Topeka Shawnee County Public Library, 1515 SW 10th St. No program in Nov. or Dec. Promotes & stimulates the education, knowledge & interest of the

Mary James
In Concert!
Wednesday, Nov 2nd,
7:00pm
Mary-James.com
4-time Inspirational Country
Music Association
Female Artist of The Year!

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Church
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Closed Christmas Eve and Christmas Day
5991 17th St Grantville, KS 785.246.0800
Full schedule and times can be found at
www.garysfarmfest.com



membership & the public in family history, genealogical records & research. 233-5762 or tgstopeka.org.

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

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

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

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

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

SUPPORT GROUPS

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

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

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

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

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

AL-ANON is a support group for families and friends of alcoholics. For information on meetings in the Topeka area email ais-topeka@kansas-al-anon.org or call 785-215-1045. All correspondence is confidential

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

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

Caregiver support group via Skype 9:30am every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

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

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

COMPASSIONATE FRIENDS/BEREAVED PARENTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Actor Kirk Cameron encourages Christians to help create culture of life at Vitae Foundation event

Americans concerned that the nation is on the wrong track can look back to the Pilgrims for guidance, actor Kirk Cameron says.

"They wrote the Mayflower Compact, which became the seed for the Declaration of Independence and the Constitution, giving us the framework to become the freest, strongest and most generous nation on the planet," he said. "They did something that was unique in the world and produced liberty like the world has never experienced."

Cameron, best known for the role of Mike Seaver on the 1980s hit television show "Growing Pains," was keynote speaker for the Vitae Foundation's Kansas City pro-life event on October 21. His latest feature film, "Lifemark," is about the value of life in the womb and the beauty of adoption. Cameron and his wife, Chelsea, have been married for 31 years and have six children, several of whom were adopted.

The founders built the foundation for a successful nation, but also warned what could happen if first principles were abandoned, Cameron said.

"They also understood the selfishness of the human heart and recognized that if we ever got away from the essential principles that they laid down to begin with, we would lose our liberty and maybe even lose our lives," he said. "They left for us the ingredients — what I like to call the secret sauce — for a great nation.

"How many of you think we need to get back to these values in the United States of America? There is hope and a way out for our country. There is a strategy that these men and women of faith encouraged."

The Vitae Foundation is building on these founding ideals of faith and liberty. The national non-profit organization, based in Jefferson City, leads the world in its research of abortion decision making; tests its findings using digital media campaigns; and shares best practices at no cost to pro-life peers worldwide to encourage a culture of life.

"Vitae is driven by its love for God and his word, which says children are knit together in their mother's womb and are precious," Cameron said. "The greatest battle we face in our culture



today is the slaughter of millions of innocent children in the womb, who could be growing up to be our sons and daughters, our wives and husbands and the future leaders of our country.

"Because of Vitae's research-based work, they are influencing and transforming the hearts and minds of people, including those in the halls of Congress and legislatures who are making good decisions, challenging bad laws and seeing them overturned, and establishing good laws. And they are educating people through their research-based messaging to value and create a culture of life."

Christian have an opportunity help chart a new course for the nation by voting for pro-life candidates on November 8. Cameron also encourages them to invest their time, talent and treasure in the cause of life.

"I wake up a lot in the middle of the night wondering what is happening to our country and our children," he said. "Sometimes the problems seem so overwhelming. We have an opportunity to lean into the work that God is doing through Vitae.

"What has God asked you to do? Some of you are wealthy. Some of you are prayer warriors. Some of you are volunteering your time. Some of you are doing all kinds of creative things that I would never be able to do. Whatever God has placed on your heart to do, do it with all of your heart."

The money, awards and fame that Cameron has earned from acting pale in comparison to what matters most, he believes.

"You and I will leave a legacy," he said. "I want to hear, 'Well done, my good and faithful servant' from God. Nothing else will matter to me on that day, and I don't think anything else will matter to you, either. We never make the wrong decision when we lean in with generosity and give to others for their sake with nothing in return. This is our chance to put feet to our faith and make the difference we so desperately need."

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Tom Selleck: ‘A Man’s Heart Plans His Way, But The Lord Directs His Steps’

Actor Tom Selleck has had lots of success over the years, from his star-making role in MAGNUM P.I. to his part in the mega-popular BLUE BLOODS. The actor has put in a lot of hard work, but Selleck credits God for his success.

Selleck didn’t plan on being an actor. Instead, the college business major wanted to work for United Airlines. He eventually found his way to acting and was offered a contract with Twentieth Century Fox.

However, God called him to join the US Army and Selleck entered the California National Guard. He served from 1967 to 1973.

“I am a veteran, I’m proud of it,” Selleck shared. “I was a sergeant in the US Army infantry, National Guard, Vietnam era. We’re all brothers and sisters in that sense.”

After leaving the military, Selleck relaunched his acting career and soon scored the starring role on MAGNUM P.I. While his talent helped him earn the part, Selleck credits God for guiding him.

“A man’s heart plans his way, but the Lord directs his steps,” he explained. “Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time.”

In addition to his acting work, Selleck also contributes to a number of



military organizations, including military recruitment and the Vietnam Veterans Memorial Fund.

“As good as this business has been to me, that’s not what life is about,” Selleck said. “Life is about more important things. You know, we’ve all struggled as we get successful in this business to balance that, I certainly have.”

Movieguide® previously reported on Selleck’s generosity:

BLUE BLOODS and MAGNUM

P.I. star Tom Selleck joined in the #2020TipChallenge and blessed a New York Restaurant server with a \$2,020 tip to close out the year.

Co-star and on-screen son on the hit series BLUE BLOODS, Donnie Wahlberg, shared Selleck’s act of generosity via Twitter.

“I found out that my TV Dad [Tom Selleck] has generously accepted the #2020TipChallenge at Elios Upper East Side! Love ya dad,” Wahlberg wrote. “I didn’t start it but

I’m proud to be part of it. To those who gave even the smallest extra amount this year — THANK YOU.”

Along with the caption, Wahlberg shared photos of Selleck’s tip and a note he left for his server.

“For Elios, I am honoring my friend Donnie Wahlberg’s ‘tip challenge’ with my sincere hope for a better 2020. Thank you all,” Selleck wrote.

Wahlberg, brother to Hollywood actor Mark Wahlberg, initially partook in the “2020 tip challenge” on Jan. 1 of this year. Jenny Wahlberg, his wife, posted a photo to Twitter with the \$2,020 tip and a caption that read “starting 2020 off like the amazing man he is.”

Many other celebrities joined the challenge throughout the year, including Harry Styles, and displayed a heart of generosity and kindness amidst an unstable year for many worldwide.

According to The Alpena News, the “challenge” to leave a \$2,020 started after a waitress named Danielle Franzoni received an anonymous \$2,020 tip with a note that said, “Happy New Year,” and “2020 Tip Challenge.”

Kready Holiday Spectacular Coming to TPAC

With 17 Broadway shows between them, Jeff Kready and Nikki Renée Daniels promise to thrill you with vocal stylings that are direct from New York City, but have hometown heart. The Topeka Performing Arts Center benefit show is an opportunity to celebrate the season at a holiday concert for the whole family.

To accompany them, Santa has put together a special group of musicians from the Topeka Symphony Orchestra (conducted by maestro Nicolas Carr) as well as the Shawnee Choral Society to make sure the evening gives you all the winter wonderland feels.

With special appearances by



Danielle Norwood of KMAJ, the Countryside Methodist Puppets, the Laudate Ringers, and Santa Claus himself who will be on hand to take pictures after the concert! VIP ticket holders get access to a cast party and champagne toast after the show.

Come witness the beginning of

a new Topeka tradition that will delight and inspire you this holiday season. The one-performance-only will be on Friday, December 23rd, 6:30 PM in the Georgia Neese Grey auditorium at TPAC.

Reserved seats are \$25, \$35, \$50, \$75 and \$100. A special VIP add-on of \$30 to any ticket price offers a CD by Nikki

Renee Daniels and admission to the VIP after-show reception. Tickets go on public sale Friday, September 30 at 10 am in person at the TPAC Box office or online at Ticketmaster via www.topekaperformingarts.org/events.



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Dean Cain Puts Family First: ‘I Would Never Change What I’ve Done’

Dean Cain recently shared insight into his decision to put fatherhood first, and how that sacrifice affected his Hollywood career.

The actor shared custody of his son, Christopher, with ex-girlfriend Samantha Torres from 2003 to 2011. In 2011, he was awarded sole custody of their son.

“It affected my career like I can’t even explain. I turned down being one of, if not the highest-paid actor on television, for a show that ended up going six years,” Cain shared of his decision to full-time parent his son.

“The contract was very attractive,” the actor admitted. “But I was in the middle of a custody dispute, so I could either be a father or take that job. It took me a split second, not even a split second.”

Cain’s own experience as an adoptee influenced his decision to put his son before his career.



“As soon as I was presented the choice, it was like, ‘I’m going to be a dad,’” he explained. “My father adopted me when I was 4, and I know how important that was for my life.”

He continued, “Nothing in my life has

been as big a factor as having my father there to raise me. Fathers in the home is such a huge, important issue here in America and all throughout the world. The statistics bear out how much more likely a kid is, especially a son, to be in jail

or in trouble without a father in the household.

“And I just think it’s hugely important, and I would never change what I’ve done in terms of being a father vs. a career,” Cain concluded.

Movieguide® previously reported on Cain’s commitment to family:

Since Dean Cain’s role as the iconic comic book character Superman in the ’90s TV show LOIS & CLARK, the actor has become a hallmark of conservative values in Hollywood. The actor, director and writer’s heart for moral and faith-based movies like GOD’S NOT DEAD and FAITH UNDER FIRE is a breath of fresh air for many moviegoers.

Cain revealed that his upbringing in Hollywood helped him create compelling movies that champion faith and morality in a saturated market.

Despite Cain’s success in Hollywood, family is his priority.

“It’s just a balance between work and travel. And I have to balance it all times. [Son Christopher] comes with me on some of the shoots. I grew up the son of a director and grew up on sets myself, so I was the kid getting dragged around from this set to that set and I loved it. There’s something about it which is really interesting,” Cain said.

In a separate interview with Closer Weekly, Cain shared how being a single parent changed his life.

“Since I had full custody of my son and raised him myself, I couldn’t afford to be absent. There were times I had to miss a few things that he did and it was awful. But those are things you sometimes have to do,” Cain explained.

“What’s so wonderful about it is you’re no longer the most important person in the world, so you learn patience, sacrifice, unconditional love. It was the hardest job I’ve ever done but certainly the greatest,” he added.

Ainsley Earhardt’s Children’s Book Will Share ‘Sweet, Playful Message

FOX & FRIENDS co-host Ainsley Earhardt recently announced a book tour for her upcoming children’s book, “I’m So Glad You Were Born.”

“Parents and children both have big dreams—about their life and the wonders the future holds,” Earhardt’s website reads. “‘I’m So Glad You Were Born’ celebrates those dreams as well as the wonder of everyday experiences like all the sweet and special snuggles and cuddles, fun times and learning times too!”

Earhardt also said she will take the book on tour across



the country and holding virtual signing days where fans can get a copy of the book signed and ask Earhardt questions.

“I am going to be touring the book and saying hi to all of y’all,” she said. “On Saturday, Sept. 24, I am heading out to Salt Lake City. I am going to be speaking with Sean Hannity. Then on Monday, Sept. 26, we have our virtual live signing, if you

want a signed book or ask me questions. We can chat over zoom.”

Earhardt also said that the tour would take her to her home state of South Carolina.

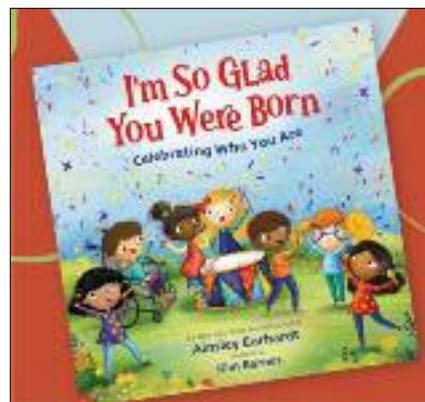
“Friday, September 30, I am heading over to Charleston South Carolina. I have never done a book signing there, even though I am from South Carolina, so I am excited,” she said.

The New York Times best-selling author also announced the tour and book launch on her

Instagram, noting: “‘I’m So Glad You Were Born’ is full of love and hope and has a sweet, playful message inspired by Scripture that will leave your child without a doubt just how thankful you are that they are in your life and

that they were created to be extraordinary.”

In a separate post, she wrote: “A picture book that celebrates ALL the dreams come true—a parent’s, a child’s, and Creator God’s!”



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National test scores in math and reading plummet following lockdowns

The lockdown of schools during the pandemic has taken a heavy toll on the nation's students and their test scores.

Math scores saw their largest decreases ever, while reading scores dropped to levels not seen since 1992 for fourth and eighth graders across the country, according to the Nation's Report Card. The average mathematics score for fourth-grade students fell five points from 2019 to 2022. The score for eight-graders dropped eight points. Reading for both grades fell three points since 2019.

Not a single state saw improvement in its average test scores, with some recording no change at all. Schools in large urban districts also reflected the national average. These test results are the first to come out since the pandemic. Fourth-grade scores de-



clined in 41 states, with 36 percent considered proficient, down from 41 percent in the previous results

"The results show the profound toll on student learning during the pandemic, as the size and scope of the declines are the largest ever in mathematics," Commissioner Peggy Carr of the National Center for Education

Statistics said.

Math scores were worst among eighth graders, with 38 percent earning scores deemed "below basic" — a cutoff that measures, for example, whether students can find the third angle of a triangle if they're given the other two. That's worse than 2019, when 31 percent of eighth graders scored below that level.

"The results also underscore the importance of instruction and the role of schools in both students' academic growth and their overall well-being," Carr said, adding that "we do not have a moment to waste" in helping students' academic recovery.

"I want to be very clear: The

results in today's nation's report card are appalling and unacceptable," said Miguel Cardona, U.S. secretary of education. "This is a moment of truth for education. How we respond to this will determine not only our recovery but our nation's standing in the world."



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High-ROI Home Upgrades to Improve Curb Appeal

Your home's exterior can say a lot about you and your family while also making a first impression on guests (and potential buyers). Because of the impact curb appeal has on the amount prospective buyers are willing to spend on a home, it's important for homeowners to look beyond simply choosing the right siding color and consider different siding materials and profiles, adding accents like stone veneer and researching other exterior upgrades that can both increase beauty and deliver performance over time.

In fact, exterior remodeling projects typically top the list of projects that add the most resale value to homes. According to Remodeling's 2022 Cost vs. Value Report, nine of the top 10 projects delivering the best return on cost were exterior renovations.

If you're looking to sell or just want to increase the overall value of your home, consider these high-ROI exterior upgrades from the experts at Westlake Royal Building Products that can improve aesthetics and increase resale value.

Front Door

If replacing the front door isn't necessary, adding a fresh coat of paint is a simple way to refresh your home's ex-

terior. You can take your "dated" door and make it modern again with a bold, on-trend color. Take it one step further by adding artistic house numbers, a new light fixture or a door knocker in an unexpected shape for inexpensive pops of style.

Vinyl Siding

Updating your home's exterior with vinyl siding yields a 67.2% return upon sale, according to the report. When considering new siding, look for high-quality, low-maintenance materials. Depending on where you live, insulated vinyl siding can add additional protection against the elements, as well as increased energy efficiency. While function is important, don't be afraid to make bold choices with color, texture, different profiles and contrasting trim to make a true statement with your home's exterior.

For example, Westlake Royal Building Products offers a wide range of vinyl siding options in the latest



shades, including adding five on-trend colors to its Royal Siding and Exterior Portfolio lines. Inspired by colors found in nature, the gray, blue-gray, brown and green tones reflect the latest trends in modern exterior home design. Both lines feature patented color protection technology to resist fading, which is especially important for darker shades.

Shutters

Adding or replacing shutters is another easy way to add a bit of flair and can be a key finishing touch in creating the perfect exterior. With the potential to play beautifully alongside windows and siding as well architectural style and surrounding landscaping, it's important to make thoughtful choices and install them properly to ensure they look and function as designed.

Composite Decking

Another exterior remodeling project with a high ROI (62.1%), according to the report, is replacing your home's existing wood deck with composite decking. An option like Zuri Premium Decking combines the natural beauty and warmth of exotic hardwood with the durability and low-maintenance requirements of PVC (cellular polyvinyl chloride), which resists stains, scratches, fading and moisture, for a deck that will last for years with minimal upkeep.

Column Wraps

Give your front porch an instant facelift by wrapping your existing columns with PVC wraps. This is an easy way to achieve a cleaner and more modern, updated look. Resistant to moisture, PVC column wraps prevent

issues found in traditional wood columns, such as warping, rotting and insect damage. Available in a variety of ready-to-install styles, they can also be painted to complement your home's

exterior color palette.

Find more ideas to increase your home's beauty and resale values at westlakeroyalbuildingproducts.com.

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entertainment

Frustrated with Hallmark? Try Great American Family

My family was vacationing at a condo a while back when I stumbled upon a shocking fact about my young sons: They enjoyed Hallmark movies.

They were 10 and 6 at the time and were drawn to the cheerful storylines, scenic landscapes and always-happy endings. I, too, enjoyed them, but for another big reason: Hallmark movies promoted biblical values of chastity, selflessness and love.

That was three years ago. Since then, Hallmark has followed the culture's lead in promoting unbiblical relationships as normative. (The Holiday Sitter, its first movie about a same-sex romance, debuts this December.) Jesus defined marriage as the union of one man and one woman, and I want the movies in my home to do likewise (even as I love those with whom I disagree).

This brings me to another subject: alternatives to Hallmark. I've tried several different "Hallmark-like" services in recent months before settling on my favorite: Great American Family (formerly GAC Family).

Launched in 2021 by former Hallmark executive Bill Abbott, Great American Family's romantic movies have the same look and feel of Hallmark movies. They always have a happy ending. They're family-friendly.

They also have many of the same actors and actresses, including Candace Cameron Bure, Danica McKellar, Jen Lilley, Daniel Lissing and Trevor Donovan.

As for the movie quality, Great American Family films are as good as those on Hallmark, if not, at times, better. They're also original. Great American Family debuted new movies this summer and fall, and it launches its "Great American Christmas" holiday programming event on Oct. 21, with new Christmas-themed movies premiering every Saturday and Sunday through the end of the year.

Abbott has bemoaned the lack of family programming on television.



"If you look in the last 20 years, it'd be real hard to find a show that you can watch in its entirety with your family and not have some point that would make you uncomfortable, if you're with a 10-year-old," he said during an interview with Up Next with John Contratti.

Abbott wants Great American Family to help fill that void and to be "relentlessly family-friendly." So far, it is.

Great American Family is available on DirectTV, Dish, cable outlets and on streaming services such as FRNDLY. Visit GreatAmericanFamily.com.

Also worth watching this month:

The Lord of the Rings: The Rings of Power (Prime) -- It's the prequel to The Lord of the Rings movies and books and follows a young elf named Galadriel in her quest to rid Middle Earth of evil. Scheduled for five seasons, The Rings of Power is based on the appendices in J.R.R. Tolkien's novels. So far, it's mostly family-friendly. (Although due to frightening images and violence, it's likely best for older children.) VidAngel and Clearplay offer filters.

Patterns of Evidence: Journey to Mount Sinai, Part 1 (Theaters) -- Filmmaker and Christian explorer Tim Mahoney visits the Middle East to examine the biblical, geographical and archaeological evidence for the Israelites' exodus to Mt. Sinai. (Mahoney affirms biblical

inerrancy.) Part 1 launches in theaters Oct. 17-18, with Part 2 opening in theaters in February. Visit PatternsofEvidence.com.

Legacy Peak (Pureflix) -- An adventurous man attempts to impress his girlfriend's children with a trip to a remote location, only to find himself in survival mode after his small plane is forced to make an emergency landing. Legacy Peak stars Lucas Black (NCIS: New Orleans, The Fast and the Furious series), who told me he hopes the film "encourages" and "inspires" men "to be a better father."

Pinocchio (Disney Plus) -- A wood-working widower creates a marionette to resemble the son he wishes he had, only to see the puppet come to life upon a visit from a fairy. This live-action film is a recreation of the 1940 classic film and includes solid lessons about love, family and the individual's conscience. (I told my kids: The law indeed is written on our heart -- Romans 2:15 -- although it's also tainted by sin and not infallible.) Rated PG for peril/scary moments, rude material and some language. (Clearplay offers a filter.)

Michael Foust has covered the intersection of faith and entertainment for more than 15 years. He is the husband to Julie and the father of four young children.

Stepbrother's book reveals untold story of Elvis and faith



What's the untold story of Elvis and his faith? That's the topic of a new book by New York Times bestselling author and stepbrother to Elvis, Billy Stanley in conjunction with co-author ans well-known writer Kent Sanders.

Published by Thomas Nelson, "The Faith of Elvis: A Story Only A Brother Can Tell," is part tribute to his stepbrother and part Gospel message, giving a first-hand account of the untold story of the iconic singer's Christian faith. It also covers how that faith influenced the iconic pop star's music, films, relationships, commitment to his family and fans, and his love for the Gospel.

Stanley is no stranger to the New York Times bestseller list as his book "Elvis, My Brother" proves. As the stepbrother of Presley, he was one of the singer's trusted confidantes witnessing Elvis' faith in action firsthand, he says. Today, living just a few miles from Graceland, Stanley is a successful salesman and former airplane mechanic and is still married to his high school sweetheart.

In "The Faith of Elvis," Stanley recounts Elvis' life and abiding belief in Jesus and heaven, which has been kept from public view until now. Though the King of Rock and Roll struggled with addiction and with his notorious playboy image, Stanley reveals that the true Elvis was deeply committed to ensuring his family and his fans knew the true King, Jesus Christ.

"This book is not just my attempt to share the message Elvis gave to me," says Stanley. "I also want to reveal the true story of a great man. Behind the glitz and glamour, beyond the movies and millions of records sold, is a man driven by his faith in God. I didn't know him as a fan, a Hollywood producer, or the countless number of peo-

ple who wanted a piece of him. I knew him as a brother. I want you to see the man who gave so much of himself—almost too much. A man who thought it was better to give than to receive."

As the book recounts, when seven-year-old Stanley and his two younger brothers moved to Graceland in 1960, Elvis eagerly welcomed them, embracing his new roles as big brother, spiritual mentor, protector, and playmate. On their first night together, Elvis introduced his brothers to bedtime prayers as he thanked God for his new siblings. Soon after, he began to read the Bible with them, and he continued both practices for the next 17 years.

That's an image of Elvis that is missing in most retellings of his life, including a recent film that, at times, seemed to mock his faith.

During Stanley and his brothers' teenage years, Elvis shared his experiences of filming movies (including stories about the leading ladies who acted beside him), offered dating advice, and even doled out gentle discipline after two of the brothers once used a blue light to pull over cars in hopes of getting a date. Stanley also recalls helping as part of Elvis' road crew for several years, bringing Elvis' Bible along, and witnessing his growing number of adoring fans. Elvis loved his fans in return, which is why he was drawn to Gospel music—it allowed him to share God's abundant love.

Adds Stanley: "Everyone is familiar with Elvis on-stage, but this book will give you an opportunity to get to know the man I grew up with off-stage, a man dedicated to sharing the love of Jesus with each of us. This is a story of faith, hope, and love. It is a story only a brother can tell."

For additional information, please visit www.thomasnelson.com.

Comedian JP Sears comes to TPAC

JP Sears is a comedian who tours the country extensively doing stand-up comedy and publishing weekly online videos that have been viewed more than 500 million times. In addition to inspiring laughter in a weird world, JP's work takes an unapologetic stand for freedom, free speech, and encouraging people to free

themselves from fear.

JP lives in Texas, and when he's not making videos or performing on stage, JP spends his time passionately playing all out, scaring himself daily, and choosing to live guided by his own free will. <https://awakenwithjp.com/>

Tickets available at TPAC Box Office



Silly song 'Gobble Gobble' has served as a bridge to the gospel

Christian musician Matthew West has won multiple Dove Awards, an American Music Award and has been nominated for five Grammys.

Even so, fans sometimes buy tickets to his concerts based on their enjoyment of a tune that likely won't ever win any honors: Gobble Gobble.

The official video for this Thanksgiving-themed "silly song" was released in the fall of 2020 and has tallied 3 million YouTube views, depicting West wearing a turkey outfit and dancing around a table as he sings about cranberry jelly, gravy boats and dinner rolls.

It's a song that employs silly G-rated humor that attracts youngsters and parents alike. It also has served as a bridge for new fans to discover his Christian music.

"I've got kids coming to my shows now that actually found my real music by way of some of my goofy songs," West told me. "So you just never you never know how God might use a different part of your gifting in a unique way."

The lyrics bemoan the dearth of Thanksgiving songs in popular culture and celebrate various types of food in silly-song style ("I stick a dozen in the gravy boat, I'mma eat a drawn dinner rolls.") The chorus is simple: "Gobble gobble one, gobble gobble two, gobble gobble me, gobble gobble you."

Gobble Gobble is but one of several popular silly songs that West has written over the years. His tune Quarantine Life (2.7 million YouTube views) expressed the feelings of lonely Americans in April 2020. ("I think I might have had a birthday, but I don't know what month it is.") He began singing silly songs, he said, when he was a new artist and didn't have a record deal.

"I was an independent artist traveling around playing college campuses," he said. "And a lot of times the colleges would set me up in an area of the campus where there really wasn't an audience. People were just walking by. And so I would play my normal songs, and maybe one or two people would come. And then to try to get people's attention, I would just start making up a song about some college kid who, you know, was stuffing doughnuts in his face or something. ... And the crowd would start to gather. And I always remembered that. Over the years, as my career has progressed, I started to realize how humor can play a really important role in music."

Musicians "can take ourselves too se-



riously" sometimes, he said. Silly songs are a way to stay grounded and to stay connected with fans, he said.

"So I like to write funny songs just to make people smile," he said. "These have been some hard couple years, too, so it's been really cool to see how even the funny songs have brought a smile to people's faces during a tough time."

Rock music can glorify God, John Cooper of band Skillet says

There is no conflict between Christian faith and rock music, said John Cooper of the Christian band Skillet.

"I really don't want to use scripture cavalierly, but I will throw some scriptures out there that I think they mean something to me, and maybe it's applicable, maybe it's not," he said. The Skillet front man cited Titus 1:15, which reads: "To the pure, all things are pure."

"One of the things that that scripture, as I've understood it to mean, is that sometimes there's going to be something, it may be attached to something that's really negative for someone, but maybe it's not negative for someone else," he said. "As we see in the scriptures, somebody's, like, 'Hey, that's not me anymore. I gave my life to Jesus. I don't want nothing to do with that meat.' Then you may have somebody else that's a Christian that's like, 'I didn't even know this was sacrificed to idols. I just thought it was meat. I was thankful that God gave it to me. I didn't know anything.'"

"Music was a little like that for me. I never understood the roots of rebellion in rock 'n' roll — sex, drugs and rock 'n' roll. That didn't mean anything to me. I just liked the way it sounded. And I under-



stood God created music. The devil doesn't create stuff; he distorts, right?"

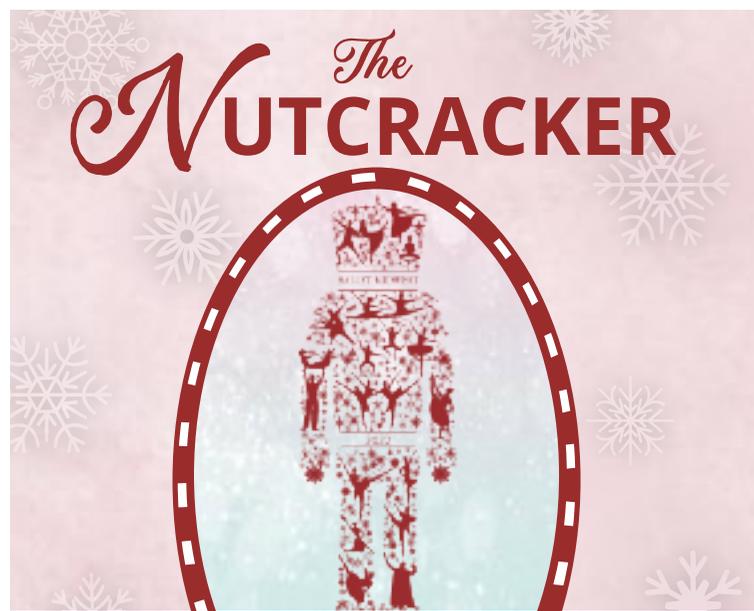
Cooper encouraged Christians to not let Satan steal something that God created.

"It's like that great old Christian song, 'Why should the devil have all the good music?'" he said. "But we're not going to let the enemy steal something that God created. He may have distorted it, but we're bringing that back under the lordship of Christ where music and art belong, because everything is the Lord's. The earth is the Lord's, and the fullness thereof. Everything in it is his. So that's kind of the way

that I view it."

Cooper urged Christians to be unashamed and vocal about their faith, not out of pride but because of their great privilege to freely worship their God.

"You cannot stop the move of the Holy Spirit," he said. "And you cannot stop the gospel of the kingdom from invading people who do not expect it because they see it, so we celebrate that freedom in Christ, even if the extreme worst happens. And I don't think that's going to happen, by the way. I'm just saying, no matter what happens, the gospel cannot be quenched."



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A Guide to Enjoying Life in the Best Years

7 Tips for Caring for a Loved One from Afar

Caring for a family member or loved one with a serious health condition like Parkinson's disease (PD) can be a big undertaking and often takes a concerted effort from many family members and friends to provide the best care possible. Even if you're not available to provide hands-on assistance on a consistent basis, there are ways to provide aid from a distance.

PD is one condition that may have an impact on the entire family, necessitating a broad care network. The second-most common neurodegenerative disorder behind Alzheimer's disease, PD affects nearly 1 million nationwide, with more than 60,000 Americans newly diagnosed each year. Because it can be hard to tell if a loved one has the disease and no two people experience it quite the same way, some early signs to look for include tremors, slowness of movement and stiffness or rigidity, among others.

Organizations like the Parkinson's Foundation have resources that can help you and your family members provide long-distance care to a loved one. As an ally to care partners, the Foundation aims to make life better for people living with PD and their families by improving care and advancing research toward a cure.

Experts from the Foundation offer these tips for long-distance caregivers:

Learn about your loved one's condition. You will be better able to provide support if you have a basic understanding of the disease. Be sure to gather information on the condition's symptoms, how it is diagnosed and what treatment options are available.

Be well versed in your loved one's needs. Learn about his or her general health and keep a list of doctors and neighbors along with their contact information. Also keep any pertinent financial and legal documents readily accessible.

Keep an open line of communication with the primary caregiver. As care partner responsibilities often increase over time – and can easily lead to burnout – be sure to let the primary caregiver know you are there for them. Consider sending a simple gift such as a hand-written card, flowers or a gift card for a self-care appointment, like a massage.

Consistently offer to help. There are many ways you can offer support. If in doubt, directly ask how you can be of the most help. Even if you cannot be present to offer hands-on assistance, consider sending meals, troubleshooting technology issues or providing other assistance based on your skillset. You may even offer to have your loved one come stay with you for a while, if they are able to travel, to give the primary caregiver a respite from duties.

Call often. Set a designated day and time each week to chat with your loved one and make the call faithfully, even if just to catch up for a few min-

utes. Consider using a video calling service so you can see each other, if possible, to provide an additional level of connection.

Talk finances. Many people won't ask for financial help, even if the limitations of a fixed income mean going without necessities, so it may be best to have this conversation proactively. If a regular subsidy isn't possible, offer to buy groceries online, send a weekly meal, purchase medical supplies or help with household utility bills, transportation costs or home-related services.

Visit when possible. If your budget allows, plan regular trips to check on your loved one and plan ahead with the primary care partner so you can provide respite. Offer to take on key responsibilities during your visit and provide a listening ear for the main caregiver while you're there.



You can find an array of free resources, including a comprehensive Caring and Coping guidebook, a video library, podcast episodes, courses and an online community, at Parkinson.org/Caregivers. To learn

more and find additional resources in English or Spanish, visit the website or call the Parkinson's Foundation toll-free Helpline at 1-800-4PD-INFO (1-800-473-4636).

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- ▶ 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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Dan Marino's Tips to Keep Health Goals on Track During Football Season



The kickoff to football season is here again, and with it comes pizza, beer, wings and more.

In a poll of 2,000 American men conducted by OnePoll and commissioned by Nutrisystem, 37% said they usually gain weight during football season from September to January, with 53% claiming they gain 10 pounds or more.

But football season doesn't need to wreak havoc on your overall health, wellness and weight loss goals. Just ask pro football Hall-of-Fame quarterback, Dan Marino.

"After playing pro football for 17 years, my knees took a beating and I had to have both of them replaced. Couple that with the stress of the COVID-19 pandemic, and I couldn't exercise or do the things I wanted to stay active, so I put on some weight," says Marino. "I knew I needed to

make a change, turned to Nutrisystem and lost 26 pounds."

To help football fans stay on track this season, Marino is sharing his best tips to lose weight and get healthier.

1. Make a Commitment: It all starts with a commitment. You make a commitment to yourself to get healthier and then you find a game plan to do it. When you see results, you're motivated to keep going to reach your goal.

2. Keep it Simple: Men, especially, need things to be simple. If your goal is to lose weight, look for programs like Nutrisystem that are easy, take the guesswork out of dieting and deliver your favorite foods made healthier right to your door. Plus, they have

great game day foods like popcorn, pizza and burgers to ensure you're making good choices.

3. Seek Support: Studies show that individuals lose up to 20% more weight when dieting with a partner. Find that teammate who will help motivate you to stick with your wellness goals.

4. Focus on Protein: Protein keeps your hunger in check and will keep you from grabbing those not-so-good for you game day foods. Aim to get your protein from foods like meat and fish, eggs, dairy products, nuts and nut butters. For an afternoon snack, I always grab a Nutrisystem shake, which is packed with protein to keep me full until dinner.

5. Get Moving: Get up and off the

couch! Call up your friends and organize a game of football or shoot some hoops. I love to hit the golf course and I often walk instead of grabbing a cart. This way, I'm getting in extra exercise.

For more great tips to feel your best this football season and beyond, visit Nutrisystem's blog at leaf.nutrisystem.com.

The most important thing to remember is keeping up with your health and wellness doesn't need to be hard. It's all about balance. If you find yourself over-indulging as you're watching the game, that's okay. Commit to getting back on track the next day.

— StatePoint

5 Ways Traditions Help Us Stay Healthy and Happy

Health experts say that establishing and maintaining family traditions can boost overall well-being and vitality, especially as we age.

"As children become adults and move out of the house or away, the family traditions that bind us can sometimes get lost in the process," says Aparna Abburi, president of Medicare and CareAllies with Cigna, which provides insurance to hundreds of thousands of older adults through its Medicare plans. "Forming new traditions or reigniting old ones can keep us connected to loved ones, ultimately helping us feel more fulfilled, happier and healthier."

Here are some insights into the im-

portance of traditions to well-being and vitality as we age, along with tips for keeping those connections going in your own circle of family and friends:

Traditions help combat loneliness: According to a 2020 survey by Cigna, 61% of adults reported being lonely—a 7 percentage-point increase from 2018. That feeling was likely exacerbated by the pandemic that followed. Traditions can help to combat feelings of isolation. Consider setting up weekly video calls or trading letters and notes with relatives who live far away. Regular trips to a favorite destination, such as a lake or beach, or celebrating important holidays together

every year, can provide meaningful time together.

Traditions pass on family values: Having shared values can help us feel connected to one another. Telling stories from the past or practicing cultural, spiritual and religious traditions are great ways to pass these values down from one generation to the next.

Traditions can make us feel young again: From cooking and gardening to sports and games, family traditions often evoke old memories and make us feel young again. Sensory memories can be particularly powerful. Whether it's a cookie bakeoff, ballpark peanuts and hot dogs, or a singalong around the piano, family rituals that include special sights, sounds and aromas are often the ones we think of most fondly.

Traditions strengthen communities: Traditions are not just for families; they can also strengthen ties among friends and communities. Consider getting a group of neighbors together for morning walks or meeting friends for shopping excursions. Make visiting the farmers market, attending free concerts in the park, playing community center bingo and gathering for other recurring local events part of your routine.

For more information about how to stay healthy while aging, visit

www.cignamedicare.com.

As you embrace the rituals that matter most to you, remember that traditions don't need to be rigid or set in stone.

"Just as you might modify a family recipe to suit your dietary needs or

switch from weekly phone calls to weekly video calls, don't be afraid to tweak and expand on older traditions so they're relevant and interesting today — and for years to come," says Abburi.

— StatePoint

sports

New Colts starting QB Sam Ehlinger finds peace, hope by putting God first



In the span of two weeks, Sam Ehlinger has gone from being the Indianapolis Colts' third-string quarterback to the team's starter for the rest of the season. Ehlinger was elevated to second string for their Week 7 loss to the Tennessee Titans, and head coach Frank Reich announced Monday the former sixth-round pick would be their quarterback moving forward.

"It's a big step but we think he's ready," Reich said when discussing the switch. "This guy's special. Just talk to anybody that walks in that locker room — we're fortunate to have a guy like [Ehlinger], really three quarterbacks like that. But Sam, he's got that about him. He carries himself in a way, he plays, he practices in a way he'll be ready."

Ehlinger saw action in three games last season, rushing the ball three times for nine yards. He has never thrown a pass in a regular-season NFL game.

The second-year pro impressed in his extended playing time in the preseason this year, completing 24 of his 29 passes for 289 yards with four touchdowns and zero interceptions. He also rushed for 71 yards, including a 45-yard touchdown against the Tampa Bay Buccaneers.

Speaking to the media for the first time since being named the starter, Ehlinger said Wednesday that his confidence in the way he's been preparing has helped him handle the sudden change in roles.

"I'm always preparing to be the starter," he said. "Regardless of when that opportunity was going to come, I was

going to be ready and do what I could to be prepared. That's alleviated a lot of the stress. I mean, I can't imagine if I weren't preparing the way that I was."

Throughout his football career, Ehlinger has also been outspoken about his faith, especially with the role it's played in helping him cope with tragedy. His dad, Ross, passed away during a triathlon when Sam was 14. Last year, Ehlinger lost his brother, Jake, right as he was beginning his career with the Colts.

When his mom, Jena, called after they'd both received the news about Jake, Sam recited Joshua 1:9 to her: "Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God goes with you; he will never leave you nor forsake you."

In the aftermath of his brother's passing, Ehlinger said in an interview with the Indianapolis Star that he had started to really focus on his faith during his senior year at the University of Texas, and had gained a new appreciation for the eternal hope offered by God.

"The peace in eternity, eternal satisfaction, that concept, was something I clung onto when my dad died, but I didn't truly comprehend or understand what it meant until probably about a year ago, when I really dove into my faith, really put God first in every single aspect of my life," he said. "Instead of saying I was a believer, [I started] actually, truly living it and following what He told us to do."

—Joshua Doering /
sportspectrum.com

FROM THE CHEAP SEATS

by Rob Mooney

The Kansas City Chiefs enter their bye week at 5-2 after a 44-23 win over the 49ers in San Francisco, and it looks like they've set themselves up for another run at the AFC West Division crown.

The Chiefs suffered a 20-17 loss to the lowly Indianapolis Colts back in September after an unsportsmanlike conduct penalty against the Chiefs on a third down sack extended the Colts game-winning drive. A missed field goal and a fake field goal gone awry led to the Chiefs' first loss.

The Chiefs also lost to the Buffalo Bills 24-20 in what was a very entertaining game. Of course, whenever Josh Allen and Patrick Mahomes match up against each other, you know you're in for a great game. Many folks are picking

the Bills to win the Super Bowl, so that loss didn't sting as much.

Looking ahead, the Chiefs have a favorable schedule down the stretch. Three of their first four games back from the bye week are at home, starting



with the Tennessee Titans, who have arguably the best running back in the NFL in Derrick Henry. The Titans seem to always be a tough out for the Chiefs.

After a visit from the Jacksonville Jaguars and a trip to LA to play the Chargers, the Chiefs have the Rams and Bengals, the two Super Bowl teams from last year. At the beginning of the season this would have looked a very tough stretch, but the Chargers are inconsistent and their quarterback, Justin Herbert, hasn't quite become the player that we all thought he could be. The

Rams are a shell of themselves with inconsistent quarterback play as well. The Bengals look like they're coming around after trouncing the Atlanta Falcons 35-17. They could very well be 8-3 when they face off with the Chiefs in Cincinnati.

After that game, the Chiefs have five very winnable games. I could see the Chiefs finishing the regular season at 13-4, possibly even 14-3, which would put them in the running for the number 1 seed in the playoffs, which is extremely important this year, as that's the only seed with a first round bye after the NFL expanded the playoffs, adding one more team in both conferences.

Of course, they'll need some help to attain the number one seed as Buffalo owns the tie-breaker over the Chiefs. The Bills are currently 5-1 and are playing great football. We'll just have to see how the rest of the season unfolds. One thing is for sure though, the Chiefs need to take care of their own schedule and not worry about what other teams are doing. It won't matter anyway if they stumble down the stretch!

Bills' Leslie Frazier aims to bring 'glory to the name of Jesus

Under the guidance of head coach Sean McDermott and defensive coordinator Leslie Frazier, the Buffalo Bills beat the Kansas City Chiefs recently using a gameplan unlike any of the previous 86 created in McDermott's five-plus seasons as the team's head coach.

They did not blitz at all, keeping at least seven men in coverage on every play for the first time under McDermott.

The result was a 24-20 win in Kansas City that gives the 5-1 Bills control of the AFC. A matchup of two of the most electric offenses in the league turned into somewhat of a defensive struggle that ended with Bills defensive back Taron Johnson picking off Mahomes in the final minute of the game.

Frazier — who's spent more than two decades coaching defense in the NFL — acknowledged after the game he doesn't ever remember using a strategy quite like the one Buffalo deployed that day.

"I don't know if I've ever been in a game where we didn't pressure at least once," he said. "So this was unusual. But for this opponent, it was the right thing to do."

McDermott hired Frazier as his defensive coordinator when he arrived in Buf-



falo ahead of the 2017 season. The two previously worked together with the Philadelphia Eagles at the beginning of their coaching careers.

Frazier's time on that staff was significant. He said during an appearance on the "Faith on the Field" show this past July that he and other

members of the Eagles organization would get together for a Bible study every morning during training camp.

"That period of time [in Philadelphia] really helped me to grow my faith, and it helps me to this day," Frazier said. "So, when I'm in those moments where things that happen I really don't understand, I turn to my faith in those moments and I pray, and I trust that God is in control and that things are gonna work out."

Frazier has played an instrumental role in turning the Bills into a perennial Super Bowl contender. His defenses have finished in the top three in yards allowed three of the past four seasons. Last year, Buffalo allowed the fewest points and yards in the league. Through six weeks in 2022, they ranked first and second, respectively, in those two categories.

The 63-year-old knows the demands of the NFL better than most and relies on

his faith to help him navigate season after season.

"Just to be able to hear the Lord say, 'Well done, My good and faithful servant,' I will be very, very pleased," Frazier said on "Faith on the Field." "So, my faith is what gets me through some of those challenging times that we face in our league, some of the ups and downs you face during a season. It's my faith that gets me through those times."

The success of Frazier's defenses in Buffalo has led to calls for him to get a head coaching job in the next hiring cycle. Frazier served as the Minnesota Vikings head coach for 54 regular-season games from 2010-2013, leading the team to the playoffs in 2012. He has not been a head coach since and finds peace knowing his future is in God's hands.

"My purpose is to bring glory to the name of Jesus Christ," Frazier said on "Faith on the Field." "And so maybe He wants me in Buffalo for this period of time to be an example of who Christ is. And, you know, if it's not in the plans for me to be a head coach again, that's OK. As long as I'm filling what my purpose is, if I'm doing that, what God has called me to do, I'll be fine."

—Joshua Doering /
sportspectrum.com

Lecompton has Midwest's largest Christmas trees and ornaments display

Experience the holiday magic of Christmas when visiting Historic Lecompton. Visitors can see an indoor display of over 170 trees decorated in antique, Victorian, vintage and theme decor - including turn of the century and WW II era decorations. Among the many trees is a barb-wire tree, a feather tree, a Victorian Costume tree and many more unique decorations.

At the same time, visitors can also tour Constitution Hall, a National Landmark. Lecompton is



known as the "Birthplace of the Civil War, Where Slavery Began to Die." Lecompton was recently named one of the "Best Small Towns in Kansas" by Kansas Maga-

zine readers.

The Christmas display will be offered from November 1 to January 1. The display and museum is open 10 am to 4 pm Wednesday through Saturday and 1 to 5 pm Sunday.

Many interesting historical sites in the area can be seen on a walking tour, starting from the Territorial Capital. There are also

unique shops and eateries in this quaint little town.

For more information on the display and the museum, go to lecomptonkansas.com.

Salvation Army needs Bell ringers for the Holiday Season

The Topeka Salvation Army is now accepting applications for volunteers for the 2022 Red Kettle Bell Ringing Campaign.

Starting now through Dec. 12,



every day from 9 a.m. to 4 p.m., you can apply to "ring the red kettle" at the Topeka Salvation Army. ID is required, as well as your social security card. If you do not have either of those, a passport will suffice for identification.

The campaign kicks off at 6:30 p.m. on Nov. 18 at Yager Stadium in a collaboration with Washburn University.

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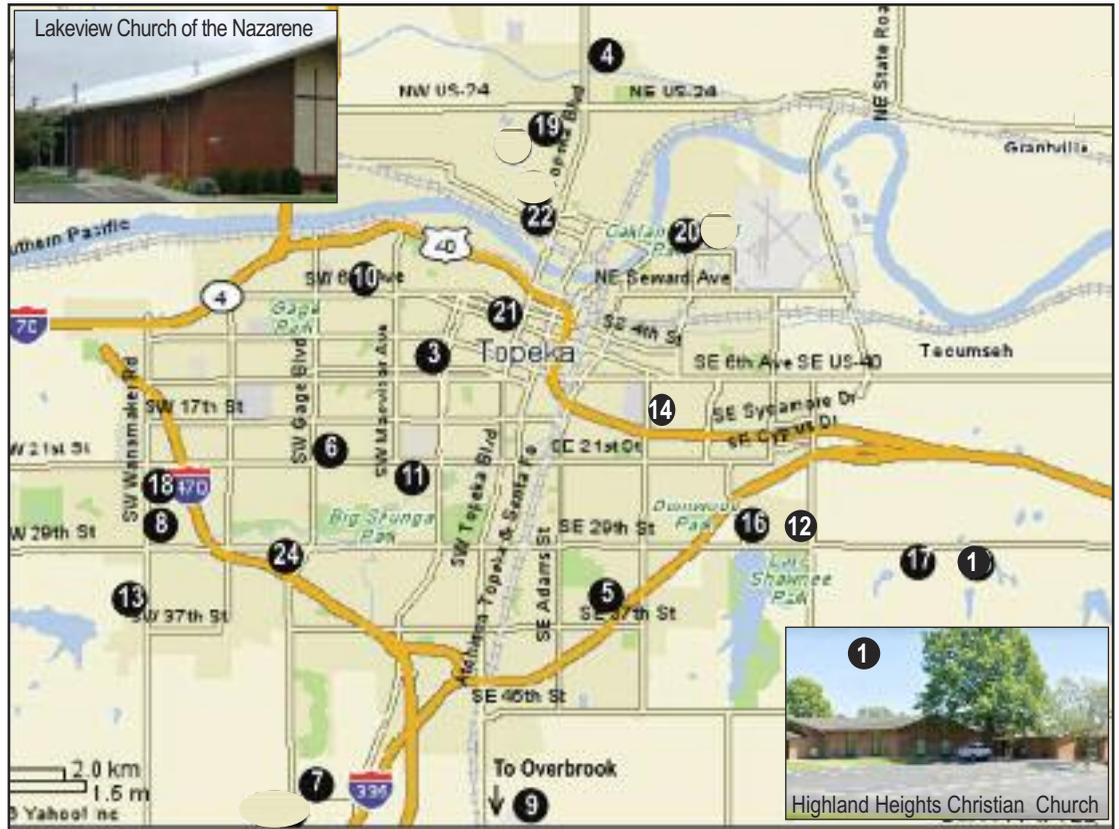


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www.wwnaz.org

Sun. Worship: 9am (Hymns) & 11 am

Children's Worship 9 & 11 am

Sunday School 10 am, all ages

Sun. Evening Various Children's Programs

6 pm Life Groups; 6:30 pm Teen Service

Wed. 6:30 pm Adult & Teen Life Groups

Wed. 6:30 pm Kids University

~ Nursery care at all services ~

14. OPEN ARMS OUTREACH MINISTRIES COGIC

1 (785) 232-3463/41 (785) 217-5560

Sunday School 9:30, Worship 11:00

In person or conference call:

(712) 770-4749 / 583229

Bible Study Tue & Wed conference call

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Supt. S. C. Mitchell, Pastor

16. HOUSE OF THE LORD CHURCH

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Sunday Worship 11am & 6pm

Wed. Prayer & Praise 7pm

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J. Michael Borjon, Pastor

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17. EAST SIDE BAPTIST CHURCH

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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

20. HERITAGE BAPTIST CHURCH

1937 NE Madison St,

Topeka, KS 66616 • 785-506-4594

Pastor Dale Stockburger

Sunday Worship: 11 am and 6pm

Sunday School: Sun 10am

Wed. Evening Worship: 7pm

21. HARVEST FAMILY FELLOWSHIP

Meets at 522 SW Polk

785-220-5418

Pastor Rey Rodriguez

Sun. Worship 10:30 am

www.harvestfamilyfellowshiptopeka.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

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Sunday 10 a.m. Wednesday 6 p.m.

Pastor Bob Spagnuolo 785-273-3506

meeting in our home:

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www.TrinityReformedBaptist.org

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PART-TIME ACCOUNT REP – Work your own hours. Call on businesses, churches & non-profits about their advertisements in Metro Voice. Generous commission on all ads you place; no base. Voice@cox.net

VOLUNTEER WRITERS – Metro Voice needs volunteer writers or interns for church and community news around the area. Call 235-3340 or email voice@cox.net. Some perks. involved.

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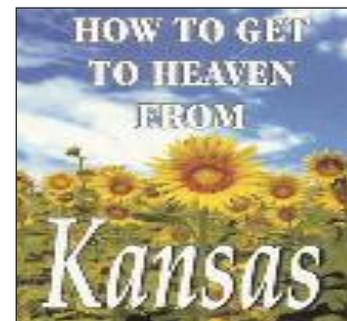
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life,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

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

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

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

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



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