



LAWN & GARDEN SHOW

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New Shows in KC

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## NEW RESIDENT churchguide

East Side Baptist Church



See Inside Back Cover!

## Bear Grylls explores Jesus' life in series



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Popular adventurer Bear Grylls, known for his survival expertise and deep Christian faith, takes viewers on an extraordinary journey through the Holy Land in his new series "Jesus: Refugee, Renegade, Redeemer with Bear Grylls." The six-part series, airing Fridays at 7 p.m. on TBN, retraces the steps of Jesus while exploring the profound impact of his life, teachings, and ulti-

■ Please see BEAR GRYLLES page 4



By **Clint Decker**

We had known each other professionally through her work as a State Representative, and in my work as an Assistant News Director at our local radio station. We also were both youth workers at different churches. One day Kathe came to me and asked, "I'm starting up a community wide youth ministry. We need someone to help with

evangelism. Would you like to be on the board and lead that?" After thinking and praying about it, I agreed. As we worked together building Detour Youth Ministry, little did I know, God had more in mind then reaching teenagers for Jesus. Romantic desires for Kathe began stirring within me, where eventually I found myself saying, "I have these feelings for her, but what should I do?" I had to decide where

to go with all this. As I sought God's wisdom, I realized she needed to know how I felt, and I needed to know if she felt the same.

We met for lunch, where I shared my feelings for her, and to my delightful surprise she felt the same. Then I asked, "I'm not interested in just dating, but dating with a view to marriage. Are you willing to start seeing each other with that

■ Please see TRUE LOVE page 3

## Topeka honored as bicycle-friendly



Topeka is being honored for its work to make Topeka a better place for people to bicycle.

The League of American Bicyclists honored the efforts of the City of Topeka to build better places for people to bike with a Bronze-level Bicycle Friendly Community (BFC) award.

Topeka is one of 459 communities nationwide involved in a movement to create safer streets for everyone.

This award commends Topeka for creating resources for transportation and recreation that will benefit Topekans of all ages and abilities, according to a news release from the City of Topeka.

## Report ranks Topeka No. 1 best state in nation to drive in

WalletHub analyzed 31 metrics, including road quality, commute times, gas prices and traffic congestion, to determine how states stack up for drivers.

The personal finance company has named Kansas as the number one best state to drive in.

WalletHub released the results of the study on Jan. 21. Kansas stood out when compared to other states for its infrastructure, traffic safety and high-quality roads.

Analysts with WalletHub evaluated each state on multiple factors such as cost of ownership and maintenance, traffic and infrastructure, safety and access to vehicles and maintenance with each state given a score on a 100-point scale.

WalletHub also pointed out that Kansas has the 12th-lowest average gas prices in the nation and is in the top 10 states for cheapest auto maintenance costs.



## Famous rural café is worth the drive

Sommerset Café has been famous across the nation through the years for its pies. Becky Frank, the current owner, continues that tradition with her own pies. By special request, her pies have been sent to multiple states, and she has won several competitions. She is famous in her own right, and not just for the pies.

This little café is also well known for its fresh, homemade food. The “best breakfast in the area,” as locals



say, may include fluffy omelets, hand-shredded hashbrowns, sausage gravy made to order with homemade biscuits, or cinnamon rolls that melt in your mouth.

Lunch at the café offers hamburgers, crispy fried chicken strips, and salads to bring a smile to your face. The chicken tenders are hand breaded, and the Rueben and Patty Melt are also very popular.

Daily specials include homemade noodles on real mashed potatoes, Bierocks, potato soup and of course delicious pies and other desserts.

One of the regulars, Mike, says “I have a heartfelt welcome feeling every time I walk in the door. It’s the small community that expresses the specialness of the business. It’s like ‘Cheers,’ where everybody knows your name. Becky’s food is top of the line.”



Another regular, Wayne, remarked that “Becky is very tempting with her food. She can talk me into a pecan cinnamon roll with just a suggestion and a smile.”

Located at the junction of K4



Highway and Douglas Rd in Dover, it makes a great stop for county workers, truckers, farmers, and



local community people. Bikers, both motorcycles and bicycle, are always welcomed as they stop for lunch on their way through the Flint Hills or the native stone scenic drive. At only about 12 miles west of Topeka, it is worth the short and beautiful drive on K4 Highway for a special meal or pie.

Breakfast and lunch is served Tuesday through Saturday, 7AM to 2PM

Stop by for breakfast and stay awhile for a visit. Sommerset offers small town flavor that you can’t get at any chain restaurant: fresh, homemade and served with pride.



For more information on specials, etc., visit Sommerset Café on Facebook. It’s also a good idea to call ahead at (785) 256-6223. The address is 5701 SW

Douglas Road, Dover, Ks

## Churches could make better use of technology, most U.S. adults believe

One lasting impact of the pandemic is the profound change in the way in which churches now use digital tools. “The rapid development and expansive availability of digital tools can make it overwhelming for leaders to know which tools they can trust to best support their ministry,” said Brad Hill, chief solutions officer for Gloop.

Technology trends and how both church leaders and attendees think about and engage digital tools for ministry and personal development is the theme of the latest installment of the State of the Church initiative from Gloop and Barna Group. Among the key insights:

- Forty-three percent of Christians and churchgoers say that they want to hear from their pastor about how to use AI wisely.

- A majority of U.S. adults, in-



cluding Christians, say churches could benefit from doing more with technology, such as using tech for online giving and donations (75 percent), creating a digital resource hub (74 percent) and using digital communications strategies (68 percent).

- Although digital resources are ubiquitous, the majority of pastors lean more on scripture (85 per-

cent), peer insights (79 percent) and books and printed resources (79 percent) vs. learning from the internet to help inform their ministry leadership.

- Being part of a faith community may reinforce the importance of in-person relationships, even for young people. Seven in 10 practicing Christian Gen Z strongly agree that in-person relationships are

more valuable than digital relationships.

- Christian Gen Z have a conflicted response to AI. Although they are more likely than other generations to be using AI, they are torn on whether AI is useful in building community (17 percent) or hurting community (15 percent).

“Many church leaders may not

realize how much their people welcome digital tools, especially when used thoughtfully in ministry,” said David Kinnaman, CEO of Barna Group. “Every ministry will find its own way of blending in-person connection with digital tools, but it’s worth exploring. The right tools can help leaders share timeless truths in powerful ways, meeting people right where they are.”



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# Bleeding Kansas program returns

Historic Lecompton is gearing up for six weeks of programs, getting you in touch with the territorial war and Civil War-era history of the area.

The 2024 Bleeding Kansas program series features six weeks of talks and dramatic interpretations focusing on the area's history from 1854-1865.

Tim Rues, site administrator for Constitution Hall State Historic Site, says what happened in Kansas during this timeframe was critical to the nation's history.

The programs begin at 2 p.m. each Sunday, starting Jan. 26 through March 2. They're held at Constitution Hall State Historic Site, 319 El-



more St., Lecompton. A suggested donation of \$5 is requested.

You can find the list of program

topics at [www.lecomptonkansas.com](http://www.lecomptonkansas.com) or the "Historic Lecompton" page on Facebook.

## TRUE LOVE

continued from page 1

understanding?" My request took her by surprise, but after some thought and prayer she agreed and on June 23, 2002 our lives were forever changed.

The path to love we walked had a set of moral boundaries. However, in today's world that is a thing of the past. Instead, we live by desires, circumstances and whatever is convenient at the moment.

A government study revealed that 70% of today's couples are desperate

for true love, moving in together before marriage. This means the path of love is moving faster than ever. Another study showed that nearly 20% of couples had sex within their first month of dating.

In today's relationships there is the first date, second date, the first touch of the hands, the first embrace, the first kiss, then sleeping together...all sometimes within 30 days. Where is the budding romance? Where is the love story to retell children and grandchildren?

We want, whatever we want...instantly. This includes love and happiness. But where do these fast-moving

relationships without moral boundaries end up? Sometimes they lead to unplanned pregnancies, emptiness, disappointment, divorce or adulterous affairs.

Listen to the wisdom of God who says, do "not stir up or awaken love until it pleases" (Song of Solomon 3:5). God is warning us not to awaken the passions of love too soon. There is divine wisdom in employing self-control over our urges, while letting the shrouded mysteries of love stir within us. Over time we allow it to mature, grow and become a blossoming beautiful flower that can be cut at its peak of beauty at just the right time.

God created us with the capacity for love. How do we know when to move forward and awaken this love? The Bible says, "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him and he will make straight your paths" (Proverbs 3:5,6). While walking on the path of love that is filled with ups and downs and turns and twists, we are to fix our eyes on Jesus and trust Him through it all.

Jesus died and rose again, so that we would realize He is all we need. When we walk the path of love without Jesus, we feel we need the love of a special person for meaning or significance. However, when we turn from our way and trust in Jesus with all our heart, then we discover something new. Jesus is all we need. We learn that the love of a boyfriend, girlfriend or spouse is a bonus. It is no longer something we are desperately searching for, because we have found all we need in Christ.

# C5 "POWER" Luncheon to be held at the Blue Moose

The February C5Alive POWER Luncheon will be held on the 13th at the Blue Moose, at 11:30am.

The program will include a feature on RightNow Media resources for businesses and families, and a presentation on business security.

Admission is free, and lunch can be ordered at Black Dog BBQ on site. RSVPs and inquiries can be sent to [info@C5Alive.org](mailto: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 leaders in community businesses, non-profits and churches.

Upcoming luncheon dates are March 13 and April 10, 2025.

C5 also hosts other 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. Lower-priced memberships for small and home-based businesses are now available. Individuals without a business to promote may join for \$20. A list of current members is available on the website. For information about C5Alive, go to [www.C5Alive.org](http://www.C5Alive.org), [www.facebook.com/C5Alive](http://www.facebook.com/C5Alive), or call 785-640-6399.



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# Global Christian Persecution Reaches 360 Million, Report Shows

More than 360 million Christians worldwide faced persecution and discrimination in 2024, according to the latest World Watch List report from Open Doors. The findings highlight an intensifying crisis of religious freedom across multiple continents.

The report defines persecution as “any hostile action toward a person or community motivated by their identification with the person of Jesus Christ.” It takes into consideration insults, abuse and workplace discrimination. It also distinguishes “smashes” — cases of physical violence, bombings, shootings and sexual violence — from “squeezes,” which are policies and laws forcing Christians into isolation and underground practices.

Several countries have pushed more Christians to worship underground, including Afghanistan, ranked 10th, and China, ranked 15th. Recent investigations found that more Christians in China feared online and real-life surveillance than in previous years. The report also mentions cases of



churches facing ideological pressures and new laws enrolling pastors into indoctrination sessions.

In Eritrea, Christians were arrested in house-to-house raids. Only certain denominations are allowed, excluding evangelicals and Christians from a Muslim background.

Algeria, which is ranked 19th, has forced its Protestant churches to close or operate secretly. This caused its score to decrease by two points, because it lowered the number of persecuted churches to ob-

serve. The report also notes that the number of Christians awaiting trials and sentencing for faith-related allegations in Algeria is at an all-time high.

The persecution score of Kyrgyzstan increased by seven points, pushing its rank on the list to 47th, the most dramatic increase of all countries. The government there has taken an authoritarian turn and used laws against public criticism to target Christian minorities.

In Kazakhstan, which is ranked 38th and gained three points on its

persecution score, churches have been attacked by police and security services, and Christian women have been forced to marry Muslim men.

The report reiterates that Islamic terrorism remains the main threat to Christian communities worldwide. In sub-Saharan countries, jihadist militants have benefited from unstable governments to seize control of specific areas. All 15 countries of the sub-Saharan region were

among the top 50 list, and 13 had “extremely high” persecution scores.

Since the beginning of the Israel-Hamas war, Christian communities in Gaza are on the brink of extinction, with nearly all of their houses destroyed. Christians in the West Bank, who represent about 1 percent of the population, also have been affected by stricter travel limitations imposed by the Israeli government.

## BEAR GRYLLS

continued from page 1

mate sacrifice.

“It’s the series I am most proud of ever making, and I pray it will move people from every nation to kneel down and find home,” Grylls said. The adventurer, who was recently baptized in the Jordan River, added, “This has been an adventure for me like no other. When I heard the stories and the effect Christ had on people, I wanted to come where he lived and walked, and I wanted to find out what he was really like. Jesus is all about love and bringing us back to him. Refugee, renegade, redeemer are the parts of Jesus I have always loved. I want viewers to join the adventure.”

Viewers follow Grylls as he ventures through the rugged landscapes, mountains, deserts and waters of Israel’s Holy Land, delving into key moments from Jesus’ life. Featuring insights from historians, biblical scholars and local experts, this series blends adventure with deep spiritual

reflection, revealing the timeless lessons of Jesus’ life and teachings.

Bear Grylls, who has been outspoken about his faith journey, globally recognized for his survival expertise and record-breaking adventures in “Man vs. Wild” and “Running Wild with Bear Grylls,” has inspired millions with his courage, resilience and faith. In this new series, he brings his own perspective and draws from his

journey of faith to offer viewers a heartfelt exploration of Jesus’ humanity, mission and enduring legacy.

“Bear represents the kingdom in a new way,” TBN President Matt Crouch said. “In this series, he explores the story of Jesus and brings it to viewers. The greatest adventurer on television, telling the greatest adventure story in history. And I’m so proud of it.”

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# University Flowers has moved, but they're still there for you

University Flowers has been a staple in Topeka and surrounding areas for over 20 years. A full-service local florist that is family-owned and operated, they have provided flowers for hundreds of occasions including local church events, funerals, weddings and other parties. Owner Steve Gleason is well known for his beautiful creations and timely deliv-



eries.

Gleason recently decided to move from a storefront to an online and telephone operation. He will still be available for appointments to meet and discuss what you need. Floral arrangements and orders will be created and delivered from his home.

"I'm still going to be here to take care of my customers," Gleason said.

Gleason worked for Bauersfeld Grocery in the floral department from 1987 to 1991. On April 1, 1991, University Flowers opened in the Campus Shopping Center at 17th and Washburn. It remained at that location until 1999 when it moved across the street to



1700 SW Washburn.

You can still do business with Steve and Jerry Kelly on their Website at [universityflower-](http://universityflower-)



University Flowers works closely with the local funeral homes, providing flowers to families and businesses who have lost loved ones. They are also known for their contributions to Washburn University activities such as Homecomings, Alumni events, Light the Lamp which welcomes new students to the School of Nursing, and many other University happenings. They also provide flowers for local school dis-

tricts, the State of Kansas, Topeka Shawnee County Library and many other businesses.

University Flowers also offers gift certificates, as well as balloons or stuffed animals for your special friends who need extra cheering up and a beautiful variety of arrangements for any occasion. They have an assortment of dish gardens, as well as green and blooming plants for a gift that adds life to any room or office.



stopekaks.com, or just call them at 785-232-4012. They are available to schedule appointments to meet your needs.





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# FINANCIAL PLANNING



**DAVE  
RAMSEY**

Financial author,  
radio host, television  
personality, speaker

**davesays**

Dear Dave,

I can't afford my student loan payments. Is the best approach to send them what I can afford, even if it's not the minimum payment, or not send anything at all until I'm in a better financial position?  
*Sydney*

Dear Sydney,

Those guys aren't going to stop calling and bugging you, no matter which of those options you choose. But then, you probably already know that. The benefit, however, of sending them \$20 or \$25—the minimum payment is \$50—is

you're forcing yourself to start thinking in terms of planning and living on a budget. My advice? Do everything you can to honor your commitments. That's the moral, legal and spiritual thing to do in these kinds of situations.

Lots of times when people say they can't afford something, what they're really saying is they don't want to give up fun stuff in order to honor their obligations. If that's the case, I'm not the guy you need to be talking to or want on your team. You accepted the responsibilities that came with borrowing money. That means if you don't get to eat in restaurants, go on vacation or buy cool new gadgets until you repay the debt, that's how it is.

If you're already living on a crazy-tight, rice and beans budget, and \$20 is literally all you can squeeze out, then give them \$20 a month. That way, at the very least, you're trying to honor your obligation. And you can tell them with a clean conscience it really is all you can afford.

But there's a bright spot in all this. If

you're already scrimping and saving and paying all the money you have—first toward running your household, then sec-

ondly to your creditors—you'll find an amazing thing starts to happen. Your dollars start to stretch a little bit further. This

will help you clean up your student loan mess and enable you to have a little better life in the process.

## Ten Tax Tips for Retirees

By Susan Shumaker  
Tax Professional at  
The Retirement Team



As a registered tax professional at The Retirement Team, in Topeka, Kansas, I pride myself on helping retirees—and those about to retire—navigate the complexities of Federal and Kansas taxation. We have always said that Retirees are one of the highest and most unfairly taxed groups in America.

And now with the 2024 income tax season upon us, everyone should keep a keen eye on opportunities to save money and reduce their tax liabilities. Filing your tax returns can be complex, especially with continually evolving regulations, but retirees have access to unique benefits and deductions that should not be overlooked.

When it comes to retirement savings, minimizing taxes is key to maximizing your nest egg. Tax deductions and credits can be a vital tool in reducing the financial pressure, but they oftentimes go unnoticed. By understanding and utilizing these opportunities, retirees can keep more of their hard earned money.

It is important to take a moment to review your own tax situation and seek professional advice if necessary, ensuring that you don't miss out on the savings you deserve. You might consider working with a tax professional who is familiar with the tax laws affecting retirees. While the tax code is complex, a knowledgeable tax preparer can help identify any overlooked deductions and tax credits. Below, I have outlined just a few essential tax-saving tips, including strategies to help you potentially pay less tax and save more money for your retirement.

### 1. Increased Standard Deduction

One of the easiest and most substantial deductions for retirees is the increased standard deduction. For those 65 or older, the IRS allows a higher standard deduction compared to younger taxpayers. If you haven't itemized your deductions, be sure to take advantage of this tax saver.

### 2. You still have time to Contribute to Retirement Accounts

If you have earned income, contributing to a Traditional or Roth IRA can help you reduce your taxable in-

come or accumulate tax-free retirement savings. You still have time for this tax saver, as the deadline to make a contribution into your IRA for tax year 2024 is April 15, 2025.

### 3. Take advantage of "Catch-Up Contributions"

Having had more birthdays does have its advantages. Workers aged 50 or older can contribute an additional amount of \$1000 to an IRA. These catch-up contributions provide a valuable tax benefit while boosting retirement savings.

### 4. No Age Limit for IRA Contributions & an Updated RMD Age

Two recent changes under the SECURE Act 2.0 offer retirees additional flexibility in managing retirement savings. Taxpayers of ANY AGE can now contribute to Traditional IRAs if they have earned income, providing opportunities for continued tax-deferred growth. And for certain seniors the Required Minimum Distribution (RMD) Age has increased to age 73, giving even more time for tax-deferred growth. Always be sure to visit with a qualified financial advisor or tax professional to discuss your own situation.

### 5. Take Advantage of the Saver's Credit

Low and moderate income retirement savers may qualify for the Saver's Credit, which may be worth up to 50% of retirement contributions, up to \$2,000 per person.

### 6. Residential Energy Tax Credits

There are currently Federal tax credits available if you installed a new furnace, central air conditioner, water heater, windows, exterior doors, insulation, solar, geothermal or wind property, panel upgrades, and even home energy audits. Besides saving on your energy bills, you could also save money on your taxes too. Each item is subject to certain qualifications and tax credit limits, with an annual limit of \$1,200.

### 7. Dependent Care Credits

You may be eligible to claim this credit if you work and you pay someone to care for a child OR a spouse or dependent of any age, that is incapable of self care. Adult day care qualifies for this credit, and it is subject to income limits.

### 8. Kansas Disabled Access Credit

This is a frequently overlooked Kansas tax credit that is available to in-

dividuals and businesses if you incurred certain expenditures to make your property accessible to the disabled. Wheelchair ramps and interior modifications are just a couple of the items that can qualify for this credit, which can be anywhere from 0% to 100% of the expense, and is subject to income limits.

### 9. Retirement Incomes that are NOT subject to Kansas Tax

There are many retirement incomes which are exempt from Kansas taxes, such as Military pensions, certain State or Federal pensions, Railroad Retirement, and even Federal TSP income. You need to make sure that these items are correctly addressed on your Kansas tax return, so always consult with a tax professional that is well educated in this area.

### 10. Kansas no longer taxes your Social Security !!

Beginning for tax year 2024, if your Social Security income is subject to Federal taxes, it is no longer subject to Kansas taxes!!! Woo-Hoo!!!

Taxes can be confusing, and it's easy to overlook opportunities to save. By keeping an eye out for commonly missed tax benefits, you can ensure that you're taking full advantage of the deductions, credits, and exemptions available to you. Remember to keep careful records, and if you're unsure about any item on your tax return, don't hesitate to consult with a tax professional.

By leveraging these tax-saving strategies, retirees can ensure their retirement savings go further, while meeting their tax requirements. Always consult a tax professional or financial advisor to optimize your particular situation and remember that even small adjustments can yield significant tax savings.

**Susan can be contacted at: 785-478-7808 or Susan@KSretire.com.**

*The Retirement Team is a team of Financial professionals, which includes a Dave Ramsey SmartVestor Pro, that specialize in helping retirees keep more of their hard earned dollars. They are located at 5909 SW 28th St, Ste 100, Topeka, KS. The phone number is 785-478-7808.*

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## New Savings Opportunities: Changes Coming to 401(k)s

By Jim Hanna



Hanna

Congress passed the Secure 2.0 Act in 2022 to expand saving opportunities for individuals who have access to savings vehicles like 401(k)s and workplace savings plans. Several of the bill's provisions go into effect in 2025 and if you're like many workers, your 401(k) or workplace savings plan is likely the foundation of your retirement savings strategy. Explore the changes happening to 401(k)s below to determine if your retirement savings strategy may be affected.

Expanded standard contribution limits for all. For those that are able to "max out" their workplace savings plan, there is an increased contribution limit in 2025. Employees of any age will have the ability to save up to \$23,500 (or 100% of their income, whichever is less) in their 401(k) plan. This is a \$500 increase over the 2024 contribution limit.

Special rules for those ages 60 to 63. Under SECURE 2.0 Act provisions, 2025 brings new savings limits for those who turn age 60, 61, 62, or 63 by the end of the calendar year if their plans offer catch-up contributions. Individuals in this age segment can take advantage of a new, special catch-up contribution limit that enhances their savings opportunity. Rather than the standard \$7,500 catch-up contribution, those ages 60-63 can save \$11,250 in 2025.

The new savings limits create an important opportunity, particularly for those who later in life might be in a financial position to dedicate larger sums toward retirement savings. For those ages 60-63, total 2025 401(k) contributions top out at \$34,750. The special

catch-up provision means someone turning 60 in 2025 could set aside close to \$140,000 in tax-deferred retirement savings over a critical four-year period. Once you turn 64, the standard catch-up contribution limit of \$7,500 again applies. Talk to your financial advisor to determine if taking advantage of these increased contributions limits makes sense for your retirement plan.

Automatic enrollment. The SECURE 2.0 Act provisions expand automatic enrollment in 401(k) and 403(b) plans to companies that have employees who are not already enrolled. Under the rules, plans established on or after Dec. 29, 2022 must, in 2025, implement an automatic enrollment feature. This means that employees, by default, will be enrolled to participate in the plan. The minimum automatic enrollment contribution percentage for 401(k) or 403(b) plans is 3% of annual income and cannot exceed 10%. It also requires that the amount deferred into the plan increase by 1% per year until the 10% deferral level is reached. Employees can choose to opt out of plan participation, but this automatic enrollment feature is set to encourage employees to take advantage of workplace retirement savings plans. Check with your employer to see if the automatic enrollment feature will affect your contributions.

Determining how much to set aside for retirement and in what types of savings vehicles is best decided through careful planning. The start of a new year is a great time to consider if you want to change or start contributions to these types of accounts. Discuss your retirement strategy with your financial advisor and consult with a tax professional on all tax-related matters.

###

2- "Notice 2024-80, 2025 Amounts Relating to Retirement Plans and IRAs, as Adjusted for Changes in Cost-of-Living" Internal Revenue Service.

2- "Five Changes Coming to IRAs and 401(k)s in 2025", November 2025. Compiled by Kiplinger Magazine. <https://www.kiplinger.com/retirement/iras/changes-coming-to-iras-next-year>

\*\*\*\*\*

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# opinion

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## Apples, Dollars and Inflation

By Kerby Anderson

The U.S. has a new president. Soon, Canada will be getting a new prime minister. The new prime minister may be Pierre Poilievre. He was recently asked what steps he would take to fix the damages done from inflation. Here is his answer:

“First and foremost, stop the overspending. Inflation, high taxes, deficits, high interest rates, are all symptoms. The disease is overspending. When governments spend too much money there’s only three ways to get it. One is to raise your taxes. The other is to borrow, which means that they’ll tax you more later on. And the third way is to print money. Now printing money seems like a painless way to pay for things.”

He then explained, “If you have 10 apples and \$10 in the economy, it’s a buck an apple. If you double the number of dollars in the economy to 20, you still only have 10 apples. You’re not twice as rich. It’s just that each apple costs twice as much. And that is a tax on the working people because it chews up the purchasing power of your paycheck only to pay for government’s excessive government spending. And it balloons the asset values of the billionaires so it’s a real transfer from the haves to those who have yachts. Inflation is the worst and most immoral tax. It always results from government creating cash.”

His answer was both clear and correct. When government spends more than it takes in, the usual answer is to print more money. It really isn’t that

complicated. We just need more people in leadership like him.

We need more politicians who understand why we have inflation and can explain the problem to the citizens. I must applaud his clear explanation and common-sense solution. We need more Canadian and American leaders like him

There is another way to think about the inflation that has been part of our economy for the past 100 years.

The supply of U.S. dollars has been expanding on average about 7 percent each year for the last century. That



means the value of dollars is cut in half about every 10 years. Just use the “rule of 72.” Divide 7 percent into 72. That means the half-life of the US dollar has been about 10 years.

We may not notice the decreasing value of dollars until we get even higher inflation. But think of what a 10-year-half-life for the dollar means to you. For

■ Continued on next page

## Where Is Your Life Headed?



**CLINT DECKER**

President and  
Evangelist  
with Great  
Awakenings, Inc.

### Speaking Truth

At 16 years old, Justin was a hard worker, loved to help others and had a passion for politics. That is why a candidate for Governor took a risk and asked him to be a County Chairman for his statewide political race. He wound up doing a tremendous job. He helped the candidate win the county, which also provided the highest voter turnout in the state.

Tommy, also 16 years old, led a much different life. During one weekend, he played a role in slashing 34 tires. He became caught up in a bizarre tire slashing competition with other teenagers. People began filing complaints with the police, who launched an investigation. Soon Tommy’s mother found out, and with her direction, he voluntarily surrendered him-

self to police and was arrested.

These are two boys, on two paths filled with two kinds of choices. One destructive, one constructive. Across America, everywhere we go, every town, whether big or small, is filled with Justins and Tommys. The two paths bring very different results. One is a constructive life demonstrated by generosity, humility, integrity and a selfless spirit that puts the needs of others above self. The other path is a destructive life. It displays a narcissistic spirit which puts the needs of self above others. It shows impatience, arrogance and rudeness.

God’s Son, Jesus, spoke of these two paths, “Enter by the narrow gate” He said, “For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few.” (Matthew 7:13-14) He said there is a constructive path that leads to eternal life through Him. However, it is narrow, hard to follow and has few people on it. Why? Because there is a great cost. The path re-

quires immense personal sacrifice. It demands that one love the Lord God with all his heart, with all his soul, with all his mind, with all his strength, and love others as he loves himself. . . including his enemies. That is costly, but the rewards are extravagant and immeasurable.

Jesus said there is another path, but



it leads to eternal destruction, is wide, easy to follow and has many people on it. Why does it have so many? Because the choices are easy. You simply satisfy all your wants, needs and desires. You do not resist your urges or passions. However, the consequences are massive. One views the wide path as bringing freedom, but it actually brings slavery. One becomes a slave to their own destructive choices. It produces pain, sorrow, regret, guilt, shame and loneliness. Unfortunately, every one of

us is born on this path. It is the default for all of us, because we were all born with selfish hearts.

So, what do we do? Each path represents a choice. God says to us, “Choose you this day whom you will serve” (Joshua 24:15). It is never too late. Jesus came from heaven to earth and shed His blood on a cross, that you might be set free. He died and rose again to provide you a chance at a new life. Today, you can choose to get off the wide path of destruction and step onto the narrow path of eternal life. What will you choose?

*A prayer for you – Lord God, I pray you will examine each of our lives. Which path*

*are we on? Show us O, Lord if we are on the wide road toward destruction. Open our eyes and help us in this moment to repent of our sin and trust in you alone for salvation, that today might be the start of new day for 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.*



# American Democracy's Legacy: The Peaceful Transition of Presidential Power

One of the things that make America great is our presidential transition of power, from one president to another. Just imagine the act of moving families in and out of a single house, from and to states all over our nation, all at the same time, and having it done peacefully, with movers, staff, and offices, and you can begin to contemplate the complexity.

We call it an inauguration or a beginning, and on January 20, 2025, we will see another inauguration.

Around the world we have seen military coups where government is replaced by the military. Evven the dissolution of the Soviet Union into Russia and smaller countries was marked by tank opening fire in the Kremlin. In the United States, we have seen protests by those challenging the outcome of an election, January 6, 2020, and even present House Minority Leader, Hakeem Jeffries challenged the election in 2016.

## Continued from previous page

me, it means that money I put into a Wells Fargo savings account when I was in grade school has been cut in half six times.

The U.S. dollar is still the reserve currency of the world. And yet this is what happens with the best fiat currency in the world. If you hold your savings in cash, you are losing value every year. If you hold some of your savings in assets, the value of the asset usually goes up simply because it takes more dollars to purchase it. But for it to appreciate, your asset has to be both scarce and desirable.

Now, imagine if you lived in Venezuela or Argentina or Lebanon or Turkey. If your country increases the currency each year by 18 percent, your currency's half-life is 4 years. If your country increases the currency by 30 percent, it has a 2.5-year-half-life. That is why citizens in these countries can never get ahead.

When I hear people tell me that financially they are just "treading water," I am tempted to tell them that they are really sinking. Printing more U.S. dollars makes everyone poorer unless they have assets appreciating faster than the money printer.



The electors were confirmed peacefully, and there was no or little violence in the inaugurations that followed. The same moving vans moved one family in and another out in peace.

### It's the little things

Oh, there are still the little things, like refinishing the floor in the White House after President Carter's daughter, Amy, roughed it up with roller skates or having to replace computer keyboards after Clinton's troops removed certain letters. In today's politics, with changes in leadership, the first day is spent rescinding the Executive Orders of a predecessor.

In terms of Presidents, unofficially we have already had our first woman president. Edith Wilson, Woodrow Wilson's second wife, quietly managed the Office of the Presidency from 1919 to 1921 after Woodrow Wilson suffered a severe stroke. The public had been kept in the dark about President Wilson's condition, and the inauguration of Warren Harding would have been an interesting scene with Woodrow Wilson leaving.

Sometimes inaugurations give us views into Presidential weaknesses.

From the first inauguration of George Washington in New York City on April 30, 1789, the pomp and circumstances have molded history, and each inauguration carried the earmarks of the man elected. Inaugurations are paid for by a mixture of public and private funds. Public funds pay for the swearing-in ceremony, usually around a million dollars hosted by the Joint Congressional Committee on Inaugural Ceremonies.

The Obama inauguration cost approximately 170 million dollars, mainly from individual and corporate sources. Obviously, they are not cheap events. Many have contained parades, and in some cases, special settings.

### The presidential escape out a window

In the election of 1828, it was a rematch of John Quincy Adams and Andrew Jackson, but it was the inauguration of Jackson and subsequent parties in the White House when thousands of citizens stormed the White House breaking furniture, with Jackson escaping out a window. Perhaps that would be considered our most violent inauguration.

During Lincoln's second inauguration in March 1865, his soon-to-be assassin John Wilkes Booth was photographed in the crowd, again peaceful until a later date.

Weather has played an important part in inaugurations, with Ronald Reagan having the warmest, perhaps a sign of global warming? However, William Taft's inauguration in 1909 was dubbed "Snowmageddon". Workers had to remove 58,000 tons of snow from the parade route, and adding to the hardship, 1909 marked the beginning of the Spanish Flu epidemic.

In 1961 the Army helped clear the parade route for John Kennedy, but weather had the biggest effect on the inauguration of William Harrison, who delivered the longest inaugural address in history. He spoke for nearly two hours, without a coat and died a month later.

Parades were suspended during



Washington's inaugural

FDR's war years, with his 1945 inauguration held at the White House South Portico, and in 2020, Joe Biden had a virtual parade, probably due to the military guarding Washington DC after the events of January 6th. The evolution of inaugural parades reflects our nation's changing times.

Our inaugurations are meant to convey continuity, a change of the guard peacefully from one leader to another, and they are often a change in direction. Some of the most iconic lines have come from inaugural addresses, from Kennedy's historic "Ask not what

your country can do for you", to Obama's claim that his election stopped the seas from rising.

Inaugurations carry the promise of the future, directions for peace, prosperity, and solutions, some we may agree with while others, maybe not. However, they are also parties with entertainers, singers, and friends, and they are truly American.

—Robert White is the founder and president of Money Concepts. He is also an avid history writer and regular contributor to Metro Voice

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## A special day for your Sweetheart

Are you ready to make your love's heart leap on Valentine's Day? Our guide to a great Valentine's Day will provide you with ideas and tips that will make your Valentine's Day a success.

### Tips for a smooth Valentine's Day:

- Tell your special someone how much you care about them
- Be thankful – it's always appreciated
- Plan ahead – babysitters, reservations, and other things that need done
- Turn off your cell phones – enjoy this time together

### Gift Ideas:

#### *Candy and Flowers and Jewelry:*

- Visit Hazel Hill Chocolate for a unique chocolate treat, or contact a local bakery and order their favorite cookies or other treat.
- Surprise your special someone with a bouquet of favorite flowers or balloons. University Flowers is a great option
- Dazzle him/her with a piece of jewelry from Donaldson's Jewelers or other local jeweler
- Make a list of all the things you love about him/her

#### *Gift basket for her:*

- Get a gift certificate for a massage or trip to a salon or spa.
- Pick up a candle for a candle-lit bath.
- Find her favorite book at one of Topeka's bookshops for her to enjoy during her quiet time
- Buy her a personalized gift from a local shop, or Personally Yours.

#### *Gift basket for him:*

- Buy his favorite candy bars and personalize it with "Udaman" wrappers
- Include miniature bottles or cans of his favorite drink and personalize them with valentine's day labels
- Create a ticket book with tickets for him to use at his leisure
- Include a new favorite movie, C.D., or video game he's been wanting

### Dinner:

- Avoid the Valentine's Day rush - create a romantic meal at home



- Go to a restaurant where you share special memories
- Get dinner and a room, and enjoy the indoor pool or other activities

### Dates:

- Laugh together at a comedy show.
- Enjoy a romantic movie at home from Netflix, RedBox, or one you already own. While watching, share your favorite treat and glass of wine or sparkling cider. Include a massage.
- Enjoy a night of music and dancing before or after dinner at one of Topeka's nightspots.



- Spend uninterrupted time together with a romantic getaway at a local retreat spot.

## Heart-Healthy Valentine's Day Tips

Your sweetheart may have the key to your heart, but eating healthy and being physically active can be the key to a healthier heart. This Valentine's Day, indulge your sweetheart with a heart-healthy gift or date.

Rather than going overboard with sweets, also consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade Valentine. Or visit [www.ShopHeart.org](http://www.ShopHeart.org) for gift ideas that benefit the American Heart Association.

Quality time is one of the most meaningful gifts. Bundle up and plan an active outing such as sledding, ice skating, gathering wood for a fire, or if you're feeling adventurous, visit an indoor rock wall.

If your kids are having a Valentine's Day party at their school or day care, instead of sending candies, consider raisins, grapes, whole-grain pretzels, colored pencils or stickers as tokens of their friendly affection.

Cooking at home is an excellent way to control what and how much you eat. Take a date to a local cooking class to practice your skills or learn a new technique.

Prepare a romantic candlelit dinner at home using a heart-healthy recipes.

Give to one another by giving back. Ask a date to volunteer with you at a local organization. Giving back is a healthy habit that can boost your mood and help beat stress.

Use this day as an opportunity to tell your loved one how important they are to you, and share ways that you can support each other's health and wellness. Get started by taking the My Life Check Assessment.

**Craving something sweet?** Gift a beautiful fresh fruit basket to your loved one or consider more healthy sweets such as dark chocolate. Did you know that daily consumption of dark chocolate

is linked with a lower risk of heart disease and stroke in high-risk individuals? It seems that cocoa, a primary ingredient in chocolate, contains antioxidant compounds called flavanols. Flavanols have antihypertensive and anti-inflammatory effects, which can reduce the heart's stress and result in lower blood pressure. So indulge your inner chocoholic with a moderate piece of dark chocolate each day.

Sharing is caring – if you go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.

Don't forget to love Fido, too! Give your pet a Valentine and remember to walk or exercise them daily – getting active with your pet will benefit your health and your bond with your pets.

Take it slow – if you receive a luxurious box of chocolates from your sweetheart, stick it in the freezer and enjoy in moderation over the next several weeks.

Take a long, romantic walk with your beloved – and try to make it a regular habit. Aim for at least 150 minutes of moderately intense physical activity each week to help keep your heart healthy. You can reach this goal by walking briskly for at least 30 minutes five days each week.

Check out some

tips online for healthier preparation methods for cooking.

Rekindle an old flame – try preparing one of your sweetie's favorite recipes in a healthier way. These healthy substitutions can help you cut down on saturated fats, trans fats, salt, and added sugars, while noticing little, if any, difference in taste.

Working out together can be fun. Strength training increases blood flow, builds lean muscle, and lowers blood pressure and cholesterol. Choose a weight-training routine that is appropriate for your body, consulting a doctor or personal trainer if needed. If your strength is at a low ebb, even lifting a two-pound weight can be helpful. Increase the amount you lift as you gain strength.



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# Valentine's Day brings back that lovin' feeling



By Rusty Wright

February is known for cold weather, presidents' birthdays and Cupid's delight. As Valentine's Day approaches, hearts flutter, lovers sigh and Charlie Brown hopes that little red-haired girl will like the card he's been gathering up the courage to give her.

Not every culture is as comfortable as ours with public displays of affection. In one Malaysian state, laws ban total darkness in movie theaters "to prevent immoral acts like kissing, cuddling and other activities," as one official explained it. Public kissing there usually rates a \$70 fine.

## Smooch Cops

In Venezuela, extended public kissing and embracing can get you arrested. "If you kiss for more than five seconds, the police will grab you," complained one young woman whose friends were jailed. "It's ridiculous," groused a 24-year-old man. "Whoever invented this law must not have a girlfriend."

Defining immoral kisses can be difficult admitted one policeman, but "when you see it, you should know it."

## Kids on Love, Dating and Marriage

Kids often have unique insights into adults' urge to merge. A friend passed along from the Internet children's answers to ques-

tions about love. What do people do on a date? Lynnette (age 8): "Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough."

Martin (age 10) sees the bottom line: "On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date."

When is it OK to kiss someone? Pam (7): "When they're rich!" Curt (7): "The law says you have to be eighteen, so I wouldn't want to mess with that." Howard (8): "The rule goes like this: If you kiss someone, then you should marry them and have kids with them....It's the right thing to do."

How does one decide whom to marry? Allan (10): "You got to find

somebody who likes the same stuff. Like if you like sports, she should like it that you like sports, and she should keep the chips and dips coming." Allan may find it prudent to slightly revise that theory in a few years.

## Do You Love Me?

This season pundits ponder, "What is genuine love?" Popular speaker Josh McDowell delineates three kinds of love that can inform kids' (and adults') attitudes: love if, love because of, and love period. Love if and because of are based on personality or performance: "I love you if you go out with me, if you have a good sense of humor, if you sleep with me. I love you because you're attractive, intelligent or athletic."

But the best kind of love says, "I love you period: even with your weaknesses, even if you change, even if someone better looking comes along. Even if you have zoo-breath in the morning. I want to give myself to you."

## What is Real Love?

Paul, an early Christian writer, eloquently described this unconditional love: "Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ...Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. ... [Love] will last forever...."

Committed unconditional love could probably heal many romantic rifts. Solid spiritual roots that help produce it can help undergird stable

relationships. And the children have noticed that families and adult relationships can use some strengthening.

How can a stranger tell if two people are married? Derrick (8): By "whether they seem to be yelling at the same kids." And how would the world be different if people didn't get married? Kelvin (8): "There sure would be a lot of kids to explain, wouldn't there?"

*-Rusty Wright is an author and lecturer who has spoken on six continents. He holds Bachelor of Science (psychology) and Master of Theology degrees from Duke and Oxford universities, respectively. [www.Rusty-Wright.com](http://www.Rusty-Wright.com)*



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## Activities continue in NOTO during the winter months.

NOTO Arts Center walls are fresh and new! The Morris Gallery received a facelift! We're now ready for the next exhibit opening in February, **Australia – The Opal Hearted Country!**

The Arts Center will also have a Galentines Tea Party Feb. 11 from 11am-2pm, where you'll be whisked away into the world of basket weaving,

Is it too soon to start thinking about Easter? Be sure to make plans to be in the parade or vendor market at the 10th Annual **Easterfest** Topeka Easter Parade & Fun Fair on Apr. 19, 10am-3pm, at Great Overland Station and on North Kansas Avenue. Topeka's annual Easter Parade will begin at 10am at Garfield Park and proceed south on Kansas Avenue to the tracks in NOTO. Egg Hunt begins right after the parade at the Great Overland Station. Food Trucks will be on hand and the Family Fun Fair, Vendor Market, and Health Fair will be 10-3, inside and out-

side Great Overland Station, including vendor booths, children's games, food, facepainting, inflatables, cake walk and more. Live music, gymnastics, ballet and other entertainment will be on hand. For info: Topeka Easter Parade on facebook, info@C5Alive.org or 640-6399.

**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/](http://explorenoto.org/).

More North Topeka events:

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

**3RD ANNUAL VALENTINES SIP & SHOP** – Feb. 8, 10-3, Woodshed Event Center, 1901 N. Kansas Ave. Food trucks and 42 vendors, full bar & specialty drinks.

**CHILI or VEGETABLE SOUP SUPPER** – Feb. 21, 4:30-6:30pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave. \$10 Adults, \$5 Children under 10. Hot Dog \$1.50, Chili Dog \$2.00. Dine In or Carry Out. Dinner includes Relishes, Cornbread, Crackers, Homemade Dessert & Drink.

**COMIC CONVENTION** – Feb. 24-25, 10-4, Great Overland Station. Special guests, cosplay, geek boutiques, video games, board games, comics, books, tv & film. \$5

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

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

**VIP LUNCHEON FOR SENIORS** – Every Wed., 10:45 bible Study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. 1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. For info: 785-224-8803.

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

**FREE MOBILE FOOD DISTRIBUTION** – 4th Tue. through Nov., 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will have its monthly food distribution. No ID or proof of income required, first come first served.

**Meriden**  
**Animal**  
**Hospital**



**Jeffrey F. Van Petten, DVM**  
Member - AVMA, IVAS, AVCA  
Veterinary Acupuncture & Chiropractic Care

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staff@meriden-animal.com • MeridenAnimalHosp.com

  
**TARWATER**  
Farm & Home

Hours: Mon - Fri: 8-6; Sat 8-4  
4107 NW Topeka Blvd. • 785-286-2390  
orders@tarwaters.com • Tarwaters.com

**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](http://TRMonline.org)

Mail Donations to:  
600 N Kansas Ave  
Topeka, KS 66608  
OR  
P.O. Box 8350  
Topeka, KS 66608

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](mailto:Voice@cox.net); mail to Metro Voice, P.O. 5724, Topeka, KS 66605; fax to 785-235-3340 or enter online at [metrovoiceneeds.com](http://metrovoiceneeds.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 [grandoprpy@gmail.com](mailto:grandoprpy@gmail.com). [GrandOttawaOpry.com](http://GrandOttawaOpry.com)

**"PICKIN' ON THE PRAIRIE"**, a FREE Acoustic Jam at the Old Prairie Town every Sunday from 1-3pm at the historic Potwin Drugstore.

**WOOD VALLEY PICKERS** – Feb. 8, 7pm, Classic Bean, Fairlawn Plaza. Folk & Country, Free. 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](mailto:io@insideoutinc.net) or [www.insideoutinc.net](http://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: [Lake-naz@aol.com](mailto:Lake-naz@aol.com)

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

**LOL "LADIES OF LAKEVIEW"** – Lakeview Church of the Nazarene, 2835 SE Croco Rd. Monthly Women's Ministry Events! (Cooking, Crafts, Outreach, Bible Study, Fellowship!) Call the church office for info: (785) 266-3247, Facebook: Topeka Lakeview Nazarene Email: [LakeNaz@aol.com](mailto:LakeNaz@aol.com)

**ROOTED CHRISTIAN HOMESCHOOL CO-OP**: Colosians 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](mailto:LakeNaz@aol.com)

**CLOTHING CLOSET** – Feb. 1 & 8, 9-12, First Free Methodist Church, 3450 SE Indiana. Free clothing and small household items.

**CHILI or VEGETABLE SOUP SUPPER** – Feb. 21, 4:30-6:30pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave. \$10 Adults, \$5 Children under 10. Hot Dog \$1.50, Chili Dog \$2.00. Dine in or Carry out. Dinner includes Relishes, Cornbread, Crackers, Homemade Dessert & Drink.

## 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 [rhone@tscpl.org](mailto:rhone@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. Cindy Patton: 785-640-7403

**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. Randal 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. [RandalMinistries.com](http://RandalMinistries.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 ..

**WOODSHED MARKET** – Sun. 10-3, 1901 N. Kansas Ave.

**FAMILY NIGHT AT COSMOS COURT** – Tuesdays, 5pm, Cosmos Court, 909 S. Kansas Ave. Pizza, salads, hot dogs, nachos, soup and more! Get a 16" Pizza, 2 side salads, and 4 cups of ice cream for only \$30! Also table games, etc.

**PAINT THE TOWN PINK: CANCER AWARENESS KICK-OFF** – Feb. 1, 12-4PM, West Ridge Mall. Live music, vendors, interactive activities, educational resources

**WINTER SIDEWALK SALE** – Feb. 1, 10-8, Feb. 2, 12-6, West Ridge Mall

**BLEEDING KANSAS** - Sundays from Jan. 26-Mar. 2, 2pm, Constitution Hall Historic Site, 319 Elmore, LeCompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$5 adults.

**TOPEKA HOME SHOW** – Feb 1-4, Vail Event Center.

**VALENTINES SIP & SHOP** – Feb. 1, 10-3, 5221 SW West Drive.

**KANSAS KIDFEST** – Feb. 1, 10-4, Maner Conference Center, 1717 S. Topeka Blvd. Inflatables, Face-painting, Activity Stations, Interactive fun for curious minds, Live Performances, Interactive Exhibitors, Hands-on experiences. Email [hello@tastyfestivals.com](mailto:hello@tastyfestivals.com) to learn more about event & exhibitor opportunities. FREE Admission

**HOMESCHOOL CAPITOL DAY** – Feb. 6, 10:00 am. Kansas Capitol

**FIRST FRIDAYS AT THE MUSEUM** – Feb. 7, 6-10pm, Great Overland Station, 701 N. Kansas Ave. Karaoke, board games, card games, including the digital card game Magic: The Gathering Arena, Dungeons and Dragons, crafts and activities, food and refreshments, and more. Admission is \$5 for adults and \$3 for teens. Children 12 and under free.

**NIGHT TO SHINE BY THE TIM TEBOW FOUNDATION** – Feb. 7, 6-9pm, West Ridge Mall. Complimentary prom event for teens & adults 14 and over with special needs. For info: [www.gctopeka.org](http://www.gctopeka.org)

**DOWNTOWN TOPEKA CHOCOLATE WALK** – Feb. 7, 5-8pm. Part of 1st Friday Art Walk. Come shop locally owned businesses, walk Kansas Avenue and collect some chocolate treats along the way.

**3RD ANNUAL VALENTINES SIP & SHOP** – Feb. 8, 10-3, Woodshed Event Center, 1901 N. Kansas Ave. Food trucks and 42 vendors, full bar & specialty drinks.

**C5Aive "POWER" LUNCHEON** – Feb. 13, 11:30-1 at Blue Moose. Featuring an interactive devotional and a business security presentation. Free admission. Meals available if desired. Please RSVP to [info@C5Aive.org](mailto:info@C5Aive.org) so we know how many to expect. Open to the public - bring a friend!

**SAVE THE DATE: C5 POWER Luncheon**, Mar. 13, 11:30-1.

**WOMEN WHO'VE CHANGED THE HEART OF THE CITY NETWORKING/AWARDS** – Feb. 13, 5:30-6:30pm networking, 6:30-7:45pm awards, Topeka First Church of





## BLEEDING KANSAS

### PROGRAM SERIES 2025

CONSTITUTION HALL STATE HISTORIC SITE | HISTORIC LECOMPTON  
2 p.m. Sundays • Suggested donation \$5 adults

A series of talks and dramatic interpretations over the issue of slavery in Kansas and the nation, 1854 to 1865

<p><b>JANUARY 26</b></p>	<p><b>"Kansas Day"</b> by Patrick Zellner, Executive Director, Kansas Historical Society and South. Ill. Ph.D., Museum and Education Division Director, Kansas Historical Society. (announced by Roger Marshall, United States Senator, invited)</p>
<p><b>FEBRUARY 2</b></p>	<p><b>"The Tale of Two Buttons: Territorial Kansas Southern Militia Buttons Found Near LeCompton"</b> by Andrew Peterson, Graduate, Kansas Historical Society volunteer, social networking and vocational historical archeologist</p>
<p><b>FEBRUARY 9</b></p>	<p><b>"From Slave to Buffalo Soldier"</b> by George Pennington, Certified Oral Storyteller, great grandson of an 1860's original Buffalo Soldier. Executive Vice President, Alexander/McCain Chapter, Kansas City Buffalo Soldiers National Historical Society Board of Directors Chair, Frontier Museum of the United States Army Foundation, Fort Leavenworth.</p>
<p><b>FEBRUARY 16</b></p>	<p><b>"Quantrill Comes to Town"</b> by Tim Talbot, Site Manager, Mahaffey Stagecoach Stop &amp; Farm Historic Site, Olathe.</p>
<p><b>FEBRUARY 23</b></p>	<p><b>"Frontier Justice and Politics in Bleeding Kansas: A Deputy U.S. Marshal is Killed"</b> by Bruce Benedict, J.D., retired Kansas National Guard Historian and the author of "Jagirewicz's Civil War Brigade of Horse H. Lute"</p>
<p><b>MARCH 2</b></p>	<p><b>"From the Kaw to the Potomac: The Story of Charles Curtis"</b> by Helen Goodrich, Historian and author of "From the Reservation to Washington, the Rise of Charles Curtis" Book signing following talk.</p>

**LECOMPTON**

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

**C5Aive POWER Luncheons are held 2nd Thur. each mo.**

Feb. 13, 11:30-1: "POWER" Luncheon at Blue Moose. Featuring an interactive devotional, and a presentation on business security by Chance Lammer.

Free Admission; Lunch available if desired.  
Open to the public. RSVP to [info@C5Aive.org](mailto:info@C5Aive.org)

Save the Dates!

- Mar. 13: POWER Luncheon, 11:30-1
- Apr. 10: POWER Luncheon, 11:30-1
- Apr. 19: EASTERFEST 10-3 at Great Overland Station!



For info: [www.C5Aive.org](http://www.C5Aive.org) or [Facebook.com/C5Aive](https://www.facebook.com/C5Aive)

the Nazarene, 1001 SW Buchanan. TUMI-Topeka invites you to be part of this event that will honor women who've had significant impact in our communities, and empower incarcerated women for significant futures. RSVP to Mary Flin, 785-431-6000 or maryflin@tumitopeka.org

**THE WOODSHED VALENTINES MARKET** — Feb. 16, 10-3, Woodshed Event Center, 1901 N. Kansas Ave. Indoor & outdoor sellers. Valentine crafting for kids & adults, cookies to share and a visit from cupid. Woodshed Market Bingo.

**KANSAS LAWN & GARDEN SHOW** — Feb. 6-8, Vail Event Center

**TOP CITY COMEDY** — Feb. 19, 7:30-9:30pm, the Foundry Event Center. \$10 in advance, \$15 at the door

**ARAB SHRINE CIRCUS** — Feb. 21-23, Vail Event Center.

**COMIC CONVENTION** — Feb. 24-25, 10-4, Great Overland Station. Special guests, cosplay, geek boutiques, video games, board games, comics, books, tv & film. \$5

**KANSAS SILENT FILM FESTIVAL** — Feb. 28, 1-10pm and Mar. 1, 9am-10pm, White Concert Hall, 1700 SW Jewell Ave.

**COUTURE FOR CANCER** — Mar. 1, 4-7pm, 534 S. Kansas Ave. An annual fashionable charitable event supporting the American Cancer Society.

**MIDWEST CHRISTIAN COLLEGE EXPO** — Mar. 1, 10am - Noon. Colonial Presbyterian Church: South KC Campus, 9500 Wornall Rd. Kansas City, MO

**10th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR** — Apr. 19, 10am-3pm, at Great Overland Station and on North Kansas Avenue. Topeka's annual Easter Parade will begin at 10am at Garfield Park and proceed south on Kansas Avenue to the tracks in NOTO. Egg Hunt begins right after the parade at the Great Overland Station. Food Trucks will be on hand and the Family Fun Fair, Vendor Market, and Health Fair will be 10-3, inside and outside Great Overland Station, including vendor booths, children's games, food, face-painting, inflatables, cake walk and more. Live music, gymnastics, ballet and other entertainment will be on hand. For info: Topeka Easter Parade on facebook, info@C5Alive.org or 640-6399.

## MEETINGS & CLASSES

**CHRISTIAN WRITERS GROUP OF TOPEKA** - 1st & 3rd 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 jcccw@gmail.com

### CRAFTY, SKILLED OR CREATIVE VOLUNTEERS

NEEDED to develop outdoor lighted displays at Ward Meade Park events. Contact Elsie, 785-256-2920.

**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. www.flocritkansas.org

**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, betsythompson@gmail.com.

**SHEPHERD'S CENTER BOOK CLUB** - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW

Boswell Ave. Call: 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@rhctoepka.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 TROUPE** - Every Mon. 6pm, Cornerstone Comm. Ch., 7620 SW 21st. Faith-based scouting programs, age 5-18. Register: cornerstonetopeka.com. 478-2929.

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

**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 9:30AM @ Museum of the Kansas National Guard, 125 SE Airport Dr, Topeka

**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. Minimal 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

**MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS)** - VIA ZOOM - 4th Wed. 10-11:30am. Contact Rich McReynolds at rlm4017@gmail.com. Via Zoom link

**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 assemble Weekend Snack Sacks for low-income students. No assembly in August. Sponsored by Topeka North Outreach: 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 jimbae73@gmail.com to register.

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

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

**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 Fridays, 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 biblequizzier.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 info contact Vickie Lynch at greatlighttopeka@gmail.com.

## SUPPORT GROUPS

**HOPE AND HEALING ACADEMY** harnesses the power of horses to transform the human spirit. For info: 785-224-4232 or 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.

**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 & 4th Tuesdays 5:30-6:30pm at Highland Heights Christian Church. Encouragement in God's word and prayer as well as conversation and sharing, open to all those who care for others with illnesses

such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For info: "Weekly Class List" at www.highlandheightsccc.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.

**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.

**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. 785-286-1204, www.northland.cc

**PROSTATE CANCER SUPPORT GROUP** — First Thursday, 3pm, St Francis Hospital, Room 300 on 2nd floor.

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**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](http://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 Mon. 7pm; Every Sat. 10am. First Baptist Church, 3033 SW MacVicar, Enter Door A,

Room 211. [www.naranonmidwest.org](http://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

**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.

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

## National Parks are free on these 2025 dates

Planning to visit a National Park in 2025? Here are the six days that are free for the 110 sites that normally charge admission.

The most popular parks, like Yellowstone, Grand Canyon, and Acadia typically charge from \$20 to \$35 per vehicle and often only with a reservation.

The Park Service says there are more than 400 parks across the country that are open each day. In a press release, the Park Service says "The fee-free days provide a great opportunity to visit a new place or an old favorite, especially one of the national parks that normally charge an entrance fee."

The free days don't just include outdoor parks, but sites like the Gateway Arch in St. Louis.

The others are free all the time. The entrance fee waiver for fee-free days does not cover amenity or user fees for activities such as camping, boat launches, transportation, or special tours.

On these six days, all National Park Service sites that charge an entrance fee will offer free admission to everyone.



**April 19:** First day of National Park Week

**June 14:** National Get Outdoors Day

**June 19:** Juneteenth National Independence Day

**August 4:** Anniversary of the Great American Outdoors Act

**September 27:** National Public Lands Day

**November 11:** Veterans Day

If you travel to parks throughout the year, or hope to in the future, there's a convenient and affordable way to do so. The annual \$80 America the Beautiful

National Parks and Federal Recreational Lands Pass allows unlimited entrance to more than 2,000 federal recreation areas, including all national parks that normally charge an entrance fee.

Senior citizens, current members of the military, families of fourth-grade students, and disabled citizens also get special discounts.

For information about America the Beautiful National Parks and Federal Recreational Lands Pass series check out their website: <https://store.usgs.gov/2025-annual-pass>

## Trump Backs Senate Push to End Time Changes

A bipartisan group in the U.S. Senate, led by Sen. Rick Scott (R-Fla.), has reintroduced legislation to make daylight saving time permanent year-round. The proposal is opposed by a coalition of sleep medicine organizations, which advocate "locking the clock" but in standard time.

The legislation, called the Sunshine Protection Act, was unanimously passed in the Senate in 2022 during the 117th Congress, but was torpedoed in the Democrat-controlled House. Now, Scott and 15 other senators have reintroduced the bill, citing President-elect Donald Trump's backing for an end to twice-yearly clock changes.

Although Trump has advocated locking the clock, his position remains unclear on whether he favors permanent daylight saving time or standard time.

The Senate legislation would estab-



lish permanent daylight saving time, meaning clocks would no longer be turned back in the fall. Current federal law allows states to exempt themselves from observing daylight saving time, with Arizona and Hawaii observing year-round standard time.

The American Academy of Sleep

Medicine (AASM) and other medical organizations oppose the change, arguing that standard time better aligns with the body's natural clock. Their January 2025 position statement cites research showing increased health risks during daylight saving time, including more strokes, hospital admissions, and traffic accidents.

"Every winter folks in Washington state despair at the prospect of losing an hour of precious sunlight when we are forced off Daylight Saving Time," Sen. Patty Murray (D-Wash.) said. "This is about public health, it is about our economy, and it's about just putting a little more light in families' lives."

Sleep medicine experts counter that standard time provides better morning light exposure, which is crucial for maintaining healthy sleep-wake cycles.

—The Epoch Times News Service

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# entertainment

## ‘Hotshot’ movie about California fires

Serving as both a history lesson and easy-to-follow instruction manual, the documentary “Hotshot” has a distinct current day, subdued “I told you so” air to it. While devastating Los Angeles wildfires are still active, “Hotshot” also serves as an unintended prophecy. This entire debacle could have been prevented through proper maintenance, according to fire experts.

Originally released in the fall of 2023, the movie was written, directed, photographed, composed, narrated, co-produced, and ultimately self-distributed by first-time feature filmmaker Gabriel Kirkpatrick Mann.

During an interview I conducted with Mann recently, he spoke about the long journey in the production of the film and the frustrating process surrounding its delayed release.

### Doomed to Repetition

Mann said, “The reality is in California, nobody really cares about wildfires until they show up in their backyard.”

“That’s part of the reason why they’re doomed to catastrophic fires,” he said. “I grew up in the Palisades. I know the area very well. For years, I’ve been saying they’re overdue for a major fire, and nobody listens.”

Documentary filmmaker Gabriel Kirkpatrick Mann discusses his film about firefighters battling California fires. Gabriel Kirkpatrick Mann

Mann said, “When [the fire] hit, I was posting some comments on Twitter [X], one of which was a clip from the film, and I mentioned how we basically got shafted out of reaching a deal with Netflix, and later HBO. They didn’t like my ‘climate change’ angle, meaning I don’t believe climate change factors into these fires. They wanted me to put the emphasis on climate change. When I refused to make their desired edits, the deals were dead.”

In a carefully measured tone, Mann explains what he feels is the systemic issue regarding the climate change push. “People [X posters] seemed to latch on to that. It’s a combination of observing just how broke California is, how broken Hollywood is, and how deeply entrenched the whole ‘woke iron wall’ is,” he said.

### Firefighting Navy Seals

“Hotshot” opens with a capsule overview of what a hotshot is and their history. The firefighting equivalent of



Navy SEALs, a hotshot candidate must undergo a demanding qualification program before they are even considered for what is easily one of the most dangerous jobs on the planet.

There are currently 115 hotshot teams in the United States, and 49 of those are based in California. Five of those teams work in the Angeles National Forest, which covers just over 700,000 acres in the San Gabriel and Sierra Pelona Mountains.

In addition to being incredibly dangerous, hotshots earn significantly less than traditional firefighters due to a particularly loathsome government loophole. Hotshots are classified as “forestry technicians.” They are only paid while battling fires, even though they regularly remain on site for weeks and months at a time under the worst possible conditions. Traditional firefighters are paid for every minute of their 24-hour shifts, whether working or not. This is referred to as “portal-to-portal” pay.

In the final act of the film, Mann goes into great detail of what he calls the “wildfire industrial complex” and why preventing wildfires isn’t prioritized in California.

“I hate being this cynical because it sort of makes me feel like a goblin,” Mann says. “As I phrased it in the film, the previous fire seasons (June through November) resulted in (on average) \$12 billion in damages. I think this ongoing fire will easily exceed \$150 billion. That money doesn’t just get burned up in a pile; it goes to contractors and bureaucrats that benefit from who knows how many building permits.”

### No Incentives

“It’s not to say that people don’t want

the fires to stop,” Mann stresses. “It’s just ... nobody is incentivized for them to try making them ever stop. For instance, the auto dealer that sold you two jeeps in the same year because one of them burned up. Do you think he’s going to storm the city council saying, ‘We’ve got to do something to stop these fires; I’m selling too many cars.’?”

I mentioned to Mann that his movie reminded me of the red tape associated with water, not fire, in the 1974 movie “Chinatown” and if Northern California is purposefully dumping water in the Pacific.

He responded “That is a microcosm of the larger issue that plagues every facet of California governance and community priorities. They’re destroying dams up north to try to save fish populations. In the process, we’re hamstringing ourselves, when we know that we’re going to have droughts every other year, and messing with the water supply only makes things worse.”

Through the film, Mann addresses the need for and history of “controlled burns” where bush and dead undergrowth, or what he refers to as “fuel,” is burned off, thus removing the chances for larger wildfires, a practice that began in the region over 10,000 years ago with Native Americans.

### Florida Does the Opposite

“Florida,” Mann says, “has the exact opposite attitude towards wildfires as California. They see every day as a good day to carry out controlled burns.” In the movie, Mann states Florida does more burns in a year than California does in 50 years, a ratio he modified in the interview. “It’s actually worse,” Mann laments. “It’s actually 75 years.”

## Actor Praises Hollywood Creators for ‘Telling Stories of Faith’



Actor Neal McDonough is one of many who are celebrating the voices in Hollywood who are “going out on a limb and telling stories of faith.”

“There is definitely a need for films that talk about faith — talk about family, talk about the what-ifs of life,” McDonough said in an interview with Glenn Beck. “Going out and buying tickets to films like this — that’s the message you’re directly sending to Los Angeles.”

The pair discussed the change that’s taking place in Hollywood, with family-friendly and faith-based content earning major box office success.

“Whether it’s Angel Studios, whether it’s the amazing Erwin Brothers, whether it’s Dallas Jenkins, whether it’s the Kendricks,” McDonough said. “Whoever it is who’s going out on a limb and telling stories of faith so the whole family can go to a theater.”

He continued, “Never, ever, ever have I seen before four or five [studios] saying, ‘Oh by the way, if you have something of faith, we’re very interested this year.’ Something’s changed.”

Mann concludes, “I was humbled while shooting this film. I was surrounded by these brave public servants who risk and lose their lives, and it made me, as a filmmaker, feel very small. It was hard to shake that feeling, and [long pause] Hollywood is suffering the same fate as the rest of California.”

“They’re so blinded by misplaced ideologies. ... They live in a fantasy world. ... They’re not addressing reality. All of their agenda-driven content is no good and that’s why most people are rejecting

McDonough’s own projects are proof of that change.

Collider reported that *HOME-STEAD*, in which the actor stars, “opened to \$6 million from only 1,800 screens,” earning more than *GLADIATOR II* in the same weekend.

“A nuclear bomb is detonated in Los Angeles, and the nation devolves into unprecedented chaos. Ex-Green Beret Jeff Eriksson and his family escape to The Homestead, an eccentric prepper’s fortress nestled in the mountains,” a synopsis of the movie reads. “As violent threats and apocalyptic conditions creep toward their borders, the residents of The Homestead are left to wonder: how long can a group of people resist both the dangers of human nature and the bloodshed at their doorstep?”

“We are so proud of *HOME-STEAD*’s opening weekend, it is doing so well in the theaters,” McDonough wrote in an Instagram post. “Take your family if you haven’t already. A film about Family and Faith and the ‘what if’s’ in today’s world.”

—*movieguide.com*

everything Hollywood produces. Putting all of this on climate change ... it disempowers everyone. It becomes something mythical rather than accepting that you have agency over it, and you can prevent it. Unfortunately, it takes a catastrophe like this to grab their attention.”

The film is available to stream at HotshotMovie.com, Amazon Prime, Fandango, and Google Play.

By Michael Clark / The Epoch Times News Service



# Christian theater productions are smash hit at Museum of the Bible

Logos Theatre, a Christian organization based in South Carolina, is taking its show on the road. The troupe's plays have featured adaptations of C.S. Lewis's "The Horse and His Boy" and "Prince Caspian," as well as an adaptation of John Bunyan's Christian classic, "The Pilgrim's Progress." Recent performance venues include the Museum of the Bible in Washington, D.C., and the Ark Encounter in Kentucky.

Logos has "absolutely flown under the radar," Garrett Hinton, director of revenue at the Museum of the Bible, told the "Washington Post."

The museum has booked Logos for two more shows in 2025, including a yet-to-be-named adaptation of a C.S. Lewis novel. As Washington prepares for the return of President-elect Donald Trump, the museum says its successful partnership with Logos demonstrates that there is a growing audience in the nation's capital for Christian, and decidedly culturally conservative,



entertainment. For Logos, that commitment extends beyond subject matter: The company requires its artists to affirm a 14-point doctrinal statement, including a policy that prohibits those who identify as LGBTQ.

Logos Theatre's performances at the museum, which began last year, have not only increased museum attendance but also amplified touring demand for a company that had been virtually unknown outside of its region until recently. In one year of traveling to Washington, the organization's program services

revenue (essentially, its ticket sales), grew from \$1.6 million in 2022 to \$2.6 million in 2023, according to public tax records for the Academy of Arts, the unaccredited Christian arts conservatory that oversees Logos Theatre.

When it comes to Christian theater, America's most popular brand is Sight & Sound, which is currently mounting 11 performances of the original musical "Daniel" each week at its 2,000-seat theater in Lancaster, Pennsylvania, and recently closed its 10-show-a-week run of "Queen Esther" at its satellite venue in Branson in 2025. Liberal Washington and its suburbs might seem like a tough fit for a company with a stated mission to "Bring the Bible to Life." Some Logos Theatre audiences are tourists who plan trips around the play, but Hinton said the majority of patrons have been local.

"To me, the D.C. area is a mini-Bible Belt in and of itself," he said.

# Broadway in Kansas City Brings Six New Shows in 2025



Once Kansas City digs out of the snow and ice, it will be able to enjoy the 2024-2025 Broadway in Kansas City season. It is a combination of beloved productions and premiers. After *Funny Girl* in December, the season continues with:

*Chicago* (Kauffman Center, Jan. 7-12, 2025)

*Parade* (Kauffman Center, Jan. 28-Feb. 2, 2025)

*Beetlejuice* (Music Hall, Feb. 18-23, 2025)

*Back to the Future: THE MUSICAL* (Music Hall, April 1-6, 2025)

Disney's *The Lion King* (Music Hall, May 22-June 1, 2025)

*The Wiz* (Music Hall, July 8-13, 2025)

You will not know what to focus on during the performance with the dynamic dances and songs. *Chicago*, the triumphant hit musical and recipient of six Tony Awards®, two Olivier Awards, and a Grammy®, is set in the 1920s. It is the story of Roxie Hart, a housewife and nightclub dancer who murders her lover after he threatens to leave. Desperate to circumvent conviction, she deceives the public and her rival cellmate, Velma Kelly, by hiring *Chicago*'s polished criminal lawyer to transform her crime into a barrage of sensational headlines.

*Parade*, which premiered on Broadway in 1998 and saw an acclaimed revival in 2023, tells the true story of Leo Frank, a Jewish man who was falsely accused and convicted of murdering a 13-year-old girl in Atlanta, Georgia, in 1913.

*Beetlejuice*, the musical, based on the 1988 Tim Burton film of the same name – did it sound familiar? The musical tells the story of Lydia Deetz, a strange and unusual

teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes. It is recommended for 13+.

*Back to the Future: THE MUSICAL*, winner of the 2022 Olivier Award for Best New Musical, will have your toes tapping to *The Power of Love*, *Johnny B. Goode*, *Earth Angel* *Back in Time* and others. The musical follows the storyline of the movie. When Marty McFly finds himself transported back to 1955 in a time machine built by the eccentric scientist Doc Brown, he unintentionally changes the course of history. Now he is in a race against time to fix the present, escape the past, and send himself... back to the future.

Disney's *The Lion King* is a delight for the eyes and ears. Experience Kansas City's most anticipated theatrical event as the show displays the talents of one of the most acclaimed creative teams and won six Tony Awards® including Best Musical. It is the story of a young lion prince who achieves his destiny to be king. It is simply stunning.

*The Wiz*, which begins its North American tour in February 2025, premiered on Broadway in 1975 winning seven Tony Awards including Best Musical, Best Original Score, Best Featured Actor in a Musical (Ted Ross), Best Featured Actress in a Musical (Dee Dee Bridgewater), Best Choreography (George Faison), Best Direction of a Musical and Best Costume Design (Geoffrey Holder). It is the modernizing of the *Wizard of Oz* filled with gospel, rock and more!

2024-2025 Broadway in Kansas City is sure to be a blizzard of compliments from the theater attendees. I cannot wait for the ice to thaw!

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## Easy Renter-Friendly Tips to Weatherize Your Home

Taking the proper steps to weatherproof your rental is a simple way to stay snug this cold-weather season – while also resulting in notable savings on heating and energy bills.

In fact, a Duck brand survey found that 80% of people noticed a decrease in their heating bill after using affordable weatherization products, such as window insulation kits, weatherstrip seals and door draft seals. With this in mind, here are temporary ways to prep your rental for the winter without causing any damage.

Install draft seals. Doors and windows are notorious for letting in cold air, which can drastically affect your home's temperature. Fortunately for renters, the Duck Brand Double Draft Seal is a removable solution designed

to insulate your door from both sides. This practical tool blocks drafts while maintaining the room's temperature, ensuring both comfort and energy efficiency. Simply slide the seal under interior or exterior doors and window frames to keep cold air from coming in. Even better, the seals can be reused in future residences, making them a smart choice for keeping your comfort intact wherever you choose to live next.

Hang thermal curtains. Thermal curtains are an excellent option if you're looking for DIY ways to increase your space's energy efficiency.



By hanging these insulated drapes, the cold air between the window and fabric remains trapped, helping to maintain a comfortable temperature without the need to turn up the heat. If your lease doesn't give permission to drill into the wall, use a tension rod to install them.

Embrace window kits. If thermal curtains aren't your style, installing a removable window kit is just as easy. The Duck Max Strength Rolled Shrink Film Window Insulation Kit creates an added barrier between the outdoor air and your home's inside. Plus, unlike thermal curtains, the film is crystal clear and allows natural light to peer through windows.

Dress your floors. Who said weatherization can't be stylish? By placing decorative, cozy rugs on hardwood floors and tiles, you can further insulate your rental. While these items won't fully prevent heat loss, they do offer an extra layer of warmth and can help reduce drafts from cold floors, making them an obvious choice if you're a renter looking to stay warm

without making permanent changes.

For more weatherization how-to's, head to [www.duckbrand.com/weath-erize](http://www.duckbrand.com/weath-erize).

By taking these steps, renters can remain draft-free and damage-free, staying warm while lowering costly electric bills.

—StatePoint

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# sports

## Super Bowl Quarterbacks Share Deep Christian Faith Journey



The two NFL quarterbacks heading into the Super Bowl share more than just championship aspirations — they're united by their profound Christian faith. The Kansas City Chiefs and Philadelphia Eagles are each led by quarterbacks who openly profess their Christian beliefs.

Chiefs quarterback Patrick Mahomes consistently demonstrates his faith through pre-game prayers at Arrowhead Stadium. "My Christian faith plays a role in everything I do," he said before his Super Bowl appearance in 2023. "I mean, I always ask God to lead me in the right direction and let me be who I am for his name."

Their victory over the Buffalo Bills in the AFC Championship game put Kansas City back in the Super Bowl for the fifth time in six years. Mahomes points skyward after each touchdown, a symbolic gesture of gratitude that has become his trademark.

"I give God the glory," Mahomes said after winning last year's Super Bowl, the team's second in a row.

"First off, I want to give all glory to God. Without Him, none of this is possible. I truly mean that," Mahomes said after the recent victory over the Bills.

The white bracelet with red lettering on Mahomes' left wrist is a new addition this season. It has "Psalm 121:1-2" and "Courage To Climb." The verse reads, "I lift up my eyes to the mountains — where does my help come from? My help comes from the Lord, the Maker of heaven and earth."

Eagles quarterback Jalen Hurts has learned to trust God amid the storms of life. "I really lean on him and I try to keep him in the center of everything that I do, because I know without God, I wouldn't be where I am today," he said. "I wouldn't be the man I am today without having that faith in him, without integrity and leadership and diligence and all those

things. I think the biggest thing is you get so influenced by so much around you, you just want to pray that you're the person that God calls you to be. So that's what I'm gonna do — be what God called me to be."

"I've found that the plane gives me a lot of time to take a deep dive in Scripture, and then go back on my week of notes and the game plan for the opponent," Hurts said. "Those things are very important to me, and I feel like you have to intentionally pursue them to continue to build wisdom."

Two years ago, Hurts did a video with GQ in which he talked about his daily devotional and his journal.

"I'm a man of God," he said. "Waking up every morning and having a routine where I can gain some wisdom, learn His Word, and just walk by the Spirit, I strive to do that daily. And I challenge myself to spread that Word organically."

## QB Will Howard: 'I can't believe God gave me the chance to be a Buckeye'

A decade after winning the first national championship of the College Football Playoff era, the Ohio State Buckeyes are back on top of the college football world. With Monday night's 34-23 victory over Notre Dame, the Buckeyes captured the first national title of the 12-team CFP era. It's Ohio State's ninth national championship, moving the program into a tie for sixth with USC for the most all time.

After Notre Dame opened the game with an 18-play touchdown drive, Ohio State scored 31 consecutive points and found the end zone on all three of its drives in the first half to take a 21-7 lead into halftime. Quarterback Will Howard connected with wide receiver Jeremiah Smith to tie the game at seven, and later found running back Quinshon Judkins with 27 seconds left in the half to extend the lead to 14.

Trailing 31-7 in the third quarter, Notre Dame responded with 16 straight points to cut the deficit to eight. But on third-and-9 with 2:45 remaining, Howard found Smith for a 56-yard gain that put the Buckeyes in the red zone and led to a game-clinching field goal.

The fifth-year senior and Kansas State transfer completed 17 of his 21 passes for 231 yards and two touchdowns, while also rushing 16 times for 57 yards. He was named the National Championship Of-

"I've just matured and realized that God is everything, and He's worthy of praise," Hurts told CBSsports.com in September 2022. "You have to put Him



fensive Player of the Game. One of many Buckeye leaders who are guided by their strong faith in God, Howard gave thanks to the Lord immediately after the game, which he played with Proverbs 3:5-6 written on his wristband.

"First and foremost, I've got to give the glory and the praise to my Lord and Savior Jesus Christ," he said. "I wouldn't be here without Him. I wouldn't be here without my teammates, my family. ... I can't believe God gave me the chance to be a Buckeye."

Following each of Ohio State's post-season wins, Howard made a celebratory post on Instagram that included a Bible verse in the caption. He chose Psalm 118:24 after the Buckeyes' semifinal win over Texas: "The Lord has done it this very day; let us rejoice today and be glad."

Egbuka was one of Howard's favorite

targets against the Fighting Irish, catching a team-high six passes for 64 yards. He's also been a key spiritual leader. In August, Egbuka and Henderson were two of the players who shared their testimony at an on-campus faith event that was attended by nearly 2,000 people. Egbuka said earlier this season that he felt God challenging him to use his platform this season to glorify the Lord and not himself.

"That was one of my prayers, just to be bolder this year with my faith, be more outspoken about it because the person that I am and how I got to the places I got is not by mere human effort," Egbuka said on the podcast. "It's nothing I can do. It's all about the blood of the Lamb. Jesus Christ, He really came in and saved my life."

Ohio State head coach Ryan Day was one of the many people who noticed his players' intentional effort to share about Christ.

"It's been amazing to watch this team grow spiritually," he said Sunday in a pregame press conference. "... We have Bible studies and reflections that we have that we'll have folks come in and speak at, and we have for a long time, but then also seeing our players lead them in those moments. The impact they've made on our community and even nationally is significant here, and I'm proud of where those guys have gone in their journey."

at the center of everything that you do. That's what I believe. All my spiritual wisdom — all of my wisdom as a whole — comes from Him, in some way, shape

or form. ... I just think, in all the things that we experience in life — good, bad or indifferent — you have to keep Him at the center."

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# 50+ Lifestyles

## A Guide to Enjoying Life in the Best Years

### Identifying Volunteer Opportunities for Older Adults

Tom Thousand spent many years helping low-income residents with home repairs. After retirement, he knew he wanted to continue helping people in his free time.

He answered the call to serve through AmeriCorps Seniors RSVP. Since 2010, he has volunteered to deliver meals to those in need, transported donated food to food pantries and captained boats on a nearby lake for group trips. Thousand was there when his neighbors needed rides to medical appointments and the Red Cross needed help delivering blood in his community.

All across the country, AmeriCorps Seniors connects people aged 55 and older with opportunities to volunteer in their communities. The program matches each volunteer's interests and skills with local non-profit organizations. More than 140,000 older Americans serve their communities yearly through three core programs – the RSVP Program, the Foster Grandparent Program and the Senior Companion Program.

Many older adults look for variety, flexibility and benefits when searching

for a way to volunteer.

“Since it was established in 1971, our RSVP program has been one of the nation's largest older adult volunteer programs,” said Atalaya Sergi, national director, AmeriCorps Seniors. “The program has a wide variety of service opportunities that allow volunteers to help address our nation's most pressing challenges. For our volunteers, RSVP takes the guesswork out of choosing how and where to volunteer their time and energy.”

Opportunities vary by city and state, but the RSVP program offers volunteers diverse ways to serve through local organizations. Examples include packaging meals for people with disabilities or other older adults, working in a call center for fraud victims, coordinating poetry workshops at a community center to stimulate the minds of those participating or transporting cancer patients to medical appointments. Service could also involve workforce development and job training or providing disaster preparedness assistance.

There are even select programs specifically designed to support veter-

ans.

Mark Piscatelli volunteers at veterans' coffeehouses. Coordinated through his local AmeriCorps Seniors RSVP program, the coffeehouses allow veterans to gather and socialize with each other and with volunteers. The social setting creates a safe space, fostering community and stability for everyone involved. Guest speakers frequently visit and provide new and updated information to attendees on local and national veterans' services.

“AmeriCorps Seniors has created a wonderful opportunity for me to learn about veterans, veterans' issues, what they've experienced, what they currently experience and what some of their concerns are going forward,” Piscatelli said.

David Langlois, a fellow volunteer, concurs.

“I really think that the bottom line is to support our veterans,” he said.

Older adults need volunteer programs that fit their lifestyles and allow them to choose how, where and the frequency of their service. Commitments range from a few hours to 40 hours per week. This flexibility allows Piscatelli and his fellow volunteers to participate without feeling overwhelmed by time obligations.

Volunteering is more than a way to fill time, however. Research from sources such as the National Institute on Aging suggests that older adults who are engaged in social and community activities maintain mental and physical health longer than those who are not.

“After one year of service, 88% of our volunteers reported a decrease in feelings of isolation,” Sergi said. “Plus, 78% of volunteers felt less depressed. That uplifts spirits and significantly impacts and benefits people's lives.”

Volunteers like Thousand, Piscatelli and Langlois support people in need and strengthen their communities and neighborhoods. If you're 55 or older and looking for the right volunteer opportunity, visit [AmeriCorps.gov/YourMoment](http://AmeriCorps.gov/YourMoment) to explore opportunities near you.

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# Know These 4 Core Factors to Avoid a Heart Health Syndrome



In the U.S., 1 in 3 adults is at risk for a newly recognized syndrome that comes from a combination of heart disease, kidney disease, type 2 diabetes and excess body weight. This cluster of conditions, called cardiovascular-kidney-metabolic (CKM) syndrome, is an example of how problems in one part of your body can affect other parts.

To avoid CKM syndrome, health experts suggest paying close attention to four of the American Heart Association's Life's Essential 8 – blood pressure, lipids, body weight and blood sugar level – which are core health factors that impact your metabolic health.

Good metabolic health means your body uses energy well and keeps these factors in a normal range. However, when numbers are off in one area, it can affect others, raising your risk for heart disease, stroke, kidney disease and

diabetes.

Consider these tips from the American Heart Association to help keep your core health factors under control.

## Blood Pressure

High blood pressure, also known as hypertension, happens when the force of your blood pushing against the walls of your blood vessels is too high. High blood pressure is a leading cause of heart disease, stroke and kidney disease.

Because high blood pressure doesn't have symptoms, the only way to know you have it is to get your blood pressure checked. Healthy blood pressure is below 120/80. If your blood pressure is 130/80 or higher, talk to your doctor about checking your other core health factors.

Lifestyle changes can help reduce high blood pressure. One example is a Dietary Approaches to Stop Hypertension (DASH) eating pattern that's low in fat and rich in fruits, vegetables, whole grains and low-fat dairy products. Losing 10 pounds and reducing alcohol consumption can also reduce blood pressure.

## Cholesterol

Cholesterol is a waxy substance your liver makes then circulates in the blood where your body uses it to build cells and make vitamins and hormones. You may also get cholesterol from eating animal products. If there's too much cholesterol circulating, your risk of type 2 diabetes, heart disease and stroke may increase.

For optimal CKM health, your LDL cholesterol should be below 100 and triglycerides below 150. Triglycerides are the most common type of fat in the body. If your triglyceride level is 135 or higher, talk to your doctor about decreasing your risk.

Losing body weight and increasing physical activity decrease triglyceride levels. In addition, DASH and Mediterranean (plant-based, high-fiber, low-fat) eating patterns support healthy LDL and triglyceride levels.

## Body Weight

Healthy weight may be determined by body mass index (BMI), a number that represents your weight in relation to your height. Extra body fat can mean a higher risk for many health problems, including heart disease, stroke, high blood pressure, high cholesterol and diabetes.

CKM syndrome starts when BMI is 25 or higher and waist circumference is 88 centimeters or higher for women and 102 centimeters or higher for men. Aim for a BMI between 18.5-25.

To lose weight and keep it off, start by setting realistic goals. Understand how much and why you eat, manage portion sizes, make smart snack substitutions and be physically active.

## Blood Sugar

High blood sugar can slowly damage the kidneys. In fact, diabetes is the leading cause of kidney disease, and it increases the risk of heart attack and stroke.

Blood sugar is measured in two ways: a fasting blood glucose test (short term blood sugar) and an A1C test (long term blood sugar control). A normal fasting blood glucose level is 70-99 and a normal A1C level is below 5.7%. Fasting blood glucose above 125 and A1C of 6.5% or higher means you have diabetes.



Habits that help you avoid high blood pressure, weight gain and high cholesterol also keep your blood sugar in check. These are especially important if you have a family history of di-

abetes.

Learn more about CKM syndrome and how to manage your risk at [heart.org/CKMhealth](http://heart.org/CKMhealth).

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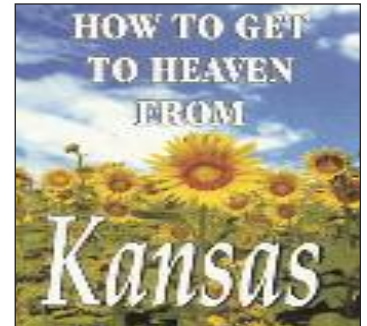
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1. Realize you are a sinner. Everyone starts the same place spiritually. "For all have sinned and come short of the glory of God." (Rom. 3:23). Sin's penalty keeps you out of Heaven and condemns you to Hell, separating you from God. Romans 6:23 says,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

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

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

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

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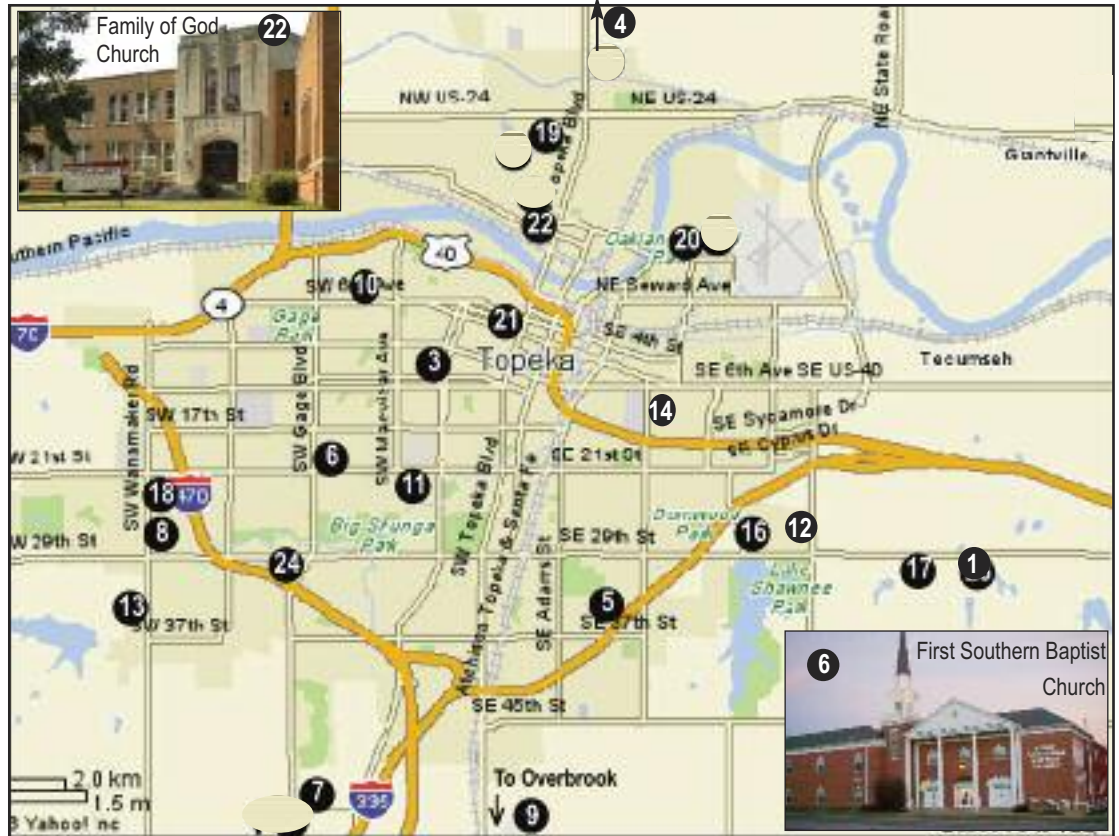
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 Pastor Bob Spagnuolo 785-273-3506  
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 4307 SW 30th Ter., Topeka  
[www.TrinityReformedBaptist.org](http://www.TrinityReformedBaptist.org)

**Local Christian Radio**  
 Listen at work!  
[UpperRoomRadioOnline.com](http://UpperRoomRadioOnline.com)  
**KFGB 97.7 FM**  
 Upper Room Radio

**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](http://discovertbc.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](http://www.global-missions.com)  
 PO Box 161 Topeka KS 66601  
 785-232-2992 or 785-231-8183

C5Alive Presents

Now taking Vendor Applications!

10TH ANNUAL TOPEKA



SAVE THE DATE!

# EASTER FEST

## EASTER PARADE + FAMILY FUN FAIR!



It all takes place at Great Overland Station and on N. Kansas Avenue!

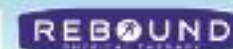
Fun Fair open 10 am - 3 pm at Great Overland Station, with Live Music 10:45 am - 3 pm!

Parade starts at 10 am at Garfield Park and goes to the tracks in NOTO. Big Egg Hunt follows parade at 11 am at Great Overland Station! 5K Run/Walk starts 9am at Garfield Park. Food Trucks open 9 am - 3pm at Great Overland Station. Vendor Market and Health Fair open 10 am - 3 pm at Great Overland Station, with craft stations, face painting, Easter Bunny photos, Petting Zoo, Inflatables, Carnival Games, Cup Cake Walks, Health exams, products & demonstrations: Dance, Gymnastics, Ballet, Vision Screening and more!

**Volunteers needed! Contact:**  
info@C5Alive.org or 785-640-6399

**For booth, sponsor & parade entry information:**  
info@C5Alive.org or 785-640-6399

Funds raised will be shared with a local non-profit serving local families



### SATURDAY, Apr. 19, 2025 • 10 AM - 3 PM

TopekaEasterParade.com • "Like" us on Facebook: Topeka Easter Parade & Family Fun Fair