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NEW RESIDENT churchguide

Lakeview Church of the Nazarene



See inside back cover!

These school districts keep transgender identity from parents



Kansas and Missouri school districts have policies that do not inform parents of a child's transgender identification, according to a parental rights organization. The districts are just some of the over 1,000 nationwide.

This month, Parents Defending Education (PDE) updated its list of school districts that have implemented policies regarding students who believe they are transgender. The policies recommend that district personnel should keep a student's transgender status hidden from parents.

The list mentions 18,331 schools from 1,044 districts that implement the controversial policies. Included on the

■ Please see TRANSGENDER page 3

Where to Find Happiness



By Clint Decker

Have you ever said to a friend or family member, "I just want you to be happy," as they were considering marriage, a new job or some other major decision? Where does happiness originate?

Recently I watched a documentary on a highly accomplished NBA basketball player from the 1980s and 90s. The program ended with the camera on him as he said, "I have five NBA Championships and I'm world famous. Is

that supposed to make me happy?" Then he bowed his head and began to weep.

Happiness is that inner experience some label as a state of contentment and well-being. How many of us want that for ourselves or wish it for those whom we love? It often seems the inner experience of happiness is tied to something external. Like if we find marriage or love externally, that will provide us happiness internally. If we find success externally, that will provide

happiness internally. As a result, we search the world over for something that will provide us that inner happiness.

I firmly believe we were all created to want this happiness for ourselves. This is the common human experience. Rich or poor. No matter our race or religion, we hunger to be happy.

Jesus once made a startling claim to a crowd about Himself, "I am the bread of life; whoever

■ Please see HAPPINESS page 2

Topeka Life Chain to rally October 1



Topeka Life Chain will rally on Sunday, October 1, 2023, at two locations in Topeka.

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

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

The event is to be held rain or shine.

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

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

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

Wiley to leave Topeka Zoo

Brendan Wiley, director of the Topeka Zoo since 2010, is leaving effective Nov. 10 to take a new role at a zoo in Waco, Texas.

"We are deeply grateful for Brendan's leadership and his dedication to the Topeka Zoo and our entire community," said Fred Patton, board president of the Topeka Zoo. "His tireless efforts have helped shape our zoo into the vibrant and respected organization it is today.

We will long reflect upon Brendan's tenure as a transformational period that enables our zoo to flourish for decades to come. While we are saddened by his departure, we wish Brendan the absolute best with his new position at the Cameron Park Zoo in Waco, Texas."

When Wiley took over, the zoo was in turmoil after several animals died and management problems

■ Please see ZOO page 3



Free art exhibit, auction at Linda Hall Library benefits STEAM education in KC area

Families with children who are interested in science may want to check out the BioNexus KC Science2Art exhibit and charity auction at the Linda Hall Library in Kansas City.

BioNexus KC supports regional STEAM (science, technology, engineering, art and math) advancements. Its annual Science2Art event provides a platform for scientists to describe their research through the visual arts, making complex scientific concepts more accessible.

“Science2Art stimulates scientific thinking, promotes collaboration, documents scientific discoveries and encourages innovation across our region, all while supporting area life sciences organizations,” said Dennis Ridenour, the organization’s president and CEO. “Since the inception of Science2Art in 2014, BioNexus KC has donated all proceeds to support STEAM programs in Kansas City.”

BioNexus KC and the Science2Art program collectively have donated

more than \$140,000 for various STEAM programs across the region over the years.

“We are delighted to welcome the Science2Art exhibit back to the Linda Hall Library for a second year as we continue to strengthen our partnership with BioNexus KC and support for the STEAM ecosystem in Kansas City,” said library President Eric Dorfman, Ph.D. “I am personally committed to exploring more avenues that marry the sciences and the arts and am thrilled that the Linda Hall Library can be a venue for this initiative. I’m also honored that the library is one of the non-profit institutions chosen to receive funds raised by this year’s event.”

All of the art displayed at the free showing is available for viewing through October 6 and for purchase through an online auction that ends on October 19. Visitors to the Linda Hall Library are invited to experience the exhibit in the East Gallery during regular Library hours: 10



a.m. to 5 p.m., Monday through Friday. They can learn more about the artwork by simply scanning a QR code that accompanies each piece on

display. The code links to an in-depth description of the art, the artist’s biography and the option to place a bid.

More information is available at [BioNexus KC Science2Art Returns to the Linda Hall Library – Linda Hall Library](https://www.bionexuskc.org/science2art-returns-to-the-linda-hall-library)

2nd Annual Topeka Model Railroaders Train Show comes to Great Overland Station

The 2nd Annual Topeka Model Railroaders Train Show is Saturday, September 30 from 9:00 AM - 5:00 PM and Sunday, October 1, 2023, from 9:00 AM - 3:00 PM at the Great Overland Station. Admission is \$7 ages 13 and up, \$5 ages 6 thru 12, and



free to children age 5 and under with adult.

There will be 9 train layouts (O – HO – N – Z scales), 30-35 vendor tables, clinics, railroad history, and railfanning.

There will also be 6 costumed charac-



ters (engineer, conductor, oil man and 3 Harvey Girls).

Barbwire BBQ Food Truck will be there both days and Mama Minis Food Truck will be onsite Saturday only.

HAPPINESS

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comes to me shall not hunger, and whoever believes in me shall never thirst” (John 6:35). These words of Jesus show His understanding of the human heart. He knew people were searching outwardly for what they longed for inwardly. Sometime after these words were spoken, Jesus went on to suffer, die, then rise again. After He arose and ascended back to His home in heaven, He sent His Spirit to live on the earth. His Spirit indwells anyone who turns from their evil ways and trusts in Jesus alone for complete forgiveness for

all they have ever done wrong. When this happens, the Spirit brings the life of Jesus into that individual which gives, “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (Galatians 5:22-23).

Right there, that is what every human truly longs for. It is something deeper and more profound than superficial happiness.

What we are looking for is not found in marriage, success or any other earthly human experience we can control or create for ourselves.

The contentment, joy and meaning in life we seek is found in Jesus and nowhere else. And it is not something He dispenses outside of

Himself. He embodies it all. When we come to our senses and realize we have been going after the wrong things and receive the Spirit of Jesus within us, we receive all of who He is.

Are you ready to stop going here and there looking for temporary happiness? Are you ready to surrender all to Christ?

A prayer for you – *Lord God, I pray you will lead those who are searching for contentment and inner well-being to Christ. Open their spiritual eyes to see that Jesus is all they are looking for, that in Him all their desires and longings will be met. Bring them to surrender all, to turn from their ways and trust*

in You with all their heart. In Jesus’ name. Amen.

- *Clint Decker is President of Great Awakenings. Please share your comment at cdecker@greatawakenings.org and follow his blog at clint-decker.blogspot.com.*

Join Clint on a journey to Israel in November 2024. Go to greatawakenings.org for information.

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Lions Club Celebrates White Cane Safety Day

October is Vision Awareness Month as publicized by Lions Clubs International. Sunday, October 15th, is White Cane Safety Day. In order to educate the public about Vision issues,

The Sunflower Lions Club of Topeka will be at the Topeka and Shawnee County Public Library on

Sunday, October 15th from 1:00 – 4:00 p.m., handing out small commemorative white canes with an information sheet explaining National White Cane Safety Day.

The purpose of White Cane Safety Day is to educate the world about blindness and how blind and visually impaired

people can live and work independently while giving back to their communities, to honor the many contributions being made by the blind and visually impaired, and to celebrate the abilities and successes achieved by these people.

The public is invited to come and learn about the blind and visually impaired and learn more about the tool that they use to be more active and independent in this world



TRANSGENDER

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list are districts in Missouri and Kansas. As investigations continue, the organization says the list will grow.

“We actually released this number initially in March, and then we identified about 200 counties. ... This number keeps growing across the country,” Nicole Neily, president of PDE, said in an interview with the Real America’s Voice program “Just the News, No Noise.”

“We are still getting tips that are pouring in every day,” she said.

Neily blamed state school board associations and activist groups for pushing such policies in educational institutions.

“These associations are not parents’ friends and we’re really trying to remind families of that as well,” she said. “So these are policies that are being pushed by activist groups like GLSEN and The Trevor Project that are saying the families are inherently not safe.”

Kansas has more districts implementing the policy than does Missouri.

Kansas

Belle Plaine USD 357
Kansas City Kansas Public Schools
Olathe Public Schools
Shawnee Mission School District
Topeka Public Schools
Wichita Public Schools

Missouri

Kansas City Public Schools

Missouri this year passed, later signed into law by Gov. Mike Parson, bills protecting children from controversial transgender therapy and genital surgery. It is also considering legislation that would prevent school districts from keeping health information, like transgender identity or suicide, from parents or

guardians.

Two groups, GLSEN—pronounced “glisten”—and The Trevor Project are self-described LGBT activist organizations at the center of the policies.

GLSEN was founded in 1990 as the Gay, Lesbian, & Straight Education Network by a teacher-turned-activist who later oversaw the school drug and violence prevention program under the Obama administration. GLSEN’s guidelines for schools advise that educators keep the gender identity of students a secret from their parents.

“Staff or educators shall not disclose any information that may reveal a student’s gender identity to others, including parents or guardians and other staff, unless the student has authorized such disclosure, the information is contained in school records requested by a parent or guardian, or there is another compelling need,” it states.

The Trevor Project in 2019 published a document (pdf) called the “Model School District Policy on Suicide Prevention,” which asks school mental health professionals to “ensure that the parents’ actions are in the best interest of the student (e.g., when a student is LGBTQ and living in an unaffirming household).”

In addition, the policy also asks schools to keep a student’s sexual orientation or gender identity from parents when they are “notified of perceived suicide risk or an attempt.” Information shared with parents “should be restricted to the perceived risk of suicide or facts of the attempt,” it says.

That view has come under intense scrutiny, even from suicide prevention groups, who say parents need to know if a child is suicidal, not only for the child’s welfare but also others living in the household.

PDE maintains a list of school districts

that recommend The Trevor Project as a resource.

The Trevor Project also runs the TrevorSpace chatrooms, which has been accused of allowing adult strangers to talk about sex with minors.

Parents and community leaders in Santa Ana, California, raised concerns last year about TrevorSpace.

Victor Cota, a youth pastor in Santa Ana, revealed that he saw evidence of children interacting with adults to explore genders and sexualities. The platform provides a space for such discussions without parental knowledge. Conversations can, and have, become graphic and, say opponents, in other settings would be considered illegal.

“Anyone can chat with these kids in these spaces,” he said. “I checked it out with my own eyes. I was shocked at the types of chat groups I found.”

Brianna Cota, Cota’s wife, said that “it was worse than I imagined.” The platform is a “hunting ground for sexual predators,” she said.

A poll published by PDE in March showed that 71 percent of registered voters support creating legislation that would require schools to inform parents in case their children want to change their gender identity at school.

In addition, 75 percent of voters supported legislation requiring schools to obtain parental consent before transitioning their children.

“The results of this survey simply reinforce what we at Parents Defending Education have been hearing from parents all over the country: the constant whispering at our children’s ears that we—their parents—are their enemy, is negatively impacting families everywhere,” Mailyn Salabarria, the director of community engagement at PDE, said in a statement.

Cowabunga.

There have also been several popular fundraisers at the zoo, including Giraffe and Friends, the Kay McFarland Japanese Garden, and Camp

C5Alive Power Luncheon to feature Christian Stringfellow of TRM Ministries

The October C5Alive POWER Luncheon will be held on the 12th in the meeting room at Harley Davidson, 21st & Topeka Blvd. Featured speaker is Christian Stringfellow, Deputy Director of Shelter Services at Topeka Rescue Mission Ministries.

Catering will be by Black Dog BBQ.

The November luncheon on the 9th will be held at the Kansas National Guard Museum at Forbes Field.

In December, the annual C5 Christmas Luncheon will be held at Fairlawn Plaza Mall on the 14th.

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 **EASTER-FEST**, the annual Topeka Easter Parade and Fun Fair, held on N. Kansas Avenue and at **Great Overland Station** on the day before Easter.

The 3rd Annual C5Alive **TOPEKA FALL FEST** was held 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, C5Alive.org, or call 785-640-6399.



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ZOO

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were in the news.

Letters from 'Daisy' - No. 4

Below is another article from someone I have been working with, who is going by the name, "Daisy". As I saw how writing 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.

Shane M. Jones, LSCSW

Shane M. Jones & Associates, P.A.

#4... My story continues.

Have you ever felt pure and utter hopelessness? So hopeless that you feel God can't even save you. I had never felt this way before. I didn't even know it was possible to feel this way. I begged God to just take me. Put me out of the misery I felt.

This happened a few days ago. Surprisingly enough I was leaving therapy. I thought you went to therapy to work things out. Feel better. Give you hope that you normally wouldn't have. But the tears had already been forming as I was praying with my therapist, but time was up.

By the time I got to my car the floodgates were open. I was driving down Topeka Boulevard wiping the tears away when I see a police car halfway hidden

waiting for that unsuspecting individual going a tad too fast. As I drove by all I wanted to do was turn around and approach his window and tell him I wanted to hurt myself. "Just please take me somewhere I can be safe from myself." Had I had something sharp I would have slit my wrists and bled out in my car. That my friend, is how truly hopeless I felt.

There was nothing I could do. No one to talk to. It was therapy that had gotten me in this mess in the first place. I was trying to use all those tools I was supposed to pick up after decades of therapy. "What are you feeling Daisy?"

I remember hating myself for being such a terrible person. That I couldn't acknowledge something happy happening in someone else's life. I was so angry. Just because I was miserable and could find no happiness in my life, I should at least be able to be happy for someone else when good things happen to them. I have a hard time finding and remembering much joy and happiness in my life and a hard time watching others find that happiness I so long for.

Growing up my mom was gone a lot. I was at home with a

sexually abusive father. My brother was somewhere but he wasn't the one my dad was abusing. My parents divorced when I was 9 however, I wish I could say the abuse ended. So, I wondered how I go about healing myself and at the same time being able to celebrate the happiness in both my life and others lives. I want to be able to celebrate the happiness in others' positives and successes even if I may not be feeling the same joy and gladness. The first thing I would do is pray. But I think to myself; what would God want to do with such a terrible person like me. How could God bless and extend his grace and peace to anyone who is so hateful, jealous, and even "evil" at times because I would long for the successes and positives of those around me.

But God is love. Jesus died for all our sins on the cross and God doesn't take that lightly. We all sin. It's what we do after the fact that determines the final outcome.

Surprisingly it's very easy to right your so-called wrong. If you have sinned...it's quite easy to repent. Pray to God. Be honest with Him. Explain what it is you have done and ask for forgiveness. Ask for his help! Explain your situation. That you feel a lot of unhappiness and let down in your life and it hurts emotionally as everyone seems to be feeling blessed and fortunate.

But God has already taken care of it. He knows your thoughts and feelings even before you think them. He knows your pain. He is aware of the constant disappointment and how miserable your life is. And He's already working on a situation where you come out on top. And it's going to be even better than those who seem to have it all.

Your time is coming Daisy!

More to come...

-Daisy



Many evangelical colleges enjoying record enrollment



Enrollment is booming at many evangelical Christian colleges, according to "Christianity Today."

"It's hard to be an 18-year-old student right now," said Jennifer McChord enrollment and marketing vice president for Asbury College, where enrollment is up by 20 percent. "When they see a place where they can have these meaningful, authentic connections where they are seen and known, it stands out. Because that's what they're craving."

McChord said the school specifically targets 16- and 17-year-old students who said they were interested in growing their faith. A lot of ads. A lot of videos. A lot of value content," she said. "We use the digital platforms to drive a student to engage with a counselor and drive them to visit, where they can see."

Meanwhile, other Christian schools and colleges have added more career options and degrees such as cybersecurity, digital marketing and criminal justice to draw in more students,

"We feel like America today needs Christian education more than ever before in history," said James Caridi, in-

terim president of Bethany College. "But if we're honest, at some point, the marketplace lost sight of the value of Christian education. The marketplace has shifted, so we need to offer academic programs that are relevant to the marketplace but are a good mission fit for us, too."

Small Christian schools have to find ways to credibly promise a career path that seems equivalent to what someone could get at a state school. And then they add a promise about the potential for close relationships and spiritual growth. The increasing numbers in Christian higher education may be because of the pandemic and a growing need for young adults to find small communities with which to connect.

"As horrible as the pandemic was, it probably increased interest in Christian higher education," said Beck Taylor, president of Samford University. "Students who did not enjoy online education are looking for places to invest in the community. We can really live into the relational aspects of university education and do it with credibility."

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Ms. Wheelchair Kansas named 1st runner-up at national competition



The 2023 Ms. Wheelchair Kansas (MWKS) recently attended the Ms. Wheelchair America event where she competed for the national title. Daija Coleman joined with 17 other women vying for the opportunity to represent women who are wheelchair mobile in the United States. This annual event was hosted in Grand Rapids, Michigan and was held August 28-September 3 at the Amway Grand Plaza in Grand Rapids. After an intense week of competition, networking, and empowerment, Daija came away with the great honor of being named the 1st Runner-Up! She also gained wonderful memories, new leadership and advocacy tools, and a new sisterhood from across the nation.

Daija is the nineteenth woman to represent the state of Kansas at the national competition since the creation of the Ms.

Wheelchair Kansas organization in 2004. While in Grand Rapids, Daija participated in two personal interview sessions where she was scored based on her accomplishments, self-perception, communication, and projection skills. She also gave a speech on her chosen platform, "Why Not Us? Why Not Now? Be an Advocate in Your Community," and heard from speakers on a variety of topics related to leadership and advocacy. Daija was able to enjoy some fun activities as well. All 18 titleholders enjoyed a fun day where they had a scavenger hunt and got to tour the Frederik Meijer Gardens and Sculpture Park. They also enjoyed themed evenings, including Dancing Through the Decades, Fairy Garden, and Under the Sea. The week culminated in the crowning ceremony, which was held Saturday, September 2, where Chandra Smith of Maryland was named Ms. Wheelchair America 2024. The proceeding top four contestants were announced as follows: 1st Runner-Up- Daija Coleman of Kansas; 2nd Runner-Up- Annie Heathcote of Wisconsin; 3rd Runner-Up- Domanique Howell of Pennsylvania; and 4th Runner-Up- Cassie Riddick of Arkansas. As 1st Runner-Up, Daija will step in to assume the duties of Ms. Wheelchair America if, at any point, Chandra is unable to do so or needs support from the runner-up.

Daija, of Atchison, was crowned Ms. Wheelchair Kansas in March of 2023.

Since receiving her title, she has worked to fulfill the MWKS mission, which is to educate, advocate, and empower all people on a state level. Daija has been traveling to different areas meeting Kansans of all ages, speaking to different groups, and participating in local events. Some of her notable appearances have included attending the Easter Fest in Topeka, the Midwest Abilities Summit in Overland Park, and a 4th of July parade in Highland. She has also presented at Camp Milton, the Self-Advocate Coalition of Kansas Conference, the Kansas Youth Leadership Forum, and to a group at the Exceptional Humans organization. Daija has also been mentoring Little Miss Wheelchair Kansas 2023, Olivia Woodard, throughout her year, and both titleholders have been able to attend various events together. Daija is currently planning many more appearances and will continue traveling across the state in order to spread her platform and advocate for Kansans with disabilities.

Daija will continue to fulfill the MWKS mission in the coming months and is available for speaking engagements and appearances. For more information, please contact Carrie Greenwood, President/CEO, at (785) 633-7255 or via email at mswheelchairkansas@yahoo.com. More information can also be found on the Ms. Wheelchair Kansas web site at www.mswheelchairkansas.org.

Christianity is deeply connected with Israel and its history, says Pompeo,

Christianity is deeply connected with the nation of Israel and its history, says Mike Pompeo, former Kansas congressman and U.S. secretary of state.



"It is impossible for Christians not to understand the centrality of Israel in Jerusalem to our faith," he says. "It's where so many of the stories that are important to Christians are told."

In "Route 60: The Biblical Highway," Pompeo and David Friedman, former U.S. ambassador to Israel, travel Route 60, also known as "Road of the Patriarchs," which spans from Nazareth to Beersheba. Friedman, who is Jewish, and Pompeo, a Christian, highlight the biblical significance of the landmarks along the path walked by biblical heroes such as Abraham, Jacob, Joseph and David. The film, from Trinity Broadcasting Network and Fathom Events, will be in theaters on September 18-19.

"I hope as people watch this movie it will reinforce what I think most Christians know: This is the place that Jesus was crucified, buried and rose," Pompeo said. "We got to travel some of the same roads that he traveled in this movie, and we tell these stories about His earthly life. I think every Christian can see that, and they'll know it from stories they learned when they were in Sunday school; they'll know it from stories in

their Bible study that they're doing today. They'll get a chance to see some of the places that are, frankly, pretty difficult to get to sometimes."

In traveling these paths, Pompeo, a former Sunday school teacher, said he felt a stronger connection to stories he had only ever read about.

"We shot this over several days, and each day I would finish and I would go back and prepare for the next day by digging into the stories we were going to tell, the places we would visit in the day that followed," he recalled. "And I just remember thinking to myself how deeply connected our faith is to the land, to this place and to these people, and we should never forget the centrality of Judea and Samaria to our faith."

Pompeo and Friedman stressed that "Route 60" is not a political movie; it's a film they hope will encourage Jews and Christians in their faith and highlight the beauty of a region they see as central to both faiths.

"I want people to care about biblical Israel the way that I do," Friedman said. "I want them to see in this the opportunity to bring the Bible to life, to become more energized in their faith, and to be in a position where it's easier for them to believe in what they already believe."




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TAKE THE BIGGER CHECK

Dear Dave,

My car was declared totaled because of hail damage, and my insurance company says I have two options. One is to take a higher total loss settlement check of \$19,000 and use it toward the purchase of another car. The insurance company would then take possession of the car. The other option is to accept a check for \$13,000 and have the car on a salvage title. The car is worth \$15,000, and I have 20% car replacement assistance on my policy that increases the total loss settlement to the \$19,000 amount I mentioned earlier. I'm on Baby Step 3 of your plan, and I owe nothing on the car. What should I do?

— Meagan

Dear Meagan:

Take the bigger check! That's a

quick and easy decision, but give me a minute to explain why. It's not about being greedy—it's a little more complicated than that.

If you had \$19,000 in your pocket, would you go buy a \$6,000 hail-damaged, salvage-title vehicle for everyday driving? Of course, you wouldn't do that! The insurance company is probably hoping you'll overlook the \$19,000 offer and essentially pay \$6,000 for this beat-up car. No. Thank. You. I'll pass on that deal.

With \$19,000, you'll have plenty of cash to rent a car for a couple of weeks and take time to find a great-quality used car at a good price. You might even be able to negotiate with the insurance company to give you a little time to look for another ride before they come pick up the old one.

But no, you don't want that messed up, old car. Why would you? That thing probably looks like a kid with a bad case of acne right now. Go find yourself a nice car. There are plenty of affordable, slightly used vehicles on the market right now. There's no reason for you to drive around in something that's all beat up if you don't have to.

Best of luck, Meagan!
— Dave

How to Save a Boatload in Tax if You Work(ed) for the Federal Government or a University

By **Ryan Shumaker**
Smartvestor Pro at
The Retirement Team



Retirees are one of the highest and most unfairly taxed groups. Every dollar that needlessly goes to taxes is one additional dollar you must make up for elsewhere, whether that be by taking on extra investment risk, spending less, or not having as much to pass on as a legacy.

One of the core things we assist clients with at The Retirement Team is tax reduction, since we feel that most people should be free to spend their hard-earned money as they see fit. If you're someone who feels they don't pay enough in taxes, I have great news. At www.treasury.gov you can anonymously donate to either help pay off the nation's \$31.5+ trillion dollar debt or pay extra into the general revenue fund where the government decides the best use of your money. Believe it or not, every year there are people that do one or both. One individual recently gave over \$1.5 million!

If you're like most of our clients and would prefer to decide where your money goes and currently or previously worked for either the federal government or one of the major universities in Kansas, there are several tax exemptions that can save you an incredible amount of money. How much money? Well, in the case of taxes paid to Kansas, the answer is all of it! You see, about 10 years ago there was a challenge to K.S.A. 79-32,117(vii) which, in a nutshell, states if you have retirement income from the federal government (like a pension) you are exempt from having to pay state income tax on any of that money. The challenge was whether money that was in a TSP (Thrift Savings Plan, which is like the 401(k) equivalent for federal workers) falls under the same exemption. After a bill failed to pass that would have added language to clarify this, the Department of Revenue decided their interpretation moving forward would be that any money that was

in, or subsequently rolled over from, a TSP plan would qualify for the state tax exemption. We've seen many cases where retired federal employees (and/or their tax preparers) are unaware of this and have needlessly paid income tax on their retirement money. Given that the highest income tax bracket in Kansas is 5.7%, this can add up quickly. If, for example, you withdrew one million dollars over time that is \$57,000 in tax that could be saved!

A very similar provision also applies to any benefits eligible individual that has worked for any of the Board of Regents Universities like KU, KSU, Emporia State, Wichita State, etc. in K.S.A. 74-4923(b) and to Washburn employees in K.S.A. 79-32,117(xix). These differ from federal workers in that in order to get the tax exemption, the money must come directly out of a university retirement plan, like a 403(b). For federal workers you can roll your money over and out of the TSP and to another account and still maintain the tax exemption, but that isn't the case with the university plans. Does that mean you need to always keep all of your money in one of these plans? No, because you can actually put money back into these plans right before you complete a withdrawal and still receive the tax exemption! This is something we help people with regularly, as we are one of the few advisors in the state that can open retirement accounts on this plan. We can also help a client transfer money they might have from a different 401k, IRA, or other retirement account into one of these retirement plans and get them this tax break on all of their retirement money- not just what they contributed while working for a university! We recently did this for a client that hadn't worked for KU since the 1980's, which resulted in tens of thousands in tax savings across all of their retirement account balances.

Another place we frequently see people paying taxes on retirement money when they shouldn't is a KPERS pension buyout. KPERS

pensions, much like federal pensions, are exempt from Kansas tax. If you elect to take a buyout of your KPERS pension and roll that money over to a retirement account that money still maintains that exemption. Unfortunately, many don't know that and end up unnecessarily paying state tax when they make a withdrawal. We often see situations where advisors unaware of this tax provision combine pension buyout money with other money they're managing and give incorrect tax reporting. This causes account holders to pay Kansas tax when they shouldn't. The good news is this can all be corrected by working with a team that understands the tax code.

If you currently or previously have worked for a major university in Kansas or for the federal government, or have taken a KPERS pension buyout, and want to ensure you're taking all the appropriate steps to maximum this tax break I suggest scheduling a 3 Step Review with one of our advisors at The Retirement Team either through www.RetireTopeka.com or by calling 785-228-0222.

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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How a Trust Helps Transfer Wealth to Heirs

By Jim Hanna



Hanna

Talking with clients about the legacy they wish to leave behind is an essential part of my job as a financial advisor. How do they want to share their wealth with loved ones and charities that matter to them? What values do they want to pass down and what financial goals do they want to support for their children and grandchildren? How can they transfer their assets in a tax-efficient and planful manner? These are some of the many questions we cover in the course of these conversations.

If you find yourself asking similar questions about your own legacy, it may be time to think about whether a trust would make sense for your situation. Read on for a primer on how trusts work and their key benefits.

What is a trust?

In the simplest terms, trusts are legal entities that hold assets for the benefit of another. Trusts have three core components. A grantor is someone who creates and typically funds the trust. A beneficiary is someone who receives benefits from the trust assets, such as income, principal, or the right to use property (like a home). A trustee is someone who holds the legal title and manages the trust assets according to its terms. The trustee can be the grantor, another person considered qualified to handle trust administration, or an institution, such as a bank.

When the grantor sets up a trust, they specify:

- the intended purpose,
- named beneficiaries and trustees,
- provisions about when and what benefits/distributions each beneficiary will receive,
- the trustee's duties, and
- when the trust will end.

Key trust attributes

Trusts might take effect while you're living or upon your death. Here is a brief overview of the most common types of trusts:

Living trusts vs. testamentary trusts

Living trusts, as the name implies, are established and funded during the grantor's lifetime. The assets in a living trust can remain available for the grantor's use and benefit during their lifetime, and usually pass to beneficiaries

only after the grantor's passing. Similar to a will, a living trust provides the grantor broad discretion to specify how assets are distributed to the named beneficiaries. For example, a beneficiary may need to reach a specified age before receiving assets from the trust. Because assets held within a living trust typically avoid probate upon the grantor's passing, they may be transferred with less delay and expense. The trust's assets and terms typically remain confidential among beneficiaries, as compared to the public disclosure usually involved with probate.

A testamentary trust is established at your death based on instructions laid out in your will. A trustee is identified who will manage assets on behalf of the trust's beneficiaries. After the will goes through probate, designated assets are shifted into the trust. The grantor can specify in advance how trust assets should be managed and how they are to be distributed to beneficiaries.

Revocable trusts vs. Irrevocable trusts

Trusts can be revocable or irrevocable. Only trusts that are established during the grantor's lifetime might remain fully revocable. This allows the grantor to alter the trust or even cancel it altogether if desired. While that flexibility can be beneficial, there are no immediate tax advantages and no creditor protection for assets held in the trust.

An irrevocable trust typically limits the grantor from making any meaningful changes to the trust. When established, the grantor often gives up ownership and control of the assets contributed to the trust. While this might involve making a taxable gift, this type of trust can be potentially advantageous from a tax perspective and for protecting assets from creditors. Note that testamentary trusts are generally irrevocable and cannot be changed except in very limited circumstances, such as a court amendment.

Consider trusts in your planning

Keep in mind that trusts are not just for those with significant wealth. Anybody seeking to preserve assets for children or

IRS announces effort to restore fairness

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



The Internal Revenue Service announced the start of a sweeping, historic effort to restore fairness in tax compliance by shifting more attention onto high-income earners, partnerships, large corporations and promoters abusing the nation's tax laws.

The effort will center on adding more attention on wealthy, partnerships and other high earners that have seen sharp drops in audit rates for these taxpayer segments during the past decade. The changes will be driven with the help of improved technology as well as Artificial Intelligence that will help IRS compliance teams better detect tax cheating, identify emerging compliance threats and improve case selection tools to avoid burdening taxpayers with needless "no-change" audits.

As part of the effort, the IRS will also ensure audit rates do not increase for those earning less than \$400,000 a year as well as adding new fairness safeguards for those claiming the Earned Income Tax Credit. The EITC was designed to help workers with modest incomes. Audit rates of those receiving the EITC remain at high levels in recent years while rates dropped precipitously for those with higher income, partnerships and others with more complex tax situations. The IRS will also be working to ensure unscrupulous tax preparers do not exploit people claiming these tax credits.

grandchildren, avoid the expense and delay of probate, maintain greater privacy about their estate or protect assets from creditors may want to explore the advantages trusts can offer. Trusts are complex and there are fees associated with setting them up. Consult an experienced financial advisor and an estate attorney to review your situation and consider whether a trust makes sense for your estate plan.



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If Liberals Voted Their Values, America Would Be Saved

By Dennis Prager

The greatest reason for the existential threat to America posed by the woke/the progressive/the Left is that liberals vote for them.

If liberals voted for their values, the Left-wing destruction of every American institution — the American Medical Association and medical profession generally; the universities, high school and elementary schools; and the military, among many others — could not happen.

This is the American tragedy in a nutshell: The Left votes its values. The Right votes its values. Liberals do not vote their values. Liberalism has almost nothing in common with leftism, yet virtually every liberal votes for the Left.

Liberals believe in racial integration. The Left believes in racial segregation (all-black dorms on college campuses, for example).

Liberals believe in the ideal of color-blindness. The Left rejects the ideal of color-blindness. In fact, the Left claims the very term “color-blind” is racist.

The Left maintains that all whites are racist. No liberals do.

Liberals have always believed in America (without ignoring its flaws). The Left believes America is and has always been a fundamentally immoral country.

Liberals have always believed in free speech, which, by definition, includes

“hate speech.” The Left, on the other hand, does not believe in freedom of speech. There is no example in history — from the French Revolution to the Russian Revolution to the contemporary American campus — of the Left not suppressing dissent.

Liberals have always been in the forefront of those supporting Israel. The Left is anti-Israel and supports Israel’s enemies.

Liberals have always supported capitalism, knowing that there is no other economic system that maintains liberty or lifts vast numbers of people from poverty. The Left believes capitalism is evil.

Liberals regard the flag as a symbol of freedom. The Left regards the national flag as a symbol of racism and colonialism.

The Left supports giving hormone-blocking drugs to pre-pubescent children who say they are the opposite sex; removing the healthy breasts of teenage girls and young women who say they are boys; and castrating boys who say they are girls. Very few liberals believe this.

The Left fights for the “right” of men who say they are women to compete in women’s sports. No liberal does.

The list of liberal-leftist differences is almost as long as left-wing positions. So, the question is why? Why do liberals vote left, given that the average liberal has so much more in common with most conservative positions than with most left-



wing positions.

There are three primary reasons.

One is that the average liberal has no idea what the Left is doing to the country. Whenever I relate a left-wing action or position to liberal friends or relatives, they almost all say, “That’s crazy,” and thereby dismiss the action or position as that of a handful of weirdos. Most liberals have no idea what leftists are doing to deprive children of their sexual innocence: Ask any liberal in your life if they know what “Drag Queen Story Hour” is, or that professors have to take oaths committing themselves to Diversity, Equity, and Inclusion in order to obtain or retain employment. In fact, I suspect few liberals even know what “DEI” stands for. Liberals read only The New York Times or The Washington Post or some other major urban newspaper and they only watch CNN and listen to NPR. Therefore, lib-

erals know almost nothing about the Left.

The second reason is most liberals have chosen to believe that the Democratic Party is still the party of John F. Kennedy. They are fooling themselves. It is the party of Alexandria Ocasio-Cortez, Ilhan Omar, George Soros and teachers unions.

The third reason is liberals have been brainwashed from their youth to believe that Republicans represent “the rich” and that “Right” is synonymous with “fascist.” The opposite is true: it is the Democratic Party they reflexively vote for that represents the interests of the wealthy and that is stealthily and steadily imposing fascism — the merger of state and corporate power.

For these reasons, it is the nice liberal who is enabling the vile Left to destroy the country many liberals still love.

Hidden Tribes

By Kerby Anderson

Although America is certainly a divided nation, the divisions between the various tribes are not as great as you might be led to believe. Yes, the social and political debates are loud and intense, but the fringe, rather than the mainstream, gets most of the attention.

A study done by the group “More in Common” discovered “The Hidden Tribes of America.” The researchers discovered that a small group (8%) in the liberal wing and a smaller group (6%) in the conservative wing are the ones who consistently shout, post, and vote while the rest

of America is often exhausted by all of the rhetoric.

Here is an interesting contrast. On the one hand, these two groups hate each other and disagree with each other on just about every topic. On the other hand, they are very much alike. Both groups are mostly white, educated, and politically active. They always vote and give time and money to political campaigns.

But here is the relevant fact: the two groups combined only constitute 14% of the American population. In other words, 86% of most of us watch and listen to these two groups argue and criticize each other while ignoring the many points in



common we might have.

This shouldn’t be a surprise to you if you have been listening to my commentaries for any length of time. In the past, I have talked about various points of agreement. For example, Dirk Philipsen made the argument many years ago that you could fill a room with Tea Party members, Occupy Wall Street activists, and concerned Americans and find agreement. He

says you would find people concerned about concentrated power, out-of-control change, and concerns about a government that no longer represents the people.

After this divisive election season, we need to find a way to bring the American people together. But we won’t bring people together if we let the two fringe wings of the political spectrum dominate all our discussions.

If Only We Would VOTE!

Culture Shield Network exists to inform, connect, and mobilize the Body of Christ to be the moral conscience of our culture. We have been connected to David Barton and George Barna since 2006. David is referred to as America's Christian Historian. (Wall-Builders.com) George Barna's research firm focuses on the intersection of faith and culture. These trusted men have created resources to improve our involvement in true history and factual surveys to help us be knowledgeable and equipped with truth about our history and what we can do to help make a difference.

A new George Barna Survey was done August 2023. The good news is that 84% of Conservative Believers are registered to vote. **However, only 22% of them VOTE. Shocking, isn't it? So, what are we going to do about it? It's up to us to help our fellow believers know what could happen if we just VOTE.**

Most of us have seen what is happening in our public schools with low academic scores, the emphasis of indoctrination, anti-Christian values,

revisionist history and a tendency toward Marxism. New curriculums such as Social Emotional Learning, (SEL) and Critical Race Theory (CRT), and the 1619 project which is totally based on lies, have become the focus of many classrooms. Many teachers coming out of colleges have been subjected to a woke culture and that agenda then carries with them into the classroom.

Believers need to be ready to step into the battle for the minds of our children. In many areas across Kansas, there are wonderful conservative candidates running for local school boards. They need our help to get elected. **We can help stop the ridiculous indoctrination of our children if we will only get out and VOTE.**

Won't you PLEASE HELP!

"The Lord will stretch forth Your strong scepter from Zion saying, 'Rule in the midst of Your enemies.' Your people will volunteer freely in the day of Your power..." Psalm 110:2-3

So, if we want our schools, our mayors, and our cities to be run by

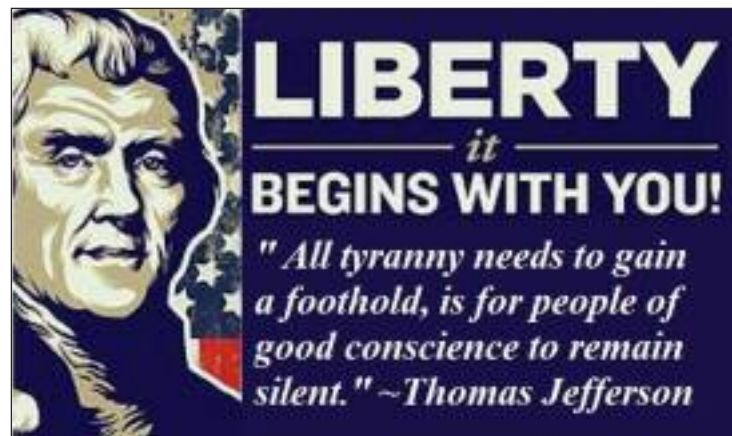
citizens that represent our values, we need to:

- Provide voter registration in our churches- Go to www.cultureshield.com to find the complete kit with downloads. Simply print the forms off. Registration in Kansas closes October 17th – You'll also find important dates.
- Find courageous candidates that represent your values
- Campaign for those who are running with that in mind
- Give money to these campaigns
- Knock on doors to educate citizens
- Work for ELECTION INTEGRITY
- GET OUT THE VOTE!

Be An Informed voter

The best way I've found outside of interviewing candidates myself, is to go to ivoterguide.com. It's a simple online informational issue guide you can download at www.ivoterguide.com

When you get to the website simply type in your address and your specific ballot will come up so you can see who is running in your area. Be sure to click "more" to get details about each candidate.



By doing voter registration in your church, you offer believers an opportunity to not only register to vote but also help them update any changes that need to be made due to an address change or recent marriage. You also can introduce them to the possibility of an Advanced Ballot option for ease and convenience. Busy Moms, career responsibilities or simply not enough time in the day can make the option preferable for many voters.

If you already vote, thank you for helping Kansas become a positive statistic for voter turnout for this upcoming election. Please encourage

your neighbors, family, and friends to do the same. Your vote can really make a difference for our children's futures.

Dietrich Bonhoeffer, *"Silence in the face of evil is evil itself, God will not hold us guiltless, not to speak is to speak, not to act is to act."*

Respectfully submitted by,
Donna Lippoldt

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What's On Your Love List?



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

Speaking Truth

Love. It is a much-used word. We love our family. We love our friends. We love our hobbies; like fishing, hunting, golf, wood-working. We love our things; like cars, trucks, homes, cell phones, tablets. We love our food. We love our sports teams. We love our work. We love our learning. And some of us maybe even love our bodies; our smile, eyes or maybe even our six-pack abs (buried under lots of skin of course).

And how do we demonstrate that love? The commitment or devotion we show to those things through the time we give to them, the money we spend, how much we talk about them, the sacrifices we make.

Now all these "loves" surround us. We love OUR family, OUR friends, OUR hobbies. Perhaps we could call it OUR love list. Notice though, I have left one important person out – God.

Let me bring Jesus in on this. There was once a religious lawyer, an expert in Old Testament Jewish law that asked Jesus a question, "Teacher, what shall I do to inherit eternal life?" (Luke 10:25) Put another way, it could be asked, "What must I do to receive the forgiveness of sins?"

Since the lawyer was the expert, Jesus asked him to answer the question, "What is written in the Law? How do you read it?" (Lk. 10:26) Then the lawyer responded with an Old Testament quotation about loving God, "And he answered, 'You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.' And [Jesus] said to him, 'You have answered correctly; do this, and you will live.'" (Luke 10:27-28)

In your list of things you love, is God on there? And why is that important? Because your life depends on

it! Let me explain.

Notice the lawyer's question, "What must I do to inherit eternal life?" Then observe Jesus' response to the lawyer's answer, "do this, and you will live." So if he chose to love God, then he would receive the gift of eternal life, which means if the lawyer refused, he would be condemned to the opposite; eternal death. The implications of loving God are massive for every single one of us.

Now what is eternal life? After a person turns from their disobedient ways and to Jesus by faith, then he instantaneously receives the indwelling invisible Spirit of Christ within him. This is what gives him eternal life, the life of Jesus.

According to what Jesus said, this gift is dependent on loving God with all one's heart, soul, strength and mind, and loving your neighbor as yourself. What is Jesus communicating? Full commitment, total loyalty and maximum devotion to God through His beloved Son.

There was once a wealthy young man that was drawn to Jesus, and asked a similar question like the



lawyer. Jesus told the man that if he wanted to follow Him, then he must sell all his possessions and give them to the poor. The man could not part with his wealth, so he dejectedly walked away from Jesus. The man loved his wealth more than His Creator.

In order to bear the name "Christian" and receive the everlasting life of Jesus within you; there is a condition. He requires your complete devotion. There can be no higher love. Why? Because when He initiated a covenant relationship for you to enter into with Him, it required His greatest commitment; the sacrifice of His deeply loved Son. In similar fashion, for you to receive all the blessings He wants to bestow on you, you must love Him

above all else. Will you love Him today?

A prayer for you – *Lord God, I praise you for how you have shown your love for all mankind through the death and resurrection of Jesus. What love! Now you call us to love you in return, which you are most worthy of. Examine our ways. Point out if there is anything we love greater than you, that we would yield it to you this hour. 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.



Reasons Why You Should Consider Adopting a Child



There are unlimited reasons one might decide to adopt a child.

Most individuals think the only case for adoption is that a family can't produce a biological child on their own... but that simply isn't the only case. Just the same as the many reasons why a person or pair decides to adopt, there are also many reasons why you should consider adoption.

Are you considering adopting a child, but not sure if it's the right choice for you? Are you having thoughts like:

What are the benefits of adopting a child?

I've heard negatives of adoption, are there any positives?

Am I truly ready for this change?

If you've had any of these feelings, you're not alone. There's so much white noise out there that drowns out the many joys of bringing an adopted child into the family. So let's set things straight, and dive into the real benefits of adopting a child.

Benefits of Adoption for Adoptive Parent(s)

The idea of adoption can be scary. In a sense, you're opening up your home to a complete stranger. One that will require a lot from you.

On the other hand, you're opening up your home to unconditional love and growth. You're also welcoming:

1. The Joys and Love of a Child:

Think about yourself as a child. You were a little scared and unsure, but all you wanted was the love and validation from those around you. Your adoptive child will be the same.

They will bring your family the joys and laughter that accompany childhood, and all they ask for in return is love, acceptance, and security. Aspects of life we all strive for are things you can easily produce and gain from your future child.

2. New Relationships and Opportunities

Although the adoption process seems long and grueling, it's also a time where beautiful relationships begin and flourish. One major bond that's often overlooked is that between the birth mother and adoptive parents.

I don't plan on having any relationship with the birth mother.

If that thought crossed your mind, it's completely understandable. Even if you don't intend on having an open adoption or speaking much with the birth mother, the two of you will have a bond that will last forever.

Not only are you providing a loving home for someone she housed for 9 months, you're also granting her a second chance. By opening your home to a child, you're potentially opening countless doors for their birth mother.

3. A Fulfilled Destiny of Raising a Child

Have you always pictured yourself with a child or large family, but struggled to produce that picture on your own? This doesn't mean being a parent isn't in the cards for you, it simply means your road to parenthood might be off the beaten path.

If you hold the desire of love and nurture in your heart, don't overlook the chance to fulfill that yearning through adoption.

Benefits of Adoption for Adopted Child

I ask you to imagine yourself as a child again. What were your greatest fears back then? If you were anything like me it was snakes and the boogie man.

For children seeking adoption, their fears are much deeper. A lack of security, stability, warmth, and love are just a few.

No one, especially an adolescent, should have such worries. By accepting the rewarding role of adoptive parent, you're putting undeserved worries to rest.

Here's how else adoption directly benefits your future child:

1. Stability for Success

Kids may kick and scream when you yell, "BEDTIME!" But surprisingly, kids crave schedules and routine.

Studies show that routine shapes adolescents into more emotionally and physically stable individuals than those raised in ever-changing or ultra hands-off homes. Why? Routine makes it so there's one less thing to think about. A secure place to stay and a guaranteed meal every day allows for a kid to be a kid.

So, whether you adopt a newborn or a teen, you're taking them away from an insecure situation and placing them in to a stable home so they can succeed with less resistance.

2. Resources in Reach

It's no secret that the foster system is short of suitable funds needed to prop-

erly support the over 400,000 (on any given day) youth in the system.

Adoption isn't reserved for the rich and famous. The resources and financial support you have are more than enough to give a child the life they've always dreamt of or otherwise wouldn't have.

3. Love and Support

This benefit almost goes without saying. There is nothing better than feeling loved and supported by a family who

cares for and appreciates you. At the absolute least, opening your home to a child in need gives them the most essential aspect of life; love.

Whether you're just starting to consider adoption or are looking for reassurance after starting the process, you can rest assured knowing that the benefits of adopting a child are endless. You'll never regret bringing love into your home and providing the same in return for the greatest gift in life, a child.

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7 Rewarding Reasons to Become a Foster Parent

7 Rewarding Reasons to Become a Foster Parent

If we lived in a perfect utopian world, every kid would grow up with a stable, loving family in a nurturing environment. Unfortunately, this isn't the case, and there are over 400,000 children under foster care.

Sometimes, their parents can't meet their needs. Therefore, most of these kids depend on the community to support them and make a difference in their lives.

While you may face many challenges if you become a foster parent, opening your doors to a needy child will also come with many rewards. Below are seven rewarding benefits to becoming a foster parent:

1. You Will Make a Difference in Their Lives

One of the most rewarding benefits of becoming a foster parent is the difference you make in the child's life. Foster children often have a very traumatic and challenging experience early in their lives. And giving them the care and attention they require could be everything to them and positively alter their lives.

Opening your home to these children and offering them a stable and safe environment will positively impact their lives. These children also deserve to live in a healthy family dynamic and a safe environment that allows them to be kids, living a normal life.

Foster kids are also very vulnerable; hence, giving them a safe space to sleep and offering the stability and support they need will help them thrive and be better contributors to society.

2. Supporting Foster Kids Is a Transformative Experience

One of the primary reasons to become a foster parent is the experience of mingling with these kids.

Supporting and housing a foster child who needs guidance and a parent figure in their lives will give your whole family an opportunity to do something that's emotionally fulfilling. This allows your family to bond as you help the child adjust and settle into your home.

Most foster kids haven't lived with a good family that offers them



the safety and love they deserve. Hence, it can be pretty challenging to adapt to a more settled life. But when you involve your entire family in the process, you can help your kids develop essential life qualities such as adaptability, compassion, and patience.

3. You Will Make a Difference in Your Community

It's said that children are the future of the community. This is very true as today's children will be tomorrow's leaders, engineers, teachers, and doctors. Hence, making a positive contribution to their lives will create a ripple effect throughout the entire community.

Additionally, you may involve your friends and extended family members to help you care for the foster child, helping them thrive. Hence, you will be an example to other people, and you will be making a meaningful contribution to your community's well-being.

Not only will becoming a foster parent benefit the child, but it will also reward your community as a whole.

4. Parenting Is Fun

The joy, excitement, and energy of children are often contagious. As an adult, parenting a child is not only a learning experience; it's also time to have some fun and enjoy spending your days outdoors taking your children to the park or reading to them. Likewise, your family members and the kid's grandparents will also enjoy spending time with them.

The smiles, laughter, and giggles

the foster child will fill your home will be rewarding and fun. You will also create a more open relationship with these unfortunate kids and make them more comfortable talking to you and sharing their thoughts and feelings.

5. It Helps the Children's Birth Parents to Heal

Every parent is facing some problems in their lives. Some are facing drug issues, while others don't have the financial capacity to raise their own children. Most foster parents don't think that the children's biological parents are people who need help and some guidance.

Some of the parents are underage children, while others have drug dependency problems. They also need some sympathy and kindness. By

supporting foster kids and showing their parents kindness and sympathy, you will be helping them heal.

These kids may not have experienced any kindness or love in their lives. Hence, this is an excellent opportunity to teach them an essential lesson in humanity and love. This also helps the children take one step a day towards their healing journey.

6. You Will Experience a Lot of Love in Your Home

From the first day you welcome a foster child into your home, they become a part of your family. However, the process isn't as glamorous as in Hollywood movies, and each foster child placement is different. While some placements are typically easy, others can be pretty challenging.

Foster children have a lot of love to give, and your home will be filled with a lot of love, laughter, and smiles. Even if the foster children don't stay with you for too long, they will never forget how you treated them and how they felt

while living under your roof.

It's rewarding to see foster kids all grown up with great families of their own. You might even be a "grandparent" to their children.

7. Great Tax Relief

In addition to all the rewarding benefits of fostering a child, you will also be eligible for tax relief opportunities. While financial incentives shouldn't be the primary reason, any parent should apply to foster a child; having some financial incentive is excellent as it allows you to focus more on child care.

Do You Want to Become a Foster Parent?

Before you become a foster parent, it's essential to get the necessary training to deal with kids who have been through a difficult life. Sadly, any type of parenting doesn't come with a manual or a training course. Likewise, foster parenting doesn't also come with a one-size-fits-all training manual to support and protect a foster child.



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Saudi prince MBS says they're opening up to 'all religions'

The crown prince of Saudi Arabia, Mohammed bin Salman, or "MBS," is bringing a new vision of a "moderate, balanced" Saudi Islam by minimizing the role of Saudi religious institutions once seen as critical to the monarchy.

For decades, Saudi kings provided support to religious scholars and institutions that advocated an austere form of Sunni Islam known as Wahhabism. The kingdom enforced strict codes of morality, placing restrictions on the rights of women and religious minorities, among others.

Under MBS, women have been allowed to drive; co-educational classrooms, movie theaters and all-night concerts in the desert – in which men and women dance together – are a new normal.

Scholars Yasmine Farouk and Nathan J. Brown call the diminishing role of Wahhabi religious scholars within Saudi domestic and international policy nothing short of a "revolution" in Saudi affairs.

MBS acknowledges that these reforms risk infuriating certain constituents or could even provoke retaliation. As a scholar who studies interpretations of Islamic law to justify or contest militancy, I've followed these reforms closely.

In the past, Saudis who challenged the authority of Wahhabis have provoked unrest. When King Fahd, who ruled between 1982-2005, rejected the advice of his Wahhabi scholars and allowed the U.S. military to station weapons and female service members on Saudi soil, several of them supported a violent insurrection against him.

MBS seems unconcerned with such challenges. In an interview broadcast widely throughout the kingdom, MBS chastised Wahhabi scholars, accusing some of falsifying Islamic doctrines. He then detained a major Wahhabi scholar from whom he once sought counsel, charging him with crimes against the monarchy. MBS defended these actions, claiming, "We are returning to what we were before. A country of moderate Islam that is open to all religions, traditions and people around the globe."

Negotiating Wahhabism

This proclaimed return of "moderate Islam" echoes the reforms of MBS's grandfather, King Abdulaziz,



founder of the modern Saudi kingdom. This vision rejects policies toward Wahhabi Islam favored by his uncles, King Faisal and King Khalid.

Between 1925 and 1932, Abdulaziz suppressed Wahhabi scholars and militants who had demanded that he uphold their version of "pure Islam" and not open the kingdom to trade and development. He did the opposite and asserted the supremacy of the monarchy.

The booming Saudi oil economy developed by Abdulaziz required his son, King Faisal, who ruled from 1964 to 1975, to reconsider the monarchy's relationship with Wahhabism. Unlike Abdulaziz, Faisal believed Wahhabis would help him save the kingdom.

Saudis who felt left behind in the emerging Saudi oil economy had found an inspirational symbol of liberation in Egyptian President Gamal Abdel Nasser, who helped overthrow the Egyptian monarchy in 1952 and implemented plans to redistribute Egyptian wealth.

Faisal encouraged Wahhabi scholars to work with politically driven Islamists to reject the revolutionary politics of Abdel Nasser's Egypt and craft a new vision of Islam for Saudi youth.

Faisal permitted Wahhabi scholars to reform Saudi educational institutions with their conservative Islamic curriculum. Abroad, Faisal's scholars presented Wahhabism as an authentic Islamic alternative to the Cold War ideologies of the U.S. and USSR. Wealthy Saudis, these Wahhabi scholars argued, had a religious duty to promote Wahhabism across the globe.

Resisting Wahhabism

Faisal's reforms met with success. King Khalid, who followed Faisal,

continued to favor Wahhabi scholars, particularly while responding to two major challenges in 1979.

A group of Saudi students, who believed Faisal's and Khalid's reforms to be illegitimate, seized the Grand Mosque in Mecca, Islam's most sacred site, for two weeks in 1979. An attack on the Grand Mosque was viewed as an attack on the monarchy itself, which claims



the mantle of "Custodian of the Two Holy Mosques."

The seizure came to a violent end with combined action by French and Saudi military forces. Afterward, Khalid agreed to elevate religious officials who affirmed the Islamic credentials of the monarchy.

Also in 1979, other Saudi youth traveled to join the resistance against the Soviet invasion of Afghanistan. One such Saudi who answered the call that year was Osama bin Laden, who would establish al-Qaida in 1988.

Bin Laden's and al-Qaida's grievances against the monarchy emerged following King Fahd's acceptance of an increased deployment of U.S. soldiers to Saudi soil following Iraqi leader Saddam Hus-

sein's invasion of Kuwait in 1990. Bin Laden proclaimed the presence of American infidels in Saudi Arabia to be a defilement of Islamic holy lands, an "affront" to Islamic sensibilities, and demanded the destruction of the monarchy. Al-Qaida launched anti-Saudi insurgent campaigns lasting through 2010.

Not all conservative Islamist leaders called for violence. As historian Madawi Al-Rasheed notes, many Saudi scholars framed themselves as reformers who sought to correct Fahd's departures from "authentic" Islam and restore Faisal's vision.

When MBS speaks of a "moderate Islam" he is not just condemning the violence of al-Qaida. He's abandoning the monarchy's accommodations of the Wahhabi establishment. He blames some Wahhabi scholars for the violence that the monarchy faced in 1979 and again in the 1990s and 2000s.

He has worked quickly to erase

books and emphasizes Saudi patriotism over a Wahhabi Islamic religious identity. Saudi Arabia has announced it will no longer fund mosques and Wahhabi educational institutions in other countries.

Saudi religious police, once tasked with upholding public morality, saw their powers curtailed. They no longer have powers of investigation or arrest. They cannot punish behaviors deemed morally inappropriate.

Critics remain unimpressed, noting that demoting religious officials does not diminish the violence of the Saudi state. Religious police continue their online surveillance of social media. In 2018, Jamal Khashoggi, a Muslim Brotherhood journalist, was killed following his calls for a continued "voice" for Islamist reformers in Saudi Arabia. Al-Rasheed argues that the images of a new Saudi society conceal suppression of Saudi reformers. Some observers note that a growing Saudi "surveillance state," with capacities to peek into the private lives of Saudis, underwrites these reforms.

As Peter Mandaville, a scholar of international affairs, observes, the "moderate Islam" offered by MBS is complicated. On the one hand, it characterizes a new tolerant Saudi Arabian Islam. Yet, inside the kingdom, Mandaville argues that the "moderate Islam" of MBS demands that Saudi youth – as good Muslims – will submit to the authority of the monarchy over the kingdom's affairs.

Some observers believe this might not be enough. Mohammad Fadel, a professor of Islamic legal history, argues that the current configuration of the Saudi monarchy is incompatible with "the kind of independent thought the crown prince is calling for in matters of religion." Saudi society will flourish, he adds, "when Prince Mohammed recognizes the right of Muslims to rule themselves politically."

With these reforms to Wahhabism, MBS hopes to secure the loyalty of a generation of young Saudis. As Saudi history would indicate, however, such a bargain requires constant renegotiation and renewal.

–Nathan French is an associate professor of religion at Miami University.

those accommodations and, like his grandfather, affirm the supremacy of the monarchy.

A 'moderate Wahhabism' for Saudi society?

Many of these revolutionary changes occurred amid the 2016 unveiling of "Saudi Vision 2030," a plan for complete Saudi political, economic, educational and cultural transformation. MBS believes that this will meet the demands of Saudis under the age of 30 – who number more than 60% of the kingdom's population.

The religious curriculum shaped by King Faisal is gone, replaced with a "Saudi first" education, which removes Ibn Abd al-Wahhab, the founder of Wahhabism, from text-

Steps leading to biblical Pool of Siloam excavated



Dwight Widaman
Metro Voice
KC publisher

Christianity is deeply connected with the nation of Israel and its history, says Mike Pompeo, former Kansas congressman and U.S. secretary of state.

“It is impossible for Christians not to understand the centrality of Israel in Jerusalem to our faith,” he says. “It’s where so many of the stories that are important to Christians are told.”

In “Route 60: The Biblical Highway,” Pompeo and David Friedman, former U.S. ambassador to

Israel, travel Route 60, also known as “Road of the Patriarchs,” which spans from Nazareth to Beersheba. Friedman, who is Jewish, and Pompeo, a Christian, highlight the biblical significance of the landmarks along the path walked by biblical heroes such as Abraham, Jacob, Joseph and David. The film, from Trinity Broadcasting Network and Fathom Events, will be in theaters on September 18-19.

“I hope as people watch this movie it will reinforce what I think most Christians know: This is the place that Jesus was crucified, buried and rose,” Pompeo said. “We got to travel some of the same roads that he traveled in this movie, and we tell these stories about His earthly life. I think every Christian can see that, and they’ll

know it from stories they learned when they were in Sunday school; they’ll know it from stories in their Bible study that they’re doing today. They’ll get a chance to see some of the places that are, frankly, pretty difficult to get to sometimes.”

In traveling these paths, Pompeo, a former Sunday school teacher, said he felt a stronger connection to stories he had only ever read about.

“We shot this over several days, and each day I would finish and I would go back and prepare for the next day by digging into the stories we were going to tell, the places we would visit in the day that followed,” he recalled. “And I just remember thinking to myself how deeply connected our faith is to the



land, to this place and to these people, and we should never forget the centrality of Judea and Samaria to our faith.”

Pompeo and Friedman stressed that “Route 60” is not a political movie; it’s a film they hope will encourage Jews and Christians in their faith and highlight the beauty of a region they see as central to

both faiths.

“I want people to care about biblical Israel the way that I do,” Friedman said. “I want them to see in this the opportunity to bring the Bible to life, to become more energized in their faith, and to be in a position where it’s easier for them to believe in what they already believe.”

Navigating the complexities of parenting an adult child

I have heard many parents say that transitioning to being the parent of an adult is the hardest parenting transition of all. It’s a stage that often catches parents off guard, leaving them grappling with a mix of emotions and uncertainties.

The stakes in our children’s lives are higher, and the control we had as their guardians melts away. We still care just as deeply for them but often feel pushed to the sidelines to watch the turmoil that sometimes accompanies kids when they take their first steps into adult life.

Even parents whose kids are doing well face a myriad of questions. When should we speak up? When should we stay quiet? How can we encourage and influence in healthy ways? How can we help without enabling?

And the transition becomes even more difficult if our adult children are not making good decisions, are rejecting our faith, are choosing a different lifestyle, are struggling with addictions or mental illness, are in trouble with the law, or are not moving forward in life, holding a job, or being responsible for themselves.

And in addition to these things,



there are all the transitions for us—transitions as kids move out... and in...and out again, as we integrate new significant others into the family, and redefine ourselves and what family time means.

All this often leaves parents feeling disoriented and ill-equipped. To get our bearings as parents of adult children, it is important to realize that this transition involves three crucial shifts in our thinking.

Letting go of control

Parenthood is a series of gradual releases, but the transition to parenting an adult child is the ultimate release of control. It is hard to realize that our kids have the

right and responsibility to make their own decisions, just as we had to decide for ourselves what direction our lives would take despite what our parents thought. This involves us trusting our children to make these decisions and trusting God to be working in their lives, while also speaking truth and grace into our children’s lives when we have opportunity.

Redefining identity

One of the profound challenges we face as parents of adults is the need to redefine our own identity. For years, our role as parents has shaped our lives and given us meaning and purpose, and so in

this stage we often find ourselves grappling with who we are and what our purpose is. This is a great opportunity for us to refocus on our identity in Christ and enthusiastically seek God’s guidance on what he has for us in this next stage of life.

Adjusting to the “Empty” in the Nest

When a child moves out, we often feel a painful sense of longing. The family dynamics shift and leave a hole in our homes in the place of the child. The loss of our child’s physical presence and routine interactions can evoke a deep sense of grief as we lose our daily connection with one of the people we love most in the world. It is important to process this grief, treasure the memories, while also refocusing on the future and the fullness we have in Christ.

In parenthood, few transitions are as complex and emotionally charged as that of becoming a parent of an adult child. Identifying and working through these three critical shifts can help us navigate this adjustment with joy and grace regardless of the challenges that this stage of life might hold for us,

while we trust God and continue to grow in your relationship with him.

—Teresa Vining is a life and family coach in Kansas City. Teresa Vining is a Kansas City-area Christian life and family coach and will be leading the workshop, “Seven Sanity-Saving Principles for Parents of Young Adults,” hosted by College Church of the Nazarene, on October 7. Visit joyandgracefamilies.com for more information.



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Research and the Bible agree: Generosity is good for you

Generosity, a fundamental virtue of all cultures, finds profound expression in the Bible as benefitting the giver and receiver. New research supports those beliefs.

In addition to offering moral instruction, scriptures highlight the value of giving and its tremendous effects on people and communities. Numerous studies have revealed the extraordinary advantages of giving on one's self-esteem and general well-being, in addition to its spiritual benefits.

The Bible views generosity as more than merely a benevolent deed; rather, it is a manner of life that reflects God's kindness and compassion. Important verses like Matthew 25:35–36 emphasize the need of giving to people in crisis, whether it is through food, clothing, or companionship. These verses serve as a reminder that being generous is essentially serving God.

The parable of the Widow's Mite (Mark 12:41–44) is one of the most moving biblical stories illustrating kindness. Jesus praises a beleaguered widow who, despite her meager resources, makes a modest but sincere donation to the temple treasury. This story serves as a reminder that generosity is much more than just giving; it's about the intention and sincerity behind it.

In a study from Stony Brook University and the University of Chicago, researchers Margaret Echelbarger and Nicholas Epley found that doing good feels good!

The researchers, using a museum in Chicago as their setting, gave 101 children between 4 and 17, and 99 adults, two nice museum pencils. They were told they could keep both pencils or give one away. They asked each participant to predict how a random person



would feel if they were given a pencil and how good or bad they themselves would feel if they gave one away. Most adults believed that it would be received positively and make the other person feel good. It was a different matter for the kids. According to researcher Echelbarger, "most of the kids participating in the study underestimated the positive impact of their small act of kindness."

The vast majority of individuals in the study reported they felt better after giving a pencil to a stranger. The experience was similar to those on the receiving end of the good deed.

The researchers say their findings show the same good feeling applies to the giver and receiver.

The researchers say their findings show the same good feeling applies to the giver and receiver. Sadly, the research also shows that people are reluctant to do good because they don't understand the positive power of the kind act on the receiver.

Echelbarger goes on to write, "Related research has cast light on the tendency to underestimate just how much others will appreciate many expressions of kindness, such as unexpectedly hearing from a friend or receiving a compliment. People even misunderstand how willing others are to lend a hand with chores like carrying boxes or stepping in to take a picture."

Consequently, the researchers say this inability to understand just how important the act of giving is begins early in life. "Learning what the social consequences of this failure to appreciate just how big of a deal small acts of kindness are requires more research," she states.

For people of faith, it is imperative we "train up" children with an expectation and true understanding of the impacts of kindness and generosity on those around them. It goes to the heart of who we are as Christians and our relationship with the Creator.

This view is supported by Hebrews 13:16, which exhorts Christians to remember deeds of kindness and sharing because they are sacrifices acceptable to God. According to this scripture, generosity includes our time, compassion, and willingness to assist others in addition to our money gifts.

A brain region linked to social bonding, trust, and enjoyment is activated when people perform acts of charity

Generosity is sup-

ported by other research that shows its beneficial benefits on people's well-being, therefore it is not only a biblical idea. A brain region linked to social bonding, trust, and enjoyment is activated when people perform acts of charity, according to a 2017 study from the University of Zurich. This neuroscientific data reveals that the internal reward of feeling better and

more fulfilled is equally as important as the exterior benefit of donating.

Additionally, study results from the University of Notre Dame point to a connection between charity and higher self-esteem. People frequently feel a sense of satisfaction and purpose when they engage in pro-social acts like giving to charitable causes or assisting

those in need. This in turn fosters a good self-image and increased self-esteem.

Research also finds that children, and later, young adults, get into less trouble and have far fewer mental health issues when they have a good self-image. Society suffers when self-esteem is in short supply.

But that's what the Bible was talking about, right? Generosity serves as a timeless road map for leading a fruitful and meaningful life. It teaches that through helping others, we reflect God's compassion and love, build up our communities, and experience joy in our deeds.

Thus, generosity, and the feelings that giving and receiving elicit, are qualities that are universal across all eras, cultures, and worldviews, and it has enormous advantages for both the giver and the receiver.

We can feel the transforming power of generosity in our lives as we work to exemplify this virtue.

—Dwight Widaman | Metro Voice Editor



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NOTO to feature VWs, Trunk or Treat

Join in on **First Friday** activities Oct. 6 at Redbud Park with music by Jarrod Guth starting at 6pm on the Kaw Valley Bank stage. Showing at Morris Art Gallery: "The Art of Ptr Sponseller". Art in the Vestibule: "The Art of Jennifer Schermerhorn". NOTO Arts Center Gallery hours are 11am to 8pm on First Friday Art Walks.

All VWs are welcome, old and new, for **Volkstember** in NOTO on October 14th.. Added this year is the first Annual Wiener Dog Races!

Everyone is Invited to attend the NOTO **Legacy Giving Program Luncheon**, sponsored by the Topeka Community Foundation. Featuring a Presentation by Miranda Carmona from Goodell, Stratton, Edmonds & Palmer LLP, discover how your legacy can nurture the arts in North Topeka for generations to come.

RSVP by October 10th to secure your **FREE** seat at this inspiring event. Guests are encouraged to arrive by 11:45 to be seated with lunch for 12:00 start time.

NOTO Businesses & Historic North Topeka East NIA presents **Trunk or Treat** in the NOTO Arts and Entertainment District on Oct. 28 from 3-5pm.



Once again the Arts District will be full of fun for all ages. Bring your best costumes and Trunk or Treat with the NOTO businesses and more! Costumes encouraged but not required.

Visit the NOTO Calendar of Events at explorenoto.org for more information and to check events listed on our calendar.

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.

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.



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CONCERTS

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

THE BERRYTON PICKERS - First Sat. of ea. month, 7-9pm, Berryton Baptist Church. Bring 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 grandoprpy@gmail.com. GrandOttawaOpry.com

PICKIN' ON THE PRAIRIE BLUEGRASS JAM, every Sunday 1-3:00, Potwin Drug Store, Old Prairie Town, 785-215-6997 for info. Milkshake for the month of August is GIMME'S MORE

JOSH HOOVER - Sep. 30, 7pm, Classic Bean in Fairlawn Plaza

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

JARROD GUTH - Oct. 6, 6-9pm, Redbud Park in NOTO

MARK TRAMMELL QUARTET CONCERT - Oct. 20, 7pm, Wanamaker Woods Nazarene, 3501 SW Wanamaker. No tickets necessary. Free will offering, doors open at 6pm. 785-273-2248, office@wwnaz.org

LIVERPOOL LEGENDS - Oct. 21, Liberty Hall, Lawrence
KC LEGENDS ALL-STAR JAZZ REUNION - Oct. 21, Jayhawk Theatre

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

SENIOR ADULT EXERCISE CLASS - Tuesday's @ 10am, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Church: 785-266-3247. Facebook: Topeka Lakeview Nazarene. Email: LakeNaz@aol.com

BIBLE STUDY: Discerning the Voice of God by Priscilla Shirer - Monday's, starting Oct. 2, 6-8pm. This study is for men & women. Lakeview Church of the Nazarene, 2835 SE Croco Rd. Be sure to bring your study guide with you! Church: 785-266-3247. Facebook: Topeka Lakeview Nazarene. Email: LakeNaz@aol.com

ROOTED CHRISTIAN HOMESCHOOL CO-OP, Colossians 2:6-7. Monday's 12-4pm. Cooking class for 4th graders & older at noon. Call the Church Office for more information. Lakeview Church of the Nazarene, 2835 SE Croco Rd. Church: (785) 266-3247. Facebook: Topeka Lakeview Nazarene. Email: LakeNaz@aol.com

BIBLE STUDY: Discerning the Voice of God by Priscilla Shirer - Monday's, starting Oct. 2, 6-8pm. This study is for men & women. Lakeview Church of the Nazarene, 2835 SE Croco Rd. Be sure to bring your study guide with you! Church: 785-266-3247. Facebook: Topeka Lakeview Nazarene. Email: LakeNaz@aol.com

RIGHTNOW MEDIA VIDEO STUDIES - 9:30 to 11:30am Fridays, Oct. 6 to Nov. 10 at Oakland United Methodist Church, 801 N.E. Chester Ave. Three videos lasting about 45 minutes each; The studies will include "Love in Chaos" with Bob Goff, "One at a Time" with Kyle Idleman; & a study on Hebrews with Derwin Gray. Free.

SOUP/CHILI SUPPER FUNDRAISER - Oct. 7, 3:30-6:30, Beryton United Methodist Church. Free will do-

nation. Carry out available and Sweet Shop, too!

TRUNK OR TREAT - Oct. 11, 5-8pm, Oakland Church of the Nazarene 939 NE Oakland Ave

FREE MOVIE NIGHT - UNBROKEN - Oct. 13, 6:30pm, Oakland Church of the Nazarene 939 NE Oakland Ave. A World War II Story of Survival, Resilience, and Redemption of Louis Zamperin, a young soldier and star runner of the Berlin Olympics.

MOONLIGHT EVENING PRAYER & WORSHIP - Oct. 14, Oakland Church of the Nazarene 939 NE Oakland Ave
GREEK FOOD FESTIVAL - Oct. 14, 11am, St Peter & Paul Church, 2516 SW Huntoon.

FREE MOVIE NIGHT - UNBROKEN: PATH TO REDEMPTION - Oct. 20, 6:30pm, Oakland Church of the Nazarene 939 NE Oakland Ave. This sequel to Unbroken is the true story of World War II hero Louis Zamperini's struggle to find peace after the war until he heard powerful words from Reverend Billy Graham.

BLESSING OF THE PETS - Oct. 22, 3-4:30pm, Oakland Church of the Nazarene 939 NE Oakland Ave

HARVEST DINNER, BAZAAR, & BAKE SALE - Oct. 27, 4-6:30pm, Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. Featuring chicken-fried steak, Mashed Potatoes & Gravy, Corn or Green Beans, Roll, Salad, Pie & Drink. Cost is \$10 for adults, \$5 for children under 8.

SILENTS IN THE CATHEDRAL - Oct. 27, 7-10pm, Grace Cathedral

FREE MONTHLY HYGIENE GIVEAWAY - Oct. 28, Nov. 18, & Dec. 16, 3 to 4pm, Faith Temple, 1162 SW Lincoln

FREE WILL HAM & BEAN DINNER WITH CRAFT BAZAAR - Oct. 28, 4:30 to 7:00pm, Elmont United Methodist Church, 6635 NW Church Ln

TURKEY SUPPER - Nov. 4, 4-8 pm, Clinton Presbyterian Church, 590 N. 1200 Rd in Clinton. Turkey, dressing, mashed potatoes, green beans, roll, homemade pie and drinks. Free will donation.

OPERATION CHRISTMAS CHILD PACKING PARTY - Nov. 15, 7pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Church: 785-266-3247. Facebook: Topeka Lakeview Nazarene. Email: 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 1% 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 rhoni@tscpl.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; wesquardance.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. thru 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, Beryton United Methodist Church (7010 SE Beryton Rd. All ages and abilities welcome.

SENIORS PITCH CLUB - Every Tuesday 1 pm at Garfield Community Center. First visit free then a dol-

lar 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)

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 8 to Oct. 28, 7:30am-noon, 6th & Harrison. 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.

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.

KANSAS CITY RENAISSANCE FESTIVAL - Sep. 2 - Oct. 15, 10am-7pm; Weekends only plus Labor Day and Monday Oct. 9, 628 N 126th St., Bonner Springs, KS. www.KCRenFest.com. 913-721-2110 (email voice@cox.net to see how to get free tickets from Metro Voice!)



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October 14
11 am - 2 pm
Games, Food, and Family Fun as we Celebrate God's Provision!

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Membership open to all Christian businesses, non-profits, churches & individuals!
 Luncheons & Tradeshows & other events open to the general public!

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

Oct. 12, 11:30-1: "POWER" Luncheon at Harley Davidson, 21st & Topeka Blvd; Featuring: Christian Stringfellow, Deputy Director at Topeka Rescue Mission Ministries

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

Save the Dates!

- Nov. 9: POWER Luncheon, 11:30-1, Nat'l Guard Museum
- Dec. 14: CHRISTMAS Luncheon, 11:30-1, Fairlawn Plaza Mall
- Jan. 12: POWER Luncheon, 11:30-1

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

where the gym is located. Contact Dave Mathias, davemathias@sbcglobal.net, or Betsy Thompson, betsyjthompson@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@rhctoepoka.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 TROUPS - 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 entire game. Email Caroline at llbopper1@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 McReynolds 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 Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org.

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. Topekalions.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-



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Great for families, date night, group outings focusing on teamwork, communication and bonding.
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October Friday & Saturdays
2 additional haunted Escape Rooms at each
Nightmare on the Blvd - Stormont Vail Event Center
and
Topeka Haunted Woods - Forest Park

Special Event 10/14/2023 20% of all NOTO Escapes proceeds donated to THS Performing & Rhetorical Arts Dept.
See the décor & props THS students created for this event!

MAX MANNING'S FUNDRAISING DINNER

Saturday, Oct. 21, 2023 • 5pm
Stout Elementary School Gymnasium • 2303 SW College
(Helping support a 14 Day Crusade to Uganda, Malawi and a service truck to gather supplies for Haiti)



TICKETS GO ON SALE OCT. 1ST

- Live Interview with Max
- Live Music & Entertainment
- Testimonials from Friends
- Dinner Catered by Chef Hall

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PLEASE CONTACT:
Joe Weir
tjweir@att.net



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Mermaid Cove Adventure
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10am - 7pm (10am - 5pm Oct. 9th) • Rain or Shine
913-721-2110 krenfest.com

Buy tickets online or at:

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RENEWAL by ANDERSEN
Rollins **MENARDS**

256-2432 or jimbae73@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@ampt.com or 785.357.6278 x19.

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

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.highlandheightsccc.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 reservations 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 during bars, inspiring inmates to seek salvation during a difficult time. Providing support & guidance through the Holy Spirit to offer strength. Director: Don Garner, 286-0489 or faithfamilylifeministries@gmail.com.

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

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

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

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

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.northlandcc

Lecompton has Midwest's largest Christmas trees and ornaments display

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

At the same time, visitors can also tour Constitution Hall, a National Landmark. Lecompton is known as the "Birthplace of the Civil War, Where Slavery Began to Die." Lecompton was



recently named one of the "Best Small Towns in Kansas" by Kansas Magazine readers.

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

Many interesting historical sites in the area can be seen on a walking tour, starting from the Territorial Capital. There are also unique shops and eateries in this quaint little town.

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

Psychiatrist says church is cure for loneliness epidemic

Americans, even many Christians, are experiencing an epidemic of loneliness. The U.S. Surgeon General calls loneliness a public health threat on par with smoking or obesity.



Surgeon General Dr. Vivek Murthy said loneliness increases the risk of physical ailments such as heart disease, dementia and stroke, as well as depression, anxiety and suicide. He added that the possibility of premature death because of loneliness could equal that of smoking 15 cigarettes a day and can pose a greater health risk than living with obesity.

"This is an issue so many people struggle with in the shadows, because they feel ashamed," he said. "It was my wife Alice who stepped in and said, 'Hey I'm worried about you because you're not reaching out to people. You're not socializing with your friends.'"

Murthy said about half of adults are struggling with loneliness and even greater numbers of children are. That can be surprising given the fact that many young people are frequently connecting with their peers online. However, Murthy said technology serves as a poor substitute for in-person connection. Mental health experts, such as psychiatrist Daniel Amen,

believe social media can prove to be addicting and therefore predict the problem will only get worse.

"I actually believe we're on the beginning of a tidal wave of brain and mental health problems in young

people, and it's because we're more disconnected than ever before, disconnected from our own families because when people are together their faces are buried in their gadgets," he said.

Amen said loneliness was a serious problem before the pandemic, but the COVID-19-related shutdowns made loneliness "exponentially worse." He points out that while the pandemic is over, many people continue to remain isolated from those with whom they interacted before the pandemic. Therefore, he recommends minimizing screen time while maximizing in-person interactions.

"So it's back to church," he said. "Go back to church. Get involved. Get involved with groups. We have to go back. And really, no better place to solve it than the church."

Amen also believes more public resources should be used to hire and train mental health professionals so they are more accessible and affordable to the people who need them.

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Court upholds Kansas ban on gender changes on official documents

A Kansas court on Friday upheld a law that blocks residents from changing the gender listed on their birth certificate. The state Department of Health and Environment said it could “no longer process gender identity amendments to birth certificates” after Attorney General Kris Kobach sued to stop state agencies from allowing people who say they are transgender to be able to change the gender on public documents.

“The intent of [the Kansas legislature] was clear when lawmakers passed the Women’s Bill of Rights. KS birth certificates are state records that must reflect scientific fact as recorded by the doctor at the time of birth,” Kobach



posted on X.

The legislation and subsequent law follows biological science and has been difficult for many on the left to argue it does not.

Kobach was referring to a state

law passed earlier this year that defines men and women on the basis of their “biological reproductive system.” According to the law, “female is “an individual whose biological reproductive system is

developed to produce ova” and a mother is “a parent of the female sex.” The law also stipulates that woman and girl refer to biological females.

The law says that state entities that collect “vital statistics for the purpose of complying with anti-discrimination laws or for the purpose of gathering accurate public health, crime, economic or other data shall identify each person who is part of the collected data set as either male or female at birth.”

Democratic Gov. Laura Kelly vetoed the bill, saying it “stripped away rights” and would “hurt our ability to continue ... landing new business deals.” The Republican-

controlled legislature overrode her veto, with the law going into effect July 1. Kelly said in a statement on Friday that she disagreed with the policy but would allow the law to be enforced.

“As I’ve said before, the state should not discriminate or encroach into Kansans’ personal lives,” Kelly said in a statement. “However, I am committed to following the law. Agencies will comply with the courts’ orders and work to implement S.B. 180 as appropriate.”

Kobach and other supporters of the new law have argued that a birth certificate is a factual record of a historical event and therefore shouldn’t change even when a person decides to change their gender “identity.”

Christians far more likely to own dogs than cats: survey



Three-fourths of U.S. Christians who own pets have dogs instead of cats, a Pew Research Center poll found.

The study revealed less than half of pet-owning believers (43 percent) have cats. Furthermore, 53 percent exclusively own dogs while only 21 percent solely possess cats. About 22 percent own both. Overall, nearly two-thirds of Christians (62 percent) own at least one pet, which is the same percentage as the general American population. Just less than half of pet-owning Christians in the United States said they

believe they place the right degree of emphasis on the wellbeing of their pets.

Veterinarian Nancy Moore explained to “Christianity Today” that the disparity between cats and dogs in Christian households could be due to the fact many believers, especially those actively involved in their churches, don’t have time to invest in animals such as cats that are less adaptable to social interactions outside the home.

“It’s pretty rare, but we do get occasional cats,” said Moore, who serves as the southeast region rep-

resentative for the Christian Veterinary Mission. “I think that the human wants the cat out [and about], but I don’t know if the cat agrees with the human. Cats aren’t notoriously well known for wanting to go into strange places.”

The authors of the study, sociologists Samuel Perry and Ryan Burge, seemed to agree.

“On the one hand, certain personality types might simultaneously attract some Americans toward religious participation and away from pets, and cats in particular,” they said. “Alternatively, to the extent that pet ownership is a partial substitute for human bonding and interaction, Americans more deeply embedded within a religious community may have less need (or time) for pets generally

and specifically, more independent ‘roommate pets,’ like cats.”

Regardless, the Pew Research Center study found that, of the Christians who own pets, many see their four-legged friends as part of the family. Nearly half of respon-

dents (48 percent) said they see their pets as family members. Forty-nine percent said they consider their pets part of the family, although not equal to family members.

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JPMorgan's Jamie Dimon: U.S. unprepared for 'worst case'

JPMorgan CEO Jamie Dimon is issuing a stark warning, stating many U.S. businesses and investors are unprepared for the possibility of the Federal Reserve raising interest rates to a staggering 7 percent. It comes while the U.S. confronts stagflation.

Dimon delivered the warning in an interview with the Times of India on September 26 in Mumbai. On the same day, Wall Street's major indexes fell more than 1 percent as investors grappled with the likelihood of prolonged high interest rates being used to combat high inflation brought on by the infusion of trillions of dollars of federal spending.

Dimon also addressed the impending threat of a recession, recognizing that it is uncertain whether the United States will experience a soft or hard landing.

In response to rising inflation, the Federal Reserve has increased interest rates at a rate not seen since the 1980s. The benchmark Fed Funds rate has increased from



zero to a range between 5.25 and 5.5 percent since March 2022. Although the Fed's policy committee recently voted to maintain interest rates, they cautioned that the fight against inflation is far from over and hinted at possible future rate increases. The accompanying Summary Economic Projections indicated an additional 25 basis point rate hike this year, which could drive rates to 5.5 to 5.75 percent.

Dimon expressed concern that these measures may not be sufficient, speculating that the central bank could raise interest rates to as high as 7 percent, which could cause economic disruption.

"I'm not sure if the world is prepared for 7 percent," he said.

He also questioned the world's preparedness for such a contingency, emphasizing the worst-case scenario of 7 percent interest rates

combined with stagflation, which is a dangerous combination of stagnant economic growth or recession and high inflation.

Dimon delved into the theme of higher long-term interest rates in his interview with Times of India, saying that the early rate hikes were basically meaningless—and it's the later ones that brought pain.

"First of all, interest rates went to zero. Going from zero to 2 percent was almost no increase," he explained. "Going from zero to 5 percent caught some people off guard, but no one would have taken 5 percent out of the realm of possibility," he said.

"I'm not sure if the world is prepared for 7 percent," he continued. "I ask people in business, 'are you prepared for something like 7 percent?' The worst case is 7 percent with stagflation."

The CEO cited a well-known

Warren Buffett quote, "You find out who's swimming naked when the tide goes out," to emphasize the importance of being prepared.

Dimon's warning is consistent with broader fears of an impending recession. The Conference Board's leading economic indicator fell for the seventeenth consecutive month, signaling the onset of a possible recession.

Dimon cautioned against overestimating the resilience of the economy in the face of high inflation and policies designed to mitigate it. He pointed out that the stimulus-driven consumer strength might not be sustainable in the long term.

Although recent data indicated robust consumer spending in July, other indicators suggested stagnation in financial well-being sentiment, with consumers deferring significant purchases out of concern for their ability to save. In August, the Conference Board's consumer confidence index dropped to a level historically associated with impending recessions.

"Nashville Nights" Event to Showcase Songwriters Lee Thomas Miller, Wendell Mobley, and Barry Dean

"Nashville Nights" Event to Showcase Acclaimed Songwriters Lee Thomas Miller, Wendell Mobley, and Barry Dean

Music enthusiasts and fans of country songwriting are in for a treat as "Nashville Nights" debuts at the Topeka Performing Arts Center (TPAC) on November 9th, 2023, at 7:00 PM.

This star-studded event will feature three highly distinguished songwriters, Lee Thomas Miller, Wendell Mobley, and Barry Dean, who have collectively penned chart-topping hits and Grammy-nominated classics.

Lee Thomas Miller, a luminary in the country music industry, boasts an impressive career spanning nearly two decades. With seven #1 singles to his name, including hits for artists like Joe Nichols, Terri Clark, Brad Paisley, and Trace Adkins, Miller's songwriting prowess has garnered him three Grammy Award nominations. He's also been honored with numerous accolades, including "Song



of the Year" awards at the Country Music Association (CMA) and Academy of Country Music (ACM) awards for his song "In Color" sung by Jamey Johnson.

Wendell Mobley, another Nashville sensation, has notched an incredible 25 weeks at #1 on the charts and has contributed to the sale of over 60 million records. Mobley's songwriting magic has

produced nine #1 hits for artists like Rascal Flatts, Kenny

Chesney, Jason Aldean, and Randy Houser. His wide-ranging talents extend beyond country music, as he has crafted songs for a diverse array of artists and even penned the theme song for a national ad campaign.

Barry Dean, a Kansas Born, Grammy-nominated songwriter

with an unparalleled track record, brings his storytelling prowess to the "Nashville Nights" stage. He has penned chart-topping hits such as "Pontoon" and "Day Drinkin'" for Little Big Town, "Think a Little Less" for Michael Ray, and "Heartache Medication" for Jon Pardi. Dean's talent has also crossed genres, with his song "Girls Chase Boys" by Ingrid Michaelson making waves on the pop charts.

"Nashville Nights" promises to be an unforgettable evening of live music and captivating stories as

these three songwriting legends take the stage to perform their hits and share the stories behind the songs. Don't miss the opportunity to witness the magic of Nashville's songwriting elite on November 9th at TPAC.

Tickets for "Nashville Nights" are available now and can be purchased in person at the TPAC Box Office or online at TopekaPerformingArts.org. Lower level tickets are available for \$25, while balcony tickets are only \$15.

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Promise Keepers finds cancel culture in the church

Promise Keepers is finding that cancel culture exists even in the church. The organization, which holds men's rallies in stadiums nationwide, has seen several scheduled events at churches and other venues canceled in recent months.

In June, Belmont University, a private Christian university in Nashville, canceled a Promise Keepers event after the ministry posted a blog criticizing pride month. The university accused the organization of "unnecessarily fanning the flames of culture wars." The event, which was part of the group's "Daring Faith" tour, is one of several events that later were canceled by Christian venues, including Hope Church in Cordova, Tenn, and The Fountain of Praise in Houston.

Despite Promise Keepers' decades-old legacy challenging Christian men to live out God's calling, chairman and CEO Ken Harrison said much has changed since the 1990s when the group first launched.

"One venue was worried that we would offend people by expressing our belief, rooted in scripture, about gender and sexual identity," he says. "Others said they didn't want to draw protesters or simply didn't give us a reason. It's disheartening to us that churches don't want to 'offend' people with the truth of the word, something we've come to expect from the culture, but which dismays us coming from Christian institutions.

Despite the rash of cancellations, Harrison says he won't be deterred by



Christian cancel culture.

"We are optimistic our events will be held, because other churches and organizations have contacted us after hearing about the cancellations," he said. "They'd be happy to host an event

that champions helping men grow stronger in their understanding and application of God's truth."

Promise Keepers has drawn both praise and criticism for its bold message of biblical masculinity, especially

at a time when complementarianism is losing influence among even some of the more conservative evangelical ministries.

"The spirit of the age we live in is fear of being criticized, disliked, canceled," Harrison told "The Christian Post." "As Promise Keepers, we refuse to give into that fear. We choose pursuing and sharing God's truth over being liked by all, as if that were even possible. We make no apologies for boldly declaring God's truth to a culture — and a church — that needs to hear it."

Local churches and other ministries that may be interested in being a host for a Promise Keepers event can contact the group at (303) 964-7600 or visit www.promisekeepers.org.

Revival on Auburn campus leads to spontaneous lake baptisms

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The revival that started at Asbury University last year and spread to other campuses has now reached Auburn University in Alabama.

Thousands of students recently packed the school's Neville Arena for worship and praise, with an impromptu baptism that started with one student growing to roughly 200 people who decided to give their lives to Christ. More than 5,000 people showed up for the event featuring guest speakers Jennie Allen and Jonathan Pokluda, with music led by Passion

Music.

"I finished a message at Auburn and was off stage and a student texted the pastor beside me they wanted to be baptized tonight," Allen said. "So I went back on stage and asked if anyone else wanted to trust Christ and be baptized. Dozens raised their hands."

Thousands went to nearby Red Barn Lake for an impromptu baptisms service. Even Auburn's head



football coach Hugh Freeze got in the water to help. "People surrounded the lake until almost midnight hearing the stories of life change and shouting and cheering

from there and we ended up at the Red Barn," said Jeremy Napier, chaplain for the Auburn men's basketball team. "It was not planned at all. I think this was a spontaneous

and praying together," she said. "God is moving, and he isn't stopping."

Those who attended the event describe it as incredible.

"I've been a part of just planning this event and man, the Lord just took it

decision at the very end where we just said, 'Let's go for it.'"

Napier said the event serves as an example that nothing is impossible with God.

"We serve an awesome God who can do amazing things," he said. "My prayer obviously is that all these decisions were genuine decisions and heart change. It's awesome to do it in this environment, but now is where things get tough."

Allen shared that this is the start of something bigger. "God is doing something on Auburn's campus," she said. "This was a part of a bigger story that's happening here."

Nikki Haley calls for return to faith during Iowa event

Presidential candidate Nikki Haley had a simple solution for the nation's problems during a faith and family event in Iowa last weekend. "We've lost that faith in God, faith in the American people, faith in our spirit and we need to go back to that," she said.

Haley appeared at the Iowa Faith & Freedom Coalition Town Hall in West Des Moines, where she participated in a question-and-answer event with former Gov. Terry Branstad in Indianola and met with Iowa faith leaders.

"Let's go back to the time when our parents raised us to be responsi-

ble individuals, where we went to school and learned how to be successful and where we went to church and we found our faith and our conscience," she said. "We need to go back to that. We're going to keep talking about that, because we have a country to save and we can't do it without faith."

The event also featured several other GOP presidential candidates, including Florida Gov. Ron DeSantis, Sen. Tim Scott of South Carolina, former Vice President Mike Pence, former Arkansas Gov. Asa



Hutchinson, former Texas Rep. Will Hurd, entrepreneur Vivek Ramaswamy, and businessman Perry Johnson.

During her time serving as South

Carolina's governor, Haley said, she was deeply affected after a white supremacist shot and killed nine black members of Emanuel African Methodist Episcopal Church in Charleston during a Bible study.

"I remember one day getting on my knees and saying, 'God, I can't do this by myself. I need you,'" she said. "And the strength and grace that he showed me, I will tell you, was a defining moment in my life. Because it was the only way that I was able to pull through and get through it."

Among many topics appealing to Iowa's faith community, Haley also stood firm on the issue of abortion, telling the crowd, "You have to speak hard truths" on the controversial topic and that the American people "deserve the truth."

"I am unapologetically pro-life, not because the Republican Party tells me to be but because my husband was adopted, and I had trouble having both of my children," she told Ralph Reed of the Faith and Freedom Coalition during the banquet's last sit-down interview. "I am surrounded by miracles and blessings."



5 home renovation projects to tackle this fall

With lower temperatures and milder conditions, fall provides a perfect opportunity to tackle that home renovation to-do list. Whether you plan on making minor improvements or wholesale changes are on the horizon, taking on a few DIY projects can help you boost your home's curb appeal (and its value) while also prepping for colder weather in the days ahead.

Making investments now—like putting time and money toward long-term energy efficiency—can pay off down the road, whether you're planning for a potential sale or simply looking to get more enjoyment out of your home. Plus, many exterior upgrades can be completed by homeowners, meaning there's no need to hire a professional when it's time to give your home a refresh.

Beautify those dull areas, boost resale value and add comfort with these ideas from the experts at Westlake Royal Building Products, a manufacturer of high-quality, low-maintenance products designed to meet the specifications and needs of building professionals, homeowners, architects, engineers and distributors.

Add or Replace Shutters

As a classic exterior design element, shutters can add instant charm to your

home. With a variety of materials and colors to choose from, you can add shutters that suit your style and budget to give your home a more polished look. If it's already adorned with shutters, consider updating them with newer styles for a fresh appearance.

Upgrade with Stone Veneer

Natural and textured home trends continue to rise, leading many building pros and homeowners to gravitate toward stone veneer, or manufactured stone, as it can replicate the look of real stone. The wide range of exterior and interior applications means you can add comfort, character and beauty while complementing your existing style. Consider an option like Versetta Stone from Westlake Royal Building Products, which offers homeowners an authentic, hand-crafted look in a panelized format that's easy to install with nails and screws. There's no need to paint, coat or seal once installed for a low-maintenance solution for accent walls, fireplaces, siding, entryways and walkways.

Refresh Porch Columns

Routine cleaning is one way to maintain porch columns, but if they're rotting or splitting, consider PVC porch column wraps for a visual transforma-



tion. Easy and often affordable, they're durable and decorative to fit existing columns or poles and can be painted to match your exterior color palette. They're resistant to pests, moisture and weather damage for long-lasting and nearly maintenance-free upgrades.

Invest in Insulated Siding

Good insulation is key to keeping your home warm, cozy and weather-proof during colder months. While there are many ways to upgrade the insulation of your house, some homeowners are turning to insulated siding for a long-term solution. Long-lasting, weather-proof, durable and aesthetically pleasing, CraneBoard Solid Core Siding from Westlake Royal Building Products offers a cost-efficient way to beat the cold. It's low maintenance, built to last and withstands temperature fluctuations and hurricane force winds for a highly functional option to keep cold out for years to come.

Update the Driveway

Whether you're looking to make some simple updates or it's time for a complete renovation, showing your driveway some love can significantly improve your home's curb appeal. Adding an address post with a hanging basket or planting trees, shrubbery or flowers along the sides lends immediate aesthetic improvement. For added low-light visibility and visual appeal, install lights along the perimeter to help the greenery stand out in the evening. If you're ready for a major overhaul, consider upgrading the driveway using cobblestone, pavers or stamped concrete.

To find more ways to boost curb appeal this fall, visit WestlakeRoyalBuildingProducts.com.

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entertainment

‘On Fire’: Faith Overcomes Fear

ON FIRE is an incredible story about a family trapped by a wild forest fire with little hope for escape. ON FIRE is a thrilling, fast-paced movie with some subtle but solid Christian, moral content stressing family, sacrifice, faith, and prayer, but the movie has intense and scary action sequences and at least 26 obscenities and profanities.

Dave lives with his pregnant wife, Sarah, their teenage son, Clay, and Dave’s elderly father. They both work and have barely enough money to support Dave’s father and themselves.

After practice one day, Dave and Clay notice that there is smoke coming from the ridge of a neighboring town. Dave is sure that the fire will not be able to pass the valley that separates the two towns and is unworried.

However, in just a few hours, their home is covered in smoke. Dave drives to a hardware store to buy equipment to fireproof his house and tells Sarah and Clay to be ready to evacuate. Unfortunately, the fire engulfs their town quicker than the authorities can anticipate, and everyone is ordered to evacuate immediately. Separated from his family with no cell service, Dave



works out a way to get to his family.

Meanwhile, Sarah and Clay try to get Dave’s father to come with them in the car. Although he is stubborn, he agrees when he is offered a pack of cigarettes. While driving, the ash and smoke make visibility impossible, and they nearly hit a deer. Forced to swerve from the main road, Sarah crashes, knocking her unconscious.

While Dave finds his wife, child, and father, the night is about to go from bad to worse. Will Dave and his family be able to work together and escape the fire?

ON FIRE is a thrilling movie, with great performances from the leading cast. It does a great job making viewers feel like they’re stuck in the fire with Dave and his family. The story is compelling and intense, but it also has some Christian elements. For example, in Dave’s house there is a cross on the wall. While fleeing the fire, Sarah suggests that they pray. In a later scene, she prays that God would guide them through the night.

By the end of the movie, faith overcomes their fear. It doesn’t avoid the tragedy of the fire, but it provides Dave, Sarah and Clay with the faith and determination to help one another survive.

The movie has some strong themes of sacrifice, the importance of family, and the strength of love in a marriage. It also honors and respects first responders.

Sadly, these uplifting redemptive and moral elements are marred by at least 26 obscenities and profanities, including one “f” word. ON FIRE also has an intense scene where a neighbor catches fire and is burned badly. The peril and intensity is constant and is elevated by Sarah being pregnant with their daughter. So, MOVIEGUIDE® advises strong and extreme caution.

That said, ON FIRE is an uplifting, intense, moral movie about faith and perseverance for mature audiences.

CONTENT: (BB, CC, PP, LLL, VV, A, D)

Dominant Worldview and Other Worldview Content/Elements: Strong moral worldview

with some solid Christian elements like an image of a cross, mention of prayer, and mother tells her son to have faith, plus Pro-American values where movie honors first responders

Foul Language: At least 26 obscenities and profanities, including one “f” word, about 10 “s” words, several “d” words, several “h” and “a” words, and several OMG profanities

Violence: Woman catches fire and half of her body is burned (this scene is not excessively bloody, but it’s very intense, and the woman ends up dying as a result of her burns), a woman is presumed to have died, after a car crash, an elderly man dies, a man breaks his ankle after falling down a hill, and various other states of peril and intense sequences of running away from fire

Sex: No sex

Nudity: No nudity

Alcohol Use/Abuse: Man drinks a beer in a few scenes

Smoking and/or Drug Use and Abuse: Man’s father isn’t supposed to be smoking but is secretly, woman bribes her father-in-law with a pack of cigarettes, and woman tries to give an injured neighbor Percocet®, but she’s unable to swallow the pain meds; and,

‘I Have a Strong Faith’: Hollywood Actress Jill Wagner Reveals How Her Life Transformed When She Started ‘Talking to God’



Hollywood is often one of the most perplexing places for performers looking for true meaning. Actors might amass fame and bring in millions of dollars, yet some still find themselves lost, confused, and alone, lacking the purpose some falsely assume worldly possessions and notoriety will bring.

Actress Jill Wagner has spoken out about this reality, explaining how she went through a time in her life when she was “really down, and depressed, and kind of lost,” according to Movieguide.

Like many, the Hallmark star had found material success yet wasn’t feeling fulfilled.

“On paper, my life looked perfect,” Wagner said. “I was this actress, and I was traveling all around, and everything was exciting. But really, all I wanted was stability, and I wanted a family, and I wanted a husband, and I didn’t quite understand what was wrong with me and why couldn’t have those things.”

Life turned around for the actress, though, when she “started talking to God” and bringing her issues and problems to Him — a process she said enabled her to let go of the negativity and confusion.

Once Wagner turned to the Lord, she described the emotions that came over her as a “big bear hug.” She suddenly felt God telling her, no matter what, she would be OK.

“It was the feeling that no matter what, with or without a husband or family or anything, that I was loved, and I was going to be OK,” she said. “And then I started to feel like, ‘Wow, maybe I’m going to be

good being alone by myself,’ but not really by myself because I had God.”

That realization comforted Wagner, and just one month later, the man she would marry — someone she met years before when she was a teenager — came back into her life. She said both she and her now-husband found their faith again, building relationships with the Lord and one another.

In the end, Wagner’s decision to give it all up to the Lord sustained her, and she credits it for building her faith.

“[It’s] the reason why I have a strong faith,” she said. “And I didn’t find my faith until later on in life.”

Wagner previously explained in a video for Great American Family she didn’t find her faith until her mid-to-late 30s, and described the scenario as one in which her “eyes were open all of a sudden.”

“I started to see signs all around me, and God was talking to me every single day,” she said. “Whereas before... I didn’t have the lines of communication open up there. But they’re there.”

Wagner’s experience reminds us all that turning our worries and whims over to the God is the best way forward in life. When we feel lost and aloof, He will guide us and sustain us; when we’re fearful of being alone, God reminds us He’s always there for us.

Beyond these facts, clinging to the Lord rather than fame, money, or material things is the best way to lead a fulfilling and purpose-driven life.

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‘The Passion of the Christ’ sequel to begin filming in January

The long-awaited sequent to “The Passion of the Christ” will begin filming in January 2024, according to a veteran Hollywood reporter.

Jordan Ruimy of the popular entertainment website World of Reel recently reported this that “The Passion of the Christ: Resurrection” would focus on the events between Christ’s crucifixion and his rising from the dead. Ruimy is the same journalist who reported last year that production on the movie was imminent. Jim Caviezel will portray Jesus, as he did in the 2004 film.

“Back in January, I had heard that (Mel) Gibson was finally very close to shooting ‘The Passion of the Christ: Resurrection,’ a midyear shoot had been planned,” Ruimy wrote. “Now we’re looking at January. The production date seems set in stone.”

Gibson directed the 2004 movie, which grossed \$611 million worldwide and received three Oscar nominations for cinematography, makeup and original score.

“Gibson has been hard at work on the screenplay with ‘Braveheart’ screenwriter Randall Wallace — there have already been six drafts,” Ruimy reported. “Gibson has been shooting ‘Flight Risk,’

starring Mark Wahlberg, in Las Vegas. The last movie Gibson directed was 2016’s ‘Hacksaw Ridge,’ which garnered six Academy Award nominations, including best picture, best director and best actor.”

Gibson implied that one of the scripts he was examining had scenes in hell and showed the angels falling from heaven.

“It is such a massive undertaking that you can’t do it lightly, and you can’t do it quickly,” Gibson said. “You have to really consider what it is that you need to show in order to be poignant.”

The movie won’t be “linear,” he said. “You have to have many things to juxtapose against one another, even from different time periods in order to illustrate what something means in a fuller way,” Gibson said. “It’s going to be a real jigsaw puzzle to do.”

One possible snag in the production timeline is the time is the ongoing strike by union actors and screenwriters.

In an interview with Davin Nunes “Unplugged,” Jim Caviezel said the production may split “Resurrection” into two films. “This might be the biggest film in the history of the world,” he said.

“Momo,” an inspirational thriller of healing bonds amidst terror, being adapted for screenplay

By Dwight Widaman

“Momo,” plunges readers into a gripping tale that intertwines legends, terror, and redemption. This captivating story not only unveils the terrifying legend of MOMO, the “Missouri Monster,” but also explores the intricacies of a father-son relationship amidst the chaos.

MOMO, also known as the “Missouri Monster,” is a cryptid legend entrenched in the folklore of Missouri. Described as a sasquatch-like creature, it has long been a source of mystery and fear among locals dating back over 100 years.

I remember the story vividly in the late 60s and early 70s as the local news was filled with sightings. More than 20 sightings that year prompted posses to be formed in an area between Bowling Green and Louisiana, Mo. in an effort to catch the creature. A 1972 movie chronicled the events. In fact, at the age of 10 some friends and I may have snuck into the Liberty Theater in Mexico, Mo. to see the 1972 B-movie. It was made more thrilling that the sightings were less than 50 miles from my boyhood home. That may explain my interest in the latest book about the Missouri Monster and how it resonated with my own childhood.

At the heart of Kevin M. Kraft’s award-winning work is the relationship between Mark and Evan, a father and son grappling with the chasm between them, worsened by Evan’s adolescent attitude and Mark dealing with the recent loss of his father. Their weekend getaway to a family cabin in the woodlands near Louisiana sets the stage for a life-altering encounter with the creature of legend.

Kraft weaves tension and suspense throughout the story as the father-son duo faces an unexpected attack by the creature on their cabin. In the face of terror, they employ their wit, skills, and courage to survive, transcending their own limitations and drawing strength



from one another.

The character development in “Momo” is exceptional. Mark and Evan are flawed, relatable characters, mirroring real-life struggles between parents and teenagers. Readers are given insight into their inner worlds, their insecurities, and the wounds that have strained their relationship. It’s a testament to Kraft’s writing that readers will find themselves invested in their journey.

The pacing of the novel is its standout feature. Kraft expertly combines moments of heart-pounding action with introspective interludes, ensuring that readers are consistently engaged. The suspense is skillfully woven, and the plot twists keep you on the edge of your seat, making it an enjoyable fall read.

One of the book’s core strengths is its ability to explore deeper themes while maintaining a thrilling narrative. Through the lens of their ordeal, Mark and Evan’s personal growth and the healing of their relationship take center stage. This transformation is beautifully depicted, emphasizing the power of resilience and the potential for redemption.

Although the book is not explicitly religious, the spiritual dimension subtly weaves its way into the narrative, as both father and son find solace and strength in their faith during their harrowing experience. This adds an additional layer of

depth to their characters and their journey.

The dialogue in “Momo” is authentic and relatable, particularly for parents and teenagers. Kraft skillfully captures the nuances of their interactions, making it easy for readers to connect with the each and their struggles such as grief, loss, expressing love and guilt.

Intriguingly, “Momo” is in the process of being adapted into a screenplay by Kraft and his production company. This decision underscores the cinematic potential of the story, given its fast-paced action, emotionally charged moments and accolades from the publishing world.

The novel is a compelling read that, at just 132 pages, blends the mystique of a legendary monster with the deeply human experiences of family. Kraft’s storytelling prowess shines as he navigates the complexities of the father-son dynamic while delivering a suspenseful narrative that keeps readers eagerly turning pages. With its unique blend of horror, inspiration, and relatability, “Momo” is not just a thriller; it’s a tale of healing and rediscovery that will leave readers reflecting on the strength of family bonds long after the final page.

The sightings may have disappeared, but not the fear and wonder they instilled in a 10-year-old boy.

Actress Finds Redemption in Jesus After Decade in a Cult

Actress Bethany Joy Lenz, known for her role in “One Tree Hill,” recently disclosed her decade-long involvement in a cult, expressing her eagerness to share her story.

During an episode of the “Drama Queens” podcast, Lenz discussed her desire to write about her experience and the subsequent 10-year recovery journey.

Lenz, who portrayed Haley James on

the popular teen drama series, acknowledged the significance of her cult experience and expressed her intention to explore it in writing. However, she acknowledged the pressure of accurately conveying her ordeal and the constraints posed by ongoing legal matters surrounding the cult.

“I was in a cult for 10 years,” she said. “That would be a really valuable experi-

ence to write about, and the recovery—10 years of recovery after that. So there’s a lot to tell.”

While Lenz refrained from providing further details, she shared a heartfelt Instagram post in May reflecting on the profound impact Christian theologian Dr. Timothy Keller had on her life:

In her post, she credited Keller with guiding her through a period of darkness

and transforming her faith. Keller’s teachings empowered Lenz to rebuild her belief system using reason and logic, instilling confidence and security in her faith. She emphasized Keller’s trustworthiness, humility and compassionate voice that led her out of despair and into the freedom of an authentic relationship with Jesus Christ.

Lenz is a testament to the redemptive



power of Jesus Christ and the journey of healing and renewal that can come during the Christian walk of faith.

—charismanews.com

50+ Lifestyles

A Guide to Enjoying Life in the Best Years

Fall Prevention: Balance and Strength Exercises for Older Adults

Falls can have very serious consequences as we age. Each year, more than 25 percent of adults 65 or older have a fall, and 3 million are treated in emergency departments for fall injuries, according to the Centers for Disease Control and Prevention.

Fall Risks

The risk of falling in older adults is usually related to combination of factors, including:

Balance and/or walking problems. Balance can be affected by vision changes, vestibular problems and altered sensation in the feet.

The use of multiple medications. Studies indicate that when individuals take five or more medicines, the risk of falls increases.

Home hazards (including dim lighting and trip hazards)

Positional low blood pressure (such as orthostatic hypotension, when blood pressure drops upon standing.

Feet and footwear issues

Falls often occur in the bathroom when sitting or standing from the toi-

let or shower, or at night in a dark bedroom when getting up quickly and tripping on the way to the bathroom.

Exercises to Prevent Falls

While it's not possible to completely prevent a fall, exercises that focus on balance and strength training can reduce the risk of falling. "We treat elderly adults for injuries sustained from falls, and other patients who feel unsteady while walking or standing and are fearful of falling," says Lora Stutzman, a physical therapist with the Johns Hopkins Rehabilitation Network. "These exercises can help improve balance and build strength to help prevent future falls."

For older adults, activities such as squatting, standing up from a chair and walking may be difficult or cause them to feel unsteady, which increases their risk of falling. The following exercises are intended for those who have a low risk of fall and are able to stand on their own without support from others. Always talk to your doctor

or physical therapist first before starting new exercises, especially if you have weak balance.

Stutzman demonstrates two exercises below.

Sit-to-Stand Exercise

The sit-to-stand exercise builds leg strength and improves body mechanics and balance, which are all important in reducing falls.

1. Start by sitting on a sturdy chair of standard height, and make sure that it won't

slide or roll. You should be able to sit comfortably with your feet flat on the ground. Have a sturdy support surface in front of you, such as a countertop, so that you can reach to it for support if you start to feel unsteady when standing. Scoot forward so your buttocks is positioned at the front of the seat.

2. Lean your chest forward over your toes, shifting your body weight forward. Squeeze your gluteal muscles and slowly rise to a stable standing position.

Physical therapist showing exercises for fall prevention

3. Slowly sit back down to the starting position and repeat 10 times.

4. If necessary, place your hands on the arms or seat of the chair and push through your hands to help stand and sit. The goal is to not use your hands at all.

Physical therapist showing exercises for fall prevention

Perform 10 repetitions, twice a day. For an advanced version, hold hand weights to add resistance.

If you have pain in your knees, back or hips, discontinue and talk to your doctor or physical therapist.

Balance Exercise

This series of exercises helps if your balance is unsteady. Make sure you have someone with you in case you lose balance.

To begin, stand in a corner or have a kitchen counter in front of you to reach out to in case you start losing balance.

1. Feet apart: Stand with feet about shoulder-width apart, eyes open, and hold steady for 10 seconds, working your way up to 30 seconds.

If you find yourself swaying or reaching for the wall or counter frequently, just keep working on this exercise until you can do it with minimal swaying or support. Once you can hold this position firmly for 30 seconds, move on to the next exercise.

2. Feet together: Stand with feet to-



4. Eyes closed: If you can perform the first three exercises safely and with little support, try to do each one with your eyes closed. Hold for 10 seconds, working up to 30 seconds.

Physical therapist showing exercises for fall prevention

The goal for each exercise is to hold the position for 10 seconds and progress to 30 seconds, five repetitions (including five per leg on the one-foot exercise), two times a day.

Additional Steps to Prevent Falls

Remember, it's important to talk to your doctor or physical therapist about fall prevention.

Discuss medications and changes in your exercise routine.

Tell your doctor if you fall.

Ask a friend or family member to help check your home for trip hazards.

"Keep in mind," adds Stutzman, "it is always best to have company at home with you while exercising for safety and supervision and in case you need help."

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9 Dos and Don'ts of Dieting With Diabetes



If you or a loved one has been recently diagnosed with diabetes, depending on the type you have, your doctor might suggest weight loss and certain lifestyle changes to help bring your blood sugar levels to a manageable range.

It's not always a simple task, and you'll need to do more than just follow a fad diet for a few short weeks. But research shows the right combination of exercise, portion control, and healthy balanced foods are the key to helping you achieve your goals and keeping the weight off in the long run.

Here are some expert dos and don'ts to get you started.

Do Find a Diet That Works for You

If you have type 2 diabetes, you'll have to pay close attention to insulin resist-

ance and your body's inability to properly use the hormone insulin to break down blood sugar (glucose) for energy.

The American Diabetes Association typically recommends losing about "5% to 10% of overall body weight" according to Shirisha Avadhanula, MD, an endocrinologist at the Cleveland Clinic.

"As you lose weight, your insulin resistance can actually decrease, and this can improve and potentially even reverse the process of type 2 diabetes," she says. But to lose weight and keep it off for good, you'll need to find a diet that's right for you.

"I tell [patients] that the best diet is the diet that you can stick to."

No matter how you plan to move your lifestyle toward a more diabetes-friendly diet, Avadhanula says it's impor-

tant to pay attention to three core principles:

- Cut down on simple carbohydrates.
- Reduce refined sugars from your diet.
- Get into the habit of reading food labels.

Do Find Healthy Food Swaps

One easy way to get started on a healthier lifestyle is to find nutritious alternatives to the types of foods or snacks you like to eat.

For example, if you routinely eat simple carbs like white bread and pasta, you risk large blood sugar spikes that make your insulin resistance worse. Instead, swap them out for items with complex carbs, like multigrain bread or whole-wheat pasta. They contain more fiber, nutrients, and vitamins that are better for your body.

"I always tell my patients, 'You know, if you really, really enjoy pizza, the best thing for you to do is to get cauliflower dough rather than the actual dough,'" Avadhanula says.

And if white rice or other starchy carbs like yams, yucca, or plantains are part of your day-to-day diet, you don't have to cut them out entirely, says Sue-Ellen Anderson-Haynes, a registered dietitian nutritionist and certified diabetes care and education specialist.

Instead, she says you should cut your portion in half and add more green leafy veggies or fruits to your meal. Better yet, you can swap them for more fibrous carb alternatives, like brown rice or quinoa.

Don't Skip Meals

If your goal is to lose a few pounds, don't skip meals or go too long without eating. It might do more harm than good, especially for your blood sugar levels, says Anderson-Haynes. In fact, it can have the opposite effect.

"[If] you're not eating, your body says, 'Oh, blood sugar is dropping, energy is going down, we need to make this person survive.' The liver releases sugar into the bloodstream. And if you have diabetes, that's not necessarily a good thing because you already have insulin resistance problems with sugar in the bloodstream. But your liver [will] say, 'Well, you're not eating, so I'm just going to keep putting sugar in your bloodstream.'"

Don't Cut Out Carbs Completely

Your body needs carbs, especially since "it's a major fuel for your brain and

red blood cells," Anderson-Haynes says. "It's called a macronutrient for a reason."

But you need to be mindful about how much and what type you eat. To make your meals well-balanced, stack your carbs with proteins and good fats. This will help you avoid large blood

sugar spikes after each meal.

There's no way to tell how many grams of carbs you should eat per day or per meal. That's because how much you need will depend on your body size and how active you are throughout the day.

■ Continued on page 29

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sports

Hall of Fame quarterback, Buffalo Bills legend Jim Kelly gets baptized



Pro Football Hall of Fame quarterback Jim Kelly has long lived a life devoted to Jesus and seeking to spread His light in a dark world. This summer, he made a bold proclamation of his faith by getting baptized.

Jim's wife, Jill, posted a video and photos of her husband's moment on Instagram on Wednesday. Wearing a red shirt that said, "God's real," Kelly was asked while in the pool if he loved Jesus. "Yes I do!" he responded emphatically.

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In the caption of her post, Jill wrote, "Jim's t-shirt says, 'God's Real.' He is! I have witnessed God at work in this man's life for over 30 years... and I can tell you that God isn't just REAL, He is faithful, trustworthy, kind, loving, compassionate, powerful, gracious, GOOD, merciful, forgiving... and so much MORE. He is immeasurably MORE than we can imagine! He is EVERYTHING!"

Kelly is most well-known for quarterbacking the Buffalo Bills to four consecutive Super Bowls from 1990-1993, losing all four. He was inducted into the Pro Football Hall of Fame in 2002.

But Kelly has also seen a share of hardships in his life. In 1997, a year after he retired from the NFL, his infant son, Hunter, was diagnosed with Krabbe disease, which led to his death in 2005. Kelly went on to launch the Hunter's Hope Foundation, and dedicate his Hall of Fame speech to Hunter.

Then in 2013, Kelly announced he had been diagnosed with squamous cell carcinoma. He was subsequently in and out of hospitals for the next few years, then deemed cancer-free for three years. In March 2018, he announced the cancer had returned, but four months after surgery was declared cancer-free again.

In September 2021, Kelly joined Sports Spectrum's "Weekly Slant" show to discuss his faith in Christ and how he seeks to live out that faith in his life every day.

"It didn't take me very long to realize that God had a plan for me,"

FROM THE CHEAP SEATS

by Rob Mooney

The Kansas City Royals season is quickly coming to an end and what can you say about them? Wow. They stand at 54 wins and 103 losses. That's 49 games under .500. How bad have they been this year? Let's take a look.

The Royals have lost 100 games or more seven times in their history, including this year. Interesting note, all seven times have been since 2002. The Royals record for most losses in a single season is 106 in 2005. With five games left in this season, it's very possible that the current Royals can either tie or break that record. The Royals have been bad but they've been bad for a long time.

They have only had five winning seasons since 1994 and four of those were between 2013-2016. As a matter of fact, they have had more 100 loss seasons (7) than winning seasons

since 1994. Coincidentally, Ewing Kaufman, the Royals original owner, passed away in 1993 and then the Royals were owned by his estate until 2000, when David Glass bought the team. Current owner John Sherman bought the team in 2020. It's interesting to me that, even though the Royals had a great run in 2014 and 2015, that the Glass era is the worst era of Royals baseball, at least from a win-loss aspect. And that's what they're judged on, win-loss, correct?

The Royals are averaging 15,966 fans per game this year. Over the last three seasons, they have averaged less than 16,000 fans. They haven't averaged less than that since 1975. We went to watch them play the Seattle Mariners in August and there were only 10,875 fans in attendance. That's crazy.

Kelly said, "and that was to be able to share what I've been through to others that may be looking to give up, to not persevere through the tough times."

One of the ways he's done that is by hosting a monthly men's fellowship group at his house, where roughly 20 men gather together to

share about the challenges and joys in life and to encourage one another. It's an opportunity for Kelly, now 63, to share about the struggles in his life and how God has granted him the grace to persevere through it all with a smile on his face. Kelly's positive outlook also comes from his regular quiet time in the morn-

I understand that there are a lot more options for us to spend our money on and everyone is busy with different things, but when a team draws less than 16,000 per game, something is wrong. Obviously, what's wrong is on the field.

The Royals have a few quality core players and they have one of the best young players in the game in Bobby Witt Jr, but if they don't surround him with good players, he's not going to be here much longer. Why would he sign a new deal with the Royals if they're not committed to winning?

The team has been playing pretty good as of late, but don't let that fool you. This team is bad. Very bad. Management needs to clean house and add quality players to get this thing turned around.

We'll see how serious the Royals are during this off-season in their negotiations with Witt. Resigning him will be very expensive, but if they pull it off, that will tell me that they're willing to spend the money needed to build a better product. If they let Witt walk, get ready for a future of more 100 loss seasons.

ing, studying and learning God's Word, and focusing on the good things in life.

"I've been tested over and over and over again, and I'm still being tested. But you just have to keep the faith. Keep that positive attitude," Kelly said on the "Weekly Slant."

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Oregon QB Bo Nix after 4-0 start to season: 'Jesus, thank you for these moments'

In a highly anticipated matchup that was the talk of the college football world, quarterback Bo Nix and his Oregon Ducks handed upstart Colorado its first loss of the season, 42-6.

Nix led the Ducks to touchdowns on five of their six first-half possessions to lead 35-0 at the half, and then added another touchdown on their first possession of the third quarter. The impressive performance landed Oregon at No. 9 in Sunday's AP poll.

A big reason for Oregon's 4-0 start to the 2023 season has been the play of Nix, a fifth-year senior from Pinson, Alabama, who spent his first three seasons at Auburn. He completed 28 of his 33 passing attempts for 276 yards and three touchdowns with one interception against the Buffaloes, and also added a



score on the ground.

Overall, Nix has connected on an astounding 79.4% of his passes this season for 1,169 yards and 11 touchdowns. Oregon is now ranked No. 2 in the country in total yards per game (570.8) and points per game (54.0).

When asked after his impressive outing

about competing against Colorado's defensive coordinator, Charles Kelly, whom Nix has known his whole life, Nix responded by mentioning his faith in God. "That's another God moment," he said. "He just ordains our steps. He puts us in situations all the time to where life comes full circle."

Following Oregon's decisive victory on Saturday, Nix posted on Instagram with a caption that quoted a Bible verse and a prayer:

"Be still and know that I am God. Psalm 46:10

"Jesus, thank you for these moments."

Nix also incorporates his faith in Christ into his game-day uniform. Noticeably, he wears an armband with a cross drawn on his left wrist, a bracelet that says "In Jesus' Name I Play" on his right wrist, and a

right thigh pad displaying the shape of a cross.

In his Instagram bio, Nix declares that "Jesus saves" and also cites his favorite Bible verse, Colossians 3:23. The passage reads, "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

Nix has been vocal about his faith in Christ even before he set foot on a college campus and garnered nationwide fame.

In 2018, while still in high school, Nix joined the Sports Spectrum Podcast and was asked about the message of Colossians 3:23.

"I think that's really important, understanding and knowing why you're doing what you're doing," Nix said. "You know that He gave you all the talent that you have, and doing anything else besides that

would disrespect Him in the long run."

Upon announcing his transfer from Auburn in December 2021, Nix again mentioned his faith.

"I don't know what the next chapter of my life looks like," Nix said in a video posted to Instagram, "but I do know that whatever it is, God has ordered my steps and He has a plan for me like He does for everyone else."

He's continued to stay unashamed about being a follower of Christ as he's fully settled into life in Eugene.

Thanks to his blistering start, Nix is vaulting himself up lists for Heisman Trophy consideration. He now has the fourth-highest odds, according to VegasInsider.com.

"At the end of the day, our ultimate goal is to win," Nix said.

DIABETES

continued from page 24

But to simplify, Anderson-Haynes says, for each meal, you should fill a quarter of your plate with complex carbohydrates "about the size of your palm." The same goes for protein. For the remaining half, fill it with fresh fruits and veggies.

If you have type 1 diabetes, your body doesn't produce insulin. So, you'll have to take doses of insulin through medications. In such cases, it's important to know how many grams of carbs you're exactly consuming to calculate your insulin doses. If this is the case, talk to a registered dietitian or your doctor about how to count carbs for your daily meals according to your body's needs.

Do Find Ways to Control Stress

When you're stressed, your body releases a bunch of hormones such as cortisol and adrenaline into your bloodstream. This activates your fight-or-flight response, but it also stops the insulin from working properly.

"You could be eating a healthy meal, but if you're extremely stressed, your blood sugar can go up several points," Anderson-Haynes says.

This can worsen your insulin resistance and increase your odds of diabetes-related complications. In fact, it can affect your mood and emotional health. This can then affect how you take care of yourself.

It's important to find ways to relieve your stress. Physical exercise can boost feel-good hormones in your body. You can also try mind-body techniques like deep breathing, meditation, yoga, mas-

sage, or tai chi.

If you feel stress is affecting your ability to manage your diabetes, tell your doctor about it. They might recommend or encourage you to speak to a licensed therapist or a counselor.

Do Take Care of Mental Health

"Diabetes burnout is a real thing, and people get so tired of taking care of their diabetes that they just don't want to do it anymore," Anderson-Haynes says. In some, burnout can trigger depression or anxious feelings.

If you're facing this, let your health care team know. Reach out to a mental health specialist such as a psychiatrist or psychologist for help.

If you tend to have an emotional response to food, making lifestyle changes to control your diabetes can be a difficult task.

"Emotional eating kind of comes in, you know, during holidays or at parties. You smell food, you look at the food on TV, and you want to eat. That's a trigger. That's not necessarily hunger. That's more like, 'I want to eat it because I see it,'" Anderson-Haynes says.

To tackle this, she says it's good get to know your hunger cues.

"A hunger scale is a great way of making sure you actually are truly hungry and to kind of put emotional eating on the back burner," Anderson-Haynes says.

This can include asking yourself things like: Am I feeling hungry? Did I eat enough? For example, if your stomach is growling within an hour of eating, she says it might just be a cue that you might not have eaten enough.

Do Get Plenty of Sleep

"When you don't sleep, blood pres-

sure goes up. Your blood sugar goes up, too. It all works together," Anderson-Haynes says.

According to the CDC, if you get less than 7 hours of sleep, it can make it harder for you to keep your blood sugar levels in check. That's because it can:

- Make you hungrier the next day
- Lower your ability to feel full. This might cause you to eat more calories than necessary.
- Make you more likely to eat unhealthy foods high in carbs and sugar, like junk foods and candies

To get restful sleep, try to go to bed and get up at the same time as much as possible. Avoid naps after 3 p.m., and stay away from caffeinated drinks later in the day. Put away your phone and other electronic devices before getting into bed, and keep your bedroom dark and quiet for better sleep quality.

Do More Physical Exercise

Besides strengthening your muscles and bones, research shows that exercise can help lower blood sugar and improve insulin sensitivity for folks with diabetes. This ultimately improves your insulin resistance and helps you control your body weight.

"Exercise can potentially improve your mood and sleep, too," Avadhanula says.

All forms of exercise and movement can improve your health. But experts have found that if you pair weight training with cardio workouts, it's especially helpful in lowering your blood sugar.

One study found that low-impact exercises like walking can help, too. In the study, when people with diabetes walked for 2 hours per week or more, their risk for heart disease dipped.

Don't Do It Alone

To manage your diabetes and keep your blood sugar levels in check, you'll need to commit to making big lifestyle changes, pay close attention to what you eat, and learn or remember a lot of new things along the way. For this, consistency is key. But the process might be overwhelming.

"This is a difficult journey," Avadhanula says. But a good support system can make a big difference.

"Pair up with a friend or a family

member that can keep you accountable. This could keep you motivated and positive, because going through this alone is tough."

You can also reach out to diabetes support groups near you or online. It can be a great way to connect with others who are going through similar issues, and to share tips, advice, and tools to manage your condition and your overall health.

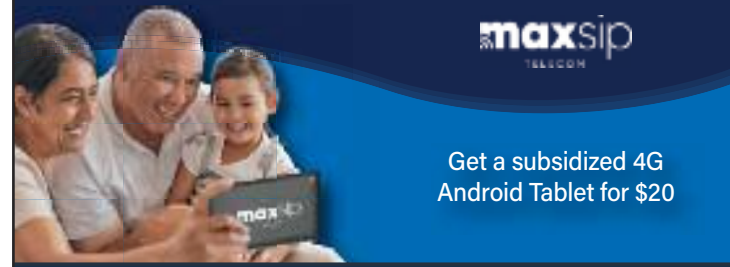
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- 2. CHRISTIAN CAVALRY MINISTRIES INT.**
Pastor Beaux Bryant
Call about new meeting location for current services.
785-224-5419 • www.church4bikers.org
Sun. School 9:30 am
Sun. Service 10:45 am
Wed. Prayer & Bible Study 7pm
- 3. TOPEKA BIBLE CHURCH**
1101 SW Mulvane St., Topeka
785-234-5545
Worship: 9:00 & 10:30 am
Livestream at 9:00 am
Sunday School & Bible Studies:
9:00 & 10:30 am
www.discovertbc.com
- 4. NORTHLAND CHRISTIAN CHURCH**
3102 NW Topeka Blvd., Topeka
286-1204
Worship Sun. 9:00 & 10:45 AM
www.northland.cc
- 5. INDIANA AVENUE CHURCH OF CHRIST**
"Grace has dispensed, because Grace has redeemed"
3510 SE Indiana Ave., Topeka, Ks. 66605
785-266-7788, www.Indianaavecofc.org
Bible University – Sunday - 9:30 a.m.
Classes for all ages.
Morning Worship – Sunday – 10:45 a.m.
Midweek Bible University – Wed. – 7pm
- 6. FIRST SOUTHERN BAPTIST**
1912 SW Gage, Topeka, KS
272-0443 www.fsbctopeka.org
Sunday Services:
8:30 AM Traditional Worship
9:45 AM Bible study—all ages
11 AM Contemporary Worship
- 7. TOPEKA BAPTIST CHURCH**
"Finding NEW LIFE in CHRIST"
Sunday Worship 9:15 & 10:45am, 6pm
~ Sunday School for all ages ~
4500 SW Gage Blvd., Topeka
785-862-0988
www.topekabaptist.org
- 8. WANAMAKER ROAD BAPTIST CHURCH**
"Being and making disciples of Jesus Christ by the power of the Gospel, to the glory of God"
2700 SW Wanamaker Rd., Topeka
(785) 272-9323 www.wrbctopeka.com
Traditional Sunday Worship 11am & 6pm
Sunday School 9:30am • Wed. Prayer 7pm

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

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

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

- 13. WANAMAKER WOODS NAZARENE**
3501 SW Wanamaker Rd • 273-2248
www.wwnaz.org
Sun. Worship: 9am (Hymns) & 11 am
Children's Worship 9 & 11 am
Sunday School 10 am, all ages
Sun. Evening Various Children's Programs
6 pm Life Groups; 6:30 pm Teen Service
Wed. 6:30 pm Adult & Teen Life Groups
Wed. 6:30 pm Kids University
~ Nursery care at all services ~

- 14. OPEN ARMS OUTREACH MINISTRIES COGIC**
1 (785) 232-3463/+1 (785) 217-5560
Sunday School 9:30, Worship 11:00
In person or conference call:
(712) 770-4749 / 583229
Bible Study Tue & Wed conference call
2401 SE 11th St., Topeka KS 66607
Supt. S. C. Mitchell, Pastor

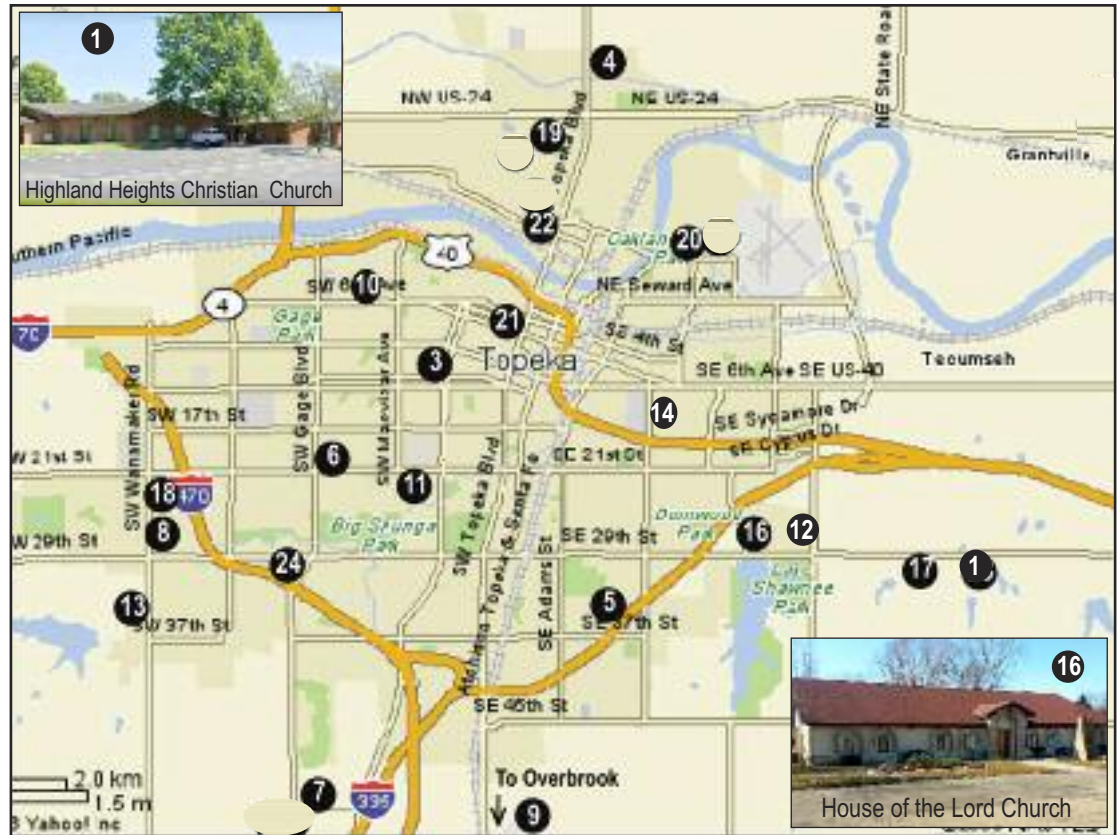
- 16. HOUSE OF THE LORD CHURCH**
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- 17. EAST SIDE BAPTIST CHURCH**
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Sunday Evenings at 5:30pm:
• AWANA
• Student Ministries
• reJengage
www.esbcks.org

- 20. HERITAGE BAPTIST CHURCH**
1937 NE Madison St,
Topeka, KS 66616 • 785-506-4594
Pastor Dale Stockburger
Sunday Worship: 11 am and 6pm
Sunday School: Sun 10am
Wed. Evening Worship: 7pm

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

- 22. FAMILY OF GOD CHURCH**
1231 NW Eugene St.
Topeka, KS 66608
Pastor Roger Randel
Sunday School 9am; Worship 10:30am
Wednesday Bible Study 7pm
785-234-1111

- 24. TRINITY REFORMED BAPTIST**
FOGchurch.com
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Pastor Bob Spagnuolo 785-273-3506
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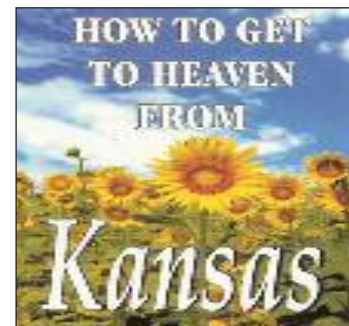
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life, 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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