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NEW RESIDENT churchguide

Heritage Baptist Church



See inside back cover!

City of Topeka to give away laptops



The City of Topeka is giving away 375 laptop computers to qualifying Topeka residents who are between the ages of 18 and 59 years old.

The program is part of the city's digital equity initiative, TSC – Get Digital, that aims to connect Topeka neighbors.

To qualify, Topeka residents must receive SNAP, Medicaid, SSI, Federal Public Housing Assistance, Veterans Pension Benefit Program, or have an annual household income that is less than 200% of federal poverty

■ Please see LAPTOPS page 3



America's Humble Beginnings

Can we get back to our roots before it's too late?

By Clint Decker

America had a humble and desperate beginning. Our nation's Declaration of Independence reveals this. Thomas Jefferson, who carefully crafted the historic document wrote, "The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct

object the establishment of an absolute Tyranny over these States." Then Jefferson goes on to list 27 examples of the king's oppressive governmental rule over America's 13 colonies. All the signers knew how bold of a statement the declaration was. They knew its implications, and how it would bring upon them the wrath of the king and the full power of his military,

unlike what they had seen up to that point.

Understanding what they were to embark on, Jefferson wrote, "We, therefore, the Representatives of the United States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions..." Jefferson and the

■ Please see HUMBLE page 2

Topeka Music Week is a prelude to the Country Stampede

Something loud is coming back to Topeka this month! Join others in Topeka for a pre-game to Country Stampede, filled with live music, special events, and more.



The week leading up to stampede, area businesses, attractions, and restaurants will be celebrating music and fun with Topeka Music Week.

Keep an eye on social media for announcements of who is performing and what locations are participating, as events are added.

Check out our event calendar in this issue for acts booked at Everygy Plaza, NOTO Arts & Entertainment District, local pubs, parks, churches, and more. Genres of all types will be present in the Top City yet again in 2023! From country cover bands to classical ensembles, music can be heard all around town.

Casting Crowns to Celebrate 20 Years When They Visit Topeka

GRAMMY® winning multi-platinum group Casting Crowns will embark this fall on the Casting Crowns 20th Anniversary Tour: A Live Symphony Experience. Celebrating a milestone 20-year career, the band will be joined on tour by a live orchestra. Presented by Compassion International, the 20-city tour begins on Sept. 28, in Albany, New York, and will make stops in cities across the country including Boston, Baltimore, Indianapolis,

Cleveland, Tulsa, Austin, San Antonio, San Diego and Tucson, among others. The tour will end its run in Lubbock, Texas on October 30.

The tour will make its Topeka stop on October 6 at Topeka Performing Arts Center.

Ticket options include a special 20th Anniversary Premium ticket which offers the best seats in the house, access to the VIP Lounge with pre-

■ Please see CROWNS page 3



Local Christian company expands services

A Topeka company has rebranded itself to include services to help other Christian businesses and organizations. The Ears to Hear Collection of fine Christian apparel, owned by Jerry and Becky Hudgins, have announced the formation of Faith First #Top City Apparel.

The rebranding will include custom apparel, graphics and printing for a variety of mediums.

"My own experience has been frustrating finding sources who had no minimums for orders," said Jerry Hudgins, owner and director of product development for FF#TCA. "I wanted to put together a network of people who can help me produce quality graphics and printing at an affordable price and with a quick turnaround time."



"We at Ears To Hear Collection have always used our Christian clothing line as a way of telling the story of Jesus to this ever changing world," Hudgins shared. "Now as we begin a new busi-

ness it's our desire to give you the opportunity to tell YOUR story through apparel and other printing needs. We all have a beautiful story to tell – allow us to help tell yours."

With Faith First #Top City Apparel, Hudgins says they can now help others with custom apparel, business logos, banners, signage, promotional materials, business cards, water bottles, cups, hats and much more.

Not to worry, though, that lovable Bruno the Sheep and The Ears to Hear Collection still stands strong, and they've even added an "Inspirational" line of apparel. But now, they've added these other services to help others.

Hudgins, a longtime Topeka resident, is the founder and operator of Sole Reason, a local not-for-profit,

under 501 c3, that provides new sneakers for children in need in the Topeka area. To date, Sole Reason has provided over 7,000 pairs of new shoes. For information on Sole Reason, visit their website at SoleReason.net.

Contact Hudgins if you would like help with your apparel, graphics and printing needs. You may reach

him by phone with any questions at (785) 338-2965, or by email at FaithFirstTopCityApparel@gmail.com.



HUMBLE

continued from page 1

signers knew they would need the help of the Almighty to withstand the forces of the powerful British Army and Navy. Today, we know the result of America's Revolutionary War, but on July 4, 1776, when the 56 men signed their names, the future was uncertain. This is why Jefferson concluded with these solemn words, "And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor." Though they believed victory was possible, they also knew defeat was too. And they knew both the price of victory or defeat could be their very lives. Therefore, with humble hearts they cited the urgent need for the Lord God's shield of protection about them.

Without question, America's founders and their colonies were desperate and dependent on God.

How is America today? We have gone from 13 colonies to 50 states, from a population of 2,000,000 to 330,000,000, from a ragtag Continental Army to the world's most powerful military, from small agriculture beginnings to the wealthiest of all nations.

God once spoke these words to the nation of Tyre from centuries past, "... by your wisdom and your understanding you have made wealth for yourself, and have gathered gold and

silver into your treasuries... your heart has become proud..." (Ezekiel 28:4,5) America has been blessed and flourished like no other nation in history, but in our growth, our heart has become dangerously proud.

We have risen to say, "Look, see what we have done!" rather than acknowledging what God has done. We have rejected the One who birthed America. We are erasing whatever vestiges of Him are left in our history. We have covered up the godly foundations He laid across all our institutions. Consequently, we have turned from governing by the principles of His Word to governing by the impulses of our corruptible passions. Instead of celebrating uprightness, we celebrate degenerate behavior. Rather than cheering equal justice under the law, we cheer the injustice poured out on our enemies. Instead of championing all that is good, we destroy it and call evil, good.

The pride of America has turned to arrogance, causing us to declare

our independence from God. To this God says, "... Because you make your heart like the heart of a god, therefore, behold, I will bring foreigners upon you." (Ez. 28:7)

This is a warning of God's judgement if we do not change. He is not blind! He sees all we have done, and in His own time He will act.

Where is America's hope? God has sent His only Son, that whoever comes unto Him might be saved. Our nation can be rescued, one soul at a time. He is being patient with us, not treating us as we deserve. Let us heed heaven's warning before it is too late. Now is the time!

A prayer for you – *Lord God, we the people of these United States of America, confess our sin. We have strayed from your good and perfect ways. How wrong we have been. We humble ourselves before you in a spirit of repentance. Forgive us O God, for what we have done. In Jesus' name. Amen.*

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"Shine For All To See" –Matthew 5:16

Local Students Honored at Annual SkillsUSA Event

Several local career and technical students were recognized for excellence at the 2023 SkillsUSA Championships, held in Atlanta, on June 21-22. More than 6,000 students competed at the national showcase of career and technical education. The SkillsUSA Championships is the largest skill competition in the world and covers 1.79 million square feet, equivalent to 31 football fields or 41 acres.

Skill Point Certificates were awarded to all national contestants who met a threshold contest score. The Skill Point Certificate represents workplace readiness in the occupational specialty and students can add the certificate to their employment portfolio as an indicator of proficiency.

Students were invited to the event to demonstrate their technical skills, workplace skills and personal skills in 110 hands-on competitions including robotics, automotive technology, drafting, criminal justice, aviation maintenance and public speaking. Industry leaders from 650 businesses, corporations, trade associations and unions planned and evaluated the contestants against their standards for entry-level workers. Industry support of the SkillsUSA Championships is valued at over \$36 million in donated time, equipment, cash and material. More than 1,200 industry judges and



Early Childhood Education.

Washburn Tech said five postsecondary students earned silver medals by placing second in the quiz bowl event. Earning honors and their programs of study were Marissa Boyce, Osage City, practical nursing; Zevin Paracremier and Ethan Stookey,

Topeka, cabinet/millwork; Corey York, Silver Lake, information systems technology; and Taylor Zwygart, Meriden, practical nursing.

"More than 6,000 students from every state in the nation participated in the 2023 SkillsUSA Championships," said SkillsUSA Executive Director Chelle Travis. "This showcase of career and technical education demonstrates SkillsUSA at its finest. Our students, instructors and industry partners work together to ensure that every student excels. This program expands learning and career opportunities for our members."

The SkillsUSA Championships event is held annually for students in middle school, high school or college/postsecondary programs as part of the SkillsUSA National Leadership & Skills Conference. The national, nonprofit partnership of students, instructors and industry is a verified talent pipeline for America's skilled workforce that is working to help solve the skills gap.

technical committee members participated this year.

The following local student received a SkillsUSA Championships medal and Skill Point Certificate:

* Caden Starr, from Topeka and a student at Washburn Tech, was awarded the high school bronze medal in Collision Damage Appraisal.

The following local students are Skill Point Certificate recipients:

* Nicholas Noriega, from Carbondale and a student at Washburn Tech, was awarded a Skill Point Certificate in Welding Sculpture.

* Joseph Holthaus, from Topeka and a student at Washburn Tech, was awarded a Skill Point Certificate in Collision Repair Technology.

* Kelly Del-Zio, from Topeka and a student at Washburn Tech, was awarded a Skill Point Certificate in Job Skill Demonstration A.

* Zayne Sommers, from Topeka and a student at Washburn Tech, was awarded a Skill Point Certificate in

laptop, should review the eligibility requirements before calling 785-368-3098 to apply.

The funding for the laptops was made possible thanks to a \$250,000 grant the city received from the

Kansas Health Foundation.

The city's desktop computer program for those who are 60 years or older is still active. To learn more about these programs, visit the city's website at topeka.org.

Crowns lead singer/songwriter Mark Hall. "We were amazed that we were even given the opportunity to record our songs and play them for the world, and even more amazed that people wanted to hear them. Now, 20 years later, we are still just as amazed that we have gotten to be a little part of your story through the years through our stories and songs."

This milestone anniversary tour will commemorate two decades of Casting Crowns' expansive repertoire of chart-topping albums, featuring hit songs like

"Scars In Heaven," "Only Jesus," "Nobody," "Praise You In This Storm," "East To West" and many more.

"This fall, as a way to celebrate all that God has done so far, we wanted to do something different," Hall continues. "We'll be bringing an orchestra, creating some really special, unique moments, sharing stories from our journey together, and playing the songs you've enjoyed from us since the beginning. We hope you will come out and celebrate and join us for this special 20th Anniversary Tour!"

C5Alive Power Luncheon features TRM founder Max Manning

The July C5Alive POWER Luncheon will be held July 13, 11:30 a.m. to 1 p.m. at Aldersgate Village, 7220 SW Asbury Dr.

Featured Speaker will be Rev. Max Manning, one of the original founders of Topeka Rescue Mission. He is the Director of Global Missions, Inc., and has authored several books and booklets.

He has Ministered the Gospel in 64 nations around the world, including India, Sri Lanka, The African Continent, Central and South America.

He has served in the Dominican Republic and Haiti for over 40 years, establishing Churches, orphanages, trade schools, medical clinics and more..

The cost is \$15 for C5 members and first-time guests who RSVP, and \$17 at the door. Repeat guests pay \$20. RSVPs and inquiries can be sent to info@C5Alive.org.

"POWER" luncheons are held on

the second Thursday of each month and are open to the public.

C5Alive is dedicated to creating Christian culture in the Capital City, by developing and uniting Christian Leadership in community businesses, non-profits and churches. C5 also

hosts other periodic events, including **EASTERFEST**, the annual Topeka Easter Parade and Fun Fair, held on N. Kansas Avenue and at **Great Overland Station** on the day before Easter.



Manning

The 3rd Annual C5Alive **TOPEKA FALL FEST** will be on September 16, 2023 at **Great Overland Station**.

C5 members may also sponsor luncheons and other events as a way to promote their organizations. C5 is currently holding a membership drive with special incentives for new members.

For more information about C5, go to www.facebook.com/C5Alive,

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LAPTOPS

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guidelines.

Those interested in receiving a

CROWNS

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show hours d'oeuvres/complimentary beverages, a band drop-in appearance at the VIP Lounge, an exclusive premium gift, souvenir laminate, early entry/access to merch shopping, and an exclusive merch discount. Ticket information can be found at CastingCrowns.com.

"When we set out on this journey in 2003, we were the youth band from our church in Atlanta," says Casting

An Open Letter from 'Daisy'

Below is an article from someone I have been working with, who is going by the name, "Daisy". After 36 years of practice, I get all the clients I need and do not want anyone to think I'm trying to exploit a client for any gain on my part! As I saw how healing was so healing for Daisy, I believe God has prompted me to help facilitate her being able to share her journey with you. I believe it will not only be healing for her, but also for many of those who read what she has to say. If you would want to write to Daisy, you can send your email to, shane@shanemjones.com, and I will forward it to her. Eventually, she may come up with an email account where you can email her directly. Even though she is writing anonymously, this is still a bold step for her, as it would be for anyone! Thank you for any prayers you say for her as she shares!

Shane M. Jones, LSCSW

Shane M. Jones & Associates, P.A.



our sin, but I didn't know if I was good enough for his sacrifice. I always have a Bible nearby; however, I need to open it a lot more than I do. I'm ashamed of that and my lack of praying, and when I do pray its usually for someone else. I believe everyone deserves to have a chance. I've had plenty of chances, I just screwed them up. I'll give you a quick rundown on who I am and give more details in later articles.

My name is Daisy. I'm 42 years old and don't have much to show for it. I am a high school graduate. I tried the college thing, but it wasn't for me. So, I have no degrees, I am an expert in none. I've just done the best I could.

I've been through a lot and struggled much, but I haven't given in yet. I have had my fair share of trauma and abuse at the hands of my family and others.

Of all the people who have abused me I was my worst abuser. I began self-injuring when I was in the first

grade, and it has gone on ever since.

The past year has been especially rough. I went on a cutting streak and totally ravished my body. I am happy to say I have not cut myself in 3 months! That's like 3 years to a cutter!

I've been in therapy most of my life and had roughly around 10 therapists. I began therapy at the age of 8 and was put on medication at age 9. I've probably been on 50 different medications, and currently I am taking 25 pills a day.

I know you are probably thinking, "If she takes all those pills, she should have some diagnoses?" The self-injury and generalized anxiety are the areas I struggle with the most. I've also battled depression, obsessive compulsive disorder, and at my worst times, I had three series of Electroconvulsive treatments, which are basically shock treatments. There have been times I wanted to give up. Let me tell you, there were times I almost DID give up. But what doesn't kill you will make you stronger.

I was looking for something, and after what I've been through, I didn't honestly think that anything could bring me back. With the help of a great friend and a very tiny church, I've at least got my head up.

Don't get me wrong I have my bad days as does everyone (at least I sure do). But if you'd like to follow along, I'll delve into my journey and share more of my story with you.

More to come...

-Daisy

Spirit of Kansas festival will be hot



Topekans should be prepared for warm weather at this year's Spirit of Kansas festival at Lake Shawnee. Take sunscreen, seek shade, stay hydrated and take breaks to find air conditioning. Coolers of non-alcoholic beverages are allowed. No alcohol or personal fireworks are allowed.

Spirit of Kansas Schedule:

- 9 a.m. – Car Show (8 a.m. registration) in Tinman Circle
- 10 a.m. Golf Tournaments at Lake Shawnee and Cypress Ridge Golf Courses
- 10:30 a.m. – Color Guard & National Anthem
- 10:45 a.m. – Spirit Dancer
- 11 a.m. -- Food and craft vendors open until 7:30 p.m.
- 11:15 a.m. – Spirit of Kansas Blues Festival begins
- 6:30-7:45 p.m. – Shawnee County Boat & Ski Club's Water Ski Show
- 10 p.m. – Capitol Federal Spirit of Kansas fireworks display synchronized to patriotic music on 107.7 FM

The Spirit of Kansas Blues Festival takes place behind Reynolds Lodge in Tinman Circle off of East Edge Road at Lake Shawnee. The Festival includes the following performers, presented by the Topeka Blues Society:

- 11:15 a.m. - Mark Montgomery
- Noon - Stranded in the City
- 1:15 p.m. - Tas Cru
- 2:45 p.m. - Erin Coburn
- 4:15 p.m. - Hadden Sayers
- 6 p.m. - GeminiDragon
- 7:30 p.m. - Chris "Bad News" Barnes & The Blues Ballers
- 9 p.m. - Josh Vowell Band

The Spirit of Kansas Independence Day celebration also features food trucks, art and craft vendors, and the Capitol Federal fireworks display set to patriotic music.

Roads around Lake Shawnee will begin closing at 9:45 p.m. for the Spirit of Kansas Capitol Federal® Fireworks Display.

For more information visit parks.snco.us.



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The Kansas City Chiefs are coming to Topeka to celebrate



day, June 12. Now, the Lombardi Trophy will begin its official victory lap in the Midwest as part of the Chiefs Champions Tour with its first stop in Omaha, Nebraska, home of the NCAA College World Series.

Chiefs fans can check www.chiefs.com/championstour regularly to find official times at each event and to see additional Chiefs

Champions Tour stops as they get added.

There are multiple Chiefs Champions Tour packages available, and businesses, special events planners and community leaders are invited to secure their own stop on the Chiefs Champions Tour this summer. Contact ChampionsTour@chiefs.com to book your spot on the Chiefs Champions Tour.

The Kansas City Chiefs will be making a stop in Topeka as part of their “Chiefs Champions Tour”. The Super Bowl champs plan to make several stops across Kansas, as part of the months long event. That includes a stop at the Statehouse in Topeka on July 17.

The tour will run through September 1, providing fans with the opportunity to celebrate the Chiefs Super Bowl LVII victory and get an up-close look at the team’s Super Bowl LVII Lombardi Trophy, which is set to be the main attraction at every event.

“We are thrilled to announce our Chiefs Champions Tour this summer,” Chiefs President Mark Donovan said. “With a global pandemic in 2020, we were not able to celebrate properly with Chiefs Kingdom after our Super Bowl LIV victory, so this tour has been something we have been looking forward to for the past couple of years. We are proud of the team here that helped put together this summer-long trip that invites the Kingdom to celebrate with us.”

The tour will bring the Chiefs to communities around the club’s six-state region. This is the first time in franchise history that the Chiefs have hosted a tour that invites members of Chiefs Kingdom to celebrate one of the club’s Super Bowl victories.

Tour stops are offered in multiple formats. In addition to the trophy, tour stops could include additional assets, such as the “Kingdom Cruiser” bus, appearances by Chiefs Cheerleaders, the Rumble drumline, as well as KC Wolf and more.

According to the team’s press release, the Chiefs Champions Tour unofficially started with trips to the White House on Monday, June 5 and Chiefs Night at Kauffman Stadium with the Kansas City Royals on Mon-



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Dear Dave,

I've been struggling for about a year, ever since I made a stupid new-college-graduate decision to finance a car. It's a 2018 Jeep Compass, and I owe \$21,000 on it. The trade-in value is about \$11,000, so I really got stung on the sticker price and everything else. I also have \$85,000 in student loan debt and around \$7,500 on credit cards. The good news is, I make \$63,000 at my job, and that should increase to \$75,000 by January of next year. My girlfriend and I are renting an apartment and engaged to be married in 2025. How do I clean all this up before then? — *Austin*

Dear Austin:

Well, the good news is, you have the rest of your life to never make this kind of mistake again. I'm really sorry you're going through all this, son. What a horrible thing to experience

right after college.

So, you're \$10,000 upside down on a vehicle you owe \$21,000 on, right? The truth is, you're kind of stuck. If you're serious about getting out of this mess and not repeating the same mistakes twice, you're going to be working like a dog for the next year or two. Right now, you need a serious side job nights and weekends—maybe two. And I'm talking bare-bones living. No vacations, and no eating out for a while. You don't need to see the inside of a restaurant unless you're working there. Get what I'm saying? No unnecessary spending. Period. On top of all this, you've got to start living on a strict, written monthly budget.

Now, about your fiancée. I get the desire to fix things before you get married. But married people work together on this kind of stuff all the time. Believe it or not, there's no perfect time to get married. I mean, it sounds like you two have already decided to go there and figured out neither one of you are perfect. That's just called being human. So, there's really no reason to wait on tying the knot at this point. And the truth is, the two of you can whip your finances into shape faster and much more efficiently working on it together—as a married couple.

Austin, I want you tear into this debt like your life depends on it. Because guess what, dude? It does!
— *Dave*

Is Gold the Golden Ticket to Beating Inflation?

By Ryan Shumaker
Smartvestor Pro at
The Retirement Team



If your goal in retirement is to have an increasing income in order to offset ever increasing prices, gold is one of the worst possible investments you could make. In fact, gold is the second worst major investment class an investor could buy if the goal is to beat inflation over a 5, 10, 15, or 20 year time period. Only about 40% of the time has gold beaten inflation over either a 5 year or 10 year time period and at 15-20 years it is about a coin toss; not exactly great odds. Commodities are actually the very worst over longer time periods with gold being bottom of the barrel over shorter time frames, according to recent research published by Goldman Sachs.

The last time inflation was sky high and peaking like today was in 1980. Since then, gold has failed to outpace inflation and has gone from being worth roughly \$800 an ounce to a little over \$1,900 an ounce. Had one invested \$100,000 in gold and not paid any transaction costs (which can be obscenely high) that gold would be worth about \$225,000 today. The problem is that something that cost \$100,000 in 1980 now costs over \$390,000 today due to inflation. So although the price of gold went up, it'd only be able to buy about 57% today of what it could in 1980.

So the long term track record after we've had high inflation isn't great, but what about the last couple of years that featured the highest levels of inflation in four decades? In the last 3 years, gold has actually lost value. In fact, it's still worth less than when it hit its peak almost 12 years ago in August of 2011. While the prices of most goods and services have gone up, many dramatically, over the last decade plus, the price of gold has gone down. Even worse is silver, which has lost over half its value during this time period.

Not only have these precious metals had very bad returns and done a very poor job of keeping up with inflation, they are also quite volatile; even more volatile than the stock market. Think gold is safe and secure?

Think again. Research done by State Street Securities (who run the world's largest gold fund) shows that over the last 30 years the price of gold has fluctuated in value nearly 8% more during the average year than the stock market.

Speaking of the stock market, the Dow Jones in 1980 was, like gold, also worth about 800. Today? Over 34,000. Had one invested \$100,000 in the Dow in 1980 and reinvested all dividends, they'd have over \$11.2 million today. So while gold can only buy 57% of what it could 43 years ago, the Dow can buy over 28 times more than what it could then!

US stocks are the only major investment to beat inflation over every single time period that the average retirement lasts. The ONLY one. There is no time period where any other has beaten inflation more frequently. Why? Because businesses can do things a piece of metal cannot, like create new products/services or more efficient ways to produce things and they also have the ability to raise prices. You may have heard that 'greedy companies are the reason prices are high right now.' Assuming that is true, wouldn't it be nice to be the one making all those profits? If so, consider owning stocks, because stocks are ownership in a company!

Who do you know that has gotten rich off of putting a substantial amount in gold? Anyone? Who do you know or have heard of that has done so with being a company owner? Warren Buffet? Bill Gates? Jeff Bezos? Do any of those names ring a bell? Guess what? All of them became billionaires based on the values of stock they owned.

During times of uncertainty it can be easy to get drawn into unscrupulous advertising designed to prey on fear. Gold is a completely unregulated mar-

ket and as such is one where this type of advertising runs rampant along with other predatory behavior. Metals.com, for instance, has seen so many lawsuits against it for selling precious metals for on average 148% more than their actual worth that they are now in receivership. Don't think they are the only ones out there that are engaged in this kind of business practice.

Rather than listening to deceptive advertising to purchase an asset at a huge markup (like gold or silver) that is more volatile than stocks and has done a very poor job of keeping up with inflation, consider speaking with a fiduciary advisor. A fiduciary advisor must by law give you advice that is in your best interest and is usually compensated in a way so that when your assets grow and beat inflation they get paid more and when they don't, they get paid less. This is the type of compensation structure we use at the Retirement Team as it puts us financially on the same side of the table as our clients. We can purchase gold in client accounts just as easily as stocks, real estate, or any of the other assets shown in the above chart. We typically don't buy gold in client accounts, though, as we're well aware of the data that chart shows and want both our clients and us to prosper financially and beat inflation.

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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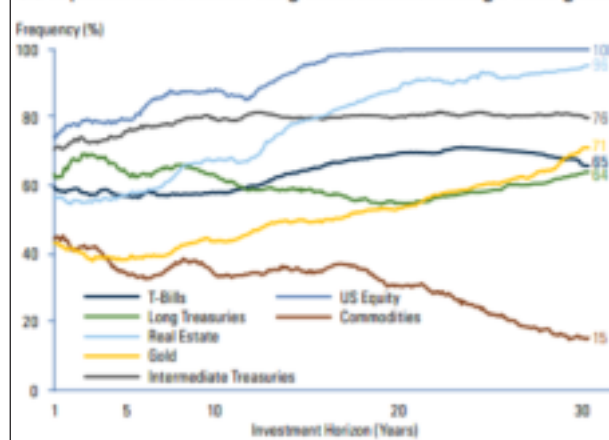
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Exhibit 21: Historical Frequency of Different Asset Classes Outperforming Inflation
US equities are a better long-term inflation hedge than gold.





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Baby on the Way? How to Prepare Financially

By Jim Hanna



Hanna

Welcoming a new baby can be incredibly exciting – but there's a lot to prepare for. In addition to assembling the crib and ensuring you have enough bottles on hand, you should anticipate that the arrival of a newborn will come with financial considerations. Here are some items to keep in mind as you wait to meet your bundle of joy.

1. Consider childcare expenses. According to Child Care Aware of America, the average annual price of childcare for 2022 was \$10,853. This figure represents roughly 10% of the average married couple's yearly income -- and it jumps to 33% for single parents. Whether you choose daycare, a nanny, an au pair, a babysitter – or if you plan to scale back on your paid work time in order to care for your child – it's probably safe to assume that childcare will quickly become a major living expense.

2. Think about lifestyle costs. Between diapers, formula, clothes and other necessities, babies are expensive – and they remain so as they grow older. Extracurriculars for toddlers to teens (think sports, music, performing arts) often come with a price tag. Add on the fact that many growing families decide to buy bigger houses and new cars, and it's easy to see how lifestyle costs can creep up on parents.

3. Prepare for college tuition. The cost of college continues to rise at a pace faster than inflation, meaning the sooner you can start saving for your child's higher education, the better. Setting aside even a modest amount of money each month can make a big impact over the long term. Choose a savings vehicle that is right for your financial situation, risk tolerance and goal amount. One of the most popular options is a 529 plan, which is specifically designed to help families save for education expenses.

4. Reassess your financial position. With a baby on the way, it's critical to keep in mind that unexpected events can affect your finances at any time. Resolve to build or maintain an emergency fund that could cover three to six months of expenses, in addition to prioritizing your retirement savings. After your baby arrives, up-

date your estate plan and insurance coverage (e.g., medical, life, disability policies) as necessary.

5. Teach good financial habits. Kids learn about money first and foremost from their parents, which means you can help them become financially literate. At a young age, you can teach them about the difference between “needs” and “wants.” As they grow older, you can educate them on budgeting and saving, the benefits of delayed gratification, and how to build lifelong healthy habits around money.

6. Plan for your family bucket list. Many parents dream of showing their children new places and allowing them to have a variety of experiences. Think about what activities matter to you and incorporate them into your financial plan. Taking an annual vacation, owning a vacation home, buying season tickets to your favorite team, or purchasing a boat are common goals for many families.

Expanding your family often has a way of putting your priorities into perspective. If you would like an objective opinion on how to best plan for your goals, talk with a financial advisor in your area.

Jim Hanna, CFP®, MBA, CKA®, is a Private Wealth Advisor and Certified Kingdom Advisor® with Heart Financial Partners a private wealth advisory practice of Ameriprise Financial Services, LLC. He specializes in fee-based financial planning and asset management strategies.

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Taxpayers missing refunds for 2019 must file by July 17

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



The IRS is encouraging nearly 1.5 million people across the nation to submit a tax return to claim their refunds for tax year 2019 by the July 17, 2023, deadline.

The IRS estimates almost \$1.5 billion in refunds remain unclaimed because people haven't filed their 2019 tax returns yet. The average median refund for tax year 2019 was \$893.

Taxpayers could lose more than just their refund of taxes withheld or paid during 2019. Many low- and moderate-income workers may be eligible for the Earned Income Tax Credit (EITC). For 2019, the credit was worth as much as \$6,557. The EITC helps individuals and families whose incomes were below certain thresholds in 2019. Those who are potentially eligible for EITC in 2019 had incomes below \$15,570, or \$50,162, depending on how many children they have.

The IRS reminds taxpayers seeking a 2019 tax refund that their checks may be held if they have not filed tax returns for 2020 and 2021.

Current and prior-year tax forms (such as the tax year 2019 Forms 1040 and 1040-SR) and instructions are available online on the IRS Forms, Instructions and Publications page or by calling toll-free 800-TAX-FORM (800-829-3676).

Taxpayers who are missing Forms W-2, 1098, 1099 or 5498 for the years 2019, 2020 or 2021 can request copies from their employer, bank or other payers. Taxpayers who are unable to get those missing forms from their employer or other payers can order a free wage and income transcript at IRS.gov using the Get Transcript Online tool. For many taxpayers, this is by far the quickest and easiest option.



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Celebrate **SUMMERTIME** in Downtown Topeka!

Summertime is the perfect time to visit Downtown Topeka! Shopping downtown can also be fun, with all the unique shops and a bit of nostalgia in the air! Following are some tidbits from some of your friendly downtown merchants waiting to serve you!

A Full-Service Florist, Home Decor & Gift Shop

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

This locally-owned Topeka florist 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 on an in-

store purchase with the coupon on this page! You can also order or wire flowers 24 hours a day at: www.absolutedesignbybrenda.com.

Taking chocolate to a new level

Owners Nick & Terry Xidis at Hazel Hill Chocolate, 724 S. 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 handcrafted chocolate from cacao (coco beans) that import from around the globe. Much like fine wine, each cacao origin produces a unique flavor profile

in the finished chocolate.

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

"In 2019, three of our handcrafted chocolate bars won bronze in the International Chocolate Awards Americas competition," Nick said. "In 2020 our sea salt caramel won the gold medal in the Chocolate Alliance competition. Both of these competitions include entries from more than 400 craft chocolate professionals."

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

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

When you need a break

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

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

Local favorites are still available, like the Turkey Lurkey and house made Cranberry Almond Chicken Salad for lunch. Fresh salads, wraps and tasty paninis make it perfect for casual dining. Daily house made specials keep it fresh and exciting. Check out the menus on-

line at www.juliscoffeeandbistro.com. You can order and pay online and then pick up, or use Eatstreet delivery.



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

Leather and more

Doug Mingus, owner and designer at Mingus Leather Studio, believes the world needs more beauty and joy: More gifts given and used; More smiles, kindness, and real service; More people doing what they love and sharing it.

His business was born to pursue all these when life presented an unexpected change. He created a place where beautiful handcrafted items, that are designed for life, are celebrated and shared. Immediately when walking into this shop you will be greeted with the intoxicating smell of leather and a warm kind welcome from Doug.

It all starts with full grain leather items made in his studio, or from

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other artisans he has partnered with. Belts, bags, journal covers, catch-all and game trays, wallets, keychains, pouches, purses, and more.

Mingus didn't stop at leather. He partners with George's Pen Creations



and has jewelry from Kamama Designs, candle makers like Beauty from Ashes, and other artists. Mingus Leather Studio is a place to find unique, useful and beautiful items that bring a smile, and build businesses and families. There is something for everyone on your gift list here and you may even need to splurge on something for yourself.

Doug also does repairs on all kinds of leather items.

SUMMERTIME Memories, Events, & Fun!

Check out these upcoming Summertime Events & Activities Downtown!

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

ART WALK ON FIRST FRIDAYS – Downtown & NOTO arts district. Arts, antiques, fine crafts, many more items. Free shuttle will run from 5 pm to 9 pm.

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

DOWNTOWN TOPEKA FARMERS MARKET – Saturday's through Nov., 7:30am-noon, 12th & Harrison. The open-air market is



full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

PATRIOTIC CHIMES CONCERT – July 2, 6pm, Topeka High School. Bring a lawn chair and enjoy a concert by Topeka High Tower Deagan Chimes. Free. Food trucks on site



LIVE AT LUNCH – July 5, 11-1, Evergy Plaza. Better Than roadkill

EATS AND BEATS – July 6, 6:30-8:30pm, Evergy Plaza. Typical Stereo

MINI-JAMAICA FIESTA KICKOFF CONCERT – July 8, 5-9pm, Evergy Plaza. Michael Salgado. Traditional Mexican food.

LIVE AT LUNCH – July 12, 11-1, Evergy Plaza. EZ Pieces

COUNTRY KICKOFF – July 12, 6-9pm,



Evergy Plaza. Big Time Grain Co. Top City Line Dancers give lessons 6-7pm. Vendors & food trucks on site.

WILLIAM LEE MARTIN COMEDY – July 12, 8pm, Jayhawk Theatre. \$20-40.

EATS AND BEATS – July 13, 6:30-8:30pm, Evergy Plaza. Delta Haze



FIESTA TOPEKA PARADE – July 15, 10:30am, Downtown

LIVE AT LUNCH – July 19, 11-1, Evergy Plaza. Undercover

EATS AND BEATS – July 20, 6:30-8:30pm, Evergy Plaza. John Cougar Project/Steve Miller Experience

THROWBACK THURSDAY CINEMA: "THE DARK KNIGHT" – Fri. July 21, 7pm. Jayhawk Theatre.

LIVE AT LUNCH – July 26, 11-1, Evergy Plaza. Orlando "Oz" Zuniga

FOR THE CULTURE KS FEST – July 28-30, Evergy Plaza. Celebrate African American culture, featuring music artists, creatives, impactful speakers, businesses, vendors,



and much more

EATS AND BEATS – July 27, 6:30-8:30pm, Evergy Plaza. Alter Ego

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4 Reasons VBS Is Important to the Local Church



What images pop into your head when you hear the words Vacation Bible School? Do you have fond memories, or are you wondering what is VBS? VBS stands for Vacation Bible School, and it is a summer church outreach focused on giving kids a fun and creative place to learn about the Bible and to build relationships with churches and other kids in the area.

If VBS has been a great experience for you as a child or adult (or both!), you are probably smiling. Some may think of VBS as "old school" or not an event for your style of ministry. You might think VBS is OK, but you feel pressure because you need an event that sets your church apart from others in your area.

What Is the Purpose of VBS?

Many people may wonder what the purpose of Vacation Bible School is and if it's still relevant. The answer is actually very simple: the purpose of VBS is to minister children in the church, create outreach to the surrounding communities, and to create evangelism opportunities. This purpose is supported by a creative theme of Bible study, activities, worship, and even time for some tasty snacks.

If you are not sure VBS is for you, here are a few things to consider.

1. VBS is a dependable ongoing ministry.

Lifeway reports it has provided trusted VBS resources to churches for 95 years, reaching more than 25,000 churches and 3 million people annually. VBS can be a short-term event with long-term results.

With a typical five-day time frame, VBS offers a chance to pull out all the stops and create an unfor-

gettable experience. Research shows connections made during VBS result in salvations, discovery of church prospects and potential workers for other ongoing children's programs. Also, it is not uncommon for a leader

to volunteer to help for "just one week of VBS," and feel God's tug on his or her heart to work with kids permanently.

2. VBS creates lasting memories.

VBS is a special event that creates memories that help lock Bible truths in a child's heart and mind for a lifetime. Birthday parties and other special events have themes that use

creativity to evoke feelings of excitement. Games, food, decorations and fun all link together in a total package. VBS does the same thing. When we connect with kids through this ministry, the biblical truths that permeate all aspects of VBS also connect with their hearts and minds.

3. VBS is an opportunity to share the gospel.

VBS is an intentional evangelistic opportunity.

The biblical content built into the curriculum lays foundational truths that help kids understand who Jesus is and why they need a personal Savior. The relationships you develop with kids and their families can provide many opportunities to not only show the love of Jesus, but to share the truth of the gospel.

4. VBS is an event that you can customize.

VBS is what you make it.

Whether you provide an on-campus experience that encourages your

church kids to bring their friends or an off-campus, community-centered Backyard Kids Club, the purpose of sharing the good news about Jesus is the same. Some churches are finding that it's worth the effort to do both. After a great on-campus experience, you can take those resources to backyards and community rooms, or on mission trips.

VBS is the resource. The name you choose can be your own! You can call it VBS, Kids' Week, Fun Zone or any event name of your choice. Kids will come to love and talk about the events that excite them, engage them, and help them know that God and the people at your church really care about them.

VBS is an opportunity to ignite the imagination of your church, involve volunteers for a specific "doable" commitment and connect with the kids in your church and community.

The methods you use will create memories. The message you share will change lives.

READY, SET, MOVE!
FOLLOW JESUS BIBLE TRUTHS AND DISCOVER THEM

Vacation Bible School at East Side Baptist Church

Friday JULY 14-6:00 PM - 8:15 PM
Saturday JULY 15-9:00 AM - 3:00 PM
(lunch provided)
Sunday JULY 16-10 AM - 11 AM;
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Foam pit following Sunday night

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Why Camp is Important for Children



If you've been to camp, you're not surprised to hear about the benefits of summer camp. Experiencing life at camp yourself as a child, you know the profound positive effects that still matter to you as an adult, and you also know that you want something just as important for your own kids.

But if you didn't go to camp as a child, you may not realize just how good the experience is for children. You may not know why so many parents are committed to sending their kids to camp. So while we have talked about most of these before, here is a list of the most important benefits of summer camp.

At camp, children:

10. Spend their day being physically active – As children spend so much time these days inside and mostly sitting down, camp provides a wonderful opportunity to move. Running, swimming, jumping, hiking, climbing! A girls camp is action!

9. Experience success and become more confident – Camp helps children build self-confidence and self-esteem by removing the kind of academic, athletic and social competition that shapes their lives at school. With its non-competitive activities and diverse opportunities to succeed, camp life is a real boost for young people. There's accomplishment every day. Camp teaches kids that they can.

8. Gain resiliency – The kind of encouragement and nurture kids receive at camp makes it a great environment to endure setbacks, try new (and thereby maybe a little

frightening) things, and see that improvement comes when you give something another try. Camp helps conquer fears.

7. Unplug from technology – When kids take a break from TV, cell phones, and the Internet, they rediscover their creative powers and engage the real world— real people, real activities, and real emotions. They realize, there's always plenty to do. Camp is real!

6. Develop life-long skills – Camps provide the right instruction, equipment and facilities for kids to enhance their sports abilities, their artistic talents, and their adventure skills. The sheer variety of activities offered at camp makes it easy for kids to discover and de-



velop what they like to do. Camp expands every child's abilities.

5. Grow more independent – Camp is the perfect place for kids to practice making decisions for themselves without parents and teachers guiding every move. Man-

aging their daily choices in the safe, caring environment of camp, children welcome this as a freedom to blossom in new directions. A sleep-away camp for girls develops who they are.

4. Have free time for unstructured play – Free from the overly-structured, overly-scheduled routines of home and school, life at camp gives children much needed free time to just play. Camp is a slice of carefree living where kids can relax, laugh, and be silly all day long. At camp we play!

3. Learn social skills – Coming to camp means joining a close-knit community where everyone must agree to cooperate and respect each other. When they live in a cabin with others, kids share chores, resolve disagreements, and see firsthand the importance of sincere communication. Camp builds teamwork.

2. Reconnect with nature – Camp is a wonderful antidote to "nature deficit disorder," to the narrow experience of modern indoor life. Outdoor experience enriches kid's perception of the world and supports healthy child development. Camp gets kids back outside.

1. Make true friends – Camp is the place where kids make their very best



friends. Free from the social expectations pressuring them at school, camp encourages kids to relax and make friends easily. All the fun at camp draws everyone together—singing, laughing, talking, playing, doing almost everything together. Everyday, camp creates friendships.

VBS & SUMMER CAMPS

READY, SET, MOVE! VBS – East Side Baptist Church, Fri-Sun., July 14, 6-8:15pm; July 15, 9am-3pm (lunch provided); July 16, 5:30-7:30pm. Foam pit following Sunday night. 4-year-olds to 6th grade. 4425 SE 29th St. 785-379-9933

2-DAY SKILL CAMP – BEGINNER BEAM & BARS – July 10-11, 9-10:30am, Capital Gymnastics & Athletics. Ages 4+. Cgatopeka.com

STELLAR VBS - July 10-14, 9-12! First Southern Baptist Church <https://fsbctopeka.ccbchurch.com/goto/forms/37/responses/new>

CROCODILE DOCK VBS – July 12-14, 5:30-8:15pm (dinner included), Berryton UMC, 7010 SE Berryton Rd. Ages 5 thru 5th grade. <https://berrytonumc.breezechms.com/form/63e0f92287>

READY, SET, MOVE! VBS – First Baptist Church, July 27-28, 5:30-8pm (snacks provided); July 29, 9am-2pm (lunch provided). 4-year-olds to 5th grade. 3033 SW MacVicar. <https://bit.ly/RSMKC23>

KIDS SUMMER CAMP – GreatLife Topeka. Trampoline, laser tag, swimming & more. For details call 785-233-9815 or visit greatplaytopeka.com

'I CAN BIKE' AND 'I CAN SWIM' SUMMER CAMPS - programs for children with disabilities. Capper Foundation of Topeka. www.capper.org or call 785-272-4060.

THREE TRAILS SUMMER CAMPS - Salvation Army offers Music Camp, Sports Camp or STEAM Camp. <https://threetrailscamp.org/summer-camps/>

DAY CAMP - July 24-28, 8am-5pm, Trinity Presbyterian Church. For children entering 1st thru 7th grades. Cost: \$25 per child. Bring sack lunch daily - no refrigeration; + other items. Info & registration 785-272-2620 or office@trinitypresbyterian.net

KIDS SUMMER FUN & JESUS - Every Wednesday, 7-8pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Water Play, Yard Games, Fun, Snacks, Jesus, Fellowship, Friends, Sidewalk Chalk. Contact info: (785) 266-3247, Facebook: Topeka Lakeview Nazarene Email: LakeNaz@aol.com

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Why Are So Many Young Americans Irreligious

By Dennis Prager

Fewer young Americans affiliate with any organized religion than ever before in American history.

This means, therefore, that the children — and certainly the grandchildren — of millions of faithful Christians have abandoned Christianity. The same holds true for Jews, but that decline began somewhat earlier. Until the 20th century, nearly all Jews were religious (which nearly always meant Orthodox). Today about 15% of Jews are Orthodox, while most Conservative and Reform Jews have the same values as the secular Left, and very few of their children attend synagogue.

Why have so many Jews and Christians abandoned religious commitment and even a religious identity?

Two reasons predominate: the dominant secular culture and the failure of religious Jews and Christians to explain their respective religions.

Contemporary Western countries (and countries such as Japan whose identities are not Western, but which are culturally part of the West) are the most secular societies in recorded history.

In America, every public institution has been rendered God-free, that is, devoid of God. From the age of 5, and sometimes before that, children attend schools that make no reference to God or the Bible. Indeed, schools generally hold God and the Bible in intellectual and

moral contempt.

American children are told at school that neither God, nor the Bible, nor religion is necessary — in fact, these are held to be impediments to moral progress. For example, virtually every student is taught the secular mantra that “more people have been killed by religion — or ‘in the name of God’ — than by anything else.” The implied reference is, of course, to Christians alone. (Examples of historic Islamic violence are ignored, and mention of them is deemed bigotry, and the same holds true of Native American and non-Western violence.)

This secular doctrine regarding more violence by Christians than by anyone else is intellectually dishonest and, with regard to the 20th century, patently false.

It is intellectually dishonest insofar as it ignores the fact that prior to the Enlightenment, virtually everyone in the West was Christian. Therefore, by definition, virtually all violence was committed by Christians. Who else in the West could commit violence? The tiny number of Jews? The tiny number of atheists?

It is also intellectually dishonest in that only evils committed in the Christian world are mentioned — evils, such as slavery, which were nearly all universal. But the moral achievements of the Christian world — all unique to the Christian West — are ignored. Where else were countries committed to universal human rights — i.e., equal rights for every individual of every ethnicity, race and reli-

gion? Where else was the status of women elevated to the status of men? Where else was liberty achieved to anywhere near the extent it has been in the Western world? What other civilization figured out ways to elevate billions from poverty or to eradicate diseases?

And the charge is patently false in that the bloodiest century in history was the 20th century and nearly every one of the more than 100 million civilians — that is, noncombatants — who were murdered were killed by non-Christian, usually anti-Christian, secular regimes. Assuming your secular child or grandchild even knows about the genocides of the 20th century, ask him or her this question: “Who is responsible for the genocides of the 20th century — religion or secular regimes?”

In American life, the only national holiday with religious meaning is Christmas, and that has not only been largely secularized, but even in its secular form has increasingly been removed from the national vocabulary. Americans are expected to say the word “Christmas” as rarely as possible. No more “Merry Christmas,” but “Happy Holidays.” Companies no longer have “Christmas parties,” but “holiday parties.” Schools no longer have “Christmas vacations” or a “Christmas break,” but “winter vacations” or a “winter break.”

Anyone who derives his moral values from the Bible is essentially forbidden from using those values to shape societal



norms. You can cite Ibram X. Kendi or “White Fragility” or your heart as the source of your social values, but if you cite a biblical book, you are told that violates the alleged “separation of church and state.”

So, then, for about 60 years, the entire world outside of the home (and increasingly inside the home) of most young Americans has been secular and anti-religious.

That the post-Christian age has been the bloodiest in history, that the French and Russian Revolutions, both fiercely anti-religious, produced bloody despotic regimes, while the pro-religion, God-based American Revolution produced the freest country in the world — both these facts are unknown to most young Americans. So, too, young people don’t know that religious Americans are happier, commit less suicide, give more charity and volunteer more time than irreligious Americans.

Swimming in a secular sea and ignorance of the disparate moral records of secular and Judeo-Christian regimes and institutions constitute one of the two reasons for the religious apathy among young Americans. The other has been the failure of religious institutions to explain themselves.

Biological Differences

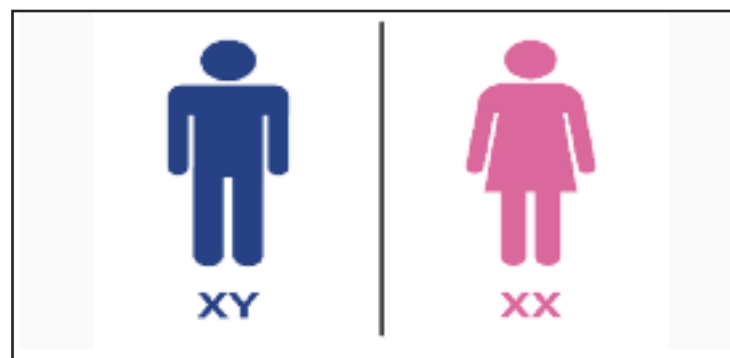
Nearly half the state legislatures have passed laws requiring that only females can participate in girls’ and women’s sports. Some of these laws are being challenged in court along with court challenges in states that allow biological males to compete with biological females.

Gregory Brown is an exercise physiologist who documents the biological differences between men and women in sports. Many biological factors influence human performance, but “one of the most important factors that influences adaptations to training and performance in sports is sex, because sex influences every system and every cell in our body.”

A fair comparison between male and female differences in anatomy and physiology give males athletic advantages when compared to gifted and trained females of the same age. It is also true that puberty magnifies those sex-based differences. He lists those increased percentages in his article, and they are significant.

He also addresses the argument that hormone therapy decreases the biological advantages. For example, men have 30-60 percent higher muscle strength than women. Even after “undergoing testosterone suppression” the decrease in strength is less than 9 percent.

Sure, some women are taller than



some men. Some women can run faster than some men. But the tallest women are shorter than the tallest men. The fastest men are faster than the fastest women. A blood test or a genetic test cannot determine a transgender identity. Biological sex is still present, and it is log-

ical to assume the inherent male athletic advantages are still present.

This is the science that lawmakers, judges, coaches, and parents must accept. There are clear differences between men and women when competing in sports.

—Kerby Anderson

Celebrating July 4 is Hollow Without Restoring Freedom and Rights

By Scott Powell

Too many Americans underappreciate the meaning of holidays such as July 4th, also known as Independence Day. While some connect fireworks with the firing of cannons in the Revolutionary War, most forget that when the 56 members of the Continental Congress agreed to the put pen to parchment and affirm the Declaration of Independence on July 4, 1776, all knew that being a signatory put a death threat on their heads as traitors to Britain.

The War of Independence was in its second year by July 1776, and George Washington's rag-tag colonial army was about half the size of the highly trained professional British army and the German Hessian mercenary troops fighting for the English. Additionally, Washington's army was undertrained, under-equipped, and underfunded. The naval mismatch was even greater at the outset of the war. In the first year of the war, the Continental Navy had less than ten converted merchant ships while the British amassed 250 dedicated warships, concentrated along the coastline and in ports between the Delaware Bay and Boston.



Indeed, things appeared grim for the patriot cause.

The last sentence of the Declaration of Independence before the space allotted for signatures reads, "...for the support of this Declaration, with a firm Reliance on the Protections of divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor. Indeed, July 4 for those Founders

was a serious and somber occasion.

As we think about July 4th, we should remember that America was first in human history to establish a free and independent constitutional republic based on two political and moral principles. First, the government was required to protect its subjects' unalienable God-given freedom and rights, which would be later formalized in the Constitution's

Bill of Rights. Second, it was the first country to establish that the legitimacy for government resides exclusively in the people, who would elect their leaders.

Recommended

We must never forget the courage, determination and Godly principles that were necessary to establish the United States. General George Washington was in New York, preparing its

defense, when on July 6, 1776 a courier from Philadelphia arrived to deliver a copy of the Declaration of Independence that had been agreed upon by delegates of the Continental Congress just two days before. There were just two signatures on that document: John Hancock, President of the Continental Congress, and Secretary Charles Thomson. Because the odds of prevailing

against British were so low and the penalty for treason was death, it had been decided not to reveal the identities of the other fifty-four who had voted for the Declaration.

Washington would encounter defeat and retreat after losing all three major battle campaigns in New York, at the cost of some 4,100 men.

Less than six months later, however, after Washington had two successive victories, defeating a Hessian garrison in Trenton, New Jersey the day after Christmas 1776, and then routing the British in nearby Princeton eight days later, the Continental Congress perceived these back-to-back wins as harbingers of ultimate victory and released the 56-signature Declaration to be distributed throughout the colonies.

As it turned out, Washington would lose more battles that he won, but he persisted five more years, with unwavering faith in God and the patriot cause. A myriad of developments that only Providence could have arranged made Washington's 1781 victory at Yorktown possible—bringing final and total sur-

■ Please see RIGHTS on next page

You're The Man!



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

Speaking Truth

You are the man! If you have never had someone tell you that before, then let me be the first.

It seems these days, men are put down constantly. On one hand some middle age men are told, "You work too much and never have time for your family." On the other hand, it is voiced to some younger men, "You are on your phone constantly and play video games all day. You are lazy. Get a job!" To some men it is also conveyed, "You are too harsh and blow up all the time." While to other men it is said, "You are too passive and never say anything." Then around Father's Day each year some dads always seem to hear, "You are a dead-beat dad, and

your kids are going to end up in jail."

These messages are conflicting and condemning. They do not give men something to live up to, but produce a sense of rejection. Despite that, can we ask, "Are any of those statements true?" To be honest, sometimes they are. It depends on the man. But that is not the point!

By what standard is a man to be judged? By his family, girlfriend, society, his religion, by movies, social media or his own personal opinion? There is one standard every man is to be judged by. One! And whose standard is that? God's. All others are just opinions, but only one really counts.

God is the Creator of every man and thereby sets the standard for which they are to live. Here are three of God's standards.

1. Be a man of peace. It is written, "A hot-tempered man stirs up strife, but he who is slow to anger quiets contention." (Proverbs 15:18) A man is to put away his quick and hot temper. He should restrain himself, and seek to be a person of peace and work to create such an environment wherever he is.

2. Be a man of purity and faithfulness. The Scripture teaches, "Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous." (Hebrews 13:4) A man is to walk in purity, abstaining from sex outside of marriage, and be faithful toward his wife in marriage.

3. Be a man of love. The Bible says, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself." (Matthew 22:37-39) A man is to love the Lord God with all his being. Not some, but all. All of his intellect, passions, spiritual life and physical being. And a man is to love others, just as he would want to be loved, laying down his life for the good of his neighbor.

Are you such a man?

One is not merely identified outwardly as a man, but his true essence is identified inwardly. Is he a man of peace? Is he a man of purity and faith-



fulness? Is he a man of love for God and others? Men, I challenge you to be who God created you to be. He made you with a purpose, and did not make a mistake.

But you say, "I have failed." We all have. There is only one man who has never failed. Jesus. Yet in His perfection, the Author of life died and rose again that all might be as He. Through Him, all men can be made new. They can be freed from the things that have controlled and ruined their life up to this day. Admit your sin before God, place your faith in Him and live according to His ways. Then you can truly be the man

you were born to be.

A prayer for you – *Lord God, thank you for every man you have made. They are precious in your sight. Yet, they have done wrong. Evil things have enslaved their minds and hearts. Deliver them this hour. Bring them to call upon you and be set free. 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.

Kansas is in the Top Ten of Cheapest States for a Pizza Party

When it comes to fast food, few dishes have as much universal appeal as pizza. With its versatile styles and an array of toppings, pizza is a perfect choice for gatherings with friends or family - ideal for watching sports or just catching up.

The team at Gambling.com conducted a study to determine the most budget-friendly states for hosting your very own pizza party. By tallying up the costs of pizza, beverages (both alcoholic and non-alcoholic), and potato chips, they discovered which locations offer the most affordable options for celebrating in style.



When it comes to getting more pie for your slice, Minnesota leads the nation for pizza party affordability - earning a Party Value Score of 100 out of 100. The North Star State has some of the lowest prices in all four party essentials analyzed, with-

out being the cheapest in any category. It has the 2nd most affordable pizza across the country, while ranking respectably for all the other items - resulting in the lowest cumulative score in the U.S.

Not far behind in 2nd place is Oklahoma. With the cheapest pizza prices in the entire study (\$12.70 per pie), the South Central State's final rating is

brought down by the other three categories. The combined cost of all four items on the pizza party shopping list is \$24.75 - which translates to a score of 98.

New Hampshire takes 3rd place, Mississippi is 4th and Rhode Island is 5th

place, respectively. The former had the lowest beer prices in the country, while The Ocean State had the next cheapest.

Kansas ranked #6 on the list, and Missouri was not far behind with a tie for 10th place.

National Pizza Party Day - The Cheapest States To Celebrate In

Rank #	State	*Pizza Party Cost	Party Value Score
1	Minnesota	\$24.64	100
2	Oklahoma	\$24.75	98
3	New Hampshire	\$25.80	96
4	Mississippi	\$26.28	94
5	Rhode Island	\$26.28	93
6	Kansas	\$26.26	90
7	Michigan	\$26.26	88
8	New Jersey	\$26.64	90
9	Massachusetts	\$26.60	94
10	Illinois	\$27.31	82
11	Alabama	\$27.32	82

RIGHTS

continued from page 13

render by the British. In retrospect, what was more remarkable than the reversal of odds resulting in the American military victory, was the spiritual power of the Declaration of Independence and the Constitution that followed, which established that the rights of the people come from God and not the state and that the sovereign powers of the state would be shaped and limited by those unalienable rights of the citizens.

When God was progressively driven out of American culture starting sixty-odd years ago, that void became filled with false idols and divisive spiritual influences such as cultural Marxism and critical race theory. Little wonder that average Americans today feel demoralized and confused about the self-destructive direction of the country. A corrupt ruling elite in America seems to have neither respect for the people's welfare nor for the Constitution that served previous generations of Americans so well.

Everything can change if Americans align their interests with God who assures that in time truth will triumph over lies and good over evil. Just as success followed the resolve expressed on July 4th, 1776, we too can tap into the same unstoppable spiritual power that enabled the founders to overcome impossible odds.

Coming full circle from the opening

observation that many have an insufficient appreciation for the meaning behind holidays, when the term holiday originally came into usage it was synonymous with "holy day." July 4th is truly the American holy day for the reasons described.

It is axiomatic that most everyone resists others seeking to deny or take valuable possessions away from them. Let's make this July 4th a day of celebration

of our founding ideals, but also a time of renewed commitment to engage and wake up everyone we know that it's time to resist creeping tyranny and reclaim precious possessions—our freedoms and rights. It's time to become active and accelerate the patriot cause, knowing that—just as the sun comes up in the east—persistence, courage and the truth of our cause are the shield and sword that assure victory.

—Scott Powell is senior fellow at Discovery Institute and a member of the Committee on the Present Danger-China. His recent book, Redis-

covering America, was #1 new release in history for eight straight weeks at Amazon. Reach him at scottpp@discovery.org.



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Duo Du Jour to perform in NOTO

Duo Du Jour, a Topeka duo, will perform on First Friday, July 7. Their music expands a wide variety of genres including country, blues, R&B, smooth jazz, alt-rock, easy listening and their main specialty, classic rock. Duo Du Jour is comprised of Joel Davidson, guitarist and vocalist Steph Teagarden (who has sung the National Anthem at Kauffman Stadium for the Kansas City Royals twice!).

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.

Art Walk Hours are 10 am to 9 pm.

First Friday Music at Redbud Park by The Basement Melons 6-8pm.

EXHIBITING inside the NOTO Arts Center Morris Gallery this month is "Mapping Change". This special exhibit will shine the light on those artists who are actively working to make art that is grounded in doing. Join us for the special exhibit and take part in the interactive Data Mapping Project that will help us to discover what incites change throughout the people of Topeka. This exhibit will run through July 29th.

Our Art in The Vestibule exhibit features "The Art of Tim Bauer."

Gallery Hours are Wed 11 - 5, Thurs and Fri 11-7, Sat 10-4

THIRD FRIDAYS. Concerts are planned for five consecutive third Fridays through September, 7-10PM. June 16 is Hector Anchondo.

Visit explorenoto.org for more information and event listings.

MARIA THE MEXICAN - July 7, 6-10:30, Dirty Girl Adventures, 800 N. Kansas Ave. \$10 cover

NORTH TOPEKA COMMUNITY BAND CONCERT - July 10, 7:30pm, Garfield Park Gazebo, 1600 NE Quincy. Free. Bring your lawn chairs

NOTO SUMMER CONCERT SERIES - July 21, 7-10pm, Redbud Park. Carswell & Hope performs.

JESUS FEST TOPEKA - FREE CHRISTIAN CONCERT - July 22, 5-8pm, Family of God Church, 1231 NW Eugene. Everyone is welcome to attend, free food while supplies last. Featuring JQ Guest, C'auna, Rev Rog Band, The Lioness, Ciarra, DVVID, Blues Healer, Larry M. and more, this event is for all ages, bring a friend, chairs are limited so bring a lawn chair.

Familyofgodchurch@hotmail.com.
785-234-1111

THROUGH THE DECADES 70s 80s & 90s - July 29, 9pm, The Woodshed. Summer night fun through the decades of the 70s 80s and 90s. If you're 21 and up and have \$20, then come party with us in your best costumes! Which decade will you choose?

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

For more information visit <https://explorenoto.org>.

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

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. For info: 785-224-8803.

OPERATION BACKPACK - 1st Thurs., 6pm, Indian Creek Elementary, 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.

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

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

the events calendar

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

CONCERTS

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

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

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 grandotopry@gmail.com. GrandOttawaOpry.com

PATRIOTIC CHIMES CONCERT – July 2, 6pm, Topeka High School. Bring a lawn chair and enjoy a concert by Topeka High Tower Deagan Chimes. Free. Food trucks on site.

LIVE AT LUNCH – July 5, 11-1, Every Plaza. Better

Than Roadkill

EATS AND BEATS – July 6, 6:30-8:30pm, Every Plaza. Typical Stereo

MARIA THE MEXICAN – July 7, 6-10:30, Dirty Girl Adventures, 800 N. Kansas Ave. \$10 cover

DUO DU JOUR – LIVE IN THE PARK – July 7, 6-9pm, Redbud Park in NOTO.

KAREN PECK AND NEW RIVER IN CONCERT – July 7, 7pm, Wanamaker Woods Church, 3501 SW Wanamaker Rd. Doors open at 6pm. No tickets necessary. Free-will offering

NORTH TOPEKA COMMUNITY BAND CONCERT – July 10, 7:30pm, Garfield Park Gazebo, 1600 NE Quincy. Free. Bring your lawn chairs

LIVE AT LUNCH – July 12, 11-1, Every Plaza. EZ Pieces

COUNTRY KICKOFF – July 12, 6-9pm, Every Plaza. Big Time Grain Co. Top City Line Dancers give lessons 6-7pm. Vendors & food trucks on site.

EATS AND BEATS – July 13, 6:30-8:30pm, Every Plaza. Delta Haze

COUNTRY STAMPEDE – July 13-15, Heartland Park
LIVE AT LUNCH – July 19, 11-1, Every Plaza. Undercover

SUMMERTIME BLUES CONCERT SERIES – July 19, 7-9pm, Gage Park Amphitheater. The Mix & Mike Babb.

EATS AND BEATS – July 20, 6:30-8:30pm, Every Plaza. John Cougar Project/Steve Miller Experience

NOTO SUMMER CONCERT SERIES – July 21, 7-10pm, Redbud Park. Carswell & Hope performs.

JESUS FEST TOPEKA – FREE CHRISTIAN CONCERT – July 22, 5-8pm, Family of God Church, 1231 NW Eugene. Everyone is welcome to attend, free food while supplies last. Featuring JQ Guest, C'aura, Rev Rog Band, The Lioness, Ciarra, DVVID, Blues Healer, Larry M. and more, this event is for all ages, bring a friend, chairs are limited so bring a lawn chair. familyofgodchurch@hotmail.com. 785-234-1111

LIVE AT LUNCH – July 26, 11-1, Every Plaza. Orlando "Oz" Zuniga

EATS AND BEATS – July 27, 6:30-8:30pm, Every Plaza. Alter Ego

CHURCH LADIES UNSUPERVISED – July 28, 7:30pm, Classic Bean.

THROUGH THE DECADES 70s 80s & 90s – July 29, 9pm, The Woodshed. Summer night fun through the decades of the 70s 80s and 90s. If you're 21 and up and have \$20, then come party with us in your best costumes! Which decade will you choose?

CASTING CROWNS IN CONCERT – Oct. 6, 7pm, TPAC. TopekaPerformingArts.org

SPECIAL CHURCH EVENTS

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: 2409 NE Division St.. For info: 785-380-7031 or io@insideoutinc.net or www.insideoutinc.net

KIDS for JESUS! – Wednesday's 6:30 – 8pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends, family, neighbors, enemies! For info: 785-266-3247, FB: Topeka Lakeview Nazarene, Email: Lakenaz@aol.com

MID-WEEK PRAYER & BIBLE STUDY – Wednesday's, 7-8pm, Lakeview Nazarene, 2835 SE Croco Rd. You are invited! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene

LOL "LADIES OF LAKEVIEW" – Lakeview Church of the Nazarene, 2835 SE Croco Rd. Monthly Women's Min-

istry Events! (Cooking, Crafts, Outreach, Bible Study, Fellowship!) Call the church office for info: (785) 266-3247, Facebook: Topeka Lakeview Nazarene Email: LakeNaz@aol.com

YOUTH GROUP WATER KICK BALL NIGHT – July 3, 6pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. For info: 785-266-3247, FB: Topeka Lakeview Nazarene, Lakenaz@aol.com

RED, WHITE & BLUE PARTY – July 12, 6pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Sponsored by Ladies of Lakeview. For info: 785-266-3247, FB: Topeka Lakeview Nazarene, Lakenaz@aol.com

NEIGHBORHOOD BLOCK PARTY – July 14, 5-7pm, Christ Lutheran Church, 3509 SW Burlingame. Free burgers & hot dogs, yard games, bounce house. 785-266-6263, christlms.org

YOUTH GROUP SHAVING CREAM WIFFLE BALL – July 17, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends! (785) 266-3247 Email: Lake-Naz@aol.com

FAMILY MOVIES ON THE LAWN – July 28, 9pm, Har-

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Friday, July 28th, 9:00 pm
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Open to the public. RSVP to info@C5Alive.org



• Aug. 10: POWER Luncheon, 11:30-1
• Sep 14: POWER Luncheon, 11:30-1
• Sep. 16: Topeka FALL FEST, 10-3 at Great Overland Station

Save the Dates!

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

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vest Family Fellowship, 522 SW Polk. Popcorn & koolaid provided, bring your lawn chairs.

YOUTH GROUP ADVENTURE AT THE LAKE — July 31, 6pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. For info: 785-266-3247, FB: Topeka Lakeview Nazarene, Lakenaz@aol.com

FAMILY-FRIENDLY EVENTS

SENIORS NUTRITIONAL LUNCH — Weekdays, except holidays, at noon at Auburn Civic Center, 1020 N. Washington Street. Minimal cost per person. Reservations/cancellations required 24 hours in advance by calling Meals on Wheels of Jefferson & Shawnee Co. at 295-3980. Each meal includes 1½ milk & sugar-free items for diabetics. 215-0064.

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 nholn@tscl.org

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.

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

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.

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.

MONDAY FARMERS MARKET — Mondays 7:30-11:30am, May 8 to Oct. 2, Topeka & Sh. Co. Library, (closed Memorial Day & Labor Day)

OVERBROOK FARMER'S MARKET - every Monday now to Labor Day, from 4-6 pm at the Overbrook Fair Grounds

LAWRENCE TUESDAY MARKET — Tuesdays, 4-6pm, South Park, 1141 Massachusetts. Opens May 9

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

CARBONDALE FARMERS MARKET - every Wed. 4-6pm in Carbondale City Park. Vendor-grown or vendor-produced. 785836-7887

PERRY LECOMPTON FARMERS MARKET — Fridays 4-6:30pm, Bernie's/Cenex parking lot, Ferguson & Hwy 24

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 8 to Oct. 28, 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

BREAD BASKET FARMERS MARKET - Saturday's, 7:30am-1pm, Apr. 1 through Nov. 18, south end of West Ridge Mall parking lot.

LAWRENCE FARMERS MARKET - Sat. 7:30-11:30, 824 New Hampshire Street. Opens April 8

MOTHER TERESA'S FARMERS MARKET — Saturdays, July 1 — Sep. 9, 8:30-11:30am, 2014 NW 46th St.

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

OUTDOOR ACTIVITIES — Outdoor events and activities. www.getoutdoorskansas.org/calenda

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

SUMMER FIREWORKS EXTRAVAGANZA — July 1, 7-10:30pm, Fellowship Hi-Crest, Avondale East Field. Additional parking at Owls Nest, shuttle available. Food trucks, bounce houses, and a live DJ, fireworks at 10pm.

CAR SHOW — July 4, 8am-3:30, Lake Shawnee, Tin Man Circle. Registration \$20 at 8am, judging at noon, awards at 3pm. 785-640-99185

CAR SHOW — July 4, 10-2, Forest Park. Vendors & food on hand.

SPIRIT OF KANSAS FIREWORKS & BLUES FESTIVAL - July 4, 9am-10:30pm, Lake Shawnee - Reynolds Lodge. Live music, kids activities, vendors, food trucks, car show, fireworks at 10pm.

COLLINS PARK JULY 4TH PARADE — July 4, 11am, SW Collins Ave.

COLLEGE HILL INDEPENDENCE DAY — July 4, 10-12:30, Boswell Park. College Hill Band, parade, food, games, turtle races, prizes.

DALE EASTON'S THE DRUNKARD — July 7, 8, 9, 14, 15, 16, 21, 22, and 23 at 8pm, VFW Phillip Billard VFW Post, 3110 SW Huntoon kat@astings@outlook.com. Tickets available on Eventbrite.com

MINI-JAMAICA FIESTA KICKOFF CONCERT — July 8, 5-9pm, Every Plaza. Michael Salgado. Traditional Mexican food.

SUNNY DAYS VENDOR MARKET — July 8, 10-4, Owls Nest on Adams. Inflatables for the kids.

CHRISTMAS IN JULY CRAFT SHOW — July 8, 8:30-3pm, Philip Billard Municipal Airport, 3600 NE Sardou.

CPR ACCREDITATION COURSE — July 8, 9am-4pm, Highland Heights Christian Church, 3930 SE Tecumseh Rd. 785-379-5642

CARS AND COFFEE — July 9, 9am, Classic Bean. Cruise at noon.

WILLIAM LEE MARTIN COMEDY — July 12, 8pm, Jayhawk Theatre. \$20-40.

C5Alive "POWER" LUNCHEON — July 13, 11:30-1 at Aldersgate Village, featuring Max Manning! Cost: \$15 for C5 members & first-time guests who RSVP, \$17 at the door

• \$20 for non-members & repeat guests.

• Please RSVP to info@C5Alive.org, so we know how much food is needed!

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

SAVE THE DATE: C5 POWER Luncheon, Aug. 10, 11:30-1.

FIESTA TOPEKA PARADE — July 15, 10:30am, Downtown

SHAWNEE COUNTY FAIR - July 15-16, Stormont Vail Event Center. Thursday thru Saturday at 8:00am — 10:00pm; Sunday at 10:00am — 3:00pm. Animals large and small, competition exhibits, vendors, and food trucks are available all days. Find all the information on the fair at www.shawneecountyfair.org

FIESTA TOPEKA — July 18-20, Our Lady of Guadalupe Church, 201 NE Chandler. Great food, rides, Orlando Zuniga,

THROWBACK THURSDAY CINEMA: "THE DARK KNIGHT" — Fri. July 21, 7pm. Jayhawk Theatre.

MERIDEN THRESHING SHOW — July 21-23, 8275 K4 Highway. Tractor parade & show, food & other vendors, wheat threshing, tractor pull, barn dance, and more.

TEE-PAC GOLF TOURNAMENT - July 21, Shawnee Country Club. www.topekaperformingarts.org/events/2023/teepac-golf-tournament

CHRISTMAS IN JULY AT BARB'S BARN — July 22, 9-3, 4008 SW topeka blvd. 75 local vendors.

CARS & COFFEE — July 23, 9am, Classic Bean. 9am start, cruise at noon.

FOR THE CULTURE KS FEST — July 28-30, Every Plaza. Celebrate African American culture, featuring music artists, creatives, impactful speakers, businesses, vendors, and much more.

SUMMERFEST AUTO SHOW — July 29, Kick Start Saloon. Food trucks, vendors, games. Mad Machele performs after the show.

LAST SUNDAY FREE BREAKFAST BUFFET — July 30, 9am — 12pm, Philip Billard Post 1650, 3110 SW Huntoon. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted and will go to helping vets in the Topeka area.

FOOD TRUCK NIGHT — Aug. 5, 4-8pm, HHHS, 5720 SW 29. Featuring Delta Haze and food trucks. Helps homeless animals.

3RD ANNUAL TOPEKA FALL FEST — Sep. 16, 10am-3pm, at the Great Overland Station. Live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such as Face Painting, Craft Stations, Inflatables, Petting Zoo, Cake Walk, Pumpkin Decorating and more! We'll have a Health & Fitness Fair sponsored by Topeka Emerald City Cosmo Club, featuring Health Screenings & Fitness Demonstrations, Information & Educational Booths, Health & Safety Products and more. For more info, email info@C5Alive.org.

FOCUS ON HUMAN TRAFFICKING — August 1st - Stigma & Diversity, 9:30-10:30am, Sunflower Foundation on the former Menninger Campus, 5820 SW 6th. Prevention and Resiliency Services (PARS) and Safe Streets present a community education event, designed to spark engagement, increase awareness

and understanding, and empower the community to be informed and vocal on challenges faced in Topeka. RSVP - <https://tinyurl.com/2p4yse37>

TOPEKA TACO & MARGARITA FESTIVAL — Aug. 5, 11am-5pm, Vail Events Ctr. Doors open at 12 for \$10 General Adm. (VIPs - \$45 at 11am) Live pro wrestling, shopping, live DJs. Aimee.craig@oakviewgroup.com. Tickets: <https://www.ticketmaster.com/event/06005ECAC2754CED>

STATION 9 ¾ - Aug. 5 & 6, 10-4 at Great Overland Station. Magic, mirth & merriment!

TOUCH A TRUCK — Aug. 5, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. Free snacks for all. Free book for first 100 kids.

NATIONAL NIGHT OUT — Aug. 5, various locations around Topeka. For info: parstopeka.org

BREAKTHROUGH HOUSE GOLF TOURNEY — Sep. 7, Cypress Ridge. 11am Registration, Noon lunch, 12:30pm Shotgun. 4-person scramble. Sponsors & golfers needed. For info: 785-840-8733 or



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YOUTH FOR CHRIST GOLF CLASSIC — Sep. 25, 11:30 reg.; 10:30 shotgun start, Lake Shawnee. Several sponsorship levels available. Lots of prizes! 785-232-8296 or topekayfc.org

GLACIAL DRIFTERS — Oct. 14-15, Ag Hall, 17th & Topeka. Topeka Gem & Mineral Society 66th Annual Show.

MEETINGS & CLASSES

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

THE HEAT — FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. www.ficritkentons.org. Sun. 4-5 pm Yoga; Mon. 12-12:45pm Cardio Remix; Mon. 5:30-6:15pm STRONG™; Tue. 12:15-1:15pm Restorative Yoga; Tue. 5:30-6:15pm Zumba®; Wed. 5:30-6:15pm Cardio Sculpt; Thu. 12:15-1:00pm Pilates + CIRCL Mobility™; Fri. 5:30-6:15pm Zumba®; Fri. 12-12:45pm POUND

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

TAI CHI FOR HEALTH — Mon. 10-11 at Lowman United Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact Madon Daily at 505-424-8989 or madondaily@gmail.com. To join from Home via Zoom, contact Madon for the Zoom link.

PICKLEBALL — Mon. & Wed. 1-3pm, First Baptist Church, 3033 SW MacVicar Ave. Park on West Side, where the gym is located. Contact Dave Mathias, davemathias@sbcglobal.net, or Betsy Thompson, betsythompson@gmail.com.

SHEPHERD'S CENTER BOOK CLUB - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Contact Pat Kirkman at pat-tyk696@yahoo.com.

SMS - STRENGTH, MOBILITY, STABILITY EXERCISE GROUP (SMS) Mon. 9-9:30am, Arbor Court, 4200 SW Drury Lane. Tue. & Thu. 9-9:30am, Rosehill Place, 3600 SW Gage Blvd # 97. Tue & Thu, 10-10:45, Grace UMC, 2627 SW Western Ave. Call Anne Crawford at 785-273-4527 or email anne.crawford@cox.net.

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@rhccctopeka.org

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

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

TOPEKA NEEDLEWORK GUILD - Every Mon. (except holidays) 9a-11a in the Menninger Room of the Topeka Public Library. Bring a project to work on as we share our needleworking skills and ideas. All are welcome to drop in.

CHRISTIAN HOMESCHOOL CO-OP - Monday's, 1-4pm, Lakeview Nazarene, 2835 SE Croco Rd. Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene

SENIOR ADULT EXERCISE CLASS - Tuesday's 10am,

Lakeview Nazarene, 2835 SE Croco Rd. All exercises will be done from a chair, will help you get up out of a chair, & climb stairs safely! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene

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.

NARVE (Nat'l Assn of Railroad Veteran Employee) - 2nd Tuesday each month at Grace Episcopal Church, 701 SW 8th Ave - 9:30AM. Enter on NW corner.

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. 1st & 3rd Tue. 7pm; Auxiliary: 1st & 4th Tue. 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

DUPLICATE BRIDGE - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. Bill Gates and Warren Buffett play duplicate bridge! It is great for your brain health. For additional information email janescola@hotmail.com.

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

HAND AND FOOT CANASTA - 2nd & 4th Tue., 2-4pm, St. David's Episcopal Church, 3916 SW 17th St. Must arrive before 2pm and stay for the entire game. Email Caroline Huff at lilbopper1@gmail.com or call 228-2447.

MEXICAN TRAIN DOMINOES - 1st & 3rd Tue., 2-4pm, St. David's Episcopal Church, 3916 SW 17th St. Do not come before 1:45pm. Email Ottilie Reed, reed7111@gmail.com, or Mary Adkins, marycat-keeper@gmail.com

MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS) - VIA ZOOM - 4th Wed. 10-11:30am. Contact Rich Reynolds at rlm4017@gmail.com. A Zoom link will be sent to you.

FAMILY HISTORY WRITING GROUP - 2nd Wed. 10-11:30am, Lowman United Methodist Church, room 12. Do you have great family stories to tell and want to pass them down to the next generation but don't know where to start? shepherdstopeka@yahoo.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 Dilon'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@topekanothoutreach.org.

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.

TOPEKA TWILIGHT LIONS BRANCH CLUB - 3rd Thursdays at 7pm at Lakeview Church of the Nazarene, 2835 SE Croco. Social gathering, guests welcome. Topekaliions.org

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.

LINE DANCING - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 or jimbaer73@gmail.com to register.

BRIDGE GROUP - 1st & 3rd Thu. 1- 3:30pm, at Our Savior Lutheran Church, 2021 SW 29th St. To play, arrangements must be made by Mon. 5pm with Joan Arterburn at 408-5174.

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

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP - 3rd Thu., 11:30am-1pm via Zoom. Christian financial professionals: financial planners, accountants, attorney's & insurance agents invited. For info: kingdomadvisors.org or Jim Hanna, james.c.hanna@ampf.com or 785.357.6278 x19.

TOPEKA (Downtown) OPTIMIST CLUB — Every Fri., 10am. Serving the youth of Topeka. Anyone welcome. For info: 272-1099 or fostern60@yahoo.com.

A GOOD YARN CLUB — 2nd & 4th Sat., 9-11am, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & patterns. All are welcome. Info: Anne, 785-272-9249 or kittens812@sbcglobal.net

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

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

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

SUPPORT GROUPS

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

OVERCOMER'S OUTREACH ANONYMOUS 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, 3:30pm, Topeka public library, Anton Rm. 3rd Friday, 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 785-215-1045. All correspondence 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 — 4th Mon. in Formation classroom at Most Pure Heart of Mary, 17th & Stone. Discussion starts 7pm; fellowship & refreshments 8:30. 785-272-4895

CAREGIVERS GROUP - Caring Hearts of Hope meet 2nd and 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. This group will root its encouragement in God's word and prayer as well as conversation and sharing and is open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For dates and info, go to "Weekly Class List" at www.highlandheightsscc.com or call 785-379-5642.

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.

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 reserva-

tions or info: 785-271-6500.

"HEALING AFTER THE SUICIDE OF A LOVED ONE" ("HEAL") — or Survivors of Suicide" (SOS). 1st & 3rd Tue., 6:30-8pm, Zoom meeting 1st Tue, and in-person meetings 3rd Tue. at First Congregational Church, 1701 SW Collins. No cost to attend. Informal meetings. Contact: Topeka.heals@gmail.com or Sandy at 785-249-3792

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.

GAMBELERS 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 — First Thursday, 3pm, St Francis Hospital, Room 300 on 2nd floor. For info: Jim 785 806 3266

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

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

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

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

Send your calendar events to voice@cox.net

See complete calendar at metrovoicenews.com

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Happy Birthday, Dobbs - Tens of Thousands of Babies Saved

A year ago today, the Supreme Court's ruling in *Dobbs v. Jackson Women's Health Organization* changed the world.

With the 1973 decision of *Roe v. Wade*, the slaughter of preborn children had been deemed a constitutional right. This made the U.S. one of the world leaders in liberalizing abortion at the time, according to PBS.

Nearly 50 years later, the Dobbs decision overturned this precedent, returning the decision to legalize or ban abortion to the state level, allowing the U.S.'s more conservative states to enshrine into law protections for children in the womb.

Some States Save the Unborn, While Others Kill Even More

Thirteen states even had "trigger laws" in place long before the Dobbs ruling, creating abortion restrictions and bans set to go into effect after the overturning of *Roe*. According to an Associated Press report from Thursday, over the past year, half of all U.S. states passed laws either banning or restricting abortion access.

But were those efforts successful? Did the Dobbs decision actually save lives?

The answer is complicated because, while conservative states have gone far toward protecting preborn life, pro-abortion lawmakers in Democrat-run states have been doing their best to even things out.

As revealed in the Associated Press's Thursday report, "as some states restricted abortion, others locked in access." While 25 states enacted restrictions and bans, 20 others passed abortion protections via various constitutional amendments and new laws.

Many women crossed state lines in order to access abortions. In some cases, funds were set up via employers and other pro-abortion organizations in order to help pay for the travel expenses of such women.

So, then, how do the final numbers shake out?

How Many Lives Were Saved by Dobbs?

Though the Associated Press notes that such numbers are hard to come by, the Society of Family Planning (a pro-abortion organization) has been tracking the rate of abortions since Dobbs via the #WeCount project.

According to the Kaiser Family Foundation, a self-described "independent source for health" issues, SFP is one of three reliable "major data sources on



abortion incidence" and the only one of the three with data from 2023.

#WeCount uses self-reported data from abortion providers across the country in order to zero in on how many abortions have occurred per month across the country since Dobbs.

On June 15, 2023, the project's most current data — comparing the average monthly rate of abortions in the two months before the court's decision with March 2023 — was released.

According to that report, Dobbs has without a doubt been a resounding victory for the pro-life movement.

Between April and May 2022, the av-

erage number of abortions was 81,730. As state-level pro-life laws continued to roll out over the next nine months, the number of abortions dropped by an average of 2,849 per month.

From July 2022 to March 2023, according to the report, 25,640 pre-born lives were saved.

"Even nine months after the Court's decision, the increase in numbers of abortions in states where abortion was permitted did not compensate for the reductions in states where abortion was banned," the report said.

In states with total abortion bans, 65,920 fewer abortions occurred over

those months.

The Next Abortion Battleground

Now, there is a shocking trend that may shift the tide in the coming years: self-managed abortions. These abortions occur outside the health system and are now easier than ever to conduct, due to abortion medication that can be sent in the mail.

Given the nature of these abortions, they are nearly impossible to trace. Presumably, a woman could order a pill and conduct a self-managed abortion without anyone ever finding out she was pregnant in

the first place.

Even before Dobbs, self-managed abortions were on the rise, though as of 2019 they were "probably not a significant driver of the overall decline" in the number of reported abortions as reported by the Guttmacher Institute.

The non-profit group Aid Access was created in 2018 for the sole purpose of mailing abortion medication to individuals across the U.S. and even the world.

"Aid Access works with doctors overseas and in states with shield laws, which are intended to bar abortion-related investigations by other states. Those doc-

tors prescribe the medications and Aid Access ships them," the Associated Press reported.

"It saw requests in a sample of 30 states more than double from before a draft of the Dobbs ruling was leaked last year until it became official and bans started taking effect."

According to the #WeCount report, Aid Access has received roughly 6,500 abortion medication requests per month since the Dobbs decision, though it remains completely unknown how many requests were fulfilled.

Some women could be ordering pills ahead of time as a precaution, while others may receive their pills and decide not to follow through with taking them. There is simply no way to know how many abortions are taking place from only that one number of requests.

Nevertheless, self-managed and illegal abortions appear to be a growing problem, and one that's not going away anytime soon.

In April, the Supreme Court rejected a lower court's decision to restrict one of the drugs used for such abortions.

Now that *Roe v. Wade* is out of the way, thousands of lives are being saved. If the pro-life movement hopes for this trend to continue, this emerging crisis will need to be addressed.

—By Michael Austin | *westernjournal.com*

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Are your accounts safe? 2023's most-hacked passwords

Passwords keep your online accounts protected from hackers ... but not if they're easy to guess. Cyber-criminals know what's overused and will use that against you.

Curious as to how your passwords measure up? Read on to see if yours made the naughty list and get my smart tips to protect yourself from hackers.

Spill the tea

A recent study examined over 6 million breached passwords to find the worst offenders. No, it's not just things like "password" and "123456" — but those are bad, and if you use 'em, change 'em.

Over 1.5 million of those crappy passwords were eight characters or less. Almost 30% used fewer than 12 characters. The most popular



hacked passwords used all-lowercase letters.

Take a look at the top 10 most-hacked password categories:

1. Nicknames/terms of endearment

2. TV show characters

3. TV show names

4. Colors

5. Fashion brands

6. Cities

7. Countries

8. Movie titles

9. Body parts

10. Car brands

Don't call me 'sweetie'

If your online banking password shares your spouse's nickname, it's not strong enough (unless you call them something really weird). Terms of endearment like "king," "rose," "boo" and "love" were high on the easily breached list.

Pets' names, swear words and video game characters (Joel, Mario and Link) weren't far behind. Sports, football teams and superheroes were in the top 20, too.

Keep it locked down

Passwords are a royal pain in the rear, but you need to take them seriously. Here are some tips:

- Create a password with 12 to 16 characters. The longer, the better! An 8-character password can be cracked in less than an hour.

- Use a mix of letters, numbers and special characters or symbols. Don't just add a "1" or an exclamation point at the end.

- Use a password manager to keep track of all those complex logins for you.

- If you think your password has been compromised, change it ASAP. This is especially true if you keep getting texts or emails that someone requested a change and it wasn't you. Lock it down.

See the full list of bad passwords at www.komando.com/security-privacy/most-hacked-passwords-2023/889145/. Spot one you recognize? Oops, time to change it.

Kansas sees its largest increase in abortions ever recorded

The Kansas Department of Health and Environment (KDHE) has released its preliminary report on abortions in Kansas in 2022.

For the fourth year in a row, abortions have increased in the state after having fallen nearly 50% in the years prior to the 2019 Kansas Supreme Court's 2019 Hodes & Nauser v. Schmidt ruling.

According to KDHE's report, Abortions in Kansas, 2022, last year's statistics showed the largest increase on record since the inception of the report. There were 12,318 total abortions in 2022, including 616 live dismemberment abortions, 8,475 abortions on non-Kansas residents, and 7,339 chemical abortions.

The latest state abortion statistics show the following shocking impacts:

- 57% increase in the overall annual number of abortions — the largest year-over-year increase since statistics have been recorded

- 29% increase in painful, live dismemberment abortions

- 117% increase in abortions performed on out-of-state residents, with two abortions being performed on out-of-state residents for every one performed on a Kansas resident

- 38% increase in the number of chemical pill abortions

- 48.5% increase in the number of abortions performed on minor girls

"As we predicted, Kansas has seen a massive increase in the number vulnerable women being intentionally funneled to abortion facilities in Kansas," said Danielle Underwood, KFL Director of Communications. "Behind each of these statistics is an industry eager to pad its bottom line, a woman who has been pushed to feel she has no other

option, and a child who will never blow out her first birthday candle."

In 2022, Kansas recorded increases in all of the following:

Overall number of abortions — Immediately following the Hodes ruling, KFL predicted significant increases in abortion numbers. The ruling ushered in a new legal framework in which broadly supported, commonsense limits on the abortion industry became vulnerable to any legal challenge. Under this framework, two laws have already been struck down by our state courts and more are expected, paving the way for an unregulated abortion industry in Kansas.

Live dismemberment abortions — Painful dismemberment abortions are on the rise in Kansas, as evidenced by today's statistics. While difficult to imagine, preborn babies are currently unprotected from this brutal abortion method in Kansas.

Women coming from out of state — The profit-driven abortion industry markets their abor-

tion procedures to women across the country in Kansas tourist publications. KFL has continuously warned of Kansas becoming an abortion destination, and today's numbers only prove that.

Use of dangerous abortion chemicals — For years, the number of chemical abortions in Kansas has been higher than the national average. Unlike surgical abortions, in a chemical abortion the burden is on women to complete their own abortions at home. These dangerous do-it-yourself abortions increase the abortion industry's profits but not the health and safety of women.

In 2023, the Kansas legislature passed Abortion Pill Reversal informed consent requirements to ensure pregnant women will be informed of the Abortion Pill Reversal protocol and where to get timely medical help to save their babies if they do not want to complete the abortion. This law is currently on hold pending a recent abortion industry lawsuit to prevent its enforcement, denying women this potentially life-saving information.



Measure your heart rate with your smart phone

You don't need a smartwatch to measure your heart rate. Check on your ticker with just an app.

It's neat how these work. Put your index finger on the back camera, and the app measures your heart rate by detecting color changes. Be sure to hold your phone steady and keep still.

Just remember, apps aren't a replacement for seeing a medical professional or talking to your doctor if you're not feeling well.

- For iPhone, Cardiio: Heart Rate Monitor is a good choice. It works with iPads, too.

- For Android, Heart Rate Monitor works similarly. Cover the back camera, stay still and you'll get a reading.



Topeka Salvation Army asks for help from the community

Topeka Salvation Army Asking for Help From the Community

The Topeka Salvation Army is asking for the community's help collecting items for the annual Back to School Bash. Items needed are:

Shampoo, conditioner, deodorant, and body wash along with Kleenex and Clorox wipes.

These items will be put together along with other items before the event to be handed out the day of the Back to School Bash.

Items may be left at Topeka Salvation Army, 1320 SE 6th Street, at the front desk – hours of operation for The Salvation Army, 9a to 4p., Monday through Friday, from now

through Monday, July 17. You may also call, 785.233.9648 if you have any questions.



Contact: Shelley Robertson, development director, Topeka Salvation Army, 1320 SE 6th, shelley.robertson@usc.salvationarmy.org

The Salvation Army annually helps nearly 23 million Americans overcome poverty, addiction, and economic hardships through a range of social services. By providing food for

the hungry, emergency relief for disaster survivors, rehabilitation for those suffering from drug and alcohol abuse, and clothing and shelter for people in need, The Salvation Army is doing the most good at 7,600 centers of operation around the country. In the first-ever listing of "America's Favorite Charities" by The Chronicle of

Philanthropy, The Salvation Army ranked as the country's largest privately funded, direct-service non-profit. For more information about the Kansas and Western Missouri Division, visit SalArmyMoKan.org. Follow us on Twitter: @SalArmyMoKan and #DoingTheMostGood.

Former trans teen sues hospital after breasts removed at age 13

As Europe bans so-called "gender-affirming" surgeries and hormones for children, U.S. hospitals continue to plunge into the controversial practice that many call abuse. Now, a California medical center is facing a lawsuit after it removed the breasts of a 13-year-old girl who said she identified as a boy.

The patient, Layla Jane, and her lawyer, are not holding back in her description of Kaiser Permanente's actions, saying the doctors carried out "ideological and profit-driven medical abuse" when they prescribed her puberty blockers and hormones and, later, performed a double mastectomy, Charles LiMandri, one of the lawyers representing the plaintiff, Layla Jane, said in a statement.

Jane, now 18, was influenced by people online when she was just 11 and told her parents that she was a boy, prompting them to ask for guidance from doctors.

Layla Jane after her operation. (Courtesy of Dhillon Law Group)

While three doctors said Jane was too young for cross-sex hormones, she was eventually referred to several other doctors who prescribed her puberty blockers and hormones. Within six months, they removed her breasts.

The hormones and puberty blockers were given based on a single, 75-minute session with Susanne Watson, a psychologist, according to the suit. Dr. Winnie Tong, a plastic surgeon,

concluded after a 30-minute session that Jane could have her breasts removed.

"Defendants did not question, elicit, or attempt to understand the psychological events that led Kayla to the mistaken belief that she was transgender, nor did they evaluate, appreciate, or treat her multi-faceted presentation of co-morbid symptoms," the suit reads.

"Instead, Defendants assumed that Kayla, a twelve-year-old emotionally troubled girl, knew best what she needed to improve her mental health and figuratively handed her the prescription pad. There is no other area of medicine where doctors will surgically remove a perfectly healthy body part and intentionally induce a diseased state of the pituitary gland malfunction based simply on the young adolescent patient's wishes."

Doreen Samelson, a psychologist not named as a defendant, by contrast, told Jane and her parents that she couldn't receive puberty blockers or cross-sex hormones due to factors such as her age.

Jane, whose given name is Kayla Lovdahl, has since "detransitioned," or resumed identifying as a girl.

She's currently receiving psychotherapy for mental health issues such as social anxiety disorder. That kind of treatment should have been offered instead of the drastic steps the defendants took, the suit states, noting



that, per a number of studies, youth who experience gender dysphoria often ultimately become comfortable with their birth sex.

Other papers have found that people who underwent chemical or surgical procedures to "transition" experience mental health issues and higher suicide rates. And some countries have restricted the usage of puberty blockers to certain settings due to a dearth of clinical research on using them on youth wanting to transition.

The lack of therapy and outlining of possible side effects from the surgery means the doctors didn't provide Jane with informed consent, according to the suit. Instead, the defendants claimed that the dysphoria wouldn't resolve unless she underwent the procedure.

At one point, one allegedly told her parents, "Would you rather have a live

son or a dead daughter?"

"Nobody—none of my doctors—tried anything to make me comfortable in my body, or meaningfully pushed back or asked questions; they only affirmed," Jane remarked..

Jane said she didn't feel better after her surgery. She suffered nerve damage and other issues. She says she's happier since she detransitioned.

"The law says children aren't mature enough to make serious decisions that could have long lasting consequences like getting a tattoo, driving with friends, drinking alcohol, smoking cigarettes, or even voting," Jane said in a statement. "So why is it acceptable for 13-year-olds to decide to mutilate their body?"

The defendants are Kaiser Foundation Hospitals and the Permanente Medical groups, both part of the non-profit Kaiser Permanente; Watson; and

doctors who work for or are affiliated with Kaiser Permanente.

Kaiser Permanente and Watson didn't respond to requests for comment.

The suit was filed in the Superior Court of the state of California.

Jane is seeking damages for her pain and suffering, additional money for medical expenses, and costs of the suit covered.

"Kaiser continues to engage in the quackery of subjecting innocent children to irreversible sex mimicry treatment, including drugs and surgery, without informed consent," Harmert Dhillon, CEO of the Center for American Liberty, which is also representing Jane, said in a statement.

"The medical providers responsible for Layla's case, along with countless others, have substituted woke ideology for medically accepted standards of care, including lying to and manipulating vulnerable patients and families.

"We are committed to holding them accountable for the harm inflicted upon Layla, and together we intend to strongly deter Kaiser's factory-line approach that permanently mutilates an unknown number of American children, subjecting them to a lifetime of harm, regret, and medical consequences."

A similar lawsuit was filed by Chloe Cole, whose breasts were removed when she was 15, earlier this year.



How Much Home Can You Afford?

With warm weather here, it's time to make the most of your home's outdoor living spaces.

"Whether you want to beautify your landscaping or add elements to your patio that will help you entertain, using manufactured stone veneer is a smart, on-trend choice," says James Alpeter, stone marketing manager at ProVia. "A versatile and charming alternative to brick, high-quality manufactured stone looks natural, but can be installed much more quickly and affordably than the real thing."

Project Ideas

As you mull over your plans, consider these three manufactured stone project ideas, all of which will boost the beauty and functionality of your outdoor living spaces:

1. Outdoor kitchens. Manufactured stone allows you to think well beyond a simple grill by building a complete outdoor kitchen. Depending on your budget and goals you may include a prep space, a sink, refrigeration and storage, and go for more niche features like a pizza oven. No matter how you choose to build this space out one thing is certain, you will be creating an instant room-like area to gather for conversation and laughter, or to relax after a long day of work.

2. Outdoor hearths.

Enjoy the warmth and ambiance of flames on cool summer nights with an outdoor hearth, which can provide a stunning, one-of-a-kind focal point, whether it's connected to the home or part of your backyard patio. Imagine having friends over for hot mulled cider and s'mores or snuggling up in front of the fire under a star-lit sky. For maximum comfort, treat this space as you would your family room, adding outdoor-grade couches, cushions and rugs.

3. Landscaping. Have you ever dreamed of having a water feature in your backyard that would provide a habitat for koi fish or local wildlife? Is it time to take your garden to the next level? Manufactured stone is ideal for a range of elegant landscaping applications, from surrounds for a small backyard fish pond to raised planting beds to retaining walls.

Selecting Materials

Manufactured stone is as versatile and authentic-looking as natural



stone, offering endless options to tailor your project to your unique aesthetic. Stone profiles range from the classic shape and texture of limestone to the irregular and imperfect look of ledgerstone to the layered and precise fit of dry stack stone. They also come in various hues, so you can go for a warm, cozy feel or a sleek and striking look.

For the true depth and character of natural stone, just be sure to select materials inspired by nature itself. The process at ProVia, for example, starts with trained stone masons who select stones from nature to create the casts used to build their molds, and who pay careful attention to the contours and varying hues of natural stone. With ProVia, you'll also have the opportunity to select the grout color, which is a factor that should not be overlooked.

"Contrasting grout colors can be used to intensify the overall look while complementary grout colors can soften it. Selecting a grout color that mimics the dominant color of your stone can help blend materials into a near-seamless palette," says Alpeter.

Look before you leap with the brand's Stone and Grout Visualizer tool, found at www.provia.com/stone/grout-visualizer/. For additional design inspiration, visit www.provia.com/stone/applications/.

This season, consider outdoor projects that will not only extend your home's outdoor living spaces, but add elegance and charm while you're at it.

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entertainment

“Queen Esther” is wowing audiences this summer at Sight & Sound Theatre

Sight & Sound’s “Queen Esther” musical production is a breathtaking and emotionally stirring masterpiece that brings to life one of the most significant stories of the Old Testament.

Currently on stage at the production company’s vast Branson, Missouri theater, it retells the saga of Queen Esther, who risks her life to save her people from genocide.

Audiences have previously been awed by major productions like Noah and Samson but nothing may prepare them for the newest show that opened to sold-out crowds this spring.

Metro Voiced interviewed several key actors and staff and share the videos below as part of our “Summer, Faith, and Fun Series.”

It is a stunning combination of storytelling, music, and stagecraft that immerses the audience in a world of ancient Persia brought to life by Producer and Director, Dan Deal and Assistant Producer/writer Kristen Brewer.

But while the biblical storyline is resonating with audiences, it also has a profound impact on the actors.

“It has grown my faith so much,” Emily Baker, who plays Esther, told Metro Voice. “This role is one that you can’t tell it truthfully and honestly unless it’s true to you as a person.”

Baker told Metro Voice that she gets her peace from knowing she’s not in the driver’s seat. “Learning what it means to be still and trust that God is the one in control is important and that the pressure is off of me,” she says. Baker says being a Christian performer is about telling His story.”

The story of Esther needed a grand stage and production to match the importance of the message. Production values of “Esther” are nothing short of exceptional.

Luke Bates is the technical director and says this is the largest set ever used by a Sight and Sound production and comes in at a whopping 120,000 pounds. “This is a much larger set than any production currently running in the U.S.” he told Metro Voice.

That fact doesn’t go unnoticed by himself or audiences. It took a set of this size and detail to effectively transport au-



diences back 2,700 years to the height of the Persian Empire.

Bates says that the “wow!” moment for him is when the set opens up and Persia is revealed. That’s followed closely for him personally by the final song dealing with not being alone.

He had a major role in the set design, which wraps around the audience on three sides, is finely detailed, and boasts intricate Persian architecture and a towering palace backdrop.

Audiences are also amazed with the pyrotechnics and projections that are used effectively to create dramatic moments throughout the show.

Bates says that timing is crucial with so much unfolding on stage. “Timing and cuing the actors is repeatedly rehearsed—even up to show time.”

The performances by the cast are outstanding, with each member bringing their character to life with passion and conviction, as evidenced by Baker.

The music is also a standout feature, with powerful vocals by Baker, Dan Culleny (who plays Xerxes), and Jeremy Johnson as Mordecai.

They each add significantly to a moving score that complements the story perfectly.

One of the most impressive aspects of “Esther” is its ability to convey the themes of the story effectively. “Esther” is no doubt, one of the most extensive theatrical productions to ever tour but at its core is the story exploring issues of faith, courage, and sacrifice.

Jeremy Johnson has been in Branson for almost 12 years and portrays Mordecai. He says it’s a challenging role and a heavy story. “The stakes are high for the Jews. Death is around the corner and to

deal with that through song and words takes a lot of emotion,” he told Metro Voice.

“It’s easy to relate to Mordecai,” he says. “The story is easy to relate to in the responsibility parents or guardians have for their children. It brings home how I’m raising my own kids.”

Dan Culleny told Metro Voice he hopes his honesty as an actor and Christian comes through in the role.

“Spiritually, it’s a role you cannot tell truthfully if you are not applying all the lessons to yourself in your personal life,” he says. “Like in the powerful songs Emily sings. You can’t fake your way through the spiritual message.”

Culleny says for him, to be still and know He is God is a central message. “God is big and vast and we need to be ready to move when He asks us to.”

Overall, “Sight and Sound’s ‘Esther’ musical production” is a must-see for anyone interested in biblical stories and theatrical performances. The show is a testament to the power of live theatre and the enduring appeal of ancient tales. Even the seating is designed to provide optimal views of the stage, ensuring that every seat in the house is a great one.

As a production produced by Sight and Sound, there’s no better place for such epic stories to come to life on stage.

Asked what a person will walk away with after seeing the production, Baker had some encouragement. “That they are not alone, that God has always been there for them—always will be there and if they want to look for the details they will find them.”

Whatever your summer plans, make “Esther” in Branson a top destination.

Documentary on the Duggar family should be warning to the church



I found myself both frustrated and mesmerized by the new Amazon Prime documentary “Shiny Happy People: Duggar Family Secrets.”

As the title suggests, it purports to be the behind-the-scenes story of Jim Bob and Michelle Duggar and their children, the stars of the TLC hit television series “19 and Counting” and a number of spin-offs. The original show ran for 229 episodes over seven years, and was a ratings juggernaut for TLC, elevating it from a fringe cable television network into the mainstream. The show was TLC’s most popular, averaging 2.3 million viewers per new episode in Season 10 and scoring in the “Cable Top 25,” according to Nielsen.

But all was not well in DuggarWorld. In 2015, Josh Duggar publicly apologized for having “acted inexcusably” following reports he molested five girls, including some of his sisters, by fondling them. TLC announced that the show was officially canceled and would not resume production. A spin off show, “Counting On,” aired in December 2015 and was cancelled in 2021, due to Josh Duggar’s arrest for child pornography. He was sentenced to 12 years in prison for his crimes.

All of this has, of course, been tabloid fodder for the past dozen years. In the beginning it was a “feel-good” story of a large and happy family, and more recently it was a train wreck from which we could not avert our eyes.

The problem with treating the story as tabloid fodder, which this new documentary continues to do, is that it will likely prevent the church from dealing with important issues.

For example, “Shiny Happy People” either ignored or edited out reasonable voices that could have added much insight and nuance to this story. The very subtitle, “Duggar Family Secrets,” suggests that what was in the documentary was previously not known, or had been somehow silenced by a powerful funda-

mentalist or evangelical cabal.

That impression ignores the work I did for WORLD Magazine covering Bill Gothard (who ends up being the real “star” of “Shiny Happy People”) in 2014 and 2015. (Examples of which you can find here and here.) Christianity Today deserves even more credit. It was doing important and appropriately critical coverage of Gothard as early as the 1980s. (You can read the nearly 100 articles CT did on Gothard over the years here.)

I don’t know if the reporters for Christianity Today received calls from the producers of “Shiny Happy People” to add perspective and journalistic gravitas to the series. I know I did not. This failure is a huge hole in the credibility of “Shiny Happy People,” especially since Gothard himself was represented only in archive footage. I, on the other hand, actually interviewed Gothard during the era covered by the documentary. (You can read a portion of that interview here.)

Perhaps most conspicuous in her absence was Jinger Duggar, who has written an excellent and nuanced book about her time in DuggarWorld, and about the influence of Bill Gothard and the Institute for Basic Life Principles on her family. Her book is *Becoming Free Indeed* and I recommend both the book and this excellent interview she did with my friend and former Colson Center colleague Shane Morris.

In fairness to the producers, they apparently did try to get Jinger Duggar in the series. Jinger released a statement to that effect:

“I was actually approached and asked to participate in the docuseries, but I thought that from my perspective, I really wanted to make sure that I was able to share my story in my own words and in my own timing. . . . I wanted to be able to share it in a way that was God-hon-

■ Continued on next page



Pastor warns about new Disney+ program in which teen falls in love with the devil

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“Pauline,” a new Disney+ show about a teenager who falls in love with the devil, is causing concern among Christian leaders.

“My reaction was: Satan always comes masquerading as an angel of light, and so he’s going to portray himself in the form that people are most readily able to accept,” Mike Signorelli, pastor of V1 Church in New York City said. “Because he wants to appeal to the masses, we’re seeing this over and over and over again.”

Much is still unknown about the German-produced “Pauline,” although a “Deadline” report gives a glimpse into what can be expected: “Pauline follows the eponymous protagonist, an 18-year-old who accidentally becomes pregnant from a one-night stand supposedly with satan. With school stress, the climate crisis and the downfall of society weighing heavily on her mind, something she doesn’t need at all right now is catching feelings, especially not for her one-night stand Lukas, who, as it turns out, is the devil himself.”

Whether it’s shows like this or cartoons such as “Little Demon,” Sig-

norelli encourages parents to be engaged and aware of what is unfolding. This is particularly true for cartoons featuring evil, demonic or satanic subject matter.

“If you are a parent watching this video right now, I just want to make it as clear and plain as possible: These cartoons are not for adults,” he said. “They can say they’re for adults. They can have an adult rating, but we know that cartoons appeal to children. And somebody has to be bold enough to say it.”

Signorelli said Christians also have to be well aware that Ephesians 6 is real and believers are engaged in an intense spiritual battle.

“We’re fighting a spiritual battle, and we wrestle not against flesh and blood, and so we’re not fighting against producers and directors and cartoonists and illustrators,” he said. “We are fighting a spiritual battle, and so we have to be aware of that so that Satan will not outwit us.”

Signorelli isn’t alone in his “Pauline” critique. Movieguide also slammed the show and urged people to take action. The protest effort is seeking 150,000 signatures.

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Box office success of “Jesus Revolution” propels movie into international markets

After exceeding box office expectations in the United States, the “Jesus Revolution” movie now is being shown internationally.

Codirector John Erwin says that the hit movie has been released in Singapore, Indonesia, Australia and New Zealand and is launching June 23 in the United Kingdom, followed by Latin America. The international market opened up, he said, because of its domestic success. The film grossed more than \$52 million domestically and remained in the Top 10 for five weeks.

“Entertainment is America’s second-largest export behind agriculture,” he said. “So when you make something popular in the U.S. and when an audience really champions it, they send it around the world. A lot of Christians might not realize that as we support a film here, it enables a global release.”

Faith-based movies can be a powerful vehicle for spreading the gospel, Erwin said

“A lot of people ask, ‘are we just preaching to the choir?’” he said. “We found it’s actually the choir that launches the product. The more the faith audience champions something, whether it’s our movie or ‘The Chosen,’ they send it out. So really, if a big movie becomes successful and you saw it in America, 10 other people are going to see it around the

■ **Continued from previous page**
oring and hopefully sharing my story in a balanced way.”

I respect her decision. Perhaps she could tell that the filmmakers were interested in eyeballs and outrage, not introspection and solutions. Still, her voice — and other voices like hers — were sorely missed in this documentary.

Another problem with the series was the producers’ inability to differentiate between various tribes within evangelicalism and fundamentalism. The documentary tried to suggest that the Duggars and Gothard were at the center of a vast network of organizations that included TeenPact, Patrick Henry College, the Family Research Council, Generation Joshua and the Home School Legal Defense Association, and others. The documentary did not include interviews or statements from any of these organizations, though their critics — including Alex Harris, Josh Pease, and Kristin du Mez — were on full display.

So what should Christians learn from



world because of you.”

“Jesus Revolution” tells the story of a hippie-led revival in that launched in California and spread nationwide.

“The whole reason we made the movie was if God did it before it, God can do it again,” Erwin said. “The world needs a Jesus revolution, perhaps now more than any other time in my lifetime.”

It stars Jonathan Roumie (“The Chosen”) as Lonnie Frisbee, Kelsey Grammer (“Cheers,” “Frasier”) as Chuck Smith, Joel Courtney as Greg Laurie, Kimberly Williams-Paisley (“Father of the Bride”) as Laurie’s mother and Anna Grace Barlow as Laurie’s girlfriend and future wife Cathe. Brent McCorkle codirected it alongside Erwin.

Across the United Kingdom prior to

this docuseries aside from the basic facts about the Duggars and Gothard, facts which were already well-known? I think there are some important lessons.

First, the popularity of this series should not be a surprise. “The Rise and Fall of Mars Hill” had similar popularity (and was much more knowing about the Christian sub-culture). The recent Hillsong documentaries also generated considerable attention. They suggest that not just evangelicals, but all Americans, are interested in these stories.

Secondly, and closely following on the first, is the hard reality that if Christians do not tell these stories in redemptive ways, others will tell them in ways that are not so redemptive. The story told in “Shiny Happy People” needs to be told. Unfortunately, it still needs to be told.

Thirdly, just because “Shiny Happy People” told the story of Gothard and the Duggars imperfectly and sensationally, that doesn’t mean we shouldn’t be humble and sober about the lessons this story can teach us. Russell Moore, in his reflections on “Shiny Happy People,”

the movie’s release, Christian organizations and churches have informed their members and organized group outings.

The group KOVA says it wants to promote the film. “In America, Jesus Revolution doubled box office estimates — let’s show UK and Irish cinemas that the church is up for the challenge!” it said on its website.

“We are passionate about meaningful stories provoking meaningful conversations, and we believe that the key message of this film, that church is a place where everyone is welcome, is a great place to start! CPO cares about providing churches with high-quality resources to serve them in their ministries, and they love that this historical film speaks to us in our lives today,” it states.

points out that there is a difference between the “power of the gospel, and the gospel of power.” He’s right. “Shiny Happy People” is not so concerned about the power of the gospel (alas), but it does lay bare the gospel of power, and we should not look away.

That’s why, for all its flaws, I still recommend “Shiny Happy People.” For all that it gets wrong about American Christianity, it gets enough right to merit our time and attention. It’s my prayer that it moves us to lament, repentance, and resolve to do better.

—Warren Cole Smith | Warren previously served as Vice President of WORLD News Group, publisher of WORLD Magazine, and Vice President of The Colson Center for Christian Worldview. He has more than 30 years of experience as a writer, editor, marketing professional, and entrepreneur. Before launching a career in Christian journalism 25 years ago, Smith spent more than seven years as the Marketing Director at PricewaterhouseCoopers.

50+ Lifestyles

A Guide to Enjoying Life in the Best Years

Three Healthy Habits to Help Protect Your Skin

As the first line of defense against the outside world, skin is the body's largest organ and takes on an important role in maintaining overall health. While products like sunscreen and moisturizer can help skin thrive, healthy skin starts from within where food and beverage choices can play a key role.

One example is grapes: Emerging research suggests consuming grapes may help protect healthy skin even when exposed to UV light, which is known to be damaging. A study published in the journal "Antioxidants," in which people consumed 2 1/4 cups of grapes every day for two weeks, showed increased resistance to sunburn and reduced markers of UV damage at the cellular level.

This study reinforced previous and similar findings published in the "Journal of the American Academy of Dermatology." Grapes are also a hydrating food with 82% water content; hydration is essential to healthy skin.

To take care of your skin, consider

these skin-friendly health tips.

Protect Skin While Outdoors

While perhaps an obvious step to some, one of the most direct ways you can protect skin is by applying sunscreen – most experts recommend 30 SPF or higher – before heading outdoors and reapplying every 1-2 hours. Additionally, consider wearing protective clothing, such as a hat large enough to shade your face and neck. If you plan to spend extended time in the sun, opt for a lightweight, long-sleeve shirt and pants for maximum skin coverage.

Fill Your Plate with Healthy, Hydrating Foods

Nutritious foods, including fruits and vegetables, can play an important role in achieving an overall balanced diet with adequate hydration. Enjoying the goodness of fresh or frozen Grapes from California can provide extra hydration and a boost of beneficial antioxidants and other polyphenols that help protect the health and function of the body's cells, including those in the skin.

Drink water throughout the day, and for added flavor, infuse with fruits like frozen grapes. Simply rinse, pat dry, remove from the stems and freeze the grapes for 2 hours in a single layer on a sheet pan for flavorful ice cube replacements.

For an easy, refreshing way to add grapes to your menu and stay hydrated on

warm days, try this Frosty Grape Hibiscus Slush for a subtly sweet, fruity tea in frozen form.

Manage Stress

Whether it's caused by a lengthy to-do list or general anxieties, stress can negatively impact skin health while even exacerbating certain conditions. Managing stress can offer a reprieve in multiple ways, including encouraging healthier skin. Some simple ways to relieve stress include exercising, getting enough sleep, lightening or limiting your workload, scaling back on to-do lists and making time for things you enjoy.

Visit GrapesFromCalifornia.com for more information on grapes and health and delicious recipes.



Frosty Grape Hibiscus Slush

Prep time: 15 minutes, plus freezing overnight

Servings: 6 (1 cup each)

9 hibiscus tea bags

6 cups boiling water

3 cups Grapes from California puree (green, red, black or mixture)

4 1/2 tablespoons frozen lemonade concentrate, thawed

1 1/2 tablespoons lime juice (optional)

Steep tea bags in boiling water. Remove tea bags and stir in grape puree, lemonade concentrate and lime juice, if desired.

Pour into ice cube trays and freeze overnight until firm.

In blender, blend until slushy, stirring as needed.



Notes: If no ice cube trays, freeze mixture in large container about 1 1/2 inches deep. Let soften slightly then break into pieces with knife before blending and serving.

Nutritional information per serving: 80 calories; 1 g protein; 21 g carbohydrates; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 0 mg sodium; 1 g fiber.

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Summer Savings: Vacationing On A Budget



Recent surveys state that the average American spends two thousand dollars on a vacation. That goes up to 4,500 dollars for a family of four. With hotels, airfare, and eating out, the vacation of your dreams can appear as just that – only a dream. However, there are some simple travel tricks that will help you spend less.

First, depending on the length of your stay Airbnb's offer multi-day discounts. For a seven-night stay in a three-to-four-bedroom house. Nerd Wallet says the average price is 213 dollars, but if you're only staying for one night, that goes up to 314 dollars. Also, many Airbnb's offer referral links that can save up to 30 dollars. If your

lodging has a kitchen, you can save even more by grocery shopping and cooking meals.

USA Today reports using a VPN, or virtual private network, can save you money when booking flights and hotels online. It hides your IP address. Researchers found customers from IP addresses in the United States were charged more than people from other countries.

When it comes to flights, plan ahead. It's best to book your flight 76 days prior and research shows you can save up to 57 dollars by booking on a Wednesday.

Save with a bundle. Pay for rental car, hotel, and airfare expenses all to-

gether. Sites like Booking.com, Expedia, Kayak, Orbitz, and Travelocity offer discounts for combining travel services in one package. What's more, booking through an airline [bundling] can be a good way to use any applicable relevant credit card miles and points.

Another way to lower your "vacation" costs is by taking day trips to nearby sights and attractions. Admit it: You've never done enough playing tourist at home as you could. What's more, it's a lower effort at a reduced expense to avoid an overnight stay.



Coming home each night can take the pressure off your adventures and showcase places that you've always meant to visit and just haven't quite got round to yet.

Book a vacation with friends. If you have some friends or family that are also looking for a destination trip, think about vacationing together. You may be able to find a house to rent that will be much more affordable than individual hotel rooms. Renting a house on AirBnB or Vrbo will allow you to cook some meals for your family, which can save a lot of money. You may be able to split a rental car and plan some at home activities, such as a game night, which can all add up to even more savings.

Lastly, make the most out of your gas tank. The average summer road trip is 500 miles roundtrip. Experts say if you always have a half of a tank of gas, delay extra stops and drive consistently the same speed. This can save you up to three miles per gallon. Checking apps such as Gas Buddy can help you find the best prices of gas in the area.

Another tip is downloading the app City Pass if you're traveling to a big

city. The app allows discounts on many big attractions and can save you money when sightseeing. Also try booking a less popular destination.

Lonely Planet is a source that shows many unique vacation spots hidden across the United States.

—Ivanhoe



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sports

Pro-life tie worn by Chiefs kicker Harrison Butker at White House



The pro-life tie worn by Harrison Butker when he visited the White House with his teammates recently, has become quite popular.

The athlete, who kicked the game-winning field goal for the Kansas City Chiefs in this year's Super Bowl, used the occasion to share a subtle pro-life message in view of the pro-abortion Biden administration.

Butker was seen wearing a tie that had "Vulnerari Praesidio" in cursive writing all over it, which is a Latin term that translates as "Protect the most vulnerable." The tie was designed by Live Action, a pro-life organization. He also wore a gold pin of baby's feet the size of a 10-week-old aborted baby.

"I want to give the most vulnerable, the unborn, a voice at a place where every effort has been made to allow and normalize the tragic termination of their lives," Butker said. "As a father who has experienced three miscarriages, my wife and I understand the hardships that come with losing a child. Every life is precious and should be valued whether outside or inside the womb."

<https://twitter.com/LiveAction/status/1666110230168469504>

I'm not just making kicks so that I can make money and I can puff myself up as this great person that people want to be

like one day," the devout Catholic had said in a February interview with EWTN. "I'm making kicks because God wants me to have a platform, at least for right now, to share this message of faith, of growing in virtue, of growing closer to the sacraments and of being a saint."

Butker played a key role in the Chiefs winning it all this past season, and it came before the Super Bowl when he was needed to kick the game-winning field goal in the AFC Championship Game against the Cincinnati Bengals. Then Butker was called on again after his team got perfect field position late in the fourth quarter of Super Bowl LVII against the Philadelphia Eagles, where he chipped in a field goal down the middle to win the game, 38-35.

Butker has been in the NFL since 2017 after the Carolina Panthers took him in the seventh round of the NFL Draft out of Georgia Tech. He later joined the Chiefs and has made field goals out of 186 attempts in more than 90 regular-season games.

LiveAction has fielded thousands of calls and email inquiries by individuals seeking to purchase the tie.

Basketball star who refused to kneel hopes new clothing line will help promote unity



Basketball star Jordan Isaac of the Orlando Magic made headlines when he refused to kneel for the national anthem. Now he is set to release UNITUS, a new clothing line focused on stellar sports apparel and celebrating freedom.

"UNITUS is desperately needed today, because more and more brands in the sports and leisure wear space are abandoning the consumers' desire for them to be impartial on matters of culture, spirituality and politics," he says. "Many brands have overtly endorsed harmful and divisive ideologies that have left consumers looking for alternatives."

Isaac said there's a profound need for a "hopeful brand bolstered by values of faith in Christ, American freedom and family building. We also have freedom to create what we want to create. The hope is to be able to sign athletes across sports."

In the end, Isaac wants to create a "real infrastructure of people" across the spectrum who want to "give their money to a company they know is going

to work toward bolstering their values."

And with cultural trends continuing to become more chaotic, Isaac believes people must decide to live out their faith values fully. "As the day continues to get darker and darker and crazier and crazier, you standing up for what you believe in is only going to get harder," he said. "But is only going to become more necessary."

Isaac, author of the book "Why I Stand," said fellow NBA players decided in 2020 to kneel during the National An-

them amid the sea of protest that followed footage of George Floyd's death. But he decided to chart a different course.

"I was watching what happened to George Floyd and, as tragic as it was, trying to work through what is the best way to respond or if I need to respond at all," he said. "I was almost forced to because, once we get into the bubble, there is this immense pressure on NBA players to have to kneel for the National Anthem and wear a Black Lives Matter T-shirt."

Rather than embrace any narrative outside of biblical truth, Isaac said he chose to cling to the gospel and opted not to kneel or wear the BLM shirt. His decision wasn't rooted in protesting or throwing hate or shade at Black Lives Matter. Instead, he said he wanted to show "the love of Christ."

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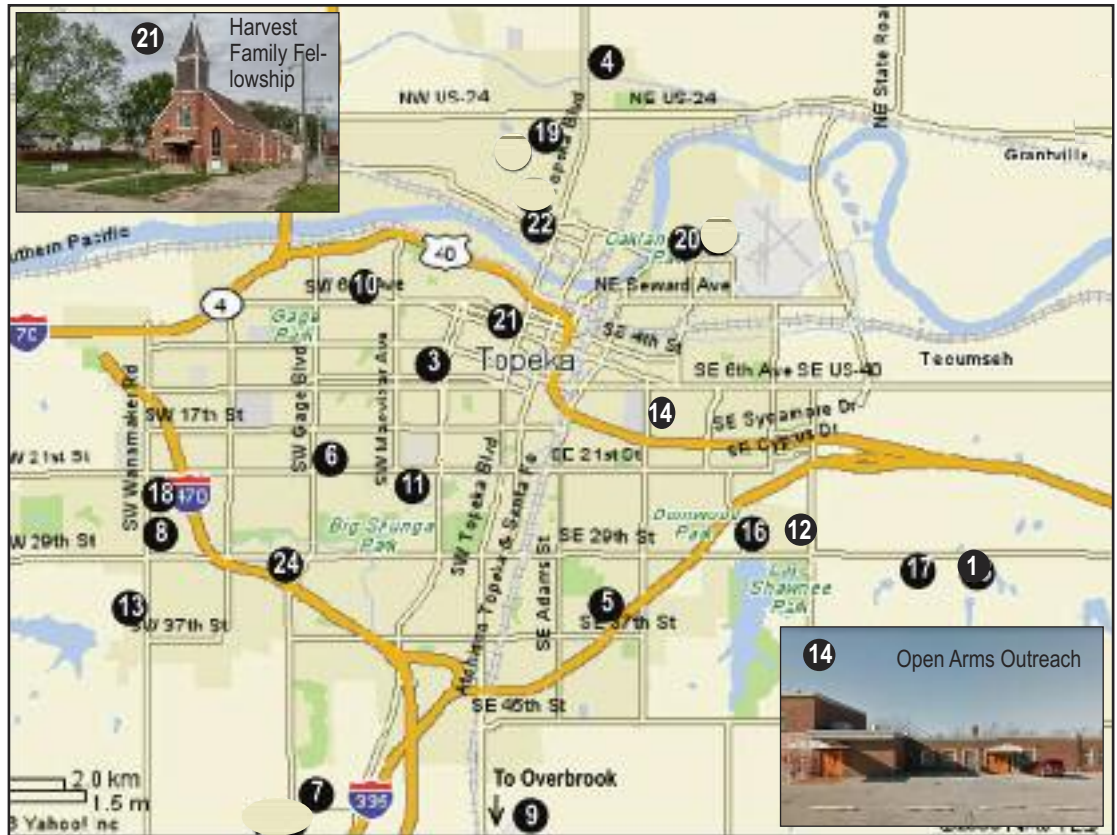
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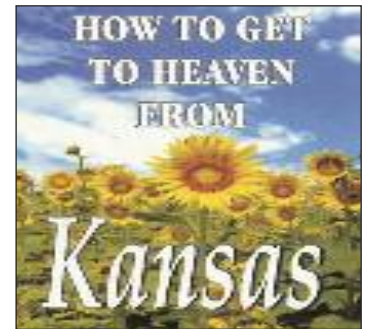
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life,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