Topeka/Lawrence EDITION
The Area's Most Complete Event Guide

GOLD CITY QUARTET Page 16

metro VOICE

FREE! TAKE ONE!

3 Things to Know about "Sight" Pg. 24

CELEBRATING FAITH, FAMILY AND COMMUNITY IN NORTHEAST KANSAS

Now in our 18th year!
VOLUME 18 • NUMBER 10

June 2024

VISIT US AT facebook/metrovoicenews or metrovoicenews.com

TO ADVERTISE, CONTRIBUTE, SUBSCRIBE OR RECEIVE BULK COPIES, CALL 785-235-3340 OR EMAIL VOICE@COX.NET

NEW RESIDENT churchguide

Harvest Family Fellowship

See inside back cover!

Getting Off the Highway to Hell

In 1979 the rock band, AC/DC released their best-selling album, Highway to Hell, which is getting renewed interest these days. The blunt lyrics from title track say, "Don't need reason, don't need rhyme, ain't nothin' that I'd rather do, goin' down, party time, my friends are gonna be there to, I'm on the highway to hell." The album sold 7 million copies, and lead singer Bon Scott died of alcohol poisoning at the end of the album tour.

Some, like AC/DC, sing about hell in a jesting manor, while others address it with serious questions: "Is it real?" "What is it like?" "Who goes there?" "How does someone avoid hell?" Growing up, I was in church all the time since my dad was a pastor, and when I came to hear about hell, it scared me. Yet, I never asked my dad or anyone else about it, I just buried my questions and kept living my own way.

For many, when they contemplate hell, the very existence of it seems unjust. Why would God create such a place of eternal

■ Please see HIGHWAY page 2

Topeka Pools & Aquatic Centers are now open

It may not be officially summer yet, technically speaking, but it feels like it in Shawnee County with the pools and aquatic centers all officially open! Grab a towel and some sunscreen and go make a splash!

• Aquatic Center operating hours are Noon-7 p.m., daily.

• Pool operating hours are Noon-5 p.m., daily.

• Adventure Cove operating hours are 11:30 am-7 p.m., Thur.-Mon

The Adventure Cove opened in 2017 with themed paddle boats, the resumption of canoe and kayak rentals at the lake and the introduction of paddle board rentals.

■ Please see POOLS page 3

Kids ride free on buses until Aug. 15

The popular Kids Ride FREE! promotion by Topeak Metro bus service began May 15 and continues through August 15, 2024. Youth ages 18 and under can ride the fixed route buses at no cost.

No IDs are necessary when boarding, however, bus operators reserve the right to request proof of age for older youth. Youth under the age of five are encouraged to have a supervising adult accompany them if possible.

"This initiative is in its eleventh year now," said Keri Renner, Topeka Metro director of marketing & communications. "Not only does it help parents with getting their children to summer

■ Please see BUSES page 3

What is the middle-class income range in Topeka and Kansas?

In a recent study, Kansas ranked 34th in the U.S. for middle-class income. The state's middle-class households have an income range of $45,945 to $137,850. The median income is $68,925.

Nationwide, Mississippi had the lowest-earning middle class with a range of $35,142 to $105,438. New Jersey had the highest with a range of $64,224 to $192,692.

In Topeka, the middle-class range is $33,803 to $101,418. The median household income is $50,709

The study, done by SmartAsset, used Pew Research's definition of middle income to determine what is considered middle class in 345 U.S. cities.

Across all 345 cities, the range was $51,558 to $154,590. The median household income was $77,345.

To read the full report, visit smartasset.com/data-studies/middle-class-2024.

These tips help allergy sufferers

Allergy season is in full swing in Missouri and Kansas, as plants continue to bloom and release pollen. Allergy season typically runs from around March through October. Tree pollen dominates in spring, grass pollen in summer and ragweed pollen in late summer to early fall and Accuweather says we're in the bullseye.

"Unfortunately, when you get outside, it can be a miserable time for a lot of folks," said Dr. Ravi Johar of United Healthcare. "They can get what's called seasonal allergies, allergic rhinitis and that sort of thing. In fact, about 50 million Americans suffer from allergies like that. That costs over $3 billion in medical costs per year."

Pollen primarily is caused by trees, grasses and weeds. Johar recommends that allergy sufferers limit their time outdoors, use air purifiers indoors and treat symptoms with antihistamines and decongestants.

"We're really talking about things like all the outdoor triggers," he said. "Things like tree, grass and wheat pollen. Those would start to increase as all those plants are growing, and when we have dry, windy days, that spreads the pollen everywhere and so you have much, much higher pollen counts."

Medication can help alleviate symptoms.

"Things like pseudoephedrine (Sudafed), which can help provide temporary relief from nasal stuffiness," Johar told Missourinet. "You know, those are different nasal sprays also that can help. From that there are combination medications that combine both antihistamines and decongestants. If those over-the-counter ones don't work, it's probably really the time to start talking to your doctor to see if there's any prescription medication that you may take."

He also recommends running the air conditioner in the home and car to keep pollen outdoors. Johar also said to try to avoid leaving clothes out to dry on a clothesline, because they can collect pollen.

Vince "Moses" Bateman has been seen recently in his prayer tent, set up on N. Topeka Blvd, across from Pepsi. A local backer has donated the use of the land to Bateman, as well as two billboard signs back-to-back right above his tent. Bateman works full time, but can be seen many days during drive-time in the evenings. He also dresses in his Moses outfit while visiting senior living facilities to teach the Bible, and in local parades.

HIGHWAY

continued from page 1

darkness and torment? Some might consider hell a perfect place for people who have done the most heinous acts one could imagine, but not for most people, who are viewed as generally good. And the idea of hell seems confusing, when the majority of preachers talk about how loving God is, which seems incompatible with the biblical doctrine.

To understand the very concept of hell, we need to go back to the beginning. God is the Creator of all mankind. It is written, "God created man in his own image." (Genesis 1:27) This means some of the qualities God has, He made within us. Take justice as an example. If you look across all cultures, races, ethnicities over the span of time, they all have laws in which to operate their societies, and all have some type of justice system for violating the laws. However, the justice of mankind is sometimes unjust. Why? Because as humans we are imperfect, and consequently, the world's judicial systems do not always get it right, and in some cases, can be corrupt.

However, God is not like us. He has a perfect judicial system, because He is perfect, and applies His law and exercises justice without bias or favoritism.

The very reason for the creation of hell is the display of God's perfect divine justice. Jesus once stated how hell was originally an "…eternal fire prepared for the devil and his angels." (Matthew 25:41). Since God's enemies violated the laws of heaven, He carried out justice upon them. Therefore, when mankind began to rebel against the Lord by violating His laws – the arm of God's justice reached down toward us too.

Because we have fallen short, God has the legal authority to sentence us to hell, rightly exercising His divine justice. But in the midst of God's heavenly courtroom, something curious is spotted. His mercy. It is noticed when a peculiar person walks through the door. The Judge says to Him, "Hello Son. Welcome and take a seat." His name is Jesus.

God's only Son was sent from heaven to earth to die and rise again for the injustices of mankind, for they violated His divine law. Jesus willingly gave Himself to suffer the punishment for mankind's wrongs. The wrath of God that should have been poured out on us, was done so on Jesus – who was perfect and without sin. It is written, "For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God…" (1 Peter 3:18)

Because of Jesus, everyone has the opportunity to escape the judgement of God and receive His mercy. Today, come out of the darkness and into the Light of Life. Turn from your disobedience and trust in Christ. Hear your Creator's call. Exit off the highway toward hell and welcome His marvelous grace and mercy.

A prayer for you – Lord God, I pray the eyes of people will be open to the reality of hell. Bring people to place their faith in you, that they would avoid such darkness, and be brought into the Kingdom of your beloved Son. In Jesus' name. Amen.

-Clint Decker is the President of Great Awakenings. Please share your comments at cdecker@greatawakenings.org and follow his blog at clint-decker.blogspot.com. Learn about Clint's ministry trip to Kenya in June. Go to greatawakenings.org.

COSMOS COURT
EVERYTHING UNDER THE STARS
- TOPEKA'S COMMUNITY CELEBRATION CENTER
- DOWNTOWN TOPEKA'S FOOD COURT
- A MAKER SPACE FOR FOOD AND FUN
- UNFORGETTABLE EVENTS & EXPERIENCES
- A GREAT PLACE FOR FAMILIES
- INCREDIBLE PIZZA
- OPEN FOR LATE NIGHT EATS
OPEN 11A-11P
CLOSED SUNDAY
SCAN ME
WWW.COSMOSCOURT.COM
909 S KANSAS AVENUE—DOWNTOWN TOPEKA

KC museums abound with special exhibits for family fun this summer

With the school year over parents are looking for ways to entertain their kids this summer. Many local museums are offering special exhibits that are educational as well as fun.

The Truman Library Institute is planning to transform the grounds of the Harry S. Truman Presidential Library and Museum, making it a national heritage site. Leaders plan to add walking trails, war memorials, a monument sign, landscaping and improve the memorial courtyard.

The Kansas City Museum opened Elixir, its posh soda fountain, to the public this year. The museum is partnering with local restaurants and coffee shops for Elixir's menu. After finishing renovation of Corinthian Hall in 2021, the Kansas City Museum is also now working with architects to restore the Carriage House. It will include a new weathervane, a SkySpace and the JewelHouse.

The Kemper Museum of Contemporary Art is celebrating its 30th anniversary this year with a new exhibit, "New Acquisitions," highlighting pieces it has acquired since 2022.

The Missouri Model Railroad Museum in Independence will hold its soft opening on National Train Day, with a grand opening on the horizon. The museum, in the Waggoner Gates Mill, will tell the history of railroads in the state and region, featuring model displays, artifacts and more. Meanwhile, the National Frontier Trails Museum, which used to be located in the Waggoner Gates Mill, is temporarily set up in the Truman Memorial Building as it awaits a new, bigger facility.

The Black Archives of Mid-America Kansas City is celebrating its 50th anniversary this year. The nonprofit collects and preserves materials on black history in Kansas City, making them available as a resource to the community. The organization recently received and dedicated a 12-foot mural of H.W. Sewing, founder of Douglass State Bank, the first black-owned bank in Kansas. It's now on display.

The National Museum of Toys and Miniatures opened a new exhibit, "Art of the Imagination," featuring creative pieces to challenge the viewer to reconsider the ordinary as extraordinary. The museum also will offer a three-day children's camp this summer, encouraging imagination and creativity with museum artists and staff.

The National WWI Museum and Memorial already unveiled a slew of upgrades, but the work doesn't stop there. The museum has more projects ahead into 2025. It now is offering 3D virtual reality experiences, including one that will transport guests to the Western Front of WWI. Museum leaders also are putting finishing touches on the "In the Trenches" displays, making them more interactive. This year, the museum also plans to add a new field hospital display, an immersive film projected on a battle crater and more.

The Negro Leagues Baseball Museum recently announced it will become the new home to the cleats from a vandalized Jackie Robinson statue. The statue made headlines earlier this year when it was stolen from a Kansas park, leaving only the base and cleats remaining. The cleats will be on display as part of the museum's Jackie Robinson exhibit, as the NLBM works to teach fans about the pioneers of black baseball.

The Rabbit hOle in North Kansas City is bringing children's literature to life. The museum already is making national headlines, and its grand opening celebration sold out. Leaders already are working on new exhibits and updates, because two more floors of the building are waiting to be filled in the future.

Science City is celebrating its 25th anniversary in 2024. It just unveiled a new robotics-themed exhibit and is working on another new illusions experience.

Union Station will host "Disney100: The Exhibition," which opens on May 24. Kansas City is one of the first three cities to host the historic North American tour. The exhibit features more than 250 artifacts, props and costumes spanning 10 galleries.

The 21c Museum Hotel is about to open its newest art exhibit, "The Future is Female," and it's free for the public to explore. The new exhibit highlights contemporary definitions of female identity and experience through the works of feminist artists.

POOLS

continued from page 1

Aquatics information including a list of facilities, admission prices, swim lessons and rentals may be found online at parks.snco.us.

In addition to regular swimming hours, SCP+R offers an expanded array of aquatic fitness classes, Water Walking at Shawnee North Family Aquatic Center and lap swimming hours at Blaisdell Family Aquatic Center.

The popular pool punch-passes are once again available. The passes are a less expensive alternative to paying full admission at the gate.

BUSES

continued from page 1

school, summer camps, or the pools, but it can also help teens traveling to a job if it's on one of our bus routes. It's also an opportunity for youth to learn to navigate public transportation, which they may use in the future.

Maps and time points for routes are posted on Topeka Metro's website and are in all Topeka Metro shelters. For faster service, use the DoubleMap app on a mobile phone which will show in real-time when the bus will arrive. Topeka Metro hours of operation are Monday through Friday - 5:40 a.m. to 6:40 p.m., and Saturday - 8:30 a.m. to 6:40 p.m.

For questions or help with trip planning, call Topeka Metro Customer Service at 785-783-7000. Topeka Metro's website is www.topekametro.org.

C5Alive Power Luncheon to feature restaurant owner & caterer

The May C5Alive POWER Luncheon will be held on the 9th at Harley Davidson, and will feature Anthony Blanco, a business coach and trainer.

Hopper

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.

Upcoming luncheon dates are June 13th featuring Sylvia Hopper and July 11 featuring Barry Feaker

C5 also hosts other periodic events, including EASTERFEST, the annual Topeka Easter Parade and Fun Fair, held on N. Kansas Avenue and at Great Overland Station on the day before Easter.

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 joining this Spring.

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

"OLDEST COMPANY, LOWEST PRICES"

HUTTON MONUMENTS, INC.
201 SW Topeka Blvd
785-354-7005
huttonmonuments.com

Hutton MONUMENTS
SERVING KANSAS SINCE 1873

Since 1987 with 7 locations

150 years

Prices You Can Afford

Chapel Oaks Cremation & Funeral Services

Susan Pettit Hutton
Asst. Funeral Dir.

235 SW Topeka Blvd
785-783-7753
chapeloaksne.com

Letters from 'Daisy' - No. 11

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.

#11… My story continues.

In my last article I had lost a considerable amount of weight and was taking steps to not only lose more weight but also strive for an increase in overall health and well-being. I was exercising every day and paying very close attention to everything I ate.

However, in the past I have tended to exaggerate and become quite obsessive to such behavior. Before I set out on this journey I had a fractured left leg at the knee. I believed to keep up the weight loss and the positive changes I was experiencing, I needed to go above and beyond. So, I felt I needed to perhaps do more than what was safe for both my body and mind.

For months I would wake up while still dark and force myself to do no less than two hours on the treadmill. Nothing short of that would be good enough for me. If I were in pain, I made myself push through. If I ran out of time, I got up earlier. If I fell short of my two hours, I was upset and disappointed and would beat myself up the rest of the day.

I was able to keep up with my two hours a day for close to three months. However, these months of what I would call forced exercise, began to get painful. But I wouldn't let myself slow down until my knee physically began to give out on me.

I remember one morning I was three minutes short of two hours and I was furious with myself. I tried to get those last three minutes, but I was physically unable to stand up on the treadmill. Those three minutes literally ruined my entire day. I was sure I was going to gain weight and ruin all I'd worked so hard for.

Over the past three weeks, my knee has not allowed me to maintain my two-hour exercise regimen. This made me feel like a failure, a loser, and most importantly a huge disappointment. With the help of my therapist, I had to face the fact that my obsessiveness had physically damaged my knee. I had to learn to be okay with doing less.

So just in the past week, I've had to cut back to an hour a day. This has been quite difficult for me to handle. I fear an hour will not be enough to maintain the weight loss I want and will eventually stop or even lead to weight gain. This thought makes me very panicky. I have worked too hard for too long to see my progress slow or cease.

So where do I go from here? I go day by day and do the very best I can. I'm bound to have good days and bad days. However, I can't let it ruin my every day. If I don't let it get me down, don't let myself give up, and don't give in, my progress will continue, and I'll continue to succeed. When it comes to my body, I must listen to what it tells me. If I fall short of my daily hour, I must not let it ruin my day and life. If my knee won't let me go any further, I must accept that physical limitation. If I push my knee too much, it could come to pass that I am unable to exercise at all. Then what?

It's a daily struggle trying to be reasonable about what I can do. If I exercise responsibly and continue to watch what I eat, I feel confident that I will not only continue to see success but continue to see the pounds melt off and my confidence rise. So, I'll keep doing what I am, and can, and I will give you an update next month.

More to come…

–Daisy

Youssef dispels misconceptions about heaven

Many Christians have a poor understanding of what heaven will be like, according to evangelist and author Michael Youssef.

In fact, views of heaven are often instilled by romanticized visions like Baciccio's 1685 work, "The Apotheosis of St. Ignatius," which hangs in Rome.

"I've found there's so much confusion about the whole concept of heaven," the pastor of the Church of the Apostles in Atlanta told "The Christian Post." "Even in the church, there are those who don't want to know about it; they don't want to talk about it because they think it's a bad omen. They think they're going to die or because they really don't know enough about it. And yet the Bible is very clear; there are so many teachings in the scripture about heaven and the importance of heaven for this life."

In his new book, "Heaven Awaits: Anticipate Your Future Hope, Your Eternal Home, Your Daily Reality," Youssef tackles the apprehensions and doubts that many harbor about the afterlife.

"We're not going to be sitting on the clouds doing nothing; we're going to be working," Youssef said. "We'll be serving Jesus, we'll be reigning and ruling with him. That is a concept that if people really grasp, they will start working on purifying their lives, because this is a dress rehearsal.

"There are not going to be carnal individuals in heaven; there will be men and women, boys and girls, who love Jesus. I tell people heaven is all about Jesus. And if you reject Jesus here or if you're not walking with Jesus here, how in the world are you going to be with him face to face for all of eternity?"

At the heart of his book is the biblical idea that heaven is not just a distant future reality but a present-day truth with profound implications for how a believer lives here and now. He challenged the notion that a focus on heaven detracts from earthly living, echoing the sentiments of C.S. Lewis, who famously asserted that those who are most heavenly minded are often the most effective in this life.

"Think about it: My whole motive for living and serving in ministry is that I'm going to be with Jesus and hear from his lips, 'Well done, good and faithful servant,'" he said. "It couldn't get any better than that. Heaven should motivate us here and now. Heaven is for our living today. I want that message to go across the Christian church."

SMJ SHANE M. JONES & ASSOCIATES, P.A.
COUNSELING YOU CAN TRUST
Areas of expertise:
• Marriage & Relationships
• Depression • Addictions
• Anxiety • Grief-Loss
• Adoption • Foster Care
2708 N. Topeka Blvd., Ste. 202
Topeka, KS • 785-266-7732
5040 Bob Billings Parkway, Ste. B
Lawrence, KS • 785-832-8838
www.shanemjones.com
MasterCard VISA

FOXCRAFT CONSTRUCTION EXCAVATION
785-289-8494
• Remodeling • Kitchens • Baths • Garages
• General Excavation • Lot Drainage • Building Pads
FoxCraft Construction and Excavation
www.fox-craft.com • 785-289-8494

metro voice
metrovoicenews.com
Check Out Our Newly Redesigned, Mobile-ready Breaking-news Website.

Indiana farmer cares for red heifers brought to Israel from Texas

SHILOH, Israel —When a small conference was held this spring in Israel's biblical heartland on the laws related to the red heifer, both Hamas and Hezbollah posted the ad for the event on their Telegram pages.

Just months earlier, a Hamas spokesman in Gaza had chosen the 100th day of the Israel-Hamas war to cite the relocation of five red heifers to Israel from the Lone Star State as the reason for the Oct. 7 massacre.

"It seems like the whole world is talking about the red heifers except in Israel," said Moriyah Shapira, a spokeswoman for Ancient Shiloh, the Samaria region where the biblical Tabernacle once stood. And which, for the last six months, has also served as the home of the select reddish-brown ginger calves which are theologically prerequisite to the rebuilding of the Jewish Temple, raising interest and eyebrows in the Christian and the Muslim worlds, respectively.

"They understood the importance of red heifers more than us," said Shapira.

When Indiana farmer Larry Borntrager, 76, first chanced upon the prized cows during a wartime trip to Israel last fall, his first thought was the state of their lodgings. The makeshift shed at the historical site was a far cry from the accommodations the animals had enjoyed when flown across the Atlantic first class as pet luggage two years ago.

"If they're going to be used for such a holy [purpose], then they should at least be presentable," he told JNS in an interview last week, recounting his first impressions of the heifers.

There and then Borntrager got to work. The retired farmer, who was raised on a dairy farm in northern Indiana, quickly made friends with the animals, cleaned their small shed, renovated the stalls and even installed fans ahead of the coming summer heat.

In the months since, he has become an inseparable part of their lives when he is in Israel, caring for them and checking in on them a couple times a week.

Three of the heifers to be bred

A new visitor's center is under construction at the site, where the curious will be able to watch a film about the history of the red heifers, according to Shapira. The center is slated to be completed this fall.

In the meantime, three of the five animals, who are routinely checked by a group of rabbis for any blemishes that would strip them of their ritual eligibility (such as two hairs of a different color), have been disqualified and will be bred in the coming weeks via artificial insemination to produce more promising offspring, she said.

An unusual journey

Feasting on hay and feed in their upgraded lodgings, the five affable calves, aptly named Tikva (Hope), Geula (Redemption), Segula (Virtue), Techiya (Rebirth) and Nechama (Comfort), were glad to see the sprightly Indiana farmer as he entered their barn Thursday. Borntrager knows them all by name, and keeps a small notepad in his shirt-pocket with sketches of each's distinct characteristics.

Borntrager, who is of Amish ancestry, is a Noahide, even declaring before a rabbinical court in Jerusalem that he observes the Seven Laws of Noah. It was this that allotted him special dispensation to care for the calves, if not as of yet a long-term visa to Israel.

His calling to Israel began back in the 1970s when he and his wife served as Mennonite missionaries in Central America. After the 1973 Yom Kippur War broke out, Borntrager says he was drawn to the Jewish state by what he terms an "inner calling." He recalled feeling elated when he heard good news about Israel and down when the news was bad.

He was spending time in Israel's Arava region with his wife and three sons in the 1980s when he first heard about the red heifers, and got connected with a dig in the Qumran caves looking for ashes of the ceremonies that took place over 2,000 years ago during the time of the Jewish Temples.

His plans to continue with the excavation were interrupted by the outbreak of the Israel-Hamas war on Oct. 7, 2023. Instead, he volunteered in an Israeli agricultural community near the Gaza border. It was during his visit to an Israel at war that he learned the red heifers he had first heard about a quarter-century earlier were actually in Israel; a friend took him to see them in Shiloh.

From the Lone Star State to the Jewish state

The calves, too, have had an unusual journey. Born in Texas to a special breed of cows known as Red Angus, they were only a month or so old when their owner connected with a group of people from Jerusalem who had put an ad out in a U.S. farmer's magazine in search of the elusive red heifer, which hadn't been seen in two millennia. They were offering a whopping $15,000 per cow (the going rate was $300-$1,000), according to Shapira.

After getting a deluge of replies, the group first conducted tests across the Atlantic via Zoom to see if the cows qualified before traveling to the Lone Star State to perform the intricate checks in person. One farm was of particular interest; the Christian owner told them by phone that he had indeed chosen the breed thinking that they could potentially serve in the Temple.

In the end, five female calves who because of COVID had not been branded—which would have disqualified them by religious law—were selected. Then, to circumvent restrictions on the import of livestock, they were granted special dispensation to fly to Israel as pets in first-class luggage.

Despite the stir their presence in Israel has created abroad, some say the idea that they would actually be ritually sacrificed is presently far-fetched, even if a small group of rabbis is now studying the relevant religious laws.

The enigmatic red heifer, or Parah Adumah, is first mentioned in the Book of Numbers, when God instructs Moses and Aaron to take "a perfectly red, unblemished cow, upon which no yoke was laid." The animal is subsequently slaughtered, and its ashes used in a purification ritual.

Such animals were rare even in antiquity. Jewish sources state that only nine were slaughtered in the period from Moses to the destruction of the Second Temple in 70 C.E. According to the 12th-century Jewish sage Maimonides, the Messiah will offer the tenth red heifer.

"This ceremony hasn't been performed for two thousand years," Shapira said, downplaying concerns of a religious war. "The idea is to be ready with what we can."

For now, the biblical quote, with a sample of the cedar wood and hyssop used in the ancient ceremony, are the only things on display outside their pen, and the calves seem destined both for longevity—and popularity as a tourist attraction after the war with Hamas ends.

For Borntrager, it makes no difference.

"This little thing I am doing is my contribution," he said. "It's most enjoyable for me to take care of them. I feel it's rewarding."

–By Etgar Lefkovits | JNS.org | used with permission

FINANCIAL PLANNING

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

davesays

That's a pretty good deal

Dear Dave,
I'm in college full-time right now, and my parents have been generous enough to pay for some of my school expenses. In addition, they let me live at home while I complete my degree. I work some nights and most weekends so I can go to school debt-free, but I'm trying to figure out how to move out on my own and continue working, while remaining a full-time student and attending career-related campus events. The cost of living is high in our area, so I'm having trouble figuring out how to make it all work. Do you have some advice?
— *Will*

Dear Will: You sound like a very driven and mature young man. Congratulations on everything you've been able to accomplish so far. I'm glad you're working hard in school with an eye toward the future. First off, out of the three considerations you mentioned — school, work, and cost of living — I think you need to decide which is your number one priority. If I were in your shoes, school would come first.
Now, to go to school without borrowing money, you're going to have to keep working. But finishing school on time, while attending some of the extracurricular events that will move you toward your career, might pre-empt work. You'll have to work enough to pay for things, but if you can finish school and hit your academic and graduation goals while staying at home just a little bit longer? That sounds like a winner to me. It's a pretty nice deal your parents are offering, but I can understand your desire to be out on your own, too.Next
Stay
I want you to be out on your own as soon as you can, as well. But if you do that right now, you're going to have extra bills and be forced to work even more. That's going to throw your entire school process out of whack. Guess what your number one priority was in that scenario? Right, moving out. If it's the tail that's wagging the dog, it has become the number one priority. If it's disrupting work, and thereby disrupting your academics, then in my mind you've put your focus on the wrong thing.
Your number one goal should be finishing school on time, while attending as many connected events as possible. Meanwhile, keep working enough so that you're able to continue doing all this debt-free. If that means you're staying at home a little bit longer to pull it off, I'd do it!
—*Dave*

Think, pray … and find your calling

Dear Dave,
My husband and I have been very blessed financially over the course of our lives. We make a little over $200,000 a year combined, and we currently have a net worth of around $4 million. But what do you do when you're not motivated by that kind of thing anymore? How do you find and live out God's purpose for your life, when you've already had a better life than you ever expected?
— *Amanda*

Dear Amanda: I can't tell you what your calling is, but I can say this. There's a lot of fulfillment and joy to be found when you're doing something that serves the people and things in your life that matter most.
If you've studied psychology a bit, you may remember something called Maslow's Hierarchy of Needs. Basically, it says once your physiological and safety needs have been met, you begin to feel the need to find other things to motivate you. It sounds like you're both hard-working, performance-driven people. I am, too. And people like us get our relaxation, and even fulfillment, away from work in different ways than most people.
If I were in your shoes, I'd start trying to think about ways you can serve other people or causes you care about. Maybe there were dreams you had a long time ago, and you put them aside for your career. What really speaks to you right now, at this stage of your life? For you, if you have kids in the house, it might mean becoming a stay-at-home mom and really pouring yourself into them. It might mean starting an animal shelter, or providing meals for people who are homebound. Everyone has dreams, and everyone's dreams are different.
It sounds like you've been thinking about this for a while, so here's my advice to you. Take a day, or even a weekend, all to yourself. Get away from everything and everyone—any and all outside distractions—and think about your future self. Bring along things to eat and drink, a bunch of notepads, pencils and a Bible. Then, before you do anything else, take a deep breath, relax and pray.
From that point on, be completely honest with God and with yourself. Open up your heart and mind to things you care about and all the possibilities. You have to have a goal that's worthy in mind, and that's the one thing that's missing. But a time of thoughtful prayer—and yes, even daydreaming—may just put you closer to an answer than you've ever been before.
Congratulations on your success, Amanda. You and your husband truly have been blessed. But now, it may be the time to become a blessing to others!
—*Dave*

A Safety Net, Not a Hammock

Dear Dave,
My wife and I have three young daughters. Is there a Baby Step for weddings? We didn't see one in your plan, but I was wondering if it was included in any of the other Baby Steps.
Cedric
Dear Cedric,
This is a really good question. I'm glad you're thinking about the future and planning accordingly.
I don't have a specific Baby Step for weddings. If I did, it would probably come after Baby Step 5, which is setting aside a college—or trade school fund—for your kids. Maybe you could look at it as Baby Step 5b. Once you have retirement, education savings and extra house payments underway, you could start putting aside a little something for weddings.
Don't get me wrong, weddings are special. You absolutely should mark these kinds of milestones with a celebration. But a wedding is only a one-day event. And to be blunt, a good education is more important than a fancy wedding. This idea may not make me popular with some folks, but it's the truth.
Maybe this is the dad in me coming out, but if I had to choose between paying for more education and paying for big weddings, I'm going to pay for school every time. Besides, there's no correlation whatsoever between the size and/or cost of a wedding, and the happiness and success of the marriage.
Good luck, Cedric!
God bless you all!
— *Dave*

** Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of The Ramsey Show, the second-largest syndicated talk radio show in America. He has appeared on Good Morning America, CBS Mornings, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people regain control of their money, build wealth, and enhance their lives. He also serves as CEO of Ramsey Solutions.*

NATIONAL DEBT RELIEF

BECOME DEBT FREE IN AS LITTLE AS 24-48 MONTHS

If you owe more than $10,000 in credit card or other unsecured debt, see how National Debt Relief can help resolve your debt for a fraction of what you owe.

Call today:

+1 (844) 954-5013

A+ rating

How to Protect Yourself from Financial Fraud

By Jim Hanna

Hanna

In 2023, Americans reported they were the victims of more nearly $10 billion in financial fraud1. With fraud increasing in frequency and intricacy, investors must stay vigilant about protecting their financial security. Here are six steps you can take to help protect yourself:

1. Actively avoid scams. The best advice for bypassing fraud involves a series of don'ts. Don't pick up calls or respond to texts from numbers you don't recognize. If your bank leaves a message, return the call only after double-checking you have the correct number for your financial institution. Don't click on links or download documents unless you are certain of the source. Don't provide account information over the phone, email or social media.

2. Look for red flags. Typos, grammatical errors and unusual return email addresses are giveaways of phishing emails. Scammers often use a fake address that mimics the address of a trusted source. To "unmask" the sender, hover over the visible address to reveal the real source. Additionally, be wary of investment scams that promise sky-high returns. If your gut is telling you it's too good to be true – it probably is.

3. Monitor your accounts. Check account transactions and balances frequently to keep an eye out for suspicious or unauthorized charges. If you do not recognize an expenditure or suspect fraud, contact your financial institution immediately. If available, activate alerts to receive immediate notification of suspicious activity on all bank accounts and credit cards. As an added precaution, request a free credit report annually from the three major credit bureaus. Review your report to spot any changes in your credit rating or unauthorized applications for credit.

4. Manage your passwords. The security of your accounts is only as good as the privacy of your passwords. Security experts recommend updating important passwords regularly (every three to six months) or sooner, in case of a data leak. A strong password is long, randomized and unique. Consider using a password manager, which securely stores and completes login fields.

5. Take advantage of two-step verification. With two-factor authentication (2FA) activated, your user ID and password will prompt a request for your phone number or email. You'll receive a unique passcode to complete the login process. This extra layer of security makes it much more challenging for bad actors to hack into your secure accounts. If your password is compromised, 2FA creates one more barrier to entry.

6. Avoid public Wi-Fi. Most public Wi-Fi sources are insufficiently secure. As a result, cyber criminals often hack into public Wi-Fi in search of financial information to exploit, such as passwords, account numbers or personal data. If you must rely on public Wi-Fi, use a virtual public network (VPN) to protect your connection. If you don't have access to a VPN through an employer, download and subscribe to a reputable network so you can safely access Wi-Fi when away from home.

It is important to remain vigilant. Pay attention to reports of fraud in the news and take note of new ploys to avoid becoming a victim. Know that there are many resources available to protect your financial accounts and security. A financial advisor can help you understand the best measures to put in place to protect your financial information.

1 Federal Trade Commission-Consumer Sentinel Network Data Book

****

Jim Hanna, CFP®, MBA, CKA®, is a Private Wealth Advisor and Certified Kingdom Advisor® with Heart Financial Partners a private wealth advisory practice of Ameriprise Financial Services, LLC. in Topeka KS. He specializes in fee-based financial planning and asset management strategies and has been in practice for over 25 years.

To contact Jim, call (785) 358-6278 x19, 601 S. Kansas Avenue, Topeka, KS 66603, or ameripriseadvisors.com/james.c.hanna.

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and CFP certification mark (with plaque design) in the U.S.

Ameriprise Financial is not affiliated with any religion or faith-based financial advisor organization.

Investment products are not insured by the FDIC, NCUA or any federal agency, are not deposits or obligations of, or guaranteed by any financial institution, and involve investment risks including possible loss of principal and fluctuation in value.

Securities offered by Ameriprise Financial Services, LLC. Member FINRA and SIPC.

© 2022 Ameriprise Financial, Inc. All rights reserved.

Jim Hanna, CFP®, MBA, CKA®
Private Wealth Advisor | Certified Kingdom Advisor®
Heart Financial Partners
A financial advisory practice of Ameriprise Financial Services, LLC
785.357.6278 x19
601 S Kansas Ave, Topeka, KS 66603
james.c.hanna@ampf.com
ameripriseadvisors.com/team/heart-financial-partners

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and CFP (with plaque design) in the U.S. Ameriprise Financial is not affiliated with any religion or faith-based financial advisor organization.
Ameriprise Financial Services, LLC. Member FINRA and SIPC.

Ameriprise Financial

K. KIRK NYSTROM, Attorney

Wills • Powers of Attorney
Estate Planning • Probate • Trusts

• Free Parking • Emergency Hospital Visits
• Evening & Saturday Appointments

We've Moved Upstairs!

"30+ years Experience"

112 SW 6th Avenue, Suite 509
Topeka, Kansas 66603

785-235-6977
k.nystrom@att.net
www.nystromlaw.net

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

Helping families plan for the anticipated and the unexpected since 1971

Call today for your no-obligation consultation!
(785) 266-6002
www.lordsfinancialplanning.com

Lord's Financial Planning

Securities and investment advisory services offered through Gradient Securities, LLC (Arden Hills, MN 866-991-1539). Member FINRA/SIPC. Gradient Securities, LLC (a SEC Registered Investment Advisor) offers investment advisory services under the d.b.a. of Gradient Wealth Management. Gradient Securities, LLC and its advisors do not render tax, legal, or accounting advice. Insurance products and services are offered through Lord's Financial Planning. Lord's Financial Planning is not affiliated with Gradient Securities, LLC. James R. Lord, LORD'S Financial Planning, and Gradient Securities, LLC are not affiliated with or endorsed by the Social Security Administration or any government agency. Exclusive rights to this material belong to GPS. Unauthorized use of this material is prohibited.

Celebrate SUMMERTIME in Downtown Topeka!

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

Taking chocolate to a new level

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

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

that explode with flavor.

Lately, Nick has been making handcrafted chocolate from cacao (coco beans) that import from around the globe. Much like fine wine, each cacao origin produces a unique flavor profile in the finished chocolate.

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

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

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

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

When you need a break

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

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

Local favorites are still available, like the Turkey Lurkey and house made Cranberry Almond Chicken Salad for lunch. Fresh salads, wraps and tasty paninis make it perfect for casual dining.

Daily house made specials keep it fresh and exciting. Check out the menus online at www.juliscoffeeandbistro.com. You can order and pay online and then pick up, or use Eatstreet delivery.

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

Leather and more

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

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

It all starts with full grain leather items made in his studio, or from other artisans he has partnered with. Belts, bags, journal covers, catch-all

and game trays, wallets, keychains, pouches, purses, and more.

Mingus didn't stop at leather. He partners with George's Pen Creations and has jewelry from Kamama Designs, candle makers like Beauty from Ashes, and other artists. Mingus Leather Studio is a place to find unique, useful and beautiful items that bring a smile, and build businesses and families. There is something for everyone on your gift list here and you may even need to splurge on something for yourself.

Doug also does repairs on all kinds of leather items.

Diamonds are Forever

You'll find many specials and gift ideas at David's Jewelers, 623 S.

SUMMERTIME *Memories, Events, & Fun!*

Check out these upcoming Summertime Events & Activities Downtown!

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

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

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

Pancakes and more

Hanover's Pancake House at 1034 S. Kansas Avenue has been a local favorite since 1969! With a wide variety on the menu, and friendly service, it's a great place to stop for breakfast, lunch or brunch! They are also fameous for the pork tenderloin sandwich, and it is huge!

With the friendly service and generous portions, you won't go away hungry!

There are so many other unique shops donwtown you won't believe it! Don't stop with this incomplete list! There's plenty more to discover in Downtown Topeka this summer! Don't forget to check out the Capitol Building and the many statues on the grounds there.

Bring a friend, or the family, and rediscover the joy of hanging out downtown!

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

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

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

LIVE @ LUNCH – Wednesdays; 11am-1pm, Evergy Plaza downtown. Live music, food trucks, yard games & more.

EATS & BEATS – Every Thursday through Sep. 14, 6:30pm-8:30pm, Evergy Plaza. Bring lawn chairs. Food trucks, beer gardens.

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

DOGGIE DATE NITE – Jun. 8, 5-7pm at Evergy Plaza. Enjoy a night out with your pup!

FAMILY MOVIE NIGHT - ELEMENTAL - June 11, Evergy Plaza

FRIDAY FLICKS: THE LITTLE MERMAID – June 14, 8pm, Evergy Plaza

FAMILY NIGHT AT COSMOS COURT – June 4, 5pm, Cosmos Court, 909 S. Kansas Ave. Every Tuesday night is family night – Pizza, salads, hot dogs, and more! Also table games, etc.

JUNETEENTH PARADE – June 10, 11am-3:30pm, Evergy Plaza. Registration forms @ www.tffjc.org. Rodney Harmon 785-224-6525 or Chris Ware 785-806-2755

7TH ANNUAL SUNSHINE REGGAE ROOTS FESTIVAL – June 29, 4pm-12, corner of 8th & Jackson streets outside of The Celtic Fox. Featuring national,regional, and local Reggae and Ska bands, DJ's, Food Trucks, Arts & Crafts vendors, a kids corner, swag giveaways, and more! $15 ADMISSION, *kids 10 & Under free. GATES OPEN AT 4PM. *For vendor or sponsorship opportunities please contact Sunshine: sunshinegmblue@gmail.com

FIESTA TOPEKA - MINI FIESTA - July 6, Evergy Plaza. Kick-off to Topeka Fiesta!

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

David's Jewelers
623 South Kansas Avenue ~ Topeka, Kansas ~ Since 1968

Where *quality* and *affordable* prices are a *family tradition.*

Serving Downtown Topeka since 1968, David's Jewelers still considers quality to be a family tradition. They offer custom designed jewelry because each customer is one of a kind. They also offer in-store jewelry, watch and clock repair.

"We will be glad to help you find that special gift, from $20 and up!"

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

(785) 234-4808 • davidsjewelerstopekaks.com

For Breakfast and Lunch it's...

1034 S. Kansas Avenue - (785) 232-1111
www.hanoverpancakehouse.com

Hanover Pancake House...need I say more?

opinion

Got an Opinion? Share it with the Metro Voice!
go to facebook/MetroVoiceNews, or email Voice@cox.net

metro VOICE

MANAGING EDITOR

Lee Hartman
LHartman3@cox.net

CONTRIBUTING EDITORS

Nick Hartman, Dwight Widaman

ADVERTISING CONSULTANTS

Lee Hartman
785-640-6399
Voice@cox.net

NEWS & FEATURES

Carolyn Cogswell, Rob Mooney, Alan Goforth, Clint Decker, Michael Foust, Dwight Widaman, Lee Hartman

LAYOUT & DESIGN

Joe Boothe, Lee Hartman, Dwight Widaman

Metro Voice is published monthly and serves the communities of Topeka, Lawrence, and other communities in NE Kansas. It is available primarily by bulk and subscription distribution to over 400 locations, including grocery stores, churches, schools, restaurants, bookstores, libraries, businesses and other retail outlets. Written materials submitted become property of Metro Voice. The content of this publication, including all stories, advertising or other graphic symbols, may not be reproduced in any way, for commercial purposes or added to any web site without the express permission of Metro Voice. Advertising in MV is open to anyone wishing to reach the Christian community or the family market with family-friendly advertising. MV reserves the right to refuse any advertising. Metro Voice is a member of the Christian Newspaper Association.and the Evangelical Press Association.

CNA EPA EVANGELICAL

CONTACT INFO

Offices: 2611 SW 17th St.(by appt.)
Correspondence & Payments:
P.O. Box 5724, Topeka, KS 66605
Phone/Fax:. 785-235-3340
Voice@cox.net
MetroVoiceNews.com
facebook.com/metrovoicenews

Still chasing idols: What Paul on Mars Hill teaches us today

Perhaps my favorite place in Athens is Mars Hill, at the foot of the Acropolis (this is Anita and me standing on it).

You no doubt know the story in Acts of Paul preaching here, but there's more to it!

After the locals drove him out of Macedonia, Paul arrived in Athens alone, leaving Timothy and Silas behind. I don't know about you but I don't enjoy being alone in a new city. As Paul arrives in Athens, perhaps a little dumbstruck, as any "tourist" would be upon first getting into a new city, he does a little sightseeing by his lonesome self.

I picture him walking around a bit perplexed and bemused by the abundance of temples dedicated to gods of all names scattered throughout the city and the level of idol worship. In studying Paul, I sense a little snarky response to what he sees.

So Paul is just walking around the city getting his bearings and talking to those who would listen. Acts 17:16–17 says he was "reasoning in the synagogue with the Jews and the God-fearing Gentiles and in the marketplace every day with those who happened to be present." He was waiting for his friends to arrive, so he was hanging out in the marketplace—the mall!

Dwight and Anita Widaman on Mars Hill in Athens. Photo: Metro Voice via a nice tourist from England.

The Apostle Paul in Athens.

One of the idols he had seen was to an "Unknown God," and he could barely contain himself at their ignorance as he was "provoked within."

His preaching piqued the interest of the naturally curious Athenians. Verses 18–21 state how the Greek philosophers responded.

"'He seems to be a preacher of foreign divinities'—because he preached Jesus and the resurrection. And they took hold of him and brought him to the Areopagus [this is Mars Hill]" they said. Everybody knew about Mars Hill. The verse says "all the Athenians and the foreigners who lived there spent their time doing nothing except telling or hearing something new." They were a curious bunch of people but not afraid of learning something new, especially if it was about a "new" god.

So, they ask, "May we know what this new teaching is that you present? For you bring some strange things to our ears; we wish to know therefore what these things mean."

How could Paul ever speak in a convincing way to these folks?

Paul responds accordingly and with respect saying, 'Men of Athens, I see that you are very religious in all respects. While I was passing through and examining the objects of your worship, I also found an altar with this inscription: 'TO AN UNKNOWN GOD.'

Paul responds that while to the Athenians he is "unknown," he is really the "God who made the world and everything in it, being Lord of heaven and earth." Paul says that God does not live in shrines built by men, and that they should seek the one God so they can find him.

Paul next does something unexpected and even daring! He references the famed Greek philosopher and poet Epimenides who lived 600 years earlier. All Greeks knew this poet, and credited him with saving the nation from a plague at the time.

Paul quotes Epimenides with a line from his famous poem: "For in Him we live, move, and exist." Paul uses their rockstar hero poet of Greek lore to draw them to the Creator of the Universe and Christ. The connection to the ears of the Athenians was unmistakable! Some wanted more saying "We will hear you again about this." The best part is some believed in Jesus right there on the spot!

Today, our society still worships idols and chases the "unknown god." Humanity tries to fill that God-sized hole in the heart but nothing fits. Nothing except Christ. This story in Acts is still relevant 2,000 years later! I can't wait to share Paul's words as our Steps of Paul tour group stands on Mars Hill on October 11.

If you want to stand there with us, just call us at 816-524-4522.

–Dwight Widaman | Metro Voice. Dwight and Anita Widaman find great enjoyment organizing and leading tours to the Holy Land, and now, Greece and Turkey. They speak at churches and community groups with the goal of connecting Christians to their spiritual roots.

Universities Breed Evil

By Dennis Prager

All my adult life, I have warned people about the low moral and intellectual level of colleges and universities. This is the way I have put it: "If you send your child to college, you are playing Russian Roulette with his or her values."

I have always made it clear that for STEM (science, technology, engineering, math) and a few other specialized subjects, there may be no choice. You can't learn those subjects on your own.

But parents take serious risks when they send their child to college.

One reason is that the ages between 18 and 22, when the vast majority of young people attend college, are the years when people are easiest to influence. We tend to believe that the best time to influence children is when they are very young. That is sometimes true. It was certainly true in the past when people matured at a much younger age, few people attended college, and colleges had not been taken over by nihilists.

But today, many young people remain children until their 30s, and many attend college, the center of immoral ideas in America.

What we are seeing now at American, British and other Western universities, especially the most prestigious ones, is support for evil and disdain for good. Pro-Hamas, Israel-hating students take over campuses, stage walkouts during commencement exercises, and are supported by large numbers of faculty members on their campuses. In other words, many students and professors support Iranian and Palestinian calls to exterminate Israel and the Jews who live there.

None of this is surprising. Universities have been morally and intellectually damaging for more than 50 years. How many young people return home after four years at college (let alone additional years in graduate school) a finer, kinder, more moral or intellectually more developed person? Let's just say it's rare. I have never met one.

I have however met and heard about many young people who return home from college angrier, unhappier, less decent and far more morally confused. The number of college-educated young people who have been brainwashed into having contempt for their parents, their religion and their country is incalculable.

Last week, the New York Post reported on a young woman named Lily Greenberg-Call, a special assistant to the chief of staff in the Interior Department, who quit her position because the American government is too pro-Israel.

As the Post reported, Greenberg-Call "went out with a bang Wednesday with a red-hot resignation letter to Interior Secretary Deb Haaland. 'I can no longer in good conscience continue to represent this administration amidst President Biden's disastrous continued support for Israel's genocide,' wrote Greenberg-Call, 26, who additionally condemned Israel's 'violations of international law' perpetrated with 'American weapons.'"

I relate this story because Greenberg-Call is a perfect example of what college can do to a young person's heart, mind and conscience.

The article noted that "ironically, while in high school at the ritzy, near-$40,000 a year San Diego Jewish Academy, Greenberg-Call was a staunch Israel advocate, and once reportedly served as president of her high school's Israel advocacy club. Her views began to shift after going to college at Berkeley, meeting 'Palestinian-Americans at school' and entering Democratic politics, according to an essay she wrote in May 2022 for Teen Vogue."

In other words, her Jewish upbringing, expensive education at a Jewish school and leadership in pro-Israel activities proved useless when confronted with Berkeley, where she learned that Israel is evil.

Nineteen years ago, when the Los Angeles Times was still publishing conservatives, I wrote a column about antisemitism at American universities. I told the following story:

"Not long ago, on my radio show, I invited a UCLA student who, on the occasion of Israel's birthday, had written a hate-filled article about the Jewish state in the Bruin, the school newspaper. I asked her if she had always been anti-Israel. She said that as a Jewish girl growing up in Britain, she was actually a Zionist who had visited Israel a number of times on Jewish student trips there.

"'What changed you?' I asked.

"'The university,' she responded."

What I Do in Private or Public is My Business

CLINT DECKER
President and Evangelist with Great Awakenings, Inc.

Speaking Truth

Every week it seems like we hear about some well-known figure's moral carelessness coming to light. An athlete's early morning brawl at an exclusive club. A politician's scheme to enrich himself. A pastor's affair with a church member. A media personality twisting the truth to further their storyline. A businessman's complex effort to steal from his company and its investors.

These types of unfortunate news stories we read about can be summed up with one word: character. Because people are not living lives of honorable character, they are winding up on the local news or in the local jail. Character matters. It has a practical impact on a person's daily life, and sometimes we are even affected by the character of another person. The great preacher, Billy Graham, once said, "When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost."

Character refers to the moral traits of someone, like being honest, selfless, trustworthy and humble. Where do qualities like this come from? Our parents, teachers or coaches? Our dad and mom among others can teach us to have good character and model it for us, but it comes from a deeper source.

It is written, "God created man in his own image." (Genesis 1:27) This means when the Creator fashioned us, He put within us some of His own likeness, which is where godly character comes from. The traits of love, kindness and patience originate from Him. However, because we are all born with a bent toward disobedience and selfishness, those traits are marred from birth. Sometimes they show up intermittently. We might love certain people, like our family or friends. We might be patient sometimes. But clearly, there are still large gaps in our character. And yes, we can be taught good character, but teaching and modeling does not go deep enough.

Having good character must focus on the heart, for that is where it springs from. Jesus said, "For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander." (Matthew 15:19) All these and more are reflections of poor character

One might say, "It is my life. What I do in private, or public is my business." Another might state, "I'm a Christian. I believe in God's grace, and I know He forgives me no matter what I do." Despite our own thoughts about character, God has His thoughts also. One day all of us will come before Him to be examined, "For we will all stand before the judgment seat of God; for it is written, 'As I live, says the Lord, every knee shall bow to me, and every tongue shall confess to God.' So, then each of us will give an account of himself to God." (Romans 14:10-12) If you were to come before God this very hour, what would He see

How do we receive godly character? It begins through the indwelling

presence of the Spirit of Jesus. When you turn from your sin and place your total trust in Christ, He comes to live within you and changes your heart. Why? Because the curse of sin has damaged it and is the cause of your moral failures. But Christ came from heaven to earth, to die, be buried and rise again that your heart would be forever changed. In Christ, you become a new creation, then His Spirit begins the life-long process of shaping and molding you into a person that reflects godly character. For most people, this shaping comes through tough times. The Scripture says, "we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope." (Rom. 5:3-

Desire to be a man of integrity or a woman of honor, who lives with a clear conscience, both before other people and God.

A prayer for you – L*ord Jesus, examine our ways. Let us be people who are trustworthy, dependable and humble. Create within us hearts that reflect godly character. If we are found lacking, right now produce that character within us. In Jesus' name. Amen*

–Clint Decker is President of Great Awakenings. Share your comment at cdecker@greatawakenings.org and follow his blog at clintdecker.blogspot.com. Join Clint on a journey to Israel in November 2024. Go to greatawakenings.org for information.

Arab Christian Paramedic Shares the Keys to Peace in a Time of War

Yasmeen Mazzawi, a 25-year-old Arab Christian from Nazareth, the hometown of Jesus, is a testimony there can be unity in Israel.

Israel became a nation 76 years ago on May 14, 2024. Through all the successes and struggles, Magen David Adom (MDA), Israel's national emergency medical services and Red Cross, has remained a strong and powerful unifying force.

Paramedics like Mazzawi and EMTs from every facet of Israeli society serve with MDA: Jews, Christians, Muslims, Druze, and Bahai, religious and secular. They are committed to saving the lives of all in Israel. This commitment leads them into the heart of danger, treating every patient with dedication, dignity, and professionalism.

Mazzawi was encouraged to volunteer by her parents, Fadoul and Suzanne Mazzawi. She remains a volunteer paramedic to this day, one of 30,000 volunteer paramedics and EMTs of the 33,000 who serve with MDA.

"I grew up in a loving home on values of accepting the other and loving the other," Mazzawi said. "We do not judge anyone for their religion, race, color, or

language. We have only one goal: saving lives. That means accepting people no matter who they are."

While still in high school, Mazzawi made a remarkable and costly decision that reflected her faith and the values of MDA: she visited Auschwitz.

"I worked with Jewish people, and they were talking during Holocaust Memorial Day (this year on May 6) about things I did not understand. How could I work with people, and I do not know their history? This history is important to spread to my community, and do not really know about it. To bridge the gap between us, and help people talk together, what better way than to start with myself and this journey."

Mazzawi took a week off school to travel with the MDA youth delegation to the infamous German concentration camp and extermination center in Poland, where more than 1.1 million men, women, and children, almost exclusively Jewish, lost their lives at the hands of the Nazis during World War II.

"It was a very hard experience," Mazzawi shared. "We felt what people went through with our five senses. I learned a lot from this experience — the stories we heard, and the things we saw."

On her return, Mazzawi was not greeted with eager questions or listening ears, but with derision and isolation. "Childhood friends left me, and I found myself alone in school, no one talking with me, spending lunchtime by myself. Imagine how hard this would be for a teenage girl."

In characteristic fashion, drawing on her own beliefs based in her faith and confirmed by her experience in MDA, she turned loss into opportunity. She began by talking with fellow students at her school and encouraging them to volunteer at MDA. She visited Arab and Jewish schools around the country, sharing her story, and spreading a message of love, respect, and mutual acceptance.

As a result of her courageous communication effort, two of her friends who had stepped back from her in high school decided to volunteer with MDA for their two years of national service. They apologized, agreed that MDA was amazing, and praised her for sharing the story behind Israel.

In addition to her friends volunteering with MDA, hundreds of Arab youth responded to her social media campaign and decided to volunteer as well.

"I knew there would be a price I would pay," Mazzawi said. "For me, the barrier between Jews and Arabs felt like a glass window. Maybe they see each other and even know each other. They've heard things and have these stereotypes about each other. But the way to talk to one another is to break the window. Only as you understand the other can you learn their history, so history won't repeat itself.

"Someone had to break this window, and get injured, but it will open the door for others. But I also believe, if you treat the wound properly, it will heal."

"Yasmeen Mazzawi truly reflects the highest values of Magen David Adom," said Catherine Reed, AFMDA chief executive officer. "This courageous and caring young woman is saving lives in Israel and creating bridges of understanding and mutual concern. Yasmeen and others like her are stamping their unique imprint on the world, and we are so proud that she is a member of the MDA family."

To learn more about Magen David Adom, visit savinglivesinIsrael.org.

–Clem Boyd | metrovoicenews.com

Mental health issues in America require biblical solutions

America's mental health is in alarming condition, and only biblical solutions can change it, a leading Christian counselor says.

"We don't have a mental health crisis; we have a mental health disaster going on," Tim Clinton, president of the American Association of Christian Counselors states.

"If you look at all the mental health strategies for kids, the very first step is for mom and dad to get connected with their kids. The next step is to get mentors, Sunday school teachers and youth pastors connected with these kids. Being present and being connected, that relationship piece is at the heart of every strategy to help our kids have success in life."

Despite popular Pastor John MacArthur of Grace Community Church in Sun Valley, Calif., saying there is no such thing as mental illness, Clinton noted that society increasingly is becoming aware of the many ways in which mental health can be affected and various solutions to those problems.

"I think people are becoming more aware of mental health-related issues," he said. "Some people really do have biology-related issues that are fueling their depression. There may be multiple reasons why they can't pull themselves up."

According to its website, the association helps Christian counselors and the entire "community of care" — licensed professionals, pastors and lay church members with little or no formal training — effectively minister to and counsel individuals with mental health challenges. The group's School of Mental Health Coaching, Light University, offers educational programs ranging from certification courses to continuing education for counselors and those wanting to become Christian counselors and coaches.

"It is our intention to equip clinical, pastoral and lay caregivers with biblical truth and psychosocial insights that minister to hurting persons and help them move to personal wholeness, interpersonal competence, mental stability and spiritual maturity," the website said.

Although counseling, psychology and evidence-based practices can be helpful and can lead to change in a person's life, Clinton said, "the real hope comes from Christ. AACC provides mental health training for Christians so that those seeking help should not have trouble finding that help. Asking for help is hard. Finding help shouldn't be."

For more information, visit www.aacc.net.

TOPEKA Health & Wellness MAGAZINE

Seeking partners for a Healthier Topeka!

Topeka Health and Wellness Magazine depends on our local sponsors and content experts to guide Topekans toward a healthier lifestyle.

Will you help us?

We need partners to help us provide expertise in these and other areas:

Family medicine practitioner • Optometrist
Dentist • Massage therapist • Sports Medicine
Fitness coaching • Pediatrician • Emergency Care • Nursing
Health insurance provider • Ear, nose, and throat doctor • Pet care
OB / GYN • Senior Health and Wellness provider • Health Care Finances

By partnering with us, you can contribute to healthier lives of our loyal readers by sharing your expertise!

For more information, contact Kevin Doel at 785-554-5336 or Kevin@topekahealthandwellness.com.

U.S. News Ranks Benedictine College in the Top 10 of America's Best Colleges

Benedictine College has jumped into the Top 10 in the annual U.S. News & World Report rankings of "America's Best Colleges" and is ranked #8 in the Midwest. The rankings, published by U.S. News Media Group, list 74 colleges in the Midwest Division of Best Regional Colleges. Benedictine College has been a U.S. News "Best College" since 2007 and is currently the highest ranked Catholic college in the division and the highest ranked college or university in Kansas. U.S. News & World Report also lists Benedictine College as a Best Value school and a top performer in social media. The complete rankings are available online at www.usnews.com/colleges.

The annual rankings – in which U.S. News groups schools based on categories created by the Carnegie Foundation for the Advancement of Teaching – provide a resource for parents and students considering higher education opportunities. Using a proprietary methodology, the annual U.S. News rankings represent the most comprehensive look at how schools stack up based on a set of 19 indicators of excellence, and help consumers evaluate and compare data compiled from more than 1,500 accredited four-year schools.

"Benedictine College is pleased to be named a Top 10 college by U.S. News & World Report," said Stephen D. Minnis, president of Benedictine College. "Additional recognition from The Wall Street Journal, Kiplinger's, Forbes, The Newman Guide to Choosing a Catholic College, and others is a clear indication that we are becoming a great Catholic college and our graduates will help transform culture in America."

Benedictine College's peer reputation is at an all-time high with record enrollment, the announcement of an agreement to build an independent medical school on the Atchison campus, and construction already underway on a new college library that will triple the space of the old facility. Recently, the college also completed construction of Westerman Hall, a top-rated science and engineering facility, as well as two new row houses and a new men's residence hall.

At the same time, Benedictine has earned full ABET accreditation for its electrical, mechanical, chemical and civil engineering programs and its Nursing School was named the best in Kansas. Benedictine College has nearly doubled in enrollment in the past 10 years and is now the largest private college in Kansas, according to the Kansas Independent Colleges Association, and the best private college in Kansas, according to The Wall Street Journal.

Benedictine College is a Catholic, Benedictine, residential, liberal arts colleges located on a wooded 120-acre campus on the bluffs above the Missouri River in Atchison, Kan. The school is known for its outstanding academics, strong athletic programs, and an exceptional sense of community and belonging. The college traces its roots to 1858 and has a mission to educate men and women within a community of faith and scholarship. More information is available on the Benedictine website at www.benedictine.edu.

Harvest Hosts is changing how people RV

Harvest Hosts, an RV-membership network offering 5,000 nontraditional camp sites across North America, supports small business and churches with a simple trade.

In exchange for a safe, well-lit space to park an RV, Harvest Hosts gives its members the opportunity to make a small donation to the church or business they dock at for the night. Just last year, Harvest Hosts generated $50 million for small businesses, and it's estimated that more than $1 million will be gifted to churches in the Harvest Hosts network in 2024.

"It's a win/win for our members and our hosts," said Tim Cole, technical support specialist for Harvest Hosts. Harvest Hosts sites include drive-in theaters, alpaca and lavender farms, wineries, distilleries, farms, churches and more.

"If you can imagine waking up at a winery instead of to Walmart turning on their sign," Cole said, adding that originally Harvest Hosts was created to get full-time RV-ers out of commercial parking lots and into secure, quality locations. "Imagine waking up at an alpaca farm and there is a mom and baby alpaca beside your RV."

Through an interactive website, Harvest Hosts campers check their travel route and send a request to book a stay—much like an Airbnb booking experience. Members have access to unlimited stays at thousands of locations across the United States, Canada and Mexico for the $99 annual membership fee. Though not mandated, the Harvest Hosts Code of Conduct encourages members to spend about $30 supporting their host site.

"You show up at a drive-in theater and you are not going to not buy a ticket to see a movie. If you show up at the vineyard you are going to want to see what the wine tastes like," Cole said, smiling. He added that the donation goes directly from the member to the church or business.

Nasi Goudes said his most memorable Harvest Host experience was at a California winery. Having quit his day job as a mechanic to travel, Goudes pulled his camper onto the 10,000-acre winery and was told by a winemaker to park wherever he liked. Goudes camped on the crest of a hill surrounded by grape vines.

"At 4:30 a.m. I hear this loud whooshing sound and threw open the door," Goudes said, smiling and animated. "There were hot air balloons everywhere I could see! That was a beautiful spot."

Goudes visited 46 states that year, staying at as many farms as he could to see if he wanted to tackle what was waiting for him at home: taking over his family's 400-acre farm. When Goudes returned to Monroe, North Carolina, he did just that. In 2020, Sharonview Farm started providing spots for Harvest Hosts.

"We tend to have a lot of repeat campers," Goudes commented, saying that he loves to give tours of his beautiful, wooded property and farmer's market, where they sell their shiitake mushrooms. "You can't see another house from anywhere on my farm. It's nice to get away from the madness."

Making sure their members have secure, peaceful stays is a trademark of Harvest Hosts and what he works hard to ensure, Cole said. He joined the Harvest Hosts team five years ago and led the launch of a new app and website this spring.

"We found out there is some anxiety attached to parsing what a stay will be like," Cole said, adding that the updated site includes expanded host profiles with more images so campers know what the location looks like in detail.

Currently, there are about 250,000 Harvest Hosts members, which allows most businesses to attain between $15,000 and $20,0000 of additional revenue per year, Cole said. "It's humbling to think about this—but one of the joys of Harvest Hosts is that especially during COVID, we help keep some churches and businesses going."

Roughly 300 churches are part of the Harvest Hosts membership, including CrossWay Community Church set on 21 acres just north of Charlotte, N.C. CrossWay became a Harvest Host site in 2021 and the staff said its location just off of the I-85 and I-485 interchange seems to be a draw for members.

"People seem to really appreciate this particular site because it is easy access," said David Moore, administrator for CrossWay. "And, it's pretty. People can walk dogs around the pond and the field and let them run around the field."

While there isn't a lot of crossover interaction between Harvest Host members and the church, Moore reminisced on a time when a family booked a stay and were able to participate in an end-of-year youth event. In addition, a handful of times members stayed for a Sunday service.

"It's really a small way to serve people and brings in a little bit of income," Moore said, adding that about 200 stays have been booked at CrossWay. "They have done a good job of making it as simple and seamless as possible."

Cole reminds members of a few tricks of the trade—members must have contained RV's, there are currently no sewer or electric hookups at Harvest Hosts locations.

–Bethany Starin | MinistryWatch.com

Worlds of Fun opens with new special events for families

Worlds of Fun is now open for the 2024 season, with sister park Oceans of Fun set to open on May 25. KC Summer Nights, an immersive summer festival paying tribute to Kansas City, and KidZfest are among the new attractions.

KidZfest (June 1-16). This family-friendly event will take place on Saturdays and Sundays and include dance parties, food treats, kid-friendly rides and interactive games and activities. Live entertainment includes the Marvelous Mutts dog stunt show and Mr. Stinky Feet.

Star-Spangled Night (July 4.) Experience a fireworks display synchronized to the stirring tunes of patriotic music. Perfect for all ages, this fireworks event celebrates the spirit of our nation with dazzling lights and sound.

KC Nights (July 13-28). KC Nights will be a summer party that keeps the excitement high as the sun goes down every Saturday and Sunday. Immerse yourself in a summer celebration filled with the adrenaline rush of twilight rides on exhilarating coasters. Savor the flavors of Kansas City food along with refreshing beverages, and let the live entertainment captivate you with live jazz bands and local musicians providing the soundtrack of summertime. KC Nights at Worlds of Fun is a celebration of summer fun and Kansas City culture.

Ride anniversaries, Worlds of Fun will celebrate ride anniversaries this year for both Timber Wolf and Prowler. Each celebration weekend will include limited-edition merchandise and special food items and more.

Timber Wolf 35th anniversary, Saturday, May 25, and Sunday, May 26

Prowler 15th anniversary, Saturday, June 22 and Sunday, June 23

Halloween Haunt (select dates in September and October). This no longer will be a separate ticketed event, so guests can continue the frightful fun without leaving the park.

Tricks and Treats (Weekends in September and October). This new event will feature ghoulish activities, eerie live shows, seasonal treats and candy.

For more information, visit www.worldsoffun.com. The park announced in 2023 that it would be merging with Six Flags in 2024.

Barter For What You Want
816-470-9055
ITEX

1991 – 2024: Swapping Christ for a Holy Russian Empire

1991. The world was changing in wonderful and confusing ways.

The Berlin Wall, that concrete block demarcation between the free West and the Iron Curtain of communism, fell to the ground two years before. The icy grip of the Union of Soviet Socialist Republics (U.S.S.R.) was beginning to melt, and the warm winds of democracy were blowing across Eastern Europe.

And now, the U.S.S.R. itself was slipping away into history.

"I was there in November 1991," recalled Christian author Philip Yancey, "and by Christmas of that year [U.S. President] George H. W. Bush announced that the Soviet Union was no more."

Yancey went to Russia as part of a Christian Bridge mission invited by the new Russian government to explore bringing Christian faith and morality to Russia. He went with a U.S. team that included Peter and Anita Deyneka, founders of Mission Eurasia (missioneurasia.org), which provides humanitarian support and plants churches in the former republics of the Soviet Union; and John Bernbaum, who eventually founded and led the Russian-American Christian University in Moscow from 1996 to 2013 (check).

In their 2024 book, "What Went Wrong? Russia's Lost Opportunity and the Path to Ukraine," Yancey and Bernbaum explore Russia's peaceful revolution and how it devolved 31 years later into an unprovoked war on a peaceful neighboring nation.

In 1991, the Christian Bridge ambassadors were treated as VIPs. They met with the KGB, enjoyed a private meeting with Russian President Mikhail Gorbachev, and were told their visit was more important than reducing the nuclear arsenal.

Russian leaders were desperate to figure out how to keep the society from spinning into oblivion, not just economically but morally. They saw their Christian American emissaries as saviors.

"At the time, it seemed like half of the world was changing forever," Yancey said. "I had been raised under the fear of the global spread of communism, the red stain taking over more and more countries. But now it was reversed. Russia was admitting all the horrors we knew about, but their people did not know about. It seemed like they had learned their lesson."

From this sudden turnabout, Yancey hoped Russia would stop targeting the U.S. with thousands of nuclear missiles. And secondly, he knew the suffering that Russians had endured — 40 million lost in World War II, 60 million under the hobnailed boot of Joseph Stalin and the Communists. He hoped for hope.

Denis Geronkov, field ministries executive director for Mission Eurasia, with an abandoned tank

"For a while, you saw people smiling in Russia," Yancey said. "There had been food and clothing available and not the long lines to buy one loaf of bread. But as soon as the autocracy kicked in again, the impassive faces came back. You could not trust anybody else."

Westerners, like the Christian Bridge mission, were welcome in Russia for a very narrow period of time, from 1991 to about 2000. But blunders by the West, which made Russia's economy worse rather than better, set the stage for the rise of a familiar political animal — autocracy.

In 1999, Vladamir Putin ascended from nowhere, a former KGB agent in East Germany, to serve as prime minister. By 2012, Putin was elected president, a title he has held ever since. Between his roles as prime minister and president, Putin has served longer than any Russian or Soviet leader since Stalin.

"He was a Marxist school guy, not a politician," Yancey explained. "He was not a public figure; he did not make speeches. But he was chosen with [former Russian president] Boris Yeltsin's blessing. He was someone that powerful people thought they could control, and he has grown into the job.

"He is a true believer. He sees the breakup of the U.S.S.R. as the greatest tragedy of the 20th century. He wants to restore Russia's lost prestige and territory. That is his mandate."

At some point in his tenure, Putin's pursuit of a new Russia became a religious cause. "It's hard to pin down, but at some point, he allied himself with the Russian Orthodox Church," Yancey said. "He cut a deal with them, agreed to rebuild thousands of churches destroyed or converted into barns. In return, he received the complete loyalty of the patriarchs of the church. After that, Putin began talking about being baptized as a child and how his grandmother was a devout believer."

Putin now has a "sacred commitment," as Yancey shared, to recreate the old Russian empire, once ruled by a different autocrat named Vladimir — Vladimir the Great. In 988, ruling from Kyiv, Vladimir the Great converted Russia into a Christian nation from paganism, choosing to align with the Russian Orthodox faith because of the beauty of the church's pomp and circumstance. For Putin and Russian Orthodox Patriarch Kirill, Kyiv is a holy place that must be retaken.

"Putin will say that Russia is the most Christian nationalist country in the world," Yancey said. "Yet there was no indication of these conservative beliefs about abortion or LGBTQ rights. But once he signed on with Kirill, he began railing against the decadence of the West — and he does have a good point."

But for Putin and Kirill, that fight against Western debauchery includes bombing Ukrainian maternity hospitals, kindergartens, and nuclear power facilities.

While Russia has veered into a dangerous nationalist fantasy, Ukraine remained open to Western help. Even though Ukraine has struggled with political corruption at times, democracy has gained a steady foothold, and the church has thrived. Ukraine has been called Europe's Bible Belt. Baptists, Catholics, and Ukrainian Orthodox congregations have joined forces to fight some of the nation's worst social crises.

Since the war began, Mission Eurasia, now led by President Sergey Rakhuba, has been pouring humanitarian aid and Gospel ministry into Ukraine. Mission Eurasia has served more than 300,000 refugees at centers in Poland and Moldova, delivered more than two tons of food, and handed out more than two million New Testaments and copies of biblical literature, even after the Russian army destroyed Mission Eurasia's headquarters outside Kyiv.

They have supplied wood-burning stoves in-country when Russia assaulted the nation's power grid so Ukrainians would be able to continue preparing food and staying warm.

It is important for American Christians to continue supporting Ukraine, in spite of the fatigue of two years of war, Yancey said.

"We had a hinge moment in history in 1989," he said. "The Berlin Wall fell and country after country, one-third of the world, began to experience freedom for the first time: Hungary, Poland, the Czech Republic, Romania, Russia for a short time.

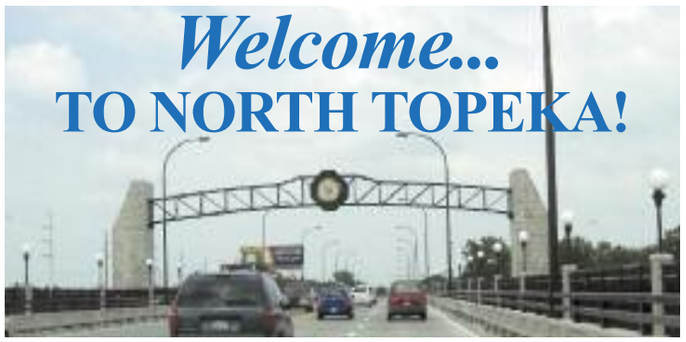
"Now we face another hinge moment. If Russia is allowed to conquer Ukraine, this will embolden dictators in China, North Korea, Iran, Myanmar. That wave of democracy we experienced around the turn of the century will be overwhelmed by another wave of autocracy."

And for American Christians, there is an even larger purpose at stake — concern for the suffering of our brothers and sisters in Christ. "A healthy body is not a body that cannot feel pain. Those with leprosy do not feel their pain cells, and it destroys them. The healthy body attends to the pain of its weakest part. One of our weakest parts is the church in Ukraine. When one part suffers, the whole will suffer. We are obligated to do what we can."

To support the people of Ukraine in this time of great need, visit missioneurasia.org.

Donaldson's
JEWELERS
Family owned, full line jewelry store and repair shop
Home of Dave Horn Jewelry Repair & Design
Online Store at www.donaldsonsjewelersks.com
902 N Kansas Ave. in NOTO Arts District • 785-273-5080

Welcome...
TO NORTH TOPEKA!



THE PAD RESTAURANT
itex
234-3596
1730 N. Topeka Blvd.
Try our lunch specials Monday - Friday!

Parker-Price & Davidson
Cremations • Funerals • Receptions

245 NW Independence • (785) 233-5850 • ppdfuneral.com

"Stick With The Best!"
HERMAN'S
BEEF & SAUSAGE HOUSE
823 N.W. Gordon St. Topeka, KS 66608
(785) 233-7328
We Specialize In Meat & Deli Items

Come and be a part of what God is doing at
Family of God Church
1231 NW Eugene St.
Sunday 10:30am & Wed. 7:00pm
FOGchurch.com

NOTO Activities Dominate the Summer

Exhibiting this month inside the NOTO Arts Center: "Topeka Reflections: Unveiling the Soul of the Heartland" is an art and historical exhibit that delves deep into the vibrant and often overlooked culture, history, and essence of Topeka, Kansas. This exhibition aims to celebrate the city's diverse community, rich heritage, and evolving identity through the lens of various artists. By showcasing a wide range of mediums, the exhibit serves as a captivating exploration of Topeka's past, present, and future.

The gallery hours are Wednesdays 11-5, Thursdays and Fridays 11-7 and Saturdays 10-4 and by appointment.

For First Friday on June 7, enjoy music by The Coots in Redbud Park from 6pm - 9pm

The NOTO Summer Concert Series is a celebration of music that strives to offer culturally rich experiences for the community through a diversity of genres and performers. In addition to regionally acclaimed bands, concerts feature a local emerging artist as the opening act. With the intentional focus on diverse music, the vibe of NOTO, and the intimacy of Redbud Park, these FREE concerts are like none other in the community.

Appearing June 21: The Wendy Woo Band is a poly-ethnic, power pop, songrock, 6 piece band with sweet vocal harmonies and shuddering grooves. Opening Youth Musician: Addie Resh

Join us July 5 for the First Friday Artwalk and music by the Topeka Big Band and StarSister Revival in Redbud park from 6pm - 9pm.

First Friday Art Walk hours are 10 am to 9 pm. 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.

You can also visit 3rd Friday's NOTO Night Out! Many Merchants are also open longer hours on Second Saturdays.

For more event information visit explorenoto.org/.

MERIDEN ANIMAL HOSPITAL
Jeffrey F. Van Petten, DVM
Veterinary Acupuncture & Chiropractic Care
Member - AVMA, IVAS, AVCA
7146 K-4 Hwy, Meriden, Ks
785-484-3358 • Phone answered 24 hours
staff@Meriden-Animal.com

PHONE: (785) 286-2390 FAX: (785) 286-2393
TOLL FREE: (800) 894-2390 EMAIL: RICH@TARWATERS.COM
MOBIL: (785) 224-6298
TARWATER FARM & HOME SUPPLY
RICH TARWATER
OWNER
4107 N TOPEKA AVE
TOPEKA, KS 66617
BECAUSE OF THE CUSTOMER..... WE EXIST!

TRM MINISTRIES
TOPEKA RESCUE MISSION MINISTRIES
FAITH WITH ITS SLEEVES ROLLED UP
Main: 785.354.1744
Donate: Text TRMgive to 77977
Non-Cash Donations: 785.357.4285
Volunteer Services: 785.354.1744 ext. 393
TRMonline.org
Mail Donations to:
600 N Kansas Ave
Topeka, KS 66608
OR
P.O. Box 8350
Topeka, KS 66608

More North Topeka events:

NORTH TOPEKA COMMUNITY BAND CONCERT - June 3, 7:30pm, Garfield Park Gazebo, 1600 NE Quincy. (Also on June 17 and July 1) North Topeka Community Band concerts have been a summer treat since 1996. No admission cost. Bring your lawn chairs. Contact Info: Ginger Patterson, (785) 633-2438

COMMUNITY BLOCK PARTY – June 7, 5-9pm, 1110 N. Kansas, Kaw Valley Bank celebrating 150 years in their parking lot. Food and live music. Kid friendly! Free Glory Days Pizza and Pineapple Dream while supplies last.

FLAG DAY CELEBRATION – June 8, 10-4, Great Overland Station. Plus, guests can bring their flags to be retired on site. Classic car show, vendors, live music, food trucks and more! Admission FREE! For info: greatoverlandstation@snco.us or 785-251-6944

CHILDRENS MIRACLE NETWORK CAR SHOW – Jun. 29, 10am, North Topeka Walmart.

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.

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

the events calendar

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

CONCERTS

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

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 grandoopry@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

NORTH TOPEKA COMMUNITY BAND CONCERT - June 3, 7:30pm, Garfield Park Gazebo, 1600 NE Quincy. (Also on June 17 and July 1) North Topeka Community Band concerts have been a summer treat since 1996. No admission cost. Bring your lawn chairs. Contact Info: Ginger Patterson, (785) 633-2438

EATS AND BEATS – June 6, 6pm, Evergy Plaza. Bryton Stolls, the Mikey Needleman Band

TOPEKA'S BACKYARD MUSIC FESTIVAL – Jun 7-9, Forest Park Conference and Retreat Center. *Camping Area *Arts & Crafts Vendors *Food Vendors. For info: Ronald Ruiz 785-817-4042, Steve Alley 785-969-7879. Tickets: holdmyticket.com/event/428703

EATS AND BEATS – June 13, 6pm, Evergy Plaza. Colin Nichols, Steve Kile Band

GOLD CITY QUARTET CONCERT – June 14, 7pm, Wanamaker Woods Church, 3501 SW Wanamaker Road. Doors open at 6pm. Dree-will offering. Contact 785-273-2248, office@wwnaz.org, wwnaz.org

MUSIC IN THE PARK – June 16, 7pm, Gage Park Amphitheater. Sante Fe Band

EATS AND BEATS – June 20, 6pm, Evergy Plaza. Justwynnmoore, Villians Dance

NOTO 3rd FRIDAY CONCERT SERIES – June 21, 7-10pm, Redbud Park. Wendy Woo

EATS AND BEATS – June 27, 6pm, Evergy Plaza. Thunderkat, Strong Like Bull

WOOD VALLEY PICKERS – June 29, 7pm, Classic Bean, Fairlawn Plaza. Folk & Country, Free admission. 785-271-5005

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

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 7 - 8pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends, family, neighbors, enemies! For info: 785-266-3247, FB: Topeka Lakeview Nazarene, Email: LakeNaz@aol.com

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

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

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. LakeNaz@aol.com

GARAGE SALE – June 7, 8:30-4; June 8, 8-12 (half-price) noon-2=$1/bag, Perry United Methodist Church, 219 Oak St. 785-597-5478-Paula Hladky

VACATION BIBLE SCHOOL - Fruits of the Spirit - Farm Theme – June 12-14 5:30-4pm. All Children welcome. Oakland Church of the Nazarene, 939 NE Oakland Avenue

ANNUAL FREEDOM FEST – June 22 4-8pm. Free Food, Games, Bouncer. Fun for All Ages! Oakland Church of the Nazarene, 939 NE Oakland Avenue

FREE MONTHLY HYGIENE GIVEAWAY- HANDS FULL OF PURPOSE on June 22, 3-4pm, Faith Temple , 1162 SW Lincoln

THE GREAT JUNGLE JOURNEY VBS – June 22-28. An epic cruise from Genesis to Revelation. Saturday, June 22nd, 2-4pm, VBS Kick-Off Carnival; Very Busy Sunday, June 23rd, 9:45am – noon; VBS - Monday - Thursday, June 24th - June 27th, 5:30 - 8pm; Family Fun Friday, June 28th, 5:30 - 8pm. Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends, family, neighbors, & enemies! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene, Email: LakeNaz@aol.com

FREE MOVIE NIGHT - June 28, 6pm - Popcorn and Snacks provided, Oakland Church of the Nazarene, 939 NE Oakland Avenue

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 nhonl@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 ACAPELLA 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

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

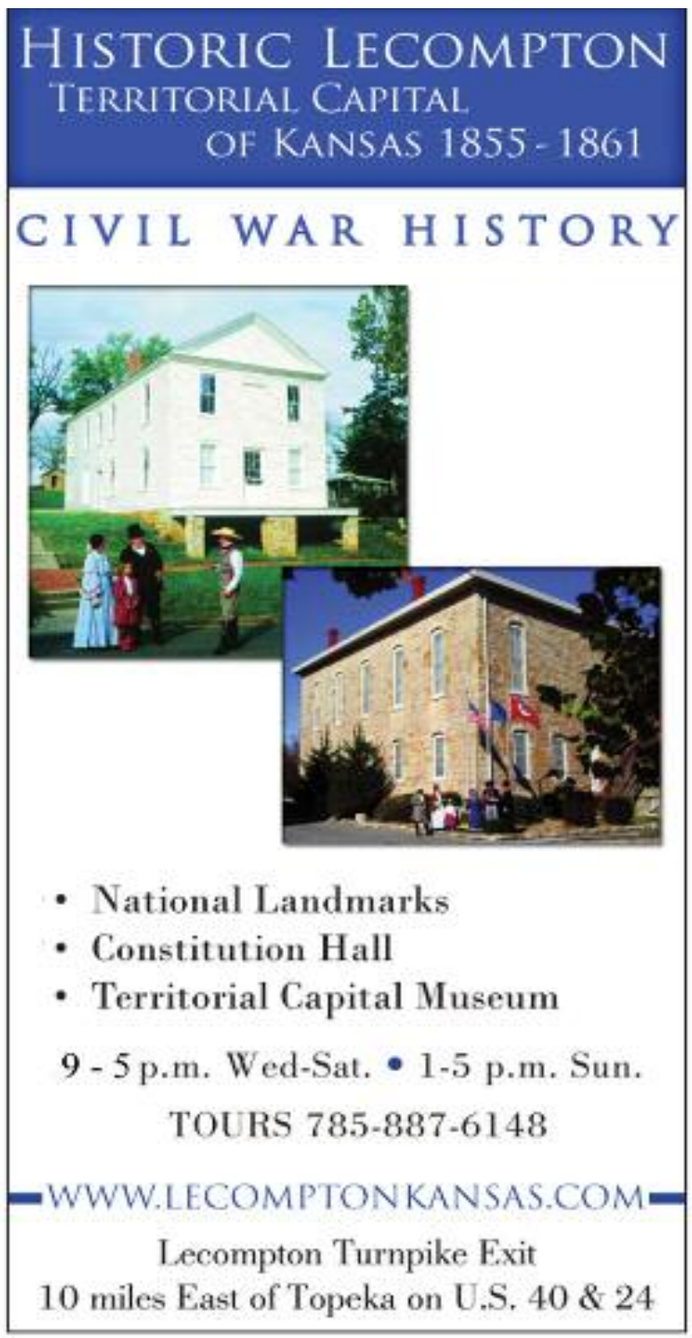
FREE MOBILE FOOD DISTRIBUTION – 4th Tue. thru Nov., 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will have its monthly food distribution. No ID or proof of income required, first come first served. Distributing fresh produce and other items 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, Berryton United Methodist Church (7010 SE Berryton Rd. All ages and abilities welcome.

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

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



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

LAWRENCE FARMERS MARKET - Sat. 7:30-11:30, 824 New Hampshire Street. Opens April 13

BREAD BASKET FARMERS MARKET – Every Saturday April 6 in the West Ridge Mall parking lot, south end.

WOODSHED FLEA MARKET – Sundays 10-3, 1901 N. Kansas Ave.

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's thru Oct. 26, 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

MONDAY FARMERS MARKET – Mondays 7:30-11:30am, thru Oct. 7, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

CHRISTIAN WRITERS GROUP OF TOPEKA -1st & third Mondays, 7pm at the Hughes Room 205 of the Topeka Library. Workshop for aspiring writers. Each participant is asked to bring five copies of a two page type written sample of a work in progress. After reading the pages aloud each participant is allowed an equal number of positive and negative comments offered in a spirit of helpfulness. If you would like to read something email Charles at jccccw@gmail.com

MISS JUNETEENTH SCHOLARSHIP PAGEANT – Jun. 1, 5pm, Garvey Fine Arts Center, Washburn Univ. Free Adm.

MULVANE ART FAIR – June 1-2, Mulvane Art Museum, Washburn University Fine Art, food trucks, music, childrens activities

GERMANFEST – June 1 & 2, 312 NE Freeman, Sacred Heart-St. Joseph Parish

FAMILY NIGHT AT COSMOS COURT – June 4, 5pm, Cosmos Court, 909 S. Kansas Ave. Every Tuesday night is family night – Pizza, salads, hot dogs, and more! Also table games, etc.

ING NETWORKING LUNCH – June 5, 11:30-12:30, Bradley.s Cafe.

COMMUNITY BLOCK PARTY – June 7, 5-9pm, 1110 N. Kansas, Kaw Valley Bank celebrating 150 years in their parking lot. Food and live music. Kid friendly! Free Glory Days Pizza and Pineapple Dream while supplies last.

CAR SHOW – June 8, The 1890 Ice House in Meriden KS, 111 Main St. For a fun filled day of cornhole-car & bike show food, drink, and bands. At 7:30 am the Ice House will be serving biscuits and gravy, cinnamon rolls, coffee by Ms. Dany Guzman @ her Chaos Coffee truck, juice and Bloody Mary's. Pre register your car or bike: 785-640-8147 or Info@the1890icehouse.com. $20 entry. Cornhole-https://share.scoreholio.com/tum13eBdgJb. Lunch served at 11am. 6pm Music: Jeff "Bearcat" Bunch. 8pm: Clay Clear Band. NO COVER

MAETA TRUCK AND CAR SHOW – June 8, 8-2, Meriden Antique Engine and Threshers Association, 8275 KS-4, Meriden. No Entry fee! Chuckwagon and camping available. Free Admission! Flea Market! Contact Sarah for info: 785-640-7164

FLAG DAY CELEBRATION – June 8, 10-4, Great Overland Station. Plus, guests can bring their flags to be retired on site. Classic car show, vendors, live music, food trucks and more! Admission FREE! For info: greatoverlandstation@snco.us or 785-251-6944

JUNETEENTH PARADE – June 10, 11am-3:30pm, Evergy Plaza. Registration forms @ www.tffjc.org. Rodney Harmon 785-224-6525 or Chris Ware 785-806-2755

C5Alive "POWER" LUNCHEON – June 13, 11:30-1, at Shopper's Kitchen, 250 SE 29th, featuring Sylvia Hopper and a group activity.

Cost: $15 for C5 members & first-time guests who RSVP, $17 at the door

- $20 for non-members & repeat guests.
- Please RSVP to info@C5Alive.org, so we know how much food is needed!

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

SAVE THE DATE: C5 POWER Luncheon, July 11, 11:30-1, featuring Barry Feaker.

ING NETWORKING LUNCH – June 19, 11:30-12:30, Skinny's.

FREE MONTHLY HYGIENE GIVEAWAY- HANDS FULL OF PURPOSE on June 22, 3 to 4 pm, FAITH TEMPLE, 1162 SW Lincoln, OUTSIDE

SOLE REASON GOLF TOURNAMENT – June 28, 2pm shotgun, Cypress Ridge Golf Course. Solereason@yahoo.com or 785-338-2965 or register at solereason.net. Benefits children that need sneak-

Hallmark movies will come alive at new Christmas event in Kansas City

Although summer hasn't' even officially started, Hallmark already is announcing plans for a new local event for the Christmas season. The inaugural Hallmark Christmas Experience will be held every weekend from November 29 through December 23 outside the company's headquarters at Crown Center in Kansas City.

This free, open-to-the public immersive experience is designed by Hallmark's renowned creative team to bring all the charm of a Hallmark movie town square to life, inviting guests to be merry, make memories and find magic together.

While visiting the experience, guests can shop at a magical Christmas market with event-exclusive Hallmark products and one-of-a-kind gifts created by Hallmark artisans and other seasonal merchants; indulge in festive food and themed drinks; and go ice skating with friends and family. They can relax and enjoy nightly tree lightings featuring one of world's tallest Christmas trees; show their loved ones that they care with card-sending and gift-wrap stations; contribute to a Crayola Community Mural; and strike a pose during interactive light walks and photo ops.

Fans can elevate their experience with exclusive ticketed activities, including events and photo ops with beloved Hallmark stars, workshops with Hallmark artists, elevated dining experiences, breakfast with Santa and much more.

"Creating ways to help people celebrate and connect is at the very core of our brand DNA at Hallmark, especially during the holiday season," said Lindsey Roy, Hallmark's senior vice president for brand development. "We are so excited to bring this uniquely Hallmark experience to life, and can't wait to watch people find joy and make memories together."

Scheduled guests include

• November 29 -- December 1 -- Jonathan Bennett, Wes Brown, Cindy Busby, Erin Cahill, Warren Christie, Tyler Hynes, Kristoffer Polaha, Jessy Schram and Ashley Williams

• December 6-8 -- Benjamin Ayres, B.J. Britt, John Brotherton, Paul Campbell, Lacey Chabert, Taylor Cole, Nikki DeLoach, Heather Hemmens, Ginna Claire Mason, Kimberley Sustad and Andrew Walker

• December 13-15 -- Pascale Hutton, Erin Krakow, Viv Leacock, Chyler Leigh, Crystal Lowe, Andie MacDowell, Kevin McGarry, Chris McNally, Brendan Penny, and Kavan Smith

• December 20-23 -- Rachel Boston, Brooke D'Orsay, Brennan Elliot, Aimee Garcia, Niall Matter, Barbara Niven and Victor Webster

For more information, visit experiencehallmarkchristmas.com.

C5Alive
Developing and Uniting Christian Leadership
• Business • Non-profits • Churches
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.
May 9, 11:30-1: "POWER" Luncheon
at SHopper's Kitchen, 250 SE 29th
Featuring: Sylvia Hopper
Open to the public. RSVP to
info@C5Alive.org
Save the Dates!
• July 11: POWER Luncheon, 11:30-1, with Barry Feaker
• Aug 8: POWER Luncheon, 11:30-1
• Sep 12: POWER Luncheon, 11:30-1
For info: www.C5Alive.org or Facebook.com/C5Alive

TOPEKA Small Businesses:
Has your business been hurt by the pandemic?
WE WANT TO HELP!
We'll run your business card ad for 20 bucks!
It will be in thousands of printed copies of Topeka Metro Voice or Health & Wellness magazine around Topeka, and on social media.
Send your ad or information to
Lee Hartman at: voice@cox.net
We'll make any changes you need & send you a proof.

ers. Lots of prizes and silent auction items. $380 per team includes green fees, carts, drinks, meal.

CELEBRATE SUMMER BLOOD DRIVE – June 28, 1-6pm, West Ridge Mall. Everyone that donates blood gets a free Royals T-shirt and a ticket to a Royals game!

7TH ANNUAL SUNSHINE REGGAE ROOTS FESTIVAL – June 29, 4pm-12, corner of 8th & Jackson streets outside of The Celtic Fox. Featuring national,regional, and local Reggae and Ska bands, DJ's, Food Trucks, Arts & Crafts vendors, a kids corner, swag give-aways, and more! $15 ADMISSION, *kids 10 & Under free. GATES OPEN AT 4PM. *For vendor or sponsorship opportunities please contact Sunshine: sunshinegmblue@gmail.com

SUMMER FIREWORKS EXTRAVAGANZA – June 29, 7pm, hosted by Fellowship Hi-Crest at Avondale East Field. Food trucks, inflatables, live music from the Fountain City 45s, and giveaways. At 10 pm, a 20-minute professional fireworks show will light up the night sky. https://bit.ly/2024SFE

CHILDRENS MIRACLE NETWORK CAR SHOW – Jun. 29, 10am, North Topeka Walmart.

MEETINGS & CLASSES

CHRISTIAN WRITERS GROUP OF TOPEKA -1st & third Mondays, 7pm at the Hughes Room 205 of the Topeka Library. Workshop for aspiring writers. Each participant is asked to bring five copies of a two page type written sample of a work in progress. After reading the pages aloud each participant is allowed an equal number of positive and negative comments offered in a spirit of helpfulness. If you would like to read something email Charles at jcc-ccw@gmail.com

CRAFTY, SKILLED OR CREATIVE VOLUNTEERS NEEDED to develop outdoor lighted displays at Ward Meade Park events. Contact Elsie, 785-256-2920, leave a message.

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

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

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

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

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

SHEPHERD'S CENTER BOOK CLUB - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Call the office: 785-249-3258 or email shepherdstopeka@yahoo.com for the book of study.

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@rhcctopeka.org

TOPEKA LIONS CLUB – 1st Mondays at Noon - 1 pm at The Capper Foundation, 3500 SW 10th Ave. Park on the North side. RSVP by Fri. for lunch/pay at the meeting. Visitors welcome. TopekaLions.org/contact-us to make reservations. WE SERVE!

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 Mondays at Noon - 1 pm at The Capper Foundation, 3500 SW 10th Ave. Park on the North side. RSVP by Fri. for lunch/pay at the meeting. Visitors welcome. TopekaLions.org/contact-us to make reservations. WE SERVE!

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 lilbopper1@gmail.com or call 228-2447.

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

TOPEKA COSMOPOLITAN CLUB: The Club that fights Diabetes -- Meetings: first three Thursdays of every month, 12 noon, at the Topeka Country Club.

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

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

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

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

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

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

TOPEKA (Downtown) OPTIMIST CLUB – Every Fri., 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

TOPEKA GEM AND MINERAL SOCIETY - 4th Friday of the month,7:15pm, 1st Congressional Church, 1701 SW COLLINS.

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

MONTHLY SCORE MEETING – 1st Sat., 8-9:30am, Washburn Tech, 5724 SW Huntoon (enter east doors facing Huntoon). No RSVP or fee is required. Small business owners are invited to a Breakfast Roundtable discussion with members of 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.highlandheightscc.com or call 785-379-5642.

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 LOSS TO SUICIDE (HeALS) - Topeka support group meets the 1st and 3rd Tuesday of each month from 6:30-8, at 1st Congregational Church, 17th and Collins. For info: Topeka.heals@gmail.com or 785-380-9309.

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

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

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

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

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

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

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

PROSTATE CANCER SUPPORT GROUP – First Thursday, 3pm, St Francis Hospital, Room 300 on 2nd floor. For info: Jim 785 806 3266

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

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

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

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

Send your calendar events to voice@cox.net

See complete calendar at metrovoicenews.com

metro voice
metrovoicenews.com
Check Out Our Newly Redesigned, Mobile-ready Breaking-news Website.

Second Chance month helps prisoners rebuild lives after incarceration

The Christian faith is all about second chances, and no one needs a fresh start more than men and women in prison.

"If we believe in the message of grace, if we believe in the message of redemption, then we have to believe it, not just selectively but for everyone," Heather Rice-Minus, president and CEO of Prison Fellowship, told CBN News recently. "That includes people who are in prison. One of the most beautiful messages of the gospel is that we don't earn it. It's all through the power of Christ. I think it's a great time of year, coming off of Easter, to remember that the power of the cross is there for everybody."

Prison Fellowship started Second Chance Month in 2017 to support men and women with criminal records looking to restart their lives on a positive footing. Rice-Minus said 70 million Americans have a criminal record, noting this "pervasive problem" touches millions of Americans' lives. That's one in three adults.

"A lot of times people complete their punishment in prison or get their criminal record and community supervision — whatever it may be — and they think they're done," she said. "But a lot of times people come out and they face a lot of challenges. We want people to no longer commit crimes, but then we make it really hard for people to earn an honest living and provide for their families. And there's just a lot of stigma that comes with having a criminal record."

Rice-Minus believes employers should spend more time examining a person's attempts to rehabilitate and not simply ban them because of their past. Over the past few years, Prison Fellowship has seen some positive moves in this direction Walmart, Google, and other companies have stepped in to participate, saying they want to hire people with criminal backgrounds who have positively changed their lives.

"I would just love if in every church across America, it was just part of our DNA to welcome those home who have experienced the justice system," she said "To be a place where people can feel seen, heard, loved and feel belonging."

Rice-Minus wrote a piece for the Washinton Examiner laying out the importance of the effort and how culture could be changed.

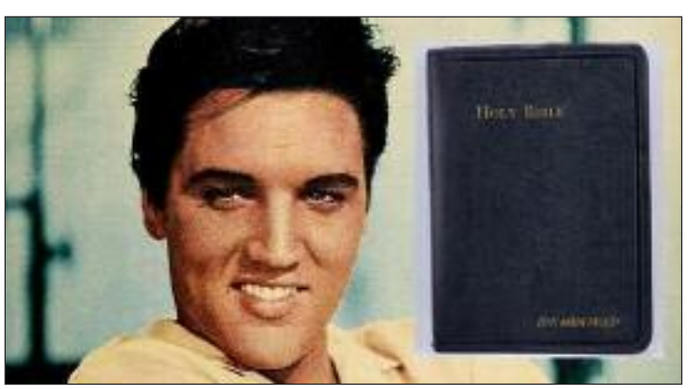
"We need an enduring culture of second chances because people can and do change. From the first steps of their journey, each person entering the criminal justice system needs opportunities to choose a different path, tools to embrace accountability and transformation, and a fair chance to contribute to their fullest potential — inside prison and after release," she stated. "People who commit crimes need to be held accountable, but leading with punishment and not setting people up for success hasn't gotten us anywhere. For the 450,000 returning home each year, investing in second chances makes us stronger and safer."

For Prison Fellowship and the individuals, businesses and churches that make it happen, the opportunity to make positive change is a year-long effort.

One former inmate who graduated from a Prison Fellowship program in prison says he has opportunities with the help of the ministry and others.

"I know that I have people and resources out there that I can tap into, that I don't have to go back to the same life I was living. I don't have to keep doing the same things, you know? And that's what really matters," he said.

Elvis Presley's Bible up for auction provides glimpse into his spiritual life

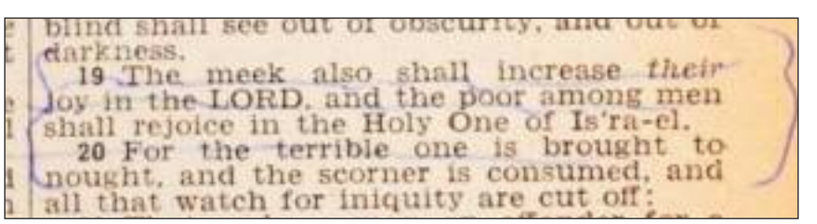


Elvis Presley's personal Bible is being auctioned off, with a starting bid of $30,000. The Bible, which was on his nightstand the night he died, has Elvis's name embossed on the cover and several verses underlined. It also includes a letter from his cousin, Patsy Presley.

"Shortly after Elvis' passing, my uncle Vernon (Elvis' dad) and I went up into Elvis' bedroom at Graceland to organize and pack many of his personal belongings," the letter reads. "This Holy Bible was one of three that Elvis had on his night table. After packing them Uncle Vernon had me take them home for safekeeping and eventually gave them to me."

The front cover includes "Elvis Aaron Presley" embossed in gold, and the inner content contains a "large amount of book marked pages and underlined passages that seemingly spoke to Elvis," according to the auction company.

Among the verses highlighted by Elvis is Job 31:24-26: "If I have made gold my hope, or have said to the fine gold, Thou art my confidence; If I rejoiced because my wealth was great, and because mine hand has gotten much; If I beheld the sun when it shined, or the moon walking in brightness."


blind shall see out of obscurity, and out of darkness.
19 The meek also shall increase their joy in the LORD, and the poor among men shall rejoice in the Holy One of Is'ra-el.
20 For the terrible one is brought to nought, and the scorner is consumed, and all that watch for iniquity are cut off:

Presley also highlighted Genesis 1:31: "And God saw everything that he had made, and behold, it was very good. And the evening and the morning were the sixth day" and Isaiah 29:19: "The meek also shall increase their joy in the Lord, and the poor among men shall rejoice in the Holy One of Israel."

Presley's Christian faith played a key role in his life and was a focus of the 2022 film "Elvis," which depicts him late in life demanding that TV executives allow him to sing gospel music during a special. He won a Grammy for a live performance of "How Great Thou Art."

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

"Behind the glitz and glamour, beyond the movies and millions of records sold, is a man driven by his faith in God," Stanely said in 2023.

As for the bible, it is renewing interest in Elvis once again.

"It is well known that Elvis was an avid reader and a deeply spiritual man," an auction spokesperson said. "Of all of Elvis' Bibles sold over the years, this particular book has a truly touching story and fantastic provenance."

Kansas late-term abortion clinic closes over personnel issues

Trust Women, a late-term abortion clinic in Wichita, Kansas stopped operations last week, according to a news release from Operation Rescue.

Inside sources reported that the co-executive directors and medical director were fired in April. The medical director reportedly was replaced with an unqualified candidate, an emergency medicine doctor of osteopathy who founded a wellness clinic. As a result, 10 of the clinic's total 16 abortionists have resigned.

Before the clinic's abrupt, temporary closure, it saw 650 to 750 patients per month. According to Operation Rescue's most recent annual survey, the facility charges $750 for surgical and pill abortions.

"If you do the math, that's nearly $9 million annually," Operation Rescue President Troy Newman said. "This is a big deal. Closing the doors for just one month would result in a loss of well over half a million dollars."

In a statement released by the Trust Women Foundation's board of directors, the organization announced new protocols that require two physicians and a medical director with abortion experience to be present while abortions are performed. Although the news release indicated the new protocols became effective immediately, no reopening date was specified.

The clinic's building originally was owned and operated by the late-term abortionist George Tiller. It was later purchased by Julie Burkhart, who now owns Wellspring Health Access in Casper, Wyo., and Hope Clinic in Granite City, Ill., named the "Worst of the Worst" by Operation Rescue.

"Operation Rescue has investigated this abortion business located in the city of our headquarters for many years, finding evidence of noncompliance with the most basic medical standards," Newman said. "Trust Women's past noncompliance has led to regular botched abortions and hospitalizations. This scandal has revealed the situation is not improving but getting even worse. This place needs to be shut down once and for all."

Operation Rescue's independent investigation into Trust Women is ongoing, calling for enforcement of laws already on the books. The firings of its leadership reportedly were due to presumably even more severe noncompliance issues than proven in the past.

"With this new information, we have reason to believe laws may have been violated," Newman said. "We are launching a full-scale investigation into the matter, including formal complaints to the appropriate agencies."

Will a 15-minute church service increase attendance?

Is 15 minutes enough for a church service?

It's the question arousing interest within the U.K.'s Protestant community following the decision by a Welsh minister to offer 15-minute services on Monday evenings.

The Rev. John Gillibrand, vicar of St. David's Church in Swansea, has launched the initiative as a way of helping busy people fit prayer into their daily lives. By offering this type of micro-service, he believes that it helps the community since individuals and families are increasingly pressed for time.

Having the opportunity to experience just a few minutes time for peace, quiet, reflection and prayer on the way home, they will be better placed to deal with whatever challenges they face in their daily lives, Gillibrand said.

"We're trying to offer something new, something different for people," he said. "I believe in theological reflection, and in the period after COVID and what happened then, I've been thinking about the potential problems people face. This is an area that has a lot of commuters and is an old industrial community. People are under pressure, and one-hour services can be a long time to take out of their lives. We have been looking at timing, and the additional problem people face going home and then having to come out again. We're trying to make it easier for them."

Monday was chosen, he said, simply because the diocese tries to have something happening every day of the week and that was his allotted day.

"Prayer and reflection are central to my spirituality. The service is simple: a Bible reading, reflection on the reading and then prayer. Roughly five minutes each," he said.

It aims to put spiritual Christianity first and central to people's lives. There is no talking about church community affairs or needing to follow a liturgy. As Gillibrand added, "It is just an approach to spirituality, a time to reflect. It is open to everyone — anyone is welcome."

Sunday church attendance is 80 percent of what it was in 2019 before the pandemic, The Telegraph reported this past February, despite the Church of England claiming it had "bounced back." The pandemic — coupled with growing secularism in the West and technology taking up more of people's time — are all factors as to why church attendance is in decline.

At the same time, there has been very little criticism of the shortness of the service from those recognizing that it seeks to fulfill a specific need — although some people have commented that it doesn't offer enough time to reflect and develop their faith.

The basic idea of providing a short service is not new. Cathedrals frequently hold short meditations and prayers during the day. St. Giles Cathedral in Edinburgh, for example, has a specific midweek 15-minute service at noon with prayers, reflection and a Bible reading open to anyone who happens to be in the building.

Dating back to monastic times, compline — a service of quietness and reflection before rest at the end of the day — has always been around 15 to 20 minutes, offering a time of reflection. Among U.K. churches known to offer this is St. Mary's Hadlow in Kent, where it was reintroduced during the pandemic.

Gillibrand said churches "need to be thinking about the context in which we are working. If we don't, that's when we start getting problems, because there's this disconnect that comes between church and wider society."

Since announcing the initiative, the response has been very favorable.

"People are very positive about it," Gillibrand said. "There has been a very positive reaction in the parish. I've had groups of people approach me and ask if there are any other time slots because they are on shifts, and the service is the wrong time for them. I am open to talk to them and see how the service goes, but I may well add in another session a little later for people coming out of work at 5:30. I have even had someone ring up and ask if I am going to do compline because he cannot make the time announced."

Other clergy from chuches across the country have also expressed interest.

"I've had other clergy ask me about this, saying it is a great idea and offers an opportunity for strong reflection," Gillbrand said. "One vicar friend contacted me as soon as the news broke. She was very impressed by the idea and wanted the resources I am using as she is keen to do something similar in her parish. The diocese encourages us to take missional initiatives."

He says the length doesn't matter as long as God is the focus, "I like any length of service as long as the presence of God is the thing."

"Obviously, I don't think this is the only way of accessing the church and we'll still be carrying on with our longer services," he says.

–Angela Youngman is a freelance journalist who has written for a wide range of national and international publications. Reprinted from Religion Unplugged with permission.

Fewer Americans are reading the Bible: Why it matters

How many people today are engaging the Bible in any meaningful way? Apparently, fewer than you might think.

In April 2024, the American Bible Society (ABS) published their annual "State of the Bible" report, a study that examines the bible reading habits of Americans. Their previous studies have noticed a shocking decline in Bible reading in recent years, and according to this latest study things are not getting any better.

Founded in 1816 to promote the distribution and engagement with the Bible, the ABS believes Scripture is essential to form healthy spiritual lives and communities. The history of Western Civilization is, in large part, a history of the way the teachings of the Scriptures have forged cultural institutions. Just read through Tom Holland's masterful work, "Dominion," which tracts the important contributions Christianity has made to social and civil institutions, governments, and traditions.

Moving closer to home, pick up a copy of Mark David Hall's "Did America have a Christian Founding?" and consider the ways that the teaching of the Scriptures have shaped American ideals. There is no question that in the past centuries, Scripture has helped create stable governments, academic institutions, voluntary associations, and

all kinds of human flourishing. But now the ABS study is another signal that the Bible is losing its persuasiveness and formative power.

When you dig into the study, the first thing that stands out is the general decline of "Bible Users." From 2011-2021 "Bible Users" — which they define as those who "interact with Scripture at least three or four times a year (apart from services as church)" — always hovered between 50 percent to 60 percent of the U.S. population. The study considers an "interaction" as any engagement with the Bible including print, audio, video, or online mediums. But in 2024, the number of Bible Users is a mere 38% of the population. That means in the last few years, millions of Americans have not glanced at a Bible for any significant reason.

Beyond general questions about Bible use, the study also evaluates the level of engagement with a series of questions that weighs the frequency, impact, and centrality of the bible in a person's life and decisions. Based upon their findings, 151 million (57 percent) people are what they call "Bible Disengaged," meaning these people do not interact with the Bible in any meaningful way.

On the other side, they identify 47 million people — or 18 percent of the population — are "Scripture Engaged." These are people who intentionally look to "the Bible as a guidebook for life." This is about the same number as last year, but looking to the larger trends, this category has slowly dwindled since 2020 when 71 million or 28 percent on population regularly engaged Scripture.

In between these groups stand a group the study calls the "Movable Middle." These are the approximately 65 million (25 percent) people that are interested in Scripture, but not currently engaging it in any meaningful sense.

The study shows that this groups is shrinking in the wrong direction. There are now fewer people in this middle group as the "percentage of Bible Disengaged is now at its highest point ever." This means that for a sizable percentage of the population "the Bible is not leading to a greater connection with God or more loving behavior toward others, at least as much as it did a year ago."

The ABS study offers another data point in the abiding struggle between Christianity and culture, suggesting further changes ahead if these trends continue. With fewer people consulting the Bible for spiritual growth or guidance in their daily decisions, societal norms once influenced by Scripture are evolving into an array of moral perspectives, many of which are incompatible with its teachings.

This is not to say that every application of Scripture has been right and good, history is filled with stories of abuse justified with appeals to Biblical texts. Despite these tragic stories, the real issue is, whether we recognize it or not, we all rely upon authorities to make decisions. Those who choose to ignore the Bible or church teaching, are looking elsewhere, and, as Simon Peter recognized, there is nowhere else to go to find the words of eternal life (John 6:68).

However, amid these concerning trends, there is still hope. A majority of respondents (53 percent) expressed a desire to engage with the Bible more, including a significant percentage of non-Bible users. While the number of those engaging with the Bible may be declining, the desire for its wisdom and guidance remains. Whether individuals act upon this desire remains to be seen.

How many people today are engaging with scripture in any meaningful way? Apparently fewer each year, but it is my hope that next year more seek wisdom within its pages and find a path leading to true spiritual life.

–Stephen O. Presley is senior fellow for religion and public life at the Center for Religion, Culture & Democracy (crcd.net), an initiative of First Liberty Institute and associate professor of church history at The Southern Baptist Theological Seminary. Reprinted with permission.

More young adults say Bible transformed their lives

Despite the well-documented rise of religious "nones," new research found that the share of young adults who believe the Bible has had a transformative effect on their lives has increased.

"Our youngest adults show signs of interest in the Bible, curiosity about it and transformative interaction with it," said John Farquhar Plake of the American Bible Society. "If this trend continues, we have good reason for hope."

One question in the society's latest State of the Bible survey asked respondents if they agreed that "the message of the Bible has transformed my life." A slightly higher share of those surveyed in 2024 (58 percent) either

"somewhat" or "strongly" agreed that the Bible had a transformative effect on their lives Bottom of Form

The percentages of adults belonging to Generation X, born between 1965 and 1980, who "somewhat" or "strongly" agreed about the transformative effect of the Bible on their lives in both 2023 and 2024 matched the figures for the population as a whole. The share of respondents in Generation Z, the youngest group of American adults defined as those born in 1997 or later, that cited the Bible as a source of transformation in their lives increased from 50 percent in 2023 to 54 percent in 2024.

Baby boomers, adults born between 1946 and 1964, were the only generation that saw a larger increase in the percentage of respondents who credit the Bible as a transformational influence in their lives. Sixty-nine percent of Baby Boomers "somewhat" or "strongly" agreed that the Bible had such an effect on their lives in 2024, a 5 percent jump from the 64 percent who said the same last year.

"Increasingly, the Bible must compete for our attention in an ever-busier world," Plake stated in response to the findings about scripture engagement. "The State of the Bible survey bears this out as we see scripture engagement decreasing over the last few years, especially in younger generations."

5 Things to Think of When Buying your Dream Home

Buying a dream home is an exciting milestone in anyone's life, but it's also a decision that requires careful consideration. There are plenty of factors to weigh before making such a significant investment, including costs, location, and the home's condition. Here are five key considerations for home buyers to keep in mind when purchasing a home.

Location, location, location

Ultimately, choosing the right location can enhance a home buyer's quality of life. The home's proximity to work and schools is one aspect to consider, and property value in the neighborhood is another.

"To get an idea of whether the location is ideal for their needs, home buyers can consider factors such as distance to work, shopping, and transportation options," said Hanna Grichanik, financial advisor with Northwestern Mutual's Canale Financial Group. "They can also look into the neighborhood's safety, community atmosphere, and future development plans (if available). Research local property values and trends to get some relevant data about whether the property has held its value over time."

Size and layout

Unless home buyers are planning on extensive renovations or rebuilding a home, size and layout are key considerations when home shopping. The house should be accessible to everyone living in it, so a multiple-story home may not be a great option when one or more family members have mobility issues. Similarly, a play area may be an important consideration for new parents.

"Buyers should have a number of bedrooms, bathrooms, and living spaces in mind that will accommodate their family and lifestyle," said Grichanik. "They should keep in mind any potential future plans, such as a growing family or aging in place, and choose a home that can adapt to evolving needs over time."

Condition and maintenance

Carefully assessing the house's condition can help buyers avoid surprises and expenses down the road. A professional home inspector can check the property for any structural issues, safety concerns, or maintenance needs before the home purchase goes through.

Buyers should consider the age and condition of major appliances, parts of the house, and systems, such as the roof, HVAC, plumbing, and electrical. Even homes that look near-perfect from the outside may have issues that are out of sight, so it can help to budget for potential repairs.

Financial planning

"Home buying can often be one of the biggest purchases in one's life," said Grichanik. "Unanticipated fees, application costs, and other closing costs can quickly add up."

This makes financial planning a crucial consideration for aspiring homeowners. A skilled financial advisor can help buyers make their homeownership dreams a reality by helping them manage finances and save for a down payment efficiently. For buyers looking for an advisor, a friend or family member may be able to refer a trustworthy financial advisor, or home buyers can type "financial advisor near me" into a search engine and begin looking for someone who is a good fit.

Resale potential

Even buyers looking for their "forever home" may want to consider its resale potential. Circumstances can change, and homeowners may eventually want to downsize, move to another city or state, or look for another home that requires less maintenance and upkeep. While there are no guarantees, it can help to visit the price history of the home and research the resale potential of similar homes in the neighborhood.

The bottom line

Buying a house is one of the most significant financial decisions that most people will make. In addition to these tips, buyers can consider speaking to other homeowners to get advice for a seamless home-buying experience.

-Source: Northwestern Mutual. Northwestern Mutual is the marketing name for The Northwestern Mutual Life Insurance Company (NM) and its subsidiaries in Milwaukee, WI.

Keep your home safe with concrete repair

Worrying about your uneven or cracked concrete can make owning a home very stressful. By investing in concrete repair, you can fix your driveway, walkways, patio, and more in one easy lift.

THRASHER FOUNDATION REPAIR

GET A FREE ESTIMATE
866-571-8749

TRUGREEN
Live life outside.®

*Special price is for first Lawn service only. Requires purchase of annual plan, for new residential EasyPay, MonthlyPay, or PrePay customers only. Valid at participating TruGreen locations. Availability of services and/or products may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2024 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.

entertainment

3 Things You Should Know about Sight, Angel Studios' Inspiring Film

1. It's Based on an Incredible True Story

Sight is based on the inspiring real-life story of Ming Wang, who outlasted the Cultural Revolution and moved to the United States to earn his medical degree. There, in the U.S., Wang became a world-renowned laser eye surgeon and pioneered the amniotic membrane contact lens, which is spotlighted in the film and can help restore sight to some patients who are blind. The film smartly employs flashbacks to switch between his childhood and adult years when he was developing the technique. The plot is based on Wang's autobiography, From Darkness to Sight, which, like the film, spotlights his conversion to Christianity.

Angel Studios, the same studio that released the 2023 blockbuster Sound of Freedom, is releasing Sight.

Oscar nominee Greg Kinnear (As Good as It Gets; You've Got Mail) portrays Wang's associate, while Ben Wang -- who is in the upcoming Karate Kid movie -- plays a young Ming Wang. Terry Chen, an actor known for his roles in Marvel and DC series, portrays the older Ming Wang. Director Andrew Hyatt, who was behind the 2023 hit movie The Blind and the 2018 biblical film Paul, Apostle of Christ, helmed Sight.

Colton Dixon's upbeat tune, Rest of My Life, leaves you feeling energized as the credits roll.

2. It Teaches Us about Tragedy, Determination, and Faith

Wang's early life was full of trials. We watch as his parents struggle to find enough money for food. (His father, sitting at the dinner table, gives Wang a portion of his rice.) We watch as soldiers order Wang and his classmates to toss their books into a fire. We even watch as Wang, then a young teen, falls in love with a young girl, only to see her kidnapped by revolutionists. (He never sees her again.)

Wang told Crosswalk Headlines he nearly lost all hope.

"It was devastating," he said. "Fortunately, with the help of my parents, I was able to fight through that period."

The film takes a turn when the government ends the Cultural Revolution and re-opens schools. Wang -- now an older teen with little education -- is given a sliver of hope, but only if he can pass a key exam.

The film depicts Wang as being driven to success by two tragedies: 1) the kidnapping of Lili -- he harbors guilt for her capture -- and 2) the medical case of a young Indian girl named Kajal, who was born with sight but was blinded by her stepmother when the latter poured acid into the youngster's eyes. (Street beggars like Kajal make more money when they are blind, Wang is told.)

Wang, now a famous doctor in the film, spends countless hours at the office -- and even sleeps there a few nights -- as he searches for a medical remedy to Kajal's vision loss. (She "doesn't deserve to suffer," he says.

3. It Teaches Us about Perspective

Ming Wang is a heroic doctor in Sight, but he's no miracle worker. Smartly, the film depicts stories of success and stories of failure.

In the movie's final moments, his revolutionary technique brings sight to one young girl but fails on another girl who is roughly the same age. Incredibly, though, the latter girl rediscovers her joy in life despite her lack of vision. She laughs. She plays with friends. She's no different than her peers. ("She has moved beyond the tragedy of her past and embraces the present with happiness and joy and love," a nun says.)

Sight is a film about the gift of vision. It's also a film about perspective.

"We learn more from our failures," Wang told Crosswalk Headlines. "I [didn't] want the movie to be just about exaltation of good news and good things, because that's not reality."

He wants viewers to ask: What can I learn from life's trials?

"There's more to life than what we see," Wang said. That includes the spiritual realm. In Sight, Wang experiences a Romans 8:28-type moment, as the tragedies of his childhood form within him a resolve to help others. "The present is made possible by the past," we hear throughout the film.

Sight is an inspiring drama that challenges viewers to see beyond their immediate circumstances. It also urges viewers to consider what lies beyond the virtual realm.

As Wang's life demonstrates, our past experiences, no matter how painful, can become the crucible in which our greatest strengths are forged.

Sight is rated PG-13 for violence and thematic material. The film contains no coarse language or sexuality. Violent material includes: a soldier punches a teacher and slaps a boy. Soldiers push an elderly man in a wheelchair over and then kick him.

-Michael Foust

MOTHER OF THE BRIDE is a comedy on Netflix about a young woman who's surprised to get engaged but is even more worried about what her mother would say. MOTHER OF THE BRIDE is fun but forgettable and has a mixed worldview with some morally uplifting values about family and a Christian wedding, but it has some Romantic elements about following your heart rather than doing the right thing.

Emma has been in London and working with RJ and his father, Will. Emma and RJ have been dating, and Emma is surprised that even after a short time, RJ proposes. Delighted that he's proposing, Emma says yes. However, the first thing she wonders is if her mother, Lana, would approve.

Emma decides to go to her mother and tell her in person she's engaged to RJ. Her mother, Lana, is a famous and has accomplished a lot. As a result, Emma feels her mother has put pressure on her to achieve rather than get married.

Surprisingly, though, Emma tells her mother, and Lana is happy. When she tells her they will be married next month, however, everyone realizes things are moving fast.

Everyone arrives at the resort for the wedding. Lana meets RJ's widowed father and everyone's surprised to learn that Lana and Will were high school sweethearts. Right away, Lana is feeling awkward. When Will tries to help her, they both fall into the water.

As the week of wedding events starts off, Lana is trying to be supportive, but feeling weird due to the fact that Will's there. Lana also runs into Lucas, a very charming man who knew of Lana's work. He's very interested in Lana, but the past chemistry with Will is definitely still there for Lana as well.

MOTHER OF THE BRIDE is a fun movie. It has an entertaining plotline but has a low budget TV movie feel to it. Also, some characters are one dimensional.

MOTHER OF THE BRIDE has a mixed worldview. For example, it has a pro-family message where family members support each other. Also, the mother and the daughter in the movie learn how to get along and love each other despite their differences. However, MOTHER OF THE BRIDE also has some Romantic elements about of following your heart rather than doing the right thing. Finally, the movie has some foul language, a scene of drunkenness, some lewd jokes, the image of a Buddha statue in one scene, and light references to yoga.

Dennis Quaid Brings to Life Ronald Reagan's Inspiring Rise from Small-Town Roots in 'Reagan'

Dennis Quaid helps bring to life the inspiring true story of Ronald Reagan's rise to the presidency in the upcoming biopic film, 'Reagan.' The official movie trailer gives an exciting first peek into this exciting project, and you don't want to miss it!

As the 40th president of the United States, Ronald Reagan had a lasting impact on America. And his journey from childhood to the Oval Office was unlike any of the presidents before him. With his small-town upbringing, Ronald Reagan didn't initially set out to pursue politics. He had his sights set on Hollywood. However, God had other plans!

Dennis Quaid confidently plays the role of Ronald Reagan, and the film follows the former president's journey of "overcoming the odds" as he moved "from dusty small-town roots, to the glitter of Hollywood, and then on to commanding the world stage." The story is told through the voice of a former KGB agent, Viktor Petrovich (played by Jon Voight), whose "life becomes inextricably linked with Ronald Reagan's when Reagan first caught the Soviets' attention as an actor in Hollywood."

When first approached about portraying the beloved President Reagan, Dennis Quaid had serious reservations.

"I was scared to death about doing it," he said.

Even though Dennis considered Reagan one of his favorite presidents, he was hesitant to portray his iconic persona on camera. First, he needed to move past his "awe" of the late Ronald Reagan.

"I didn't know how to penetrate that, somebody so well known," Dennis Quaid admitted. "I didn't want to do an impersonation. But I went up to the Reagan ranch, and that's what sealed the deal for me because I could feel him up there. And he was a really humble, humble guy."

Reagan is set to release in theaters nationwide on August 30, 2024.

Cuba Gooding Jr.'s new movie resembles his own faith journey

Award-winning actor Cuba Gooding Jr. considers his new role as a drug dealer turned Christian in "The Firing Squad" one of the most significant of his career.

"After living through the pandemic and all the wars that we're going through, it's time to get back to God," he told "The Christian Post." "I got the script sent to me for this film, and it hit me so powerfully that these men had nothing to live for but found faith in the darkest times in their lives, in a jail cell. They were able to face the inevitable with dignity and pride."Top of FormBottom of Form

From Christian filmmaker Tim Chey and starring Kevin Sorbo, Gooding and James Barrington, "The Firing Squad" is based on the true story of three men facing execution. As the moments leading to their deaths unfold, a series of unexpected events begins to reveal the profound impact of faith and its ability to offer hope in the darkest times. Their path to redemption extends beyond their own salvation, sparking a spiritual awakening within the prison camp. The influence of their faith touches even the most hardened inmates, leading them toward the compassionate embrace of Christ.

Gooding plays Samuel Wilson, an inmate facing imminent execution. His "moth to the flame" moment, he said, was the conviction that the "world needs stories of redemption and faith at a really crucial time."

Gooding's personal journey mirrors the themes of his latest film. Raised as a Christian, he drifted away from his faith during his Hollywood career but recently rededicated his life to Christ. Several years ago, the actor admitted he went through a dark time in his life after his father died — "and then one day, I literally I woke up and God said, 'All right, you ready to come back? Remember me?'" he said.

"I start off every morning and I go to bed every night with the same prayer of, 'God, thy will be done. God's will be done in my life,'" he said. "A lot of times, I've been in situations and scenarios that I know are dark. And I go, 'I don't know why I'm here and why I'm doing what I'm doing. But I know it's God's will.' And every time, I come out the other end, even stronger."

"The Firing Squad" will be released in theaters on August 2.

New Scooby Doo series 'Velma" filled with anti-religious bigotry

Last year, Max released "Velma," an animated adult "reimagining" of the Scooby Doo franchise that became one of the most hated series in the history of television. On Thursday, April 25, Max premiered a second season of Velma that is almost as bad as the first.

Produced by Mindy Kaling, "Velma" is riddled with unfunny hostility toward men, particularly white men as embodied in "Velma's" doofus version of Fred (Glenn Howerton). Fred is a dumb and infantilized character who is routinely mocked.

Season two's plot is about a serial killer targeting white middle-aged men. The killer chops off the victims' penises.

Season One ended with a horrifying scene in which Velma twerked over the corpse of Fred's mother after she was killed in an accident. Season two's violence is no less vulgar.

In this new season, Fred becomes attracted to Catholicism and dresses as a fake priest. His newfound interest in Catholicism, which he uses to promote his "spooky stuff hunting business," becomes a launchpad for insulting the Christian faith in general and the Catholic Church in particular.

After Velma (Mindy Kaling) rigs a school lottery to get paired with Fred for an activity, her violation of school tradition somehow turns into dialogue on Catholics.

Fred: I *know you rigged this, Velma. If there's one thing rich people know, it's cheating.*

Velma: *There are more important things than tradition.*

Fred: *No, there aren't. Look at the Catholics. We used to control the world. But then, Martin Luther was all like, 'Let's ignore traditions.' And now, we only control Boston and the Supreme Court.*

Velma: *Exactly. Tradition, religion, superstition. When you remove the fun hats and free wine, they're just about controlling people with fear.*

The local church priest is a drunkard who is secretly part of a government conspiracy that created a super-villain. The priest becomes one of the men murdered and castrated by the villain.

The series also mocks confession. Fred sits in the confessional and pretends to be a priest, but instead falls in love with the old lady on the other side of the screen confessing her sins.

In contrast to the moronic "Catholic" characters, an occultist heroine named Amber (Sara Ramirez) befriends members of the mystery-solving group and proves to be smart and intuitive. Amber is "non-binary" and uses "they/them" pronouns. She is a proud "witch" who draws pentagrams and practices seances.

Like season one, the plot of "Velma's" second season is too convoluted to unpack and nearly impossible to either follow or care about. Dialogue tosses in casual references to anti-capitalism and random praise for left-wing heroes like Supreme Court Justice Sonia Sotomayer and former First Lady Michelle Obama. There is little rhyme or reason to these woke insertions.

"Velma" has zero redeeming qualities even by the standards of contemporary television. Its audience score on Rotten Tomatoes as of April 30 is 11%.

Max had heavily promoted the first season of "Velma," but this second season dropped with little fanfare. Considering how little the streaming service marketed the second season, a third installment seems unlikely. If so, good riddance. The series is unredeemable

50+ Lifestyles

A Guide to Enjoying Life in the Best Years

Tips for Having a Safe and Healthy Summer

Summer is a great time to try new activities and get outdoors, but the season also brings with it unique risks, according to medical experts.

"Regardless of where you are in your fitness journey, the warm weather months offer opportunities to reevaluate your wellness goals for the remainder of the year. But as you and your family get active, it's important to prepare. Understanding water safety and sun safety, and recognizing the signs of heat-related conditions are all critical," says Jesse M. Ehrenfeld, M.D., M.P.H, president of the American Medical Association (AMA).

To help you enjoy a safe and healthy summer, the AMA offers these tips:

1. Be smart about sunscreen. When shopping, look for a broad spectrum sunscreen of at least SPF 30. Also, understand that no sunscreen is waterproof, and you'll need to reapply it every couple of hours and after exposure to water or sweat.

2. Make sure your family is up-to-date on their vaccines. Before summer travel or camp season, double check everyone's vaccine status. If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

3. Prioritize water safety. Ensure everyone in your family achieves water competency skills. Teach children to ask permission before going near water, have them and inexperienced swimmers or boaters wear U.S. Coast Guard-approved life jackets, and, at the beach, always swim in lifeguarded areas.

4. Reduce your intake of processed foods and sugar-sweetened beverages, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods to your diet, such as fresh fruits and vegetables, olive oil, nuts and seeds. Also reduce your consumption of sugar-sweetened beverages and drink more water instead. Drinking sugary beverages, even 100% fruit juices, is associated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.

5. Take advantage of warmer weather and find ways to be physically active. Exercise is essential for your physical and mental health. Adults should get at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week.

6. While exercise is important, it's essential to be smart about it. If exercising outside, avoid the early afternoon (noon to 3 p.m.) when it's hottest. Drink water before, during and after physical activity, and wear light-colored, lightweight, moisture-wicking clothing. Be on the lookout for signs of heat exhaustion, including cool, moist, pale skin, heavy sweating, headache, nausea and dizziness. CDC's Heat Risk Dashboard informs on how best to protect yourself when temperatures can impact your health.

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans—up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Know your blood pressure numbers. Visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure, also known as hypertension, under control. Doing so will reduce your risk of heart attack or stroke.

9. Check your community's outdoor air quality using the Air Quality Index. Smoke from wildfires and degraded air quality can irritate your eyes, nose, throat and lungs. Children, pregnant people and those with certain chronic conditions must be especially careful.

"If you have questions or concerns about summer-related health issues, now is a great time to talk to your physician," says Dr. Ehrenfeld.

-StatePoint

How Volunteering Can Help Older Adults Combat Loneliness

The bonds found in friendships and other relationships are an important factor in health and wellness – even science says so.

According to the American Psychological Association, forming and maintaining social connections at any age is one of the most reliable predictors of a healthy, happy and long life. Studies show having strong and supportive friendships can fend off depression and anxiety, lower blood pressure and heart rates in stressful situations and change the way people perceive daunting tasks.

However, statistics show approximately half of U.S. adults lack companionship and feel socially disconnected, according to the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community. In fact, 12% don't have anyone they consider a close friend, per the Survey Center on American Life. This "epidemic of loneliness," as coined by U.S. Surgeon General Dr. Vivek Murthy, can take a severe toll on mental and physical health.

As people age, the risks of isolation increase. With America's older population growing rapidly – the 65 and older population reached more than 55 million in 2020 – discussing how older adults can combat loneliness is relevant to public health and individual well-being.

Consider volunteering, which is one of the best and most rewarding ways to combat loneliness.

Volunteering Combats Loneliness

People often volunteer to find a sense of purpose, learn new skills, improve their communities or establish new routines after retiring or becoming empty nesters. For many, making friends through volunteer work is a welcome bonus. The act of volunteering provides proven benefits for older adults.

Forming connections can make all the difference in a person's volunteer experience and sense of well-being. People who meet through volunteer work inherently share a common interest and something to bond over. These friendships can carry over outside of volunteer work and lead to bonding over other hobbies and interests.

Connection-Focused Volunteer Opportunities

In addition to making friends with fellow volunteers, many older adults also form relationships with the people they're serving, especially if those recipients are their peers.

For example, AmeriCorps Seniors is the national service and volunteerism program in the federal agency of AmeriCorps that connects adults aged 55 and up to local service opportunities that match their interests. Its Senior Companion Program pairs volunteers with other older adults or those with disabilities who need companionship or assistance. Volunteers may help with tasks such as paying bills, shopping or getting companions to appointments. In some cases, volunteers may also provide support and respite for family members caring for loved ones with chronic illnesses.

"We often think of volunteering as 'giving back,' but we've seen firsthand that it often becomes so much more than that," said Atalaya Sergi, director of AmeriCorps Seniors. "By spending a few hours each week with another older adult in need of support, our volunteers are not only giving back to others, but they're adding meaning to their own lives and establishing new connections. They're helping to fight the loneliness epidemic one visit at a time."

Growing older can come with challenges, but some of those can be minimized with a positive mindset and commitment to remaining connected and engaged – whether with friends, relatives or fellow community members. Fostering relationships is a key ingredient to a healthier and more fulfilling life.

For more information and to find volunteer opportunities near you, visit AmeriCorps.gov/YourMoment.

– Family Features

Consumer Cellular®

NO HIDDEN FEES.
NO HIDDEN ANYTHING.
FREEDOM CALLS.

Plans start at just $20/month.

855-473-8579

© 2023 Consumer Cellular Inc. Terms and Conditions subject to change.

CPAP
Supplies & Services LLC
Specializing in all your CPAP needs
785-289-3188
2905 SW Gage Blvd., Topeka, KS

sports

Patrick Mahomes makes feelings on Kansas City Chiefs relocation clear

Patrick Mahomes, the star quarterback for the Kansas City Chiefs, has expressed his deep affection for the people of Kansas City amidst rumors that the team may be considering a move from Missouri to Kansas. The Chiefs' lease at Arrowhead Stadium, their home since 1972, is set to expire in 2030, and despite extensive renovations between 2007-2010, the organization is keen on further improvements.

However, with an estimated cost of $800 million, funding these renovations has become a contentious issue.

The Chiefs have seen a surge in popularity since drafting Mahomes in 2017, winning three Super Bowl championships in the past seven years and drawing larger crowds than ever before. In order to compete with rival stadiums, the Chiefs are eager to upgrade their facilities.

Voters in Jackson County, where Arrowhead is located, recently rejected a sales tax measure that would have partially funded the renovations, prompting the team to consider other options post-2030. Chiefs chairman Clark Hunt has hinted that a move to Kansas could be a viable option, but Mahomes has made it clear that he believes the fans should be the priority. His love for the people of Kansas City and his emotional attachment to Arrowhead Stadium suggest he may not be in favour of the potential relocation.

In a candid chat on the "Im-Paulsive" podcast, Patrick Mahomes expressed his deep affection for Kansas City and the unique bond he shares with its residents. "I love it, man. I love the people... The people are what make the city and they embrace you," Mahomes gushed.

"You can walk down the street and people come up and are like 'We love what you do, we love your work' and they want to let you have a great day they're not trying to take pictures. The people make the city."

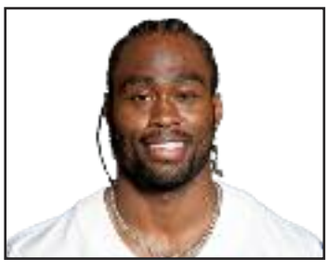
He also shared his appreciation for the local fans: "I do love the fans. The best part of Kansas City is that they love it but they embrace everybody that comes to the games and they tailgate it. There's not a ton to do so they really enjoy those football games."

Dallas Cowboys player leads by example, shows what it means to love his neighbors

At a time when professional football players often make the news for the wrong reasons, Brandin Cooks of the Dallas Cowboys is having a positive impact. The wide receiver recently held a football camp in his hometown of Stockton, Calif. More than 700 people attended the sold-out camp, and given his upbringing and faith, Cooks felt a responsibility to give back to the community.

"I think it's huge," he told Fox News. "I think it's always important that you give back, but especially to the community that had an impact on you, you grew up in. Being from Stockton, I wouldn't change it for the world. I love the place with all my heart."

The camp was sponsored by He Gets Us, a movement that whose



agenda is to "move beyond the mess of our current cultural moment to a place where all of us are invited to rediscover the love story of Jesus -- Christians, non-Christians and everybody in between."

"For me, my faith is my foundation," Cooks said. "Christ is. I truly mean it when I say it, everything I have, everything I've been blessed with, even from the good to the not so good. He's always been my foundation growing up and just continues to be able to be a light in this world today."

One initiative of He Gets Us is to love your neighbor.

"Our neighbor is someone that may not look like us, talk like us, dress like us or whatever the case may be," he said "We were called to love, and God will take care of everything else "We just gotta continue to be that example on how to love, even in the most uncomfortable moments. And I think that's what they're talking about, that's what they're putting out there. It was just so natural to be able to tag-team with them and be a part of this campaign, a part of this movement, it's important to me."

New Dennis Quaid golf movie "The Long Game" provides a hopeful message of reconciliation

Actor Dennis Quaid hopes his new movie "The Long Game" will counteract some of the harmful content emerging from Hollywood.

"I want to see movies that instruct the heart and relate to the heart, where you feel this common bond with the film and with other people," he told "Beliefnet." "That's what 'The Long Game' does."

The movie explores the journey of five Mexican-American high school students who defied the odds in the 1950s by building their own golf course after being banned from playing at an all-white Texas country club. The students, part of the San Felipe Mustangs, went on to become state champions and, in 2012, were inducted into the Latin American International Sports Hall of Fame.

"Lee Treviño was one of the first Latino golfers on the PGA Tour in the late 50s, early 60s, and this is his story," Quaid said. "He grew up in that era and had to fight through a lot of discrimination. But he transcended it; his talent was undeniable. It's through sport, a lot of times, that different cultures really attain the American dream."

Quaid portrays Frank Mitchell, a member of the country club and World War II veteran, who helps the golf team find success. Despite battling his demons, including a drinking problem, Mitchell finds his purpose, deeply inspired by the dedication and resilience of the five young golfers.

The film was released in theaters nationwide earlier this month. The film was directed by Julio Quintana and released by Mucho Mas Media and Bonniedale Entertainment, Quaid's production company named after his mother.

"We wanted to do films that were inspiring and aspirational, about underdogs and American dreams, and this fit the bill," he said. "After watching, I want people to be entertained, for their hearts to feel good, to feel better about themselves and this great country of ours."

Quaid recently released a gospel album, "Fallen: A Gospel Record for Sinners," which he said illustrates his desire to bridge the gap between the sacred and the secular. Later this year, he will appear in "Reagan," the first full-length feature on the 40th president of the United States.

Sneakers and Smiles Golf Classic Benefits Local Kids in Need

Sole Reason's 6th Annual Sneaker's and Smiles Golf Tournament has expanded to two days, with separate tournaments being held on Friday June 28th at 2pm, and Saturday the 29th at 8am at Cypress Ridge Golf Course. The event benefits Sole Reason, a local not-for-profit under 501 c (3) that provides free sneakers to kids in need in the Topeka, KS area.

"Sole reason has been so blessed to be able to provide new sneakers to so many wonderful kids over the last 6.5 years," said Jerry Hudgins, Sole Reason Founder.

"One of the ways we continue to do this is through our annual Sneakers and Smiles Golf Classic. There's always so much excitement and support from those who participate."

There are several activities at the tournament, including a putting contest, closest to the pin, longest putt, and a hole-in-one contest.

"We're excited for our 6th annual golf tournament. We're always blown away by the community support for this event, and we are excited to raise some money to help provide sneakers to kids in the Topeka and surrounding areas!" said Sandra Clear, Sole Reason Board President.

A silent auction featuring items from in-state D1 programs as well professional sports teams in Kansas City. Bidding is done day of event and in person.

"We will be having a couple of fan favorite additions... a raffle and silent auction for Chiefs, Jayhawk, Wildcat and Royals items and local gift cards," Hudgins said, "So come and join the fun. More sneakers. More smiles. And more of a great time!"

The entry fee for the 4 person scramble is $380 per team. The fee includes green fees, cart, drinks, and meals.

Sign Up Today! Register online at: www.SoleReason.net. For sponsorships or more information, please contact Jerry Hudgins, tournament director, at (785) 338-2965 or e-mail: sole_reason@yahoo.com.

New Resident Church Guide

1. HIGHLAND HEIGHTS CHRISTIAN CHURCH
785-379-5642
Sunday Services: 8:30 and 10:00 AM
2930 SE Tecumseh Road
Tecumseh, Kansas 66542
www.highlandheightscc.com
Jars of Clay Children's Ctr 785-379-9098

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

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. BETHEL BAPTIST CHURCH
4011 N. Kansas Ave, Topeka
785-286-0467
Sunday School at 9:30am
Worship at 10:30am
Livestream on Youtube at 10:30am
www.bethel topeka.org

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

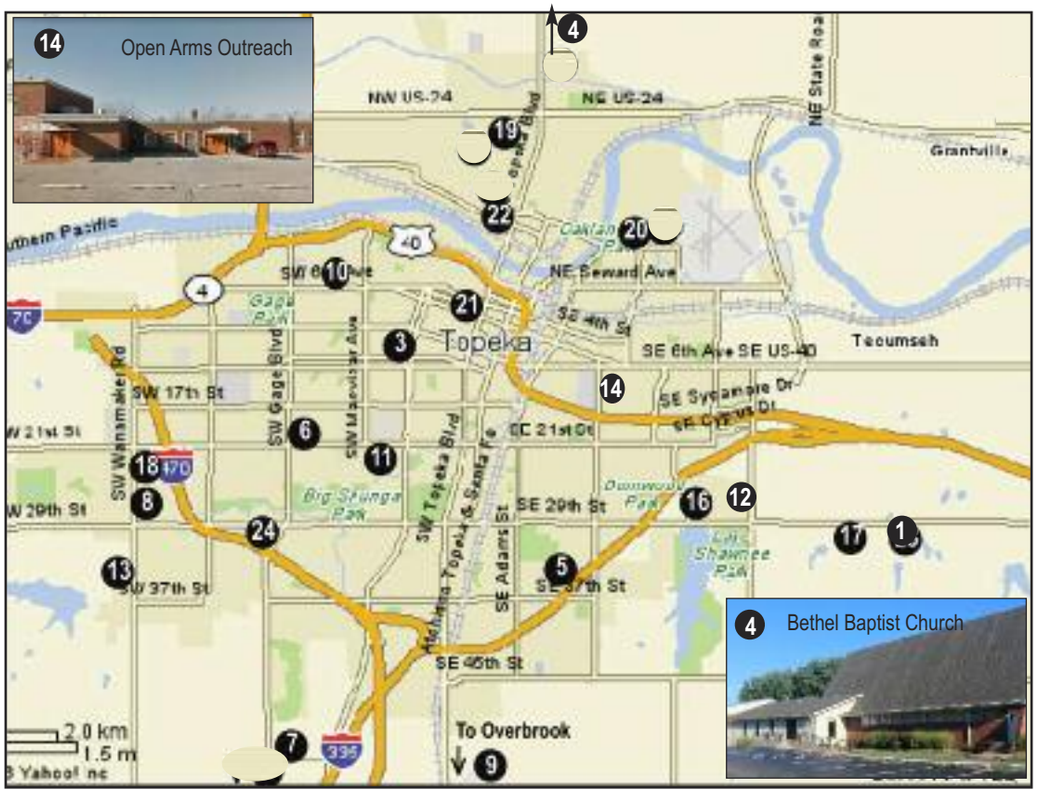
11. COMMUNITY CHURCH
1819 SW 21st St., Topeka
233-3537 www.CommunityTopeka.com
info@CommunityTopeka.com
Sun. 8:30am - Sunday School for all ages
Sun. 10:00am - Worship & Word
Sun. 10:00am Youth Service
~ Nursery care for all services ~

12. LAKEVIEW CHURCH of the NAZARENE
2835 SE Croco Road (785)266-3247
Rob Self, Senior Pastor
Facebook: Topeka Lakeview Nazarene
Sun. 9:45am: Sunday School all ages
Sunday 10:45am:
Nursery, Children's Church, & Worship
Wed.: Prayer, Bible Study, & Discussion 7-8pm
Kids J.A.M. 'Jesus & Me!' 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
A Spirit-filled, Word-centered church
2531 SE Wittenberg Rd., Topeka
Sunday Worship 11am & 6pm
Wed. Prayer & Praise 7pm
785-266-LOVE (5683)
J. Michael Borjon, Pastor



17. EAST SIDE BAPTIST CHURCH
4425 S.E. 29th St., 785-379-9933.
Sunday Worship 10:00am & 5:30pm
Sunday Evenings at 5:30pm:
• AWANA
• Student Ministries
• re|engage
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
FOGchurch.com

24. TRINITY REFORMED BAPTIST
Holding to the authorized King James Version and the 1689 London Baptist Confession of Faith
Sunday 9:30 a.m. Wednesday 6 p.m.
Pastor Bob Spagnuolo 785-273-3506
meeting in our home:
4307 SW 30th Ter., Topeka
www.TrinityReformedBaptist.org

Topeka Bible Church
Leading People to Life in Christ
1135 SW College Avenue and 1101 SW Mulvane
785.234.5545
Sunday services, Sunday school, and Bible studies at 9 and 10:30 AM • Livestream at 9 AM • discovertbc.com

KFGB 97.7 FM
Upper Room Radio
Local Christian Radio
Listen at work!
UpperRoomRadioOnline.com

VOICE OF FAITH
RADIO BROADCAST
Sermons and Teachings of Rev Max L. Manning
Sundays — 9 am WIBW RADIO 580 AM
Daily (Mon—Fri) — 10 am KFGB 97.7 FM
www.global-missions.com
PO Box 161 Topeka KS 66601
785-232-2992 or 785-231-8183

classified

Place your classified ad with us! 785-235-3340 or Voice@cox.net, or metrovoicenews.com

Payment in advance required: $12 for the first 25 words; 25 cents for each additional word.
(classified ads also go immediately online)

FOR SALE:

1967 FORD GALAZY 500 2-door hardtop, 390V8 automatic, 100,000+ miles. All new mechanical suspension redone, new tires. Seats in interior to be redone. All original equipment. #10,500 OBO. 785-580-3297. No trades.

FOR LEASE:

OFFICE SPACE available, great for therapists, health & wellness companies, small businesses & more! Complementary desks/chairs furnished. All utilities plus Wi-fi/Ethernet included. $100 VISA cards to new leases if you mention this ad! College Park Office Suites, 2611 SW 17th. Call or text 785-430-1657. info@cpofficesuites.com

SERVICE:

ECONOMY HOUSE CLEANING in the Topeka Area: Only $50 for most houses. Call Marvin for appointment. Phone 785-741-1929

WANTED:

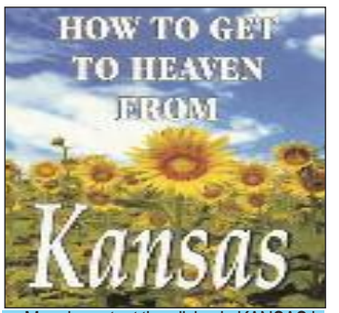
FEMALE SINGERS WANTED – Topeka Acapella Unlimited is looking for female singers who would like to sing four part acapella harmonies. Topeka Acapella Unlimited is a Chapter of Sweet Adelines, International. Call Cindy Patton at 785-640-7403 for more information.

ASSISTANT EDITOR – Research articles & event info online & on phone. Some writing & editing. Some updating files, social media posting, possibly some deliveries. Mostly work from home. Could be part-time hourly wages,or contract services basis. Call 785-640-6399

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

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

$1250 HIRING BONUS
within first 9 months!
NOW HIRING:
Direct Support Professionals
Case Coordinator
Training Coordinator
Finance Director
Paid training, great benefits including next day pay
SLI
Serving People with Disabilities since 1871
3401 SW Harrison St, Topeka, KS 66611
EOE www.slitopeka.org



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.

Life
CHRISTIANS FOR LIFE, INC.
EVERY LIFE COUNTS
INFO@HEARTOFAMERICAWALL.ORG
785-267-5777
P.O. BOX 3856, TOPEKA, KS 66604

All Insurance Access, LLC.
Auto-Home-Life-Commercial
Brittany Elliott- Agent
3706 SW Topeka Blvd.
Suite #411
Topeka, KS 66609
Office: (785) 267-0707
Fax: (785) 266-9154
Cell: (702) 205-0132
Email: Belliott@aiatopeka.com
AllinsuranceAccess.com

#sleevesrolledup
TRM
MINISTRIES
Visit TRMonline.org or check us out on Facebook
TOPEKA RESCUE MISSION MINISTRIES
To donate: text TRMgive to 77977

metro voice
metrovoicenews.com
Check Out Our Newly Redesigned, Mobile-ready Breaking-news Website.

What Are the Important Benefits of Family Dinner Night?

For many parents, it would be much easier and simpler to forget about family dinners. Jobs, children, after-school activities all contribute to families being constantly on the go, thus feeling the need to eat on the run.

But more and more parents are realizing the importance of shared family time at the dinner table. Often, this is the only time when all family members are all together in one place, and the benefits of sharing time at day's end cannot be measured by calories alone.

Numerous studies show that eating together not only is an important aspect of family life, but helps make weight control easier.

When a family sits down together without TV, tablets or phones, it helps them handle the stresses of daily life and the hassles of day-to-day existence. Eating together tends to promote more sensible eating habits, which in turn helps family members manage their weight more easily.

The purpose of a family dinner may differ from family to family. In one family, good table manners might be the most important thing parents want to teach; in another, it might be communicating with one another, learning how to listen, and learning to respect each other.

Children need to learn a little bit at a time, experts say. If dinnertime is an interesting time of day for your child, he is going to learn how to sit, and say, "How was your day?" and "What was the best thing that happened to you today?"

Maybe you'll want to pick a game that will help a child talk more fully about their day than just asking them "what did you do in school?" or "how was your day?" But instead maybe everybody goes around the table and says **a rose, a thorn, and a bud**. Rose is something funny or positive, a thorn is something difficult or challenging, and a bud is something you hope will happen tomorrow.

Dinner is a perfect opportunity to build self-esteem in children. By listening to what children have to say, you are saying, "I value what you do; I respect who you are and what you're doing; what you do is important to me."

Don't discuss things that would embarrass or humiliate family members. Certain subjects children may want to discuss might require more compassion, or more individualized listening.

The "magic" of family dinners is grounded in research on the **physical, mental and emotional benefits** of regular family meals. Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time.

There are also benefits for adults, including better nutrition with less fast food, less dieting, Increased self-esteem, and lower risk of depression.

Combining food, fun and conversation at mealtimes is a recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

Eating family meals together just might be the ultimate parenting hack. What else can you do in an hour that will improve your kids' academic performance, increase their self-esteem, improve overall health, and reduce their risk of substance misuse, depression, teen pregnancy, and obesity?

Food may be what brings people to the table, but it's the fun and conversation that makes them want to stay there – and research tells us that this atmosphere is what drives all the benefits of family dinners for children, including setting healthy eating habits that can last a lifetime.

It's OK to Keep It Simple

Time constraints are the main barrier to regular family meals. But there are ways you can make it easy on yourself. A family dinner doesn't have to be an elaborate feast prepared from scratch. In fact, it's absolutely acceptable to keep things simple.

Here are some family-friendly dinner shortcuts to try:

- Bagged salad greens
- Frozen vegetables
- Rotisserie chickens
- Lean meat or meatless burgers with a selection of healthy toppings
- Time-saving preparation methods such as crock pots and air fryers. Kids love chicken fingers and fries, and an air fryer offers a healthier way to prepare those.

Find more good ideas for family dinners, including healthy recipes, on Academy of Nutrition and Dietetics and U.S. Department of Agriculture websites.

Metro Voice Partners with Cosmos Court for Family Night

Nothing says family and community like a hot and fresh pizza. When was the last time you sat down with your family and shared a meal to celebrate the good things in life and to connect with care about the challenges family members are facing? The owners of Cosmos Court and several other community partners believe that connecting in person and taking time to communicate is the best way to change and transform the Topeka metro area.

Chris Schultz, owner of Cosmos Court, and a well-known community leader, is committed to making a difference in Topeka and specifically downtown Topeka. Chris and his family have operated several businesses downtown and are passionate about creating a culture of food and fun that will inspire families and friends to make our community a great place. Cosmos Court has announced its first Tuesday Night Family Pizza Night at Cosmos Court starting June 4, 2024, at 5-7 p.m. at the Tinkham-Veale building, located at 909 S. Kanas since 2008.

"We are challenging everyone in the Topeka metro area to take the Family Dinner Night Challenge," Schultz said in an interview with Metro Voice staff. "Our family has had a family dinner night for years and it has been a healthy and effective way for us all to stay connected and invite other people to get to know our family too. As a community celebration center, Cosmos Court is inviting families and friends to gather, to connect and care for each other and Topeka, on Tuesday night with us at 909 S. Kansas Avenue."

All people in Topeka are welcome to be part of the cosmic family and to buy a Cosmos Pizza and have a Field of Green custom salad with your family, along with your downtown community, Shultz said.

"To kick off this monthly challenge," Schultz continued, "we are excited to be launching this weekly challenge by promoting highlights from the June issue of the Metro Voice as part of a new monthly event on the first Tuesday night of each month. Join us for this kick-off experience and help us be the greatest community we can be in Topeka."

Cosmos Court is a maker space for unforgettable experiences from 11 a.m. to 11 p.m. Monday through Saturday. It is closed on Sunday. Try their Cosmos Pizza Club Italian cheese sticks and pepperoni calzones. Customers can make their Break Room nachos and Nathan's quarter pound hot dogs any way they want. Cosmos Court also offers Mom's salad bar, soup, and spuds. Just when you thought it couldn't get any better, you won't want to miss out on Schultzy's soft-serve, sodas and slushes, as well as their Cosmic Cookies.

Everyone is welcome to be part of the Cosmos Court Tuesday Night Family Dinner Kick-off celebrating family and community on June 4, 2024, from 5:00 to 7:00 pm. There will be a special celebration of the June issue of the Metro Voice at 6 p.m. Families are welcome to stay and play games and enjoy the magic of Cosmos Court. A selection of table games is provided, or you can bring your own. Join other families at the intersection of Kansas Avenue and The Cosmos to experience the magic of positive community in Topeka.

More information about Cosmos Court can be found at CosmosCourt.com.