



ELVIS TRIBUTE

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The Last Supper Page 17

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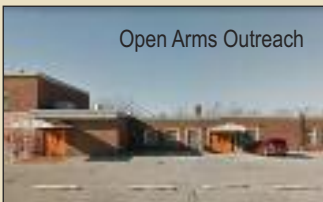
April 2025

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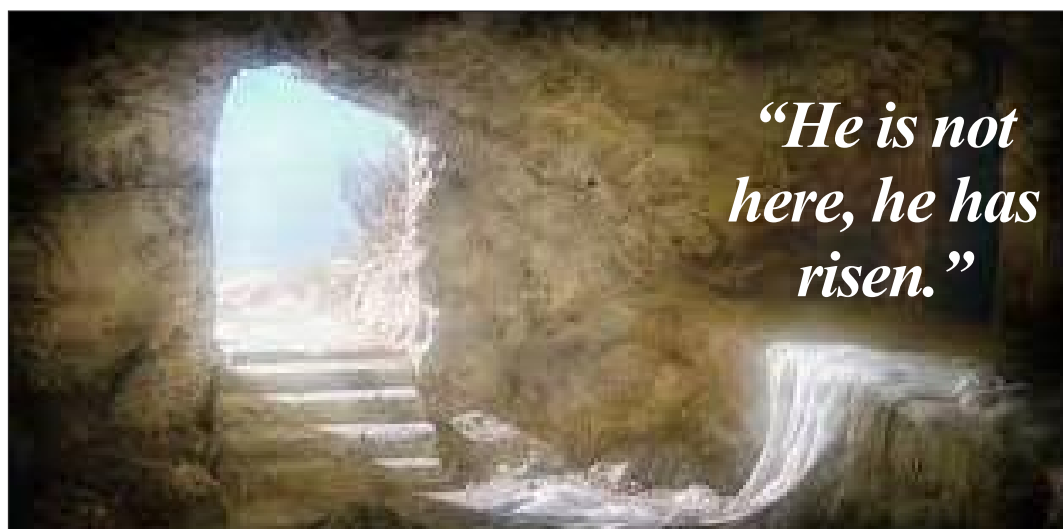
Gage Park mini-train and Carousel now open on weekends



The Gage Park mini-train and Carousel will be open on weekends through the remainder of the school year before resuming daily operation for the summer.

Hours are 10:00 a.m. to 5:00 p.m. with the last ride at 4:45 p.m. Admission is \$2.

The electric mini-train is entering its third year of operation. The old-fashioned carousel is more than 100 years old.



By **Clint Decker**

Legendary filmmaker Woody Allen has written and directed nearly 60 films and won four Academy Awards. In 2010 he released the film, "You Will Meet a Tall Dark Stranger." Dave Itzkoff, a New York Times columnist, interviewed Allen about the film and his life. Itzkoff noted the supernatural is important to the movie, which

opened the door for Allen to comment about his view of faith. Allen said, "I was interested in the concept of faith in something. This sounds so bleak when I say it, but we need some delusions to keep us going." Allen is not alone in his sentiments. The Gallup organization conducted a religious survey finding that more Americans agree with Allen today than they did nearly 70 years ago. In 1956 96% of

U.S. citizens identified with the Christian faith. Since then, that number has plummeted to 68%. In 1954 0% of Americans considered themselves atheists, agnostics or people who just simply were not religious. However, for the last seven decades the number has skyrocketed with 22% claiming that spot.

For Allen and the growing

■ Please see RISEN page 3

Kansas Voters to Decide Supreme Court Election Process



The Kansas Legislature gave final approval on March 19 to place a question on the August 2026 ballot that would allow voters to elect members of the state's supreme court.

The state House passed the bill authorizing the proposed amendment to the Kansas Constitution, Senate Concurrent Resolution 1611, by 84-40 on March 19. The state Senate had approved the bill 27-13 on March 6.

The current "merit-based nomination process" comes into play when

■ Please see SUPREME COURT page 2

Jerold Binkley Tulip Time Ushers in Spring 2025

Jerold Binkley Tulip Time 2025 is set for April 10 thru April 27. The event features tens of thousands of multi-colored tulips and flowering bulbs in Shawnee County Parks + Recreation's three featured gardens – Ted Ensley Gardens at Lake Shawnee, Old Prairie Town/Ward-Meade Botanical Garden and Doran Rock Garden and surrounding areas in Gage Park. The event is named for its founder, Jerold Binkley who passed away in 2019.

Tulip Time began over 32 years ago

in the home gardens of Jerold and Joan Binkley.

Mr. Binkley desired to create an ongoing and beautiful county-wide event with Tulip Time. Today the event draws visitors from around the nation.

There are two special events in addition to regular self-guided tours through the gardens.

Tulips at Twilight features 90 larger than life lighted displays with thou-

■ Please see TULIP TIME page 2



Easter Bunny, Tribute to Elvis, Tea Party with a Princess, and Classic Rock Icons

Mark your calendars! The TV Club at Cosmos Court, located at 909 S Kansas Ave, will host an incredible weekend of entertainment on April 11th and 12th. As part of the Equity Bank Straight from Branson Performance series, this event promises to delight fans of all ages with a lineup that includes an Elvis tribute, a magi-



cal tea party with a Princess, and a classic rock extravaganza.

"We're bringing the vibrant energy of Branson right here to Topeka," says Owner, Chris Schultz. "This event is all about creating unforgettable experiences for our community, and with performances from the talented Matthew Boyce and Cadence Miller, we're set to do just that!"

- **ELVIS - A Tribute to the King:** Experience the magic of Elvis with Matthew Boyce, the 2023 Tribute Performer of the Year in Branson. Don't miss this electrifying performance on April 11th at 7:30 PM!

- **Tea Party with a Princess:** Join Cadence Miller for a whimsical afternoon on April 12th at 2 PM. Sing along to songs from the award-winning 'Once Upon a Fairytale', capture magical moments with photos, and enjoy



games, tea, cookies and prizes with the kids!

- **Classic Rock Icons:** End the weekend on a high note with Matthew and

Cadence as they rock the night away with timeless hits from legendary artists like Stevie Nicks, Elton John, Ann Wilson (Heart), Aerosmith, Janis Joplin, Journey, and Freddie Mercury! Catch this unforgettable show on April 12th at 7:30 PM.

Tickets are available now at www.cosmoscourt.com. You can attend Elvis and Classic Rock Icons for just \$18 each or bundle both shows for \$30. The Tea Party with a Princess is priced at \$25 for one parent and one child, with additional adults and children welcome at just \$10 each. Thanks to our sponsors, Equity Bank and Downtown Topeka Inc, Cosmos Court is able to keep ticket prices affordable for everyone.

Easter Bunny to Visit

Cosmos Court has also announced a visit by the Easter Bunny on April 5, when children will be able to decorate cookies, play games, gather eggs and take photos with the Easter Bunny. This event will be held between the

hours of 2 p.m. to 4 p.m.

Cosmos Court is a premier entertainment venue in Downtown Topeka, offering a diverse range of events and performances. The owners are committed to bringing high-quality



entertainment to the heart of Topeka, fostering community spirit and joy.

For more information, email cosmoscourttusa@gmail.com or visit CosmosCourt.com.

TULUP TIME

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sands of tulips illuminated by candlelight and lighted displays. The displays include 15-foot-tall illuminated tulips and larger-than-life illuminated flowers, illuminated mushrooms tall enough for patrons to walk beneath them, rivers of blue lights and floating lanterns in the Asian garden. Patrons may enjoy Old Prairie Town building tours on Friday and Saturday evenings. Tulips at Twilight is set for 7-10 p.m. April 11-27. Admission is \$5 per person with children five and under free. Old Prairie Town buildings will be open for touring and FREE potted plants (one per person) on Friday and Saturday evenings, 7-8 PM. Friday thru Sunday evenings, 7-8:30, you can enjoy live music & entertainment, old fashion Ice Cream at the Drug Store, or a sandwich from Butcher BBQ stand.

Tulip Time Festival at the Lake is set for April 12 at Ted Ensley Gardens at Lake Shawnee. The event features 40,000 multi-colored

tulips of 30 to 40 varieties, daffodils and hyacinths in bloom along with food and craft vendors and a performance by the Topeka High Drumline. The festival runs from 10 a.m.-3 p.m. A \$5 donation for the day gains guests entry to the gardens plus all of the entertainment and fun. SCP+R horticulturists each year plant special designs in several tulip beds. Patrons are encouraged to try and spot them. Past designs have included a breast cancer ribbon, a heart, a patchwork quilt tulip bed, an emoji and a Pokemon icon.

Tulip Time has been attended in the past by people from 68 cities in Kansas, multiple states and visitors from the United Kingdom, India, Russia, Australia and the Commonwealth of Puerto Rico. Tulip Time is an annual destination popular with everyone from area residents to out-of-state visitors on bus tours. A \$5 donation is suggested at Ted Ensley Gardens and Old Prairie Town/Ward-Meade Botanical Garden to help cover the cost of the event and enable Tulip Time to continue in future years.

SUPREME COURT

continued from page 1

ever a vacancy occurs on the officially nonpartisan, seven-member court, according to a state judiciary website. A nine-member nominating commission, most of whose members are required to be lawyers, recommends three applicants to the sitting governor who then appoints one of the applicants to the court.

The proposed constitutional amendment came after the Kansas Supreme Court clashed with Republican lawmakers in recent years. The court ruled on abortion rights in 2024 that the Kansas Constitution protects access to abortion, and, in 2017, that the state was not spending enough on public schools.

Republican officeholders who support the bill say the commission system gives legal insiders too much control over who sits on the Kansas Supreme Court. Democrat officeholders counter that allowing direct election of the justices will politicize the state's judiciary and give abortion opponents an opportunity to ban the practice.

Republicans hailed the passage of the bill.

Kansas Attorney General Kris Kobach

wrote on social media platform X, that approval of the measure was "an historic turning point in Kansas."

"Voters will now get to decide whether to reclaim the right to vote for justices, which they enjoyed from statehood until 1958," he wrote. "Polling shows Kansans overwhelmingly prefer voting on Supreme Court Justices to the status quo. Seventy-four percent support the direct election of Supreme Court Justices, while only 20 percent like the current attorney-controlled system."

The constitutional amendment would help voters "reclaim their voice at the ballot box," House Majority Leader Chris Croft, House Speaker Dan Hawkins, and Speaker Pro Tem Blake Carpenter said in a joint statement posted on X.

Kansas Gov. Laura Kelly, a Democrat, told reporters on the day of the vote that electing justices directly would be a mistake.

She criticized the Legislature for scheduling the vote on the constitutional amendment for August 2026, during the primaries, instead of the November 2026 general election, when voter turnout is expected to be higher.

Kelly said the Legislature used "a similar maneuver" when it scheduled a pro-

posed constitutional amendment on abortion for a vote during the August 2022 primary election, just a few months after the U.S. Supreme Court overturned Roe v. Wade and ruled the Constitution does not include a right to abortion.

The Republican-backed amendment stated that the Kansas Constitution does not safeguard access to abortion or require government funding of it. The state's voters rejected the measure 41 to 59 percent.

"Kansans turned out and I hope that Kansans will recognize that this whole election of Supreme Court justices is starting down the path again to ban exactly what Kansans said they didn't want banned in 2022," Kelly said.

State Rep. Lindsay Vaughn, a Democrat, said the current selection process works because it places would-be justices' judicial temperament and legal experience over their political loyalties.

The judiciary is "a coequal impartial branch of the government that provides an important check and balance on the other two branches," Vaughn said.

The vote on the proposed constitutional amendment will take place on Aug. 4, 2026.

By Matthew Vadum | *The Epoch Times*

Strong support shown for transferring of education policy to states

Americans overwhelmingly support reforming the U.S. Department of Education, transferring control of education policy to states and giving parents more control, a new "Epoch Times" survey found.

The poll, which drew more than 31,000 responses, was conducted in the days leading up to President Donald Trump's March 20 executive order, which launched the process of dismantling the department and returning educational authority to state governments.

Since its establishment in the late 1970s, the Department of Education has spent more than \$3 trillion, yet according

to a White House fact sheet, academic performance has stagnated. Despite a 245 percent increase in per-pupil spending, math and reading scores have declined, and U.S. students consistently rank behind peers in other developed nations.

In a speech before signing the order, Trump said federal efforts in education have failed to deliver results.

"Today we take a very historic action that was 45 years in the making," he said. "My administration will take all lawful steps to shut down the department. We're going to shut it down, and shut it down as quickly as possible -- it's doing us no good."

A central finding in the survey is the near-unanimous backing for reducing the Department of Education's workforce. Ninety-three percent of respondents supported the move, with 85 percent saying they "strongly agree." Only 6 percent were opposed. This view was reinforced by answers to a related question in which 85 percent said cutting the department's staff and shifting control to the states would improve the quality of education in their own communities.

Seventy-five percent of respondents said they believe the goal of increasing efficiency would be achieved through the layoffs.

RISEN

continued from page 1

number of Americans that view religion as not important or delusional, they have it backwards. Having no faith in God and putting faith primarily in oneself is the ultimate delusion. It is a grave mistake to believe that all you need is yourself – your own goodness, education, wealth or personal effort. The wisdom writings in the Bible address this, "Trust in the LORD with all your heart and lean not on your own understanding..." (Proverbs 3:5) It is also eternally dangerous to believe God does not exist. The Bible strongly states, "The fool says in his heart, 'There is no God.'" (Psalm 14:1)

Throughout history there have al-

ways been people that did not believe in the Lord God. Either they did not believe in any god or believed in a different and false god. The position of Allen is nothing new.

Throughout history how has the one who made the heavens and the earth responded to such deeply held views? Has He turned His back on them and refused to engage at all or lashed out in anger? Not at all. God Himself says to the atheist, agnostic and all who do not trust Him, "Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool." (Isaiah 1:18) When God says "reason together" it means He is intentionally reaching out to help you understand Him.

How is He doing that? Through His Son. He has revealed Himself in Jesus, who stated very clearly for those wondering who He was and who God is, "Whoever believes in me, believes not in me but in him who sent me. And whoever sees me sees him who sent me." (Jn. 12:44-45) Do you want to know if God exists? Look at Jesus.

The death and resurrection of Jesus

Christians talk much about the death and resurrection of Jesus. What does it reveal about God? It is written that Jesus "was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed." (Is. 53:5) In the face of your arguments against God, He sees within you a sickness that comes from a life of sinful choices, and while you debate against Him, He has sacrificed Himself on a cross that you might have His perfect peace.

Woody Allen commented on death in his interview, "I've experienced that thing where you wake up in the middle of the night and you start to think about your own mortality and envision it, and it gives you a little shiver." In the face of death and dying the Lord God points all people to His unique Son who said, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die." (Jn. 11:25-26).

A prayer for you – Lord God, some may wonder if you exist. Today, reveal yourself to them through your unique Son. Let them see who you are in His teaching, miracles, signs and wonders. In His holy name. Amen.

C5 "POWER" Luncheon meeting will be at Celtic Fox

The April C5Alive POWER Luncheon will be held on the 10th at Celtic Fox, 118 SW 8th St., at 11:30am.

The program will feature Kirk Nystrom speaking on "What to know about Wills, Powers of Attorney, Trusts & Probate."

There will also be an interactive devotional topic of discussion.

Admission is free, and lunch can be ordered from the menu on site. RSVPs and inquiries can be sent to info@C5Alive.org.

"POWER" luncheons are held on the second Thursday of each month and are open to the public. C5Alive is dedicated to creating Christian culture in the Capital City, by developing and uniting leaders in community businesses, non-profits and churches.

Upcoming luncheon dates are May 8, and June 12, 2025.

C5 also hosts other events, includ-

ing EASTERFEST, the annual Topeka Easter Parade and Fun Fair, held on N. Kansas Avenue and at Great Overland Station. This year's celebratoion falls on April 19. Information and registration

forms can be found at www.C5Alive.org under the EasterFest drop-down menu.

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 and more information is available on the website at www.C5Alive.org, www.facebook.com/C5Alive, or call 785-640-6399.



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Five Unconventional Christian Habits That Drive Cultural Impact

Five Unconventional Christian Habits That Drive Cultural Impact

Christians may benefit from adopting several so-called “non-Christian” habits, Phil Cooke explains in his latest analysis of church culture.

“I say ‘non-Christian’ because, for many reasons, Christian culture looks down on them,” he said. “They have not been considered traditional Christian behaviors. But one of the big reasons we’re losing our voice in today’s culture is that we don’t understand and master these critical habits.”

According to recent studies on church ministry effectiveness, he lists these five items.

- **Confrontation.** “Old Testament prophets and early church leaders weren’t afraid to call people out. When it comes to the gospel, the stakes are too high to settle. Paul trained Timothy to be gracious but firm. It’s time we got back to raising the standard in our behavior, commitment, attitudes and excellence. Be gracious and be loving. But when evil happens or a brother’s behavior is out of line, we can’t be afraid to confront.”



- **Conflict.** “Speaking the truth invariably creates conflict, because someone won’t like it. So we have a choice — either stand up or shrink back. We don’t have to be jerks or control freaks. But there are times when we do have to be bold, even in the face of overwhelming opposition. Just ask the Christians being persecuted in Islamic countries. The Bible says that ‘Iron sharpens iron’ — but that only happens when the two pieces of iron slam against each other.”

As highlighted in faith-based leadership discussions, Cooke emphasizes additional crucial practices:

- **Be ruthless.** “Be ruthless in one im-

portant area: Yourself. Be ruthless about your commitment to Christ. Be ruthless about your intellectual growth. Be ruthless about finishing well. One of the most significant areas we should be ruthless about is our time. How much time do you spend complaining about your problems to people who can’t help you solve them? How much time do you talk when you should be doing? When it comes to others, be gracious. But when it comes to you and your time, be ruthless.”

- **Judge.** “We’ve really screwed up this one. When the Bible talks about judgment, it’s about people, not behavior,

quality of work or results. We can’t possibly judge the motivation of someone’s heart or their standing before God. But we can absolutely judge external results. In the false name of ‘not judging,’ we’ve allowed employees to do shabby work, projects to be ineffective and doctrine to be compromised. Perhaps most of all, we’ve allowed pastors and Christian leaders to disregard moral standards without reproach, which erodes the church’s moral authority within the culture.”

Speaking to Christian Daily about leadership principles, Cooke concludes

with perhaps the most crucial habit:

- **Say no.** “Warren Buffett says, ‘The difference between successful people and really successful people is that really successful people say no to almost everything.’ Obviously, you can take it too far, but when you don’t say no, you spend your life focused on other people’s priorities, not your priorities. Certainly we want to help people and be servants. But if God has called you to accomplish something with your life, you’ll have to say no to many things. In fact, learn to say no even to good things, so you can accomplish great things.”

Two ministries team up to help churches to fill missionary shortage

The number of Christian missionaries serving full time has dropped significantly over the past two decades. Last year’s total, 430,000, is down from 1.1 million in 2001, a report from Nations Outreach found. Nearly half of those serve for five years or less.

In an effort to address both the need for laborers and uncertainties faced by local churches, Missions:Together announced a new partnership with Here2There Ministries. Here2There’s curriculum complements Mission:Together’s vision of helping churches, missionaries and networks develop strategic plans for missions.

“We believe every church can actively participate in missions,” said Carl Dobrowski, Missions:Together’s advancement lead. “By coming alongside pastors and leaders, we want to bridge the gap between intention and execution.”

Mark Knetsch, Missions:Together’s visionary lead, said, “We’re joining efforts to equip, encourage and connect



churches with pathways to see the world transformed by the gospel.”

Through this partnership, participants will receive tailored coaching for mission strategy development and learn directly through in-person and virtual expos and workshops. Co-organized events aim to mobilize laypeople for missions, send more to the mission field and strengthen care and partnerships among missionaries and churches.

The two ministries believe that every church is a sending church and every person is a missionary. Together, they

seek to “equip leaders, laypeople and missionaries with the confidence and tools to turn vision into action, helping churches send and reach the nations.”



“We want to see churches move from uncertainty to action,” said Stefanie Nicholson, executive director for Here2There said. “Our prayer is that through these resources and tools, we’ll see leaders send, church members go and partnerships thrive.”

Here2There provides training through a 10-session program called Association of Mission Partnership Development. Courses are available in different formats for churches, missionaries and organizations and cover three phases: missions strategy; missionary care and partnerships; and sending. Courses typically take about 10 months to complete.

Learn more about Missions:Together at www.missionstogether.church and Here2There Ministries at www.here2there.org.

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EasterFest Back at Great Overland Station for 10th year Parade to be on N. Kansas Avenue in NOTO Arts District

Topeka EasterFest – the annual Topeka Easter Parade and Fun Fair – returns to Great Overland Station for 2025, with more activities than ever! The annual event began in Gage Park in 2014, then moved to Garfield Park in North Topeka in 2017. This year, the 10th Annual EasterFest will be held Saturday, April 19 (the day before Easter), with a parade on North Kansas Avenue in the NOTO Arts District, followed by the Big Egg Hunt and Fun Fair at Great Overland Station.

Three thousand people have attended the event in the past to watch the parade, visit the Fun Fair, listen to live music, visit over 100 vendor & exhibit booths, attend the Health Fair and take part in the egg hunt or other activities.

Every year, dozens of churches, businesses and non-profit organizations take part in the parade, and set up vendor booths and kids' games as part of the family fun fair. There have been lots of floats with a variety of themes, and all shapes and sizes of other vehicles, as well as walking entries such as schools, military groups, marching bands and more. The event is coordinated by C5Alive.

"We've had a great response and new entries each year at EasterFest," said Kevin Doel, one of the organizers. "I expect it to just keep growing every year."

From 10am to 3pm, live music, vendor booths, food trucks and kid's activities will be happening all over the grounds and inside Great Overland Station. This year, there will be more inflatables for kids of all ages to enjoy, and the petting zoo will also be back.

The Family Fun Fair will con-



performers will be on hand all day, such as live music acts, dance troupes, street entertainers, health & fitness demonstrators and more.

Back are the ever-popular cupcake walks, along with face painting, and some new food trucks.

There is still room for more EasterFest sponsors and participants for the Vendor Market, Entertainment Stage, Food Court and Health Fair. Volunteers are also needed to help with the entire event.

Major sponsors for EasterFest 2022 include Ernest-Spencer Metals, Stormont Vail Health, Emerald City Cosmopolitan Clun, Kaw Valley Bank, Health & Wellness Magazine, Big Phil's Auto, SoulFire Nutrition, College HUNKS Movers, and Kansas Fencing.



Media partners and sponsors include TV25, WIBW, WREN Digital Media, Majic 107.7, Apha Media, KFGB 97.7 FM, and Metro Voice.

For more information or to volunteer, visit Topeka EasterFest 2025 on Facebook, email info@C5Alive.org or call 785-640-6399.

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"Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit." Romans 15:13

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radio host, television
personality, speaker

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DETERMINATION AND HARD WORK

Dear Dave,

I started listening to your show, and following the Baby Steps, three months ago. I'm already seeing great results with my money. Over the weekend, I spent time looking at part-time jobs to help me pay off debt faster and keep moving forward with my finances. I found a few work-from-home ideas that were intriguing. But how can I tell the difference between real opportunities and all the scams featured online and on television?

-Bonna

Dear Bonna,

Congratulations on making the decision to gain control of your money! You sound motivated, and I believe it will translate into some really good things. Truth be told, the vast majority of things you see online and in late-night infomercial presentations are scams. I'm not talking about ads for legitimate job hunter sites, I'm talking about the business-in-a-box kind of thing. I know you've probably seen the advertisements that go something like, "My sister-in-law makes \$500 an hour working from home, and you can, too!" These downs are the worst of the worst. Please, don't waste a second of your time on that kind of stuff. If it sounds too good to be true, it probably is.

There's no shame in picking up a normal, part-time gig a couple of nights a week after work and on weekends. You'd be surprised at how much extra cash you

can earn just delivering pizzas, or working at a local retail store. If that doesn't sound like something you'd enjoy for a little while, you might try thinking of something you love doing, and find a creative way to make some extra money doing that. Your idea might even be something that would allow you to work

from home. I've known lots of folks who make wonderful second incomes by turning a hobby or hidden talent into extra cash.

But the big thing is to just find a real and honest idea to help you make extra money. Remember, short-term sacrifice for long-term gain. You won't be doing

this side gig forever. But whether you're looking for a little help in building your emergency fund or paying off debt, creativity, determination and hard work go a long, long way.

Best of luck, Bonna. And God bless. You can do this!

—Dave

Make Your 2024 IRA Contributions Before It's Too Late

By Susan Shumaker
Tax Professional at
The Retirement Team



In the intricate world of retirement financial planning, Individual Retirement Accounts (IRAs) continue to stand as a cornerstone for investors seeking tax-efficient wealth accumulation. The 2024 tax year presents a nuanced landscape of opportunities and strategic considerations for maximizing retirement savings through both Traditional IRA and Roth IRA investment vehicles. When it comes to retirement savings, minimizing taxes is key to maximizing your nest egg. By leveraging tax-saving strategies, you can ensure that your retirement savings go further.

Even though the year 2024 has come and gone, there is still time to make a contribution into an IRA account. The deadline for Tax Year 2024 contributions is April 15th, 2025—a critical date that provides investors with a window of opportunity to optimize their savings for retirement. Financial and tax professionals emphasize the importance of strict adherence to the contribution limits, and the continuous monitoring of the ever-changing income limitations and qualifications.

Investors must pay close attention to the IRS-mandated contribution limits this year. For individuals under 50, the annual maximum contribution amount for both a Traditional IRA and a Roth IRA is \$7,000, while those 50 and older can leverage an additional \$1,000 "catch-up provision", bringing their total potential maximum contribution to \$8,000.

First of all, you must have "earned income". The eligibility for IRA contributions presents a particularly intricate challenge. There are income limits that determine if you are eligible to make IRA contributions, and your eligibility is also affected if you or our spouse are already covered by a retirement plan at work. Single filers and married taxpayers each have different income limit qualifications too.

Traditional IRAs offer an immediate

tax efficiency strategy, providing potential tax-deductible contributions that can reduce current year's taxable income. When you make a tax-deductible contribution to a Traditional IRA, you are deferring the taxation of the monies contributed. And then when you take a distribution from your Traditional IRA, you will pay any taxes that are due on the money PLUS tax on any gains. Traditional IRAs are also subject to annual Required Minimum Distributions (RMDs). These RMDs must be taken annually, whether you want money distributed from your IRA or not. The requirement that you have to take withdrawals from your Traditional IRA, can cause its own set of potential problems, such as the possibility of causing the taxation of Social Security income.

Some people are with the belief that their income will be lower after they retire, and that they will also be in a lower income tax bracket. Unfortunately, that is not always the case. At The Retirement Team, we have always said that "Retirees are one of the highest and most unfairly taxed groups in America." Whether you are required to pay tax on your Social Security income, or not, is calculated using a formula based on the amount of other incomes that you receive each year, and also on your tax filing status. If you have more income than the calculations allow, then your Social Security income could potentially become taxable income. So, the money that you have to withdraw from your Traditional IRA once you are required to take RMDs, can result in you also paying tax on Social Security income that may have otherwise not been taxed. The additional RMD withdrawals can potentially cause additional issues, such as raising your income totals to be over the limits to qualify for tax credits such as the Kansas Homestead Credit, or the new City of Topeka Tax Rebate.

Conversely, Roth IRAs present a long-term tax strategy, allowing tax-free withdrawals during retirement, eliminating required minimum distributions (RMDs), and all of the income growth in a Roth IRA account is tax

free !!!! This does not mean to say that Roth IRAs are always the best for everyone's situation.

Both types of IRAs have their advantages, so it is critical that you review your own tax and future retirement situation with a qualified financial or tax professional to optimize the benefits of each as it applies to you.

Ultimately, successful retirement planning requires a comprehensive and personalized approach. While general guidelines provide a framework, the most effective strategies are those tailored to individual financial circumstances. Consulting with a qualified tax professional and/or a financial advisor can provide invaluable insights, and can help investors navigate the complex terrain of retirement savings with confidence and precision.

As the financial landscape continues to evolve, IRAs remain a powerful tool for those committed to securing their financial future. By understanding nuanced regulations, leveraging tax efficiencies, and implementing disciplined investment strategies, investors can transform their retirement planning from a mere necessity to a strategic financial advantage. Taxpayers are strongly advised to consult with a qualified tax professional or financial advisor to develop a tailored approach that maximizes their unique financial potential.

And remember..... The clock is ticking, and the April 15th, 2025 deadline to make a year 2024 IRA contribution will be here before you know it !!!

You may contact Susan Shumaker at The Retirement Team today at 785-478-7808 for a complimentary consultation on your specific tax situation.

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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Managing Aging Parents' Finances: What to Know

By Jim Hanna

Making financial decisions takes time, attention and energy at any age. In the case of elderly adults, it may become increasingly difficult to manage finances, particularly if their health is declining or they're experiencing a cognitive issue. If you're providing support to aging parents – or plan to in the future – here are some tips on how to handle the situation and prepare for what's to come.

Don't wait to start talking about money. While it may be uncomfortable to ask your parents to discuss their finances with you, it's essential that you are familiar with their intentions for future care and what plans they have in place. The first time you broach the subject, emphasize that you are looking for only a high-level overview so that you can have more peace-of-mind that your parents will be well cared for. This initial conversation can help set the groundwork for future discussions.

Create a contact list. If your parents experience a sudden change in their health that affects their ability to manage their own affairs, it's important to have a game plan for what happens next. If you anticipate stepping in to pay bills, make insurance claims and handle other financial tasks, start by asking your parents for a list of contact information for the professionals they work with and where their accounts are held. Keep in mind that you may need to be an authorized user or power of attorney to be allowed access to certain accounts. Consult a lawyer to talk through what permissions may be necessary for you to step in if the need arises.

Build a support network. Talk with siblings or other trusted family members about what a possible care plan could

look like for your parents. While this conversation can be tough to initiate, know that it's often easier to bring everyone together while your parents are still healthy and in good mental capacity. Discuss who can realistically provide support – and in what way and at what cost. Proactively deciding who can drive your parents to doctor appointments, manage financial affairs, care for their home, and handle other tasks can help avoid a strain on your time and energy down the road.

Anticipate future lifestyle changes and challenges. Even if they aren't yet needed, explore the options and costs of various assisted living and memory care services. Check your parents' insurance policies to see if and how services might be covered. You may also want to explore whether their home or yours could be modified to provide additional space or comforts, such as wheelchair access. Knowing what choices exist and how your parents feel about each one can help you make future decisions with more confidence.

Know your rights at work. The Federal Family and Medical Leave Act of 1993 (FMLA) allows covered employees up to 12 weeks of unpaid leave to provide care for a family member with a serious health condition.¹ Consult your Human Resources department to learn what your company's policies are for employees who are caring for a parent and how to initiate a claim if you need to. Many employers have access to resources and support groups to help you manage your responsibilities at home and at work.

Maintain momentum on your own financial goals. It's understandable to want to provide your parents with as much support as you can. It's prudent to look at your finances to see how much support you could provide, if that is needed, without jeopardizing your own retirement and future health care needs.

It's hard to imagine – let alone talk about – what caring for an ill or aging parent may look like. For additional support in having family conversations, evaluating financial options and creating a plan for your parents, contact your financial advisor and lawyer. These experts work day-in and day-out with families in similar situations and can help you take the steps necessary to feel more confident about your own plan.

1 – U.S. Department of Labor: The Family and Medical Leave Act of 1993 (<https://www.dol.gov/agencies/whd/laws-and-regulations/laws/fmla>)

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

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He specializes in fee-based financial planning and asset management strategies and has been in practice for over 25 years.

Ignore all 2025 Stock Market Predictions, Except This One

By Ryan Shumaker
Smartvestor Pro

Ryan hosts a radio show Saturdays at 7:30am & Sundays at 8am on FM93.5/AM1440. Listen anytime at RetireLawrence.com/Radio



either ended lower than the lowest 'guess' or higher than the highest 'guess'.

People that are highly paid to predict what the stock market is going to do being very wrong is nothing new. For 13 out of the last 15 years the stock market ended higher than the highest 'guess' or lower than the lowest 'guess'. One of those two years the stock market was just barely below the highest 'guess,' which means just one time out of the last decade and a half did the stock market do what most so called experts were predicting. Being consistently this wrong on 'guessing' isn't a problem just with the stock market either as these same analysts have been wrong at a fairly similar frequency when it comes to other financial market predictions, such as interest rates as I highlighted in an article in 2023.

■ Continued on page 9



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Do We Have Stockholm Syndrome Christianity?

By Kerby Anderson

John West (Discovery Institute) was on my radio program recently to talk about his book, *Stockholm Syndrome Christianity*. To understand his conclusions, you need to remember what Stockholm Syndrome means.

The phrase comes from a bank robbery in Stockholm, Sweden that took place in 1973. An escaped convict and his accomplice took four bank employees

hostage, who began to bond with the criminals and started to view the police and the government as enemies.

John West asks powerful questions: What if American culture isn't collapsing because of crusading secularists? What if it's failing because many leading Christians identify more with secular elites than with their fellow believers?



His book catalogs many examples. One chapter describes how

Stockholm Syndrome Christians
■ Continued on next page

A Message of Hate, or Love?



CLINT DECKER

President and
Evangelist
with Great
Awakenings, Inc.

Speaking Truth

"Hate speech." That is what one church attendee put on social media in response to my Sunday morning message titled, "The Destruction and Restoration of The American Family." Then later it was censored by being removed from the church's Facebook page.

Since the 1980s the word "hate" started to become a politically and culturally charged word in the United States and around the world. Today we have "hate crimes," "hate speech," "hate groups" that have had a dramatic impact on our speech both in public and private.

What exactly is "hate speech?" Many public universities define this for students and faculty. Kansas State University, which is close to where I live states that, "Hate speech is speech that attacks a person or group on the basis of attributes such as gender, ethnic origin, religion, race, disability or sexual

orientation." Definitions like this should be concerning regarding potential bias. Can a man ever be a victim of hate speech due to his gender or only a woman? Can a white person ever be a victim of hate speech due to their race or only a person of color? Can a heterosexual ever be a victim of hate speech or only a person who is from the LGTBQ community? These are legitimate questions.

Policies and laws that define hate speech have incredible influence, but does that mean they are correct? Just because someone accuses you of hate does that mean they are right? Who is the arbiter of truth on this? I tell my nine-year-old great-granddaughter, "Pursue truth. Ask questions. Do not always take a person's word for it – even mine. Look things up." And then I teach her what is the source of all truth, the Bible.

Jesus spoke, "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, love your enemies..." (Matthew 5:43-44) Hating means you detest or have a strong hostility toward someone, which is strongly condemned. Hate is also defined through contrast. Jesus says to love instead of hate. Love means having a longing in your heart for someone that is demonstrated through selfless sacrificial service, especially toward your opponents.

Can true love cause offense? The pastor of the church I preached at decried my message when he texted me, "God's love is for all." We are so grateful



for the blessings of Christ like the gift of forgiveness, the hope of heaven, realizing there is no more condemnation, being a child of God and so much more. These evoke feelings of love, joy and peace among all. However, when pastors only speak of the blessings of Christ to the exclusion of the cross of Christ, they mislead their congregations.

The cross is ugly. Jesus' death and resurrection revealed how sinful we are, and the divine sentence of judgment all mankind deserves. When we speak of these things it naturally causes offense. Jesus expected this resistance when He said, "For everyone who does wicked things hates the light and does

not come to the light, lest his works should be exposed." (John 3:20)

What people call "hate speech" because they are offended by what heaven's merciful light has exposed, Almighty God calls perfect love. John 3:16 says, "For God so loved the world that He gave his only Son..." He lovingly gave His unique Son for the ugliness of our sinful disobedience, that we might humble ourselves, turn from our ways, place our faith in Christ and be spared God's eternal wrath. Then in response, the marvelous blessings of Christ are lavished upon us without measure.

Let people call it what they choose but understand this. When you speak accurately about uncensored truth of God's Word, and do so with a right spirit, it is the most beautiful and merciful act of love you could ever do for a precious soul.

A prayer for you – Lord God, I pray you will search our hearts for any hate toward others or even toward the hard truths of your holy Word. Then cleanse us from this darkness and fill us with your amazing love that we would believe your truth, and love and forgive our opponents. 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.

Actress Gal Gadot defends Israel in face of ongoing protests

Actress Gal Gadot, perhaps best known for her role as Wonder Woman, remains steadfast in her defense of Israel despite ongoing protests.

A ceremony marking her inclusion on the Hollywood Walk of Fame had to be postponed for a week after it was disrupted by protesters. The ceremony attracted crowds of pro-Israeli and pro-Palestinian protesters, who gathered outside the event. Gadot, born in Israel, has been vocally supportive of Israel throughout the country's war with Hamas in Gaza.

Gadot defended her decision to continue speaking out against

Hamas's Oct. 7, 2023 massacre in Israel, saying in an interview she was "shocked" by how much vitriol she faced for her stance. The actress said that speaking up about the terror attack more than a year ago was more important than staying silent and avoiding controversy. She added the world has failed to call the situation what it is, "an urgent emergency that demands a decisive response."

In an interview with "Variety," Gadot acknowledged that she doesn't usually weigh in on political issues or controversial topics but declared that she couldn't stay silent on the massacre and the



hundreds of hostages that were taken.

"After October 7th, I don't talk

politics, because who cares about the celebrity talking about politics?" she said. "I'm an artist. I

want to entertain people. I want to bring hope and be a beacon of light whenever I say anything about the world. But on October 7th, when people were abducted from their homes, from their beds, men, women, children, elderly, Holocaust survivors, were going through the horrors of what happened that day, I could not be silent."

During her walk of fame ceremony this week, anti-Israel protesters clashed with pro-Israel demonstrators nearby, threatening to disrupt the event and resulting in multiple arrests. Gadot appears in the Disney's live-action adaptation of "Snow White."

■ **Continued from previous page**
have infected the pastorate of churches leading to a dismissive view of the Bible. He quotes a pastor who wants to discard the Old Testament. He quotes others who are deconstructing God's Word.

He details how Stockholm Syndrome Christians promote a diminished role for God in creation. He discusses the rise of

scientific materialism. And he talks about Christians who seem to be evangelizing for Charles Darwin's evolution.

As you might imagine, he also describes how Stockholm Syndrome Christians damaged our understanding of sex and gender. This has led to a redefining of marriage and abandoning biblical standards.

He concludes with a call to

wisdom, a call to action, and the call to faithfulness. He also includes a website (www.stockholmsyndromeChristianity.com) with an online assessment that will help you diagnose you, your church, and others. He also provides discussion questions and a curated list of resources.

If you want to diagnose Stockholm Syndrome Christianity and provide a remedy, this is a book and website you will need.

RYAN SHUMAKER

continued from page 7

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

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

The next time you hear someone say where they believe the stock market, interest rates, oil prices, etc. are going in

the near future, remember this article and chart. Then remember to ignore them. If any short-term movement of any asset is going to make or break your retirement you either have no plan or a poor one. If you're feeling the urge to act on a prediction you've recently seen or heard or have concerns with how the newly elected administration may impact financial markets with some of the actions they're undertaking, you should instead consider speaking with a financial advisor that can help create a comprehensive strategy that not only eliminates these worries, but helps with tax reduction, Social Security timing, pension decisions, and inflation fighting income streams.

Other great articles about retirement, investing, and tax reduction can be seen at RetireLawrence.com/blog.

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Astronauts express thanks to God after rescue from Space Station

Butch Wilmore and Suni Williams, two of the astronauts rescued this week after being stranded on the International Space Station for nine months, gave thanks to God for helping them return home safely.

"My feeling on all of this goes back to my faith," Wilmore said. "It's bound in my lord and savior, Jesus Christ. He is working out his plan and his purposes for his glory throughout all of humanity, and how that plays into our lives is significant and important, and however that plays out, I am content because I understand that."



"I understand that he's at work in all things, some things are for the good -- go to Hebrews chapter 11 -- and some things look to us to be not so good. But it's all working out for his good, for all

those that will believe. And that's the answer."

Wilmore is an elder at Providence Baptist Church in Pasadena, Texas. His pastor, Tommy Dahn, told a Houston tel-

evision station that the astronaut has been a part of the church for the past 17 years and has made it a point to stay active in church, even while in space.

"He's still listening to his sermons," Pastor Corey Johnson said. "We had a Bible institute, and he took one of our classes last semester. He's engaged. He's serving the people as he's able."

The crew left last June on Boeing's first astronaut flight to the International Space Station

for an eight-day mission, but it took an unexpected turn when they began to experience mechanical issues on their original spacecraft. Wilmore and Williams ended up spending 286 days in space -- 278 days longer than anticipated when they launched. They circled Earth 4,576 times and traveled 121 million miles by the time of splashdown.

"Thank you for this, @elonmusk, @SpaceX," Pastor Greg Laurie of Harvest Christian Fellowship wrote. "We are grateful to God that these astronauts were safely rescued."

Florida Gov. Ron DeSantis also posted about the rescue mission.

Missouri AG issues cease and desist order against Planned Parenthood

Missouri Attorney General Andrew Bailey on Wednesday issued a cease and desist letter order against Planned Parenthood facilities in the state, formally prohibiting them from performing chemical abortions in violation of state law.

"Planned Parenthood has a documented history of subverting state law, including failure to file complication reports," he said. "This cease and desist letter ensures that basic health and safety standards are met. Given Planned Parenthood's history, I will continue to ensure their compliance with state law."

Under Missouri law, when it appears to the attorney general that a person has engaged in, is engaging in or is about to engage in any unlawful activity, the attorney general has the authority to issue an order prohibiting such unlawful conduct. This authority is essential for enforcing the law and protecting the public from harm.

Nearly 5 percent of women who undergo chemical abortions experience complications requiring emergency medical care, according to the U.S. Food and Drug Administration. Despite this, Planned Parenthood has openly admitted that it intends to continue performing chemical abortions in the future and that it doesn't have an approved complication plan in place, as required by Missouri law.



Planned Parenthood was given the opportunity to respond to the initial cease and desist notice sent last week. In its response, Planned Parenthood claimed that there is "no reason to be-

lieve" it would violate the law again. However, substantial evidence, including sworn testimony and state investigations, proves otherwise.

"Planned Parenthood has demonstrated a disturbing pattern of performing abortions without the necessary complication plans, failing to report complications and willfully violating state law," Bailey said. "It is my duty to enforce the law and protect the lives and safety of Missourians. Missouri will not tolerate Planned Parenthood's blatant disregard of the law and the safety of women."

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U.S. Christian Population Stabilizes at 62% After Years of Decline



The number of Americans identifying as Christians has stabilized after years of steady decline, the recent Religious Landscape Study from Pew Research Center found.

After dropping from 78 percent to 71 percent between 2007 and 2014, the share of U.S. adults identifying as Christian has now dropped to 62 percent. However, this percentage has been relatively stable since 2019, varying between 60 percent and 64 percent.

“The U.S. is a spiritual place, a religious place, where we’ve seen a signs of religious stabilization in the midst of longer-term decline,” said Gregory Smith, a senior associate director of research at Pew.

Protestants are still the largest subgroup of Christians, with 40 percent of American adults identifying as such. However, all major Protestant denominations have declined since the first Pew report in 2007. The percentage of respondents who identify as evangelical Protestants dropped from 26 percent to 23 percent; those who identify as mainline Protestants dropped from 18 percent to 11 percent; and those in historically black Protestant denominations decreased from 7 percent to 5 percent.

Catholics are the second-largest group, representing 19 percent of the entire Christian population. Other denominations, including Greek and Russian Orthodox, the Church of Latter-day Saints and Jehovah’s Witnesses, represent 3 percent of the Christian population.

Members of the United Methodist Church declined from 5 percent to 3 percent of U.S. adults since 2007. The report also indicates similar declines in Baptist and Lutheran Christians.

However, those identifying as non-Christian religious adults rose from 4.9 percent in 2007, to 5.9 percent in 2014, and to 7.1 percent in 2023-24. Among them, 1.7 percent identified as Jewish, 1.2 percent as Muslim, 1.1 percent as Buddhist and 0.9 percent as Hindu, in addition to 2.2 percent who identified as “other non-Christian religions.”

The growth of the religiously unaffiliated, also called nones, has plateaued after decades of rapid

growth. In 2007, they represented 16 percent of U.S. adults, rising to 23 percent in 2014, and 29 percent in 2023-24. It includes 5 percent who identify as atheists, 6 percent who describe themselves as agnostics and 19 percent who identify as “nothing in particular.”

More than eight in 10 American adults indicated they were spiritual or believe in the supernatural; 86 percent agreed people have a soul or spirit in addition to their physical body. A large portion also believe in God or a universal spirit (83 percent) and/or something spiritual beyond the natural world (79 percent). About 70 percent indicated they be-

lieve in heaven, hell or both. These figures are relatively the same across age categories.

Although this latest study shows a stabilizing religious composition in the United States, researchers project a decline in religiousness in the future. Less-religious younger generations are progressively expected to replace older, highly religious and heavily Christian

generations.

“This means that, for lasting stability to take hold in the U.S., religious landscape, something would need to change,” the report explains. “For example, today’s young adults would have to become more religious as they age or new generations of adults who are more religious than their parents would have to emerge

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Spring activities continue in N. Topeka

First Friday Art Walk – April 4, 4pm - Join us in Redbud Park for Music by the Josh Vowell Band from 5-8pm. The Redbud Youth Festival Art Exhibit will be located Inside the NOTO Arts Center from 4-8pm.

Redbud Youth Festival, Youth Art Exhibit opens April 4, 11am, and continues through May 4. Presented by FHL Bank and part of the Redbud Youth Festival, the Youth Art Exhibit "The Great Outdoors" opens inside the NOTO Arts Center April 4. Participating youth will be invited to join us for an opening reception from 5-8. All participating youth will get NOTO\$ to be used during the Youth Art Supply Swap on April 12th.

Redbud Sprig Giveaway will be inside NOTO Arts Center, First 100 people inside the NOTO Arts Center receives a redbud sprig compliments of Skinners Nursery.

First Friday Artist Talk – April 4, 6pm. Gallery opens at 11 am. Artists Paul Punzo, Cindy Kersenbrock, and Sally Woodson will discuss their art and creative processes at 6 pm. Live music at 7.

FIRST FRIDAYS AT THE MUSEUM – April 4, 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.

SPRING CRAFT SHOW – April 12, 9-3, Great Overland Station. Crafts, music, BBQ, snocones, plus more

Parents as Teachers Roll & Read



will be at NOTO April 12, 10:00 - 12:00 PM, This event combines literacy with physical fitness and features reading stations, community booths, snacks, and an opportunity for kids to take home free books. Multiple reading stations will be located throughout the NOTO District. Also, join us inside the NOTO Arts Center for the Youth Art Supply Swap. All kids who participate will receive NOTO BUCK\$ to spend at the event.

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 on Kansas Avenue at Kaw Valley bank, and proceed to the tracks in NOTO. Egg Hunt begins at 11:10am 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 walks, petting zoo and more. Live music, gymnastics, ballet and other entertainment will be on hand. For info: Topeka EasterFest 2025 on facebook, info@C5Alive.org or 785-640-6399.

WOODSHED MARKET EGGSTASTIC CELEBRATION – Apr. 20, 10-3, Woodshed Event Center. Unique Treats is bringing the Easter bunny for pictures & enjoyment! Easter egg hunt at 12 pm for the Kiddos! Easter egg Hunt for the adults throughout the Day, Find the Easter eggs w/ fun prizes with the sellers! Market Bingo happening all day w/ fun prizes!

For more event information visit explorenoto.org/.

More North Topeka events:

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

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.

Meriden Animal Hospital



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

7146 K-4 Hwy, Meriden, Ks • 785-484-3358
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

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; mail to Metro Voice, P.O. 5724, Topeka, KS 66605; fax to 785-235-3340 or enter online at metrovoiceneews.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. GrandOttawaOpry.com

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

JIM & MELISSA BRADY IN CONCERT – Apr. 4, 7-10pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Road. Doors open at 6pm. Concert begins at 7pm. No tickets are necessary. There will be a free-will "love offering" received during the concert. 785-273-2248; office@wwnaz.org; wwnaz.org

FIRST FRIDAY CONCERT – April 4, 5-8pm. Redbud Park Music by the Josh Vowell Band

ELVIS – TRIBUTE TO A KING – April 11, 7:30pm, Cosmos Court, 909 S. Kansas Ave. Join 2023 Branson Tribute Artist of the Year Matthew Boyce for an amazing LIVE journey through the music of THE KING!

CLASSIC ROCK ICONS LIVE – Apr. 12, 7:30pm, Cosmos Court, 909 S. Kansas Ave. Rock the night away with timeless hits from legendary artists like Stevie Nicks, Elton John, Ann Wilson (Heart), Aerosmith, Janis Joplin, Journey, and Freddie Mercury!

LIVE AT LUNCH – Apr. 16, 11-1, Every Plaza. Colin Nichols, food trucks

LIVE AT LUNCH – Apr. 23, 11-1, Every Plaza. Megan Luttrell, food trucks

MITCH McVICKER CONCERT – Apr. 25, 7pm, Highland Park UMC, 2914 SE Michigan Ave. Free will offering.

LIVE AT LUNCH – Apr. 30, 11-1, Every Plaza. Orlando "Oz" Zuniga, food trucks

SPECIAL CHURCH EVENTS

HARVESTER'S PROGRAM FOR SENIOR CITIZENS – every second Sat., takes place at Christian Lord Ministries, 2421 SE California. Call 266-4979.

HOPE HOUSE FREE COMMUNITY CLOTHING BANK – Wed. 6-8pm and Sat. 12-3pm, Oakland Church of the Nazarene, 939 NE Oakland

HARVESTER FREE MOBILE FOOD DISTRIBUTION – 2nd Saturday each month, 1:30-3pm, Oakland Church of the Nazarene, 939 NE Oakland

FIRST SATURDAY BREAKFAST BUFFET – 7:30 AM – 10:00 AM, Shawnee Heights UMC, 6020 SE 44th

INSIDE OUT FELLOWSHIP CHURCH

– Every Sunday 12pm service; Every Tuesday 7:30pm service. Location: 2409 NE Division St. For info: 785-380-7031 or io@insideoutinc.net or www.insideoutinc.net

KIDS for JESUS! – Wednesday's 7 – 8pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends, family, neighbors, enemies! For info: 785-266-3247, FB: Topeka Lakeview Nazarene, Email: 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

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

FREE CLOTHING GIVEAWAY – Mar. 29, 10-12. Topeka Bible Church, 1101 SW Mulvane, north doors. Gently used clothing for kids and adults

CHRIST IN THE PASSOVER – April 6, 9am, Topeka Bible Church, 1135 SW College. Presented by Jews for Jesus Executive Director and CEO Aaron Abramson, who demonstrates the link between the Jewish feast of Passover and the last supper Jesus shared with His disciples – the same traditions we celebrate in modern communion.

EASTER SERVICES – Apr. 19, 3:30 or 4:45pm followed by egg hunt, Topeka Bible Church, 1135 SW College Ave. Choose from one of four services on Saturday or Sunday. If you have kids, we recommend the 3:30 or 4:45 p.m. service on Saturday so they can join in the Easter Egg Hunt at 4:30! Childcare is available

EASTER SERVICES – Apr. 20, 9am or 10:30am, Topeka Bible Church, 1135 SW College Ave. Childcare is available

EASTER SERVICES – Apr. 19 at 5pm, Apr. 20, 8am or 11am, First Southern Baptist, 1912 SW Gage. Easter Brunch is at 9:30am.

EASTER GARDEN PARTY – Apr. 20, 9am, First Baptist, 3033 SW MacVicar. Meet in the Parlor and enjoy games, a fun Bible message, a light breakfast, and the joy of finding surprise eggs filled with goodies! Worship to follow in the Sanctuary.

EASTER SERVICES – Apr. 20, 11am, Fellowship HiCrest, 455 SE Golf Park Blvd.

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 nhoni@tscpl.org

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

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

TOPEKA ACAPPELLA UNLIMITED AUDITIONS – Topeka Acappella Unlimited is looking for female singers who would like to sing four-part acappella harmonies. Topeka Acappella Unlimited is a Chapter of Sweet Adelines, International. Cindy Patton: 785-640-7403

HARVESTERS MOBILE FOOD PANTRY, 1st & 3rd St, 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

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

"PICKIN' ON THE PRAIRIE", a FREE Acoustic Jam at Great Overland Station every Sunday from 1-3pm. For info: 785-251-6944

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!

FIRST FRIDAYS AT THE MUSEUM – April 4, 6-10pm, Great Overland Station, 701 N. Kansas Ave. Karaoke, board games, card games, including the digital card

C5 Alive *Developing and Uniting Christian Leadership*

• Business • Non-profits • Churches

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

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

Apr. 10, 11:30-1: "POWER" Luncheon at Celtic Fox, 118 SW 8th. Featuring Kirk Nystrom: "What You Need to Know About Powers of Attorney, Wills, Trusts & Probate"

Also an interactive devotional topic!

Free Admission; Order lunch from menu if desired.

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

Save the Dates!

• Apr. 19: **EASTERFEST 10-3** at Great Overland Station!
• May 8: **POWER Luncheon, 11:30-1**

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

COSMOS COURT

EVERYTHING UNDER THE STARS

D DOWNTOWN TOPEKA

EVENTS SCHEDULE 2025

APRIL

SAT
05
2PM

FREE EASTER BUNNY VISIT

PICS, GAMES, COOKIE DECORATING

FRI
11
7:30

A TRIBUTE TO THE KING ELVIS LIVE!

EQUITY BANK STRAIGHT FROM BRANSON PERFORMANCE SERIES

SAT
12
2PM

TEA WITH A PRINCESS

EQUITY BANK STRAIGHT FROM BRANSON PERFORMANCE SERIES

SONGS, PICS, GAMES, PRIZES, TEA, COOKIES

SAT
12
7:30

CLASSIC ROCK ICONS

EQUITY BANK STRAIGHT FROM BRANSON PERFORMANCE SERIES

AEROSMITH, STEVIE NICKS, ELTON JOHN, JANIS JOPLIN AND MORE

↘

MORE INFO:

WWW.COSMOSCOURT.COM

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COSMOS COURT USA

**909 S KANSAS AVE,
DOWNTOWN TOPEKA**

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.

SATURDAY CRUISE NIGHTS — 5-9pm: 1st Sat: Spanglers, 29th & Topeka Blvd (Cruise the Blvd!); 2nd Sat: Fairlawn Plaza; 3rd Sat: The Dugout, 17th & Fairlawn; 4th Sat: The Pad; 5th Sat: The Dugout.

CARS AND COFFEE — 10-Noon, every Saturday starting April 5 at Classic Bean; alternate Saturdays at Fellowship Bible Church, 10th & Urish. All makes & models

ING NETWORKING LUNCH — Apr. 2, 11:30am, Cosmos Court, 909 S. Kansas Ave. Order from menu if desired.

EASTER BUNNY VISIT — April 5, 2-4pm, Cosmos Court, 909 S. Kansas Ave. Games, pictures, decorate cookies, eggs for all kids.

FOOD TRUCK NIGHT — Apr. 5, 4-8pm, HHHS, 5720 SW 29. Featuring music by Debbie Center, who does classic rock on a PIANO! Food trucks. Bring a lawn chair. Helps homeless animals.

BREAD BASKET FARMERS MARKET — Every Saturday 7:30am-1pm in the West Ridge Mall parking lot, south end.

TOPEKA SPIRIT FAIR — BODY & SOUL REJUVENATION — April 5-6, 10-5, Woodshed Event. A two-day indoor symposium, with optional outdoor activities (weather permitting), dedicated to holistic wellness and personal development. This event will feature workshops led by recognized local practitioners, designed to engage participants in practices promoting mental, physical, and spiritual well-being. Food trucks & cash bar. \$3 Adm.

SMOKE IN THE SPRING — Apr. 11-12, Osage City Community Building. Taste of Osage City BBQ and fun. Live Music, Inflatables, & Fireworks!

C5Alive "POWER" LUNCHEON — Apr. 10, 11:30-1. Free admission. Meals available from the menu if desired. Please RSVP to info@C5Alive.org so we know how many to expect. Open to the public - bring a friend!

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

TOPEKA YOUTH FOR CHRIST COMEDY CAFÉ — Apr. 11, 6:30pm, Topeka Bible Church, 1101 SW Mulvane Ave. A Night of Laughter featuring comedian Pete O'Shea. Underwritten by table sponsors. Seating is limited. Make reservations at www.topekayfc.org/event/comedy_cafe or call the YFC office at 785-232-8296

JEROLD BINKLEY TULIP TIME — Apr. 11-27, 6am-11pm, Ted Ensley Gardens, 3650 SE West Edge Rd; also at Old Prairie Town/Ward-Meade Botanical Garden and Doran Rock Garden/Gage Park. Stroll the gardens to see 60,000 multi-colored tulips & other spring flowering bulbs. Certain days will include vendors, live music, food trucks. 785-251-6800

TULIPS AT TWILIGHT - Every evening April 11-27, Wed. - Sun., 7-10pm. Family fun! A luminary walk & electric light show. Experience the Ward-Meade botanical garden and Old Prairie Town's historic buildings at night with hand-crafted electric light displays. Admission is \$5 with children 5 and under free. No pets allowed. Located at Old Prairie Town & Ward-Meade Park, 1st & Clay St. Old Prairie Town buildings open for touring and FREE potted plants (one per person) Fri. & Sat. evenings, 7-8pm. Fri. thru Sun., 7-8:30, enjoy live music & entertainment, old fashion Ice Cream at the Drug Store, or a sandwich with Butcher BBQ stand.

CAR SEAT CHECKUP EVENT — Apr. 12, 9am-noon, Shawnee Co. Health Dept., 2600 SW East Circle Drive (off MacVicar, west of 2nd street). Certified technicians will inspect the child restraint, provide instruction, offer guidance.

TULIP FESTIVAL AT THE LAKE — Apr 12, 10am-3pm, Ted Ensley Gardens at Lake Shawnee. Enjoy live music, visit craft vendors, enjoy fun for the kids and stroll the gardens to view more than 50,000 multi-colored tulips. \$5 admission

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 12 thru Oct., 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

LAWRENCE FARMERS MARKET - Sat. 7:30-11:30, 824 New Hampshire Street. Starting Apr. 12.

PAWS IN THE PARK — Apr. 12, 10-2. Meet the community, shop vendors, help the animals. Lindsay.hubbard@hhstopeka.org

WAMEGO TULIP TIME — April 12-13, Wamego City Park. Over 200 craft vendors, food trucks, beer and wine garden, playground and inflatables, live music and entertainment

SPRING CRAFT SHOW — April 12, 9-3, Great Overland Station. Crafts, music, BBQ, snocones, more

EASTER EGG HUNT AT THE MALL — Apr. 12, 9am, West Ridge Mall. Easter Bunny photos 9am-7pm!

ANNUAL ROLL & READ — Apr. 12, 10-12, Every Plaza and NOTO.

CORNER MARKET — 29th & Adams. 50+ Vendors,

food trucks, music, kids activities,

WOODSHED MARKET: NOTO EDITION 2ND SATURDAYS — April 12, 10-4, in NOTO.

COMMUNITY EASTER EGG HUNT — Apr. 12, 11am, Lakeview Nazarene Church, 2835 SE Croco.

EASTER EGG HUNT AT THE CAPITOL — Apr. 12, 1-2pm. Two ages groups and a Sensory-Friendly Hunt also.

TEA PARTY WITH A PRINCESS — Apr. 12, 2pm, Cosmos Court. Join a Princess from the Once Upon a Fairytale Show in Branson! The 2024 Family Show of the year. She will sing songs, play games, have tea and cookies, prizes and more! Tickets are limited, so get yours NOW! <https://www.tix.com/ticket-sales/CosmosCourt/6342/event/1422989>

CEDAR LAWN FARM EASTER EGG HUNT — Apr. 13, 1-4pm, 12741 SW K4 Hiway. Food trucks and fun activities.

ING NETWORKING LUNCH — Apr. 16, 11:30am, Shoppers Kitchen, 250 SE 29th. Order from menu if desired.

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.

WOODSHED MARKET EGGSTASTIC CELEBRATION — Apr. 20, 10-3, Woodshed Event Center. Unique Treats is bringing the Easter bunny for pictures & enjoyment! Easter egg hunt at 12 pm for the Kiddos! Easter egg Hunt for the adults throughout the Day, Find the Easter eggs w/ fun prizes with the sellers! Market Bingo happening all day w/ fun prizes!

CARNIVAL CRAVINGS FREE CELEBRATION — Apr. 26,

12-3, 2075 SE 29th. A Carnival Cravings 1-Year Anniversary & Function Flatables 7-Year Anniversary with a free family event. Free hot dogs, free cotton candy, free popcorn Free Bounce Houses. Live DJ, Face Painting, Balloon Twisting

DISABILITY JOB FAIR - April 30, 3:30-4:30pm, 2220 SE 29th St., Suite B. Meet with employers eager to hire people with disabilities! You'll have the chance to speak directly with employers who understand the unique strengths and talents that individuals with disabilities bring to the workforce. Network, gain valuable insights, and take the next step towards a fulfilling career. josulyn@kyea.org

NATIONAL DAY OF PRAYER — May 1. Prayer Rally at Noon in Kansas Capitol, First Floor Rotunda. Patriotic ceremony with local youth. www.nationaldayofprayer.org; donna@culturefield.com

SHAWNEE CHORAL SOCIETY PRESENTS BRAHMS REQUIEM - May, 3, 7pm, White Concert Hall. Free Admissions, Donations Gratefully Appreciated; Debbie Stanton 319-333-9309 joinscs@shawneechoral.com

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.florcritkansas.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 madondaily@gmail.com. To join from Home via Zoom, contact Madon for the Zoom link.

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

SHEPHERD'S CENTER BOOK CLUB - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. 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., and Fri at 1:30 at Pleasant Hills United Methodist Church, 4525 NW Button Rd., 785-246-1737.

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 TROUPOUS - 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. Nominal charge for materials. For info call the YWCA at 233-1750 or Clara Gamache at 785-408-5433. (The Bible study is also taught on Sat. mornings on 101.5 FM radio.)

FRATERNAL ORDER OF EAGLES Aerie 4319: 1st & 3rd Tue. 7pm; Auxiliary: 1st & 4th Tue. 6pm, 2941 SE Fremont Street. An international non-profit organization uniting fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and promoting peace, prosperity, gladness and hope. www.foe.com 785-266-7307

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

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

MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS) - VIA ZOOM - 4th Wed. 10-11:30am. Contact Rich McReynolds at rim4017@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 jimbaer73@gmail.com to register.

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

TOPEKA GENEALOGICAL SOCIETY - 4th Thurs., 7pm, Topeka Shawnee County Public Library, 1515 SW 10th

Send your calendar events to voice@cox.net
See complete calendar at metrovoicenews.com

St. No program in Nov. or Dec. Promotes & stimulates the education, knowledge & interest of the membership & the public in family history, genealogical records & research. 233-5762 or tgstopeka.org.

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

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 biblequizzing.org.

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

TOPEKA GREAT LIGHT AGLOW - For 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.highlandheightscc.com or call 785-379-5642.

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

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

GRIEF SUPPORT - Sponsored by Heartland Hospice for those dealing with death or major loss: 1st Mon., 5:30-7:30pm, individual appointments; other times are available. Call Terry at (785)230-6730. 3rd Thurs., 11am, Lunch After Loss, Paisano's Ristorante, Fleming Place, SW 10th & Gage Blvd. For reservations or info: 785-271-6500.

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

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. For info: Jim 785 806 3266

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

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

TOPEKA NAR-ANON FAMILY GROUP - For families & friends who are affected by someone else's narcotic addiction. Every Mon. 7pm; Every Sat. 10am. First Baptist Church, 3033 SW MacVicar, Enter Door A, Room 211. 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.

Ollies Bargain Outlet to Open Soon

A new bargain store will be opening in Topeka soon, in the old Big Lots building near 29th & Fairlawn, according to Tom Kuypers, SVP of marketing and advertising.

Ollie's Bargain Outlet already has nine stores in Kansas, and 575 nationwide.

The store advertises "Good Stuff Cheap," and handles a lot of brand-name closeout merchandise, including food, health and beauty, cleaning, toys, seasonal, bed and bath, books, games,

automotive, rugs and flooring and many more.

Ollie's plans to be open sometime this summer.



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entertainment

Biblical Epic 'David' Debuts at Branson's Sight & Sound

From shepherd boy to warrior to king of Israel, David's legendary biblical story comes to life on Sight & Sound Theatre's massive 300-foot panoramic stage in Branson, marking one of the most ambitious productions in the theatre's history.

"DAVID debuted in 2022 in Lancaster, Pa., and played there that entire year, but this will be a brand-new show for Branson in 2025," said Kortney Neal, the theater's marketing and community relations manager. "This is our ninth production to take the Branson stage. We are excited to share this legendary story of David. From kids to grandparents, it will be a story that people will really love."

DAVID opened March 8 and continues through Jan. 3, 2026, which will make it the longest-running show the theater has ever produced. Sixty actors portray the many highs – and occasional lows – of David's memorable life.

"We open the show with David being a young shepherd boy," she said. "We have 30 sheep in this production, and they will be running through the aisles. We cover his story from when David is a young shepherd boy until he becomes king of Israel. We will be covering a lot of the highlights, such as him defeating Goliath and what it was like for him to take the throne."

The sheer size of the Sight & Sound stage lends itself to dramatizing such a rich and varied life.

"Goliath will be one of the most amazing special effects we have ever had on stage," Neal said. "He is 14 feet tall and weighs more than 800 pounds. We know that's not exactly what he would have been in biblical times, but when you look at the massive stage we have at Sight & Sound, 9 feet was just not tall enough."

Some aspects of David's life may be rated PG-13, as anyone who has read the Old Testament account understands. The show looks at his failures as well as his successes, but in a way that is suitable for all ages.

"We are committed to being true to what the scripture says, so Bathsheba is part of this produc-



tion," she said. "But it is done in a tasteful way so adults will know exactly what is happening, but for kids, the stage goes dark and what happens is implied. We keep our productions family friendly. We always encourage families to read the scripture together to know what to expect when they come see these stories on stage."

The sound part of the production is as impressive as the sights. "I think the music in this production is some of the best that Sight & Sound has ever done," Neal said. "It's all original music inspired by the Psalms and is just beautiful."

With more than 400 performances scheduled, visitors will have ample opportunities to see the show. However, it is a good idea to plan ahead, especially as tourist season approaches.

"I would recommend checking out the calendar on our website (www.sight-sound.com)," she said. "We have anywhere from nine to 11 shows per week, typically from Tuesday through Saturday. We introduced different pricing based on the seat in the theater. We have seats starting at \$55 for adults and \$32 for kids, and it goes up from there."

She recommends that audiences arrive at the theater approximately 45 minutes before showtime. The production lasts two-and-a-half hours, with one 20-minute intermission. Guests are welcome to remain for a time of prayer after the show if they have any requests. A variety of concessions are available, including

the theater's signature glazed almonds.

"DAVID" makes for a great family getaway, whether for a weekend or a longer stay as Branson activities get into full swing.

"We cannot wait for the debut of 'DAVID' this spring," said Pamela Yancey, president and CEO of the Branson Chamber of Commerce. "Sight & Sound always creates biblical-based masterpieces for our community and the millions of visitors Branson welcomes each year."

Those who are unable to make it to Branson also have an opportunity to see the production. Videos of the Pennsylvania production of "DAVID" and other shows are available by pay-per-view or subscription at www.sight-sound.tv.

One of the best things about the show is that everyone can relate to some aspect of David's life, from his struggles to his ultimate victory.

"We see him fail several times in his life, but through it all, the Lord's love for him is abundantly clear," Neal said. "One of the primary messages is that David is a man after God's own heart. It's a beautiful redemption story, showing us that through all of the hardships we face in today's world, the Lord still seeks for us to have a relationship with him."

Show times and ticket information are available at www.sight-sound.com. The trailer for 'DAVID' can be seen at <https://www.youtube.com/watch?v=fb8wKrOlgNs>.

Great American Media Launches Faith-Focused Easter Programming



Great American Media is promoting "40 Days of Lent: A Journey of Faith and Reflection" leading up to Easter. From heartfelt films to messages of renewal, reflection and hope from the company's family of stars, the focus of the experience will be on the true meaning of the resurrection.

"Easter is a time of renewal, hope and reflection, reminding us of the profound impact of faith in our everyday lives," President and CEO Bill Abbott said. "By embracing the traditions of faith — whether through prayer, acts of kindness or personal reflection — we connect with the deeper meaning of the season."

Among the programs that will be shown:

- "Forty-Seven Days With Jesus," starring Yoshi Barrigas and Catherine Lidstone, will premiere at 7 p.m. on April 7. In this movie, a disconnected family finds hope and unity through a cinematic retelling of Jesus' final 47 days on earth.

- "The Passion Play," live from Shepherd Church Los Angeles, returns at 2:45 p.m. on Good Friday, April 18.

- "Faith of Angels" (time and date TBD), starring John Michael Finley, Cameron Arnett, Kirby Heyborne and

Charlotte Hemmings, is based on a true story about a little boy lost in a Utah mine and the guardian angel intent on finding him.

In addition, throughout the season of Lent, Pure Flix will present:

- The inspiring story of "The Blind," starring Aron Von Andrian in the true story of Duck Dynasty founder Phil Robertson's descent into darkness before finding salvation.

- "The Two Thieves," starring Jonathan Roumie from "The Chosen."

- Candace Cameron Bure presents "Just In Time," starring Laura Osnes and Peter Bryant.

- The Museum of the Bible presents "The History of Easter," with Christian songwriter Matthew West as host.

- "Apostle Pete," starring Bruce Marchiano, Lawrence Fuller and Robert Loggia.

Throughout the Easter season, Pure Flix will feature engaging videos from Great American Media talent sharing their personal faith journeys or favorite scripture, faith-based films and daily gratitude elements, which provide a joyful, reflective, and deeply personal place to rejoice.

For more information, visit www.gacmedia.com

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Dolly Parton lays down the law before collab with pop star Sabrina Carpenter: 'I don't make fun of Jesus'

'My faith impacts everything that I do.'

Country music icon Dolly Parton recently collaborated with pop star Sabrina Carpenter on a new remix of the song "Please Please Please." But before agreeing to work with Carpenter, the queen of country music had two important conditions.

Under no circumstances would Jesus be disrespected, nor would foul language be used.

"Of course, she can talk a little bad now and then. I told her, 'I said, now, I don't cuss. I don't make fun of Jesus. I don't talk bad about God, and I don't say dirty words on camera, but known to if I get mad enough,'" Parton revealed in an interview with Knox News.

It apparently worked.

In the original track, Carpenter sings a single curse word in the chorus, "I beg you, don't embarrass me, motherf**ker." But in the remixed track, that lyric in the chorus, which is sung by Carpenter and Parton both, now says, "I beg you, don't embarrass me like the others."

While it's not immediately clear whether Parton had legitimate concerns about collaborating with Carpenter, the 25-year-old pop star did come under fire two years ago after



filming a music video for her song "Feather" at the Annunciation of the Blessed Virgin Mary Catholic church in Brooklyn, New York.

Like most of Carpenter's stage costumes, she wore minimal clothing in the music video, which was filmed inside and outside the church, while her production crew was accused of putting "profane decorations" atop and around the church's altar, according to the Catholic News Agency. The Diocese of Brooklyn later said it was "appalled at what was filmed."

The diocesan bishop, Robert Brennan, later celebrated a Mass of Reparation, the New York Times reported, which "restored the sanctity of this

church and repaired the harm."

Parton, meanwhile, is an outspoken Christian.

In a 2018 book about her faith, Parton declared that "a belief in God is essential."

"You have to believe in something bigger than yourself. We grew up believing that through God all things are possible," she said in the book. "People say, 'Well, I am surprised that you talk about your faith,' and I say, 'Why not? That's who I am. That's what keeps me going.'"

In 2023, Parton said she believes that "all things are possible" through God.

-Chris Enloe / theblaze.com

The No. 1 Way Candace Cameron Bure Makes Time for Her Faith

Candace Cameron Bure recently revealed how she prioritizes faith, even when she's on the road for work.

"How do you make time for church, Bible, and growing closer to God while traveling?" a fan asked during an Instagram Q&A.

Bure replied, "Great question! I am plugged in online. If I'm traveling or out of town for an extended period of time, I watch my church services online. I always have my Bible with me wherever I travel. I stay up to date on @thebiblerecap and I have women in my life I pray with and study with. We do it all online using some of my favorite apps like Voxer, Zoom and Marco Polo."

The FULLER HOUSE actress is preparing for the publication of her new children's book, "The Crazy Compromise," out April 1.

"I just LOVE writing children's books!" Bure wrote on Instagram. "As a mom, reading with my kids was always one of my favorite things to do. It's such



a fun way to be animated, to engage, and to have conversations about deeper messages!"

Bure also recently celebrated winning the Grace Prize for her role in A CHRISTMAS LESS TRAVELED at this year's Movieguide® Awards Gala.

"I think about what grace means, and God says that 'My grace is sufficient for you,'" she said during her acceptance speech. "Grace is something that I get that I don't deserve. It's a forgiveness of sins; it's to stand holy and righteous before

God. Just thank you for these opportunities to continue to do the craft that I love and get to portray a woman of grace on screen and just share that message of God's grace and God's love."

Later, Bure led the awards ceremony audience in prayer, saying, "My prayer for today is that all the people in this room would be bold for you ... in their scripts, their writing, their producing and their directing."

"May every person in this room know who you are," she said. "I pray that you would pursue every heart in this room and every heart that is watching this right now. Pursue relentlessly so that they may know your mercy and love and grace."

Bure concluded, "While we're being honored and giving honor to so many, there's no one that deserves higher honor than you because you gave your one and only Son for all of us to die on the cross, to pay the penalty for our sin, so that we can be reconciled to you and justified before you on judgement day."

The Last Supper Movie: GCU Partners with Christian Film Veterans



The Last Supper Movie: GCU Partners with Christian Film Veterans for Easter Release

The dramatic story of Jesus's last supper with his disciples will come to life in movie theaters nationwide just in time for the Easter season, as Grand Canyon University teams up with major Christian film producers.

Grand Canyon University partnered with Pinnacle Peak Pictures, Canyon Productions, Great American Pure Flix and Grammy Award-winning artist Chris Tomlin to produce "The Last Supper." The film, from the producers of "God's Not Dead" and "The Case For Christ," is a powerful portrayal of the final days of Jesus' life with his disciples and depicts the ultimate act of love and sacrifice.

"The Last Supper' is more than just a retelling of one of the most important moments in history," University President Brian Mueller said. "It's an invitation to see who Jesus really is -- his love, his sacrifice and his call to serve. At GCU, our mission to serve others is a significant aspect of our educational journey and is derived from

Christ's life as a servant and his ultimate sacrifice."

Canyon Productions CEO Shawn Boskie, who also is a member of GCU's Board of Trustees, said the university's mission aligns perfectly with "The Last Supper."

"Our partnership with Grand Canyon University is so meaningful to me precisely because the institution's commitment to service, faith and education mirrors the very themes of this film," said Boskie, who earned a degree at the university after a 15-year career as a pitcher in Major League Baseball. "When I was a student at GCU, everything from an academic perspective was firmly rooted in biblical foundation."

In addition to a financial investment in "The Last Supper," GCU is helping promote the movie to millions of students, families, alumni and partners. The university also is proud that three of its alumni who are employed at Canyon Productions had a hand in various aspects of the film and are making contributions to the Christian entertainment industry.

The movie was released in theaters nationwide on March 14.

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If your home uses a conventional heating and cooling system, you may wonder if there's a better way to manage indoor comfort. Between rising energy costs and concerns about the efficiency of conventional systems, many homeowners are exploring alternatives. One popular solution is an all-climate heat pump.

All-climate heat pumps are the next generation of heat pump technology built for peak performance, regardless of the outdoor temperature. From the personalized comfort all-climate heat pumps deliver to the energy savings realized, it's no wonder more homeowners are considering going all-in on all-climate.

If you're considering replacing your current HVAC system, read on for some of the benefits of all-climate heat pumps.

Personalized Comfort

Ductless, multi-zone, all-climate heat pump systems are designed to deliver personalized, room-to-room temperature control tailored to your preferences. Unlike traditional ducted unitary systems, which typically operate on an all-or-nothing basis, ductless multi-zone solutions provide individualized climate settings for each space. Whether you prefer a warmer living room or a cooler bedroom, the flexibility to adjust each zone offers unparalleled convenience and energy efficiency.



93% of homeowners surveyed with conventional HVAC systems reported concerns about utility bills. Seventy-five percent of those surveyed also consider energy efficiency always or often when considering home improvements.

Conventional heating and cooling systems run at full capacity to reach set point and then shut off. The start-stop action ultimately wastes energy. With variable-capacity capabilities and inverter-driven technology, all-climate heat pumps can adjust and maintain temperatures, lessening your home's overall energy demand and driving down cost.

Cost Savings

The cost savings provided by efficient energy usage are evident. Additionally, some states offer rebates for new HVAC systems, and many contractors offer financing options, which make the upfront cost of an all-climate heat pump installation more affordable.

Reliability is another cost-saving factor. All-climate heat pumps are purpose-built with durable materials to perform well in all kinds of weather.

"We continue to educate homeowners about the advantages all-climate

heat pumps have over conventional HVAC systems," said Mark Kuntz, Chief Executive Officer, METUS. "As homeowners become more knowledgeable about the numerous benefits, including personalized comfort, energy

efficiency and cost savings, we believe they will increasingly install these next-generation systems in their homes."

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sports

Baker Mayfield's Faith Journey Transforms Buccaneers QB's Life



The Baker Mayfield you hear today isn't the guy you remember. Gone is the brash Oklahoma quarterback who yelled expletives at the Jayhawks' sideline after a coin toss when Kansas linebacker Joe Dineen Jr. refused to shake Mayfield's hand.

Gone is the swagger that made Cleveland Brown's fans fall in love with him, then fall right back out.

This Baker Mayfield is quiet. Thoughtful, even.

"God had to take my career down to the studs," he tells me, and there's something raw in his voice that makes me believe him. "Make me realize I am more than a football player." According to a recent story by Sports Spectrum, this spiritual awakening has been integral to his recent success.

He's talking about last year, when everything fell apart. His career hit the skids. His marriage to Emily Wilkinson was struggling. It was the kind of mess that makes you question everything.

"Rock bottom" is what he calls it now.

But here's the thing about rock bottom — you can't go any lower. So Mayfield and Emily tried something that might have made their younger selves roll their eyes. They went to a marriage conference. A Christian one. As Metro Voice News reports in their coverage of athletes' faith journeys, such spiritual turning points have become increasingly common among NFL quarterbacks.

"It helped us prioritize our marriage," he says, "understand that our identity isn't solely in our professions or roles."

Then came the gamechanger: their daughter, Kova Jade, born last April. Mayfield lights up when talking about fatherhood. "It's deepened my spiritual and emotional maturity," he says, and you can hear the change in his voice.

Look, Metro Voice has covered a lot of athletes. When Mayfield talks about grace,

about diving into Scripture, there's no polish to it. No PR prep. His transformation mirrors other inspiring stories of faith in sports, as documented by Metro Voice News.

"Proclaim it whenever you can," he says about his faith. "He's the reason we're here. Jesus is obviously the Son of God, but His grace is perfection. He sacrificed everything, giving us this opportunity to live life."

Maybe you believe him. Maybe you don't. But watching him now, running the Bucs' offense with a calm he never had before, it's hard to argue with the results.

Want to hear more? Check out his full interview on the Sports Spectrum podcast. Just don't expect to find that old Baker Mayfield there. He's gone. This version — the quieter, steadier one — might be better.

Colorado's Coach Deion Sanders Continues Sharing Faith with Team Despite Legal Pressure

Facing legal threats from the Freedom from Religion Foundation, Colorado head coach Deion Sanders continues to share his faith with his football team. The Freedom from Religion Foundation (FFRF) has written twice to the University of Colorado, claiming that Sanders is violating the U.S. Constitution when he speaks about faith to his football team or invites ministers to do the same.

The group's latest letter asserts: "Using a coaching position to promote Christianity amounts to unconstitutional religious coercion." FFRF cites a prayer from Pastor E. Dewey Smith of the House of Hope Church, who referenced Jesus and prayed in front of the players, "Thank you that in spite of our imperfections, you still blessed us, Lord." In an earlier speech to the team, Smith quoted Scripture.

"Coach Sanders needs to understand that he was hired to coach football, not to force student-athletes to engage in his preferred religious practices," the FFRF letter said. "He must cease infusing the football program with Christianity. We request notification in writing of the actions the University is taking to ensure that



Last fall, Sanders said he would not back down.

"I'm not going to be ashamed of the gospel. That's what my Bible tells me," Sanders said then. "And I'm going to proclaim my Lord and Savior Jesus Christ wherever I want to. Ain't nobody gonna tell me not to give love and respect to my Lord and Savior that

has blessed me, has pulled me up from suicidal thoughts, and a multiplicity of things that you don't know."

Coach Sanders will cease proselytizing student athletes for good." Sanders, though, has continued to boldly express his faith. This month, he invited legendary actor Denzel Washington to talk to the team about life. Washington -- who recently stepped into the ministry -- discussed his faith.

"We are in the world, but don't be of it," Washington told the players in an address via video. "Don't rely on it for your happiness. Rely on the Almighty. Do not rely on this world for your happiness. Because [they'll] tell you Tuesday that they love you and Wednesday that they hate you."

Washington also spoke of the redemption he found in God.

"God found me long before I knew I found Him," Washington said. "That's why they call it grace. The devil had me by the ankles. He said, 'I [can] get him, I [can] get him. God said, no, he's one of Mine."

Meanwhile, First Liberty Institute, a legal group that focuses on First Amendment cases, says Sanders is within his constitutional rights.

"FFRF fumbled the law," said First Liberty Institute senior counsel Keisha Russell. "The United States has a robust and widely recognized tradition of both public prayer and chaplain programs dating back to the Continental Congress in 1776. This rich precedent demonstrates that the University's program joins the longstanding American tradition that welcomes the participation of chaplains within a variety of America's public spaces -- or, as the case may be, even a locker room. Coach Sanders and the University of Colorado should ignore FFRF's hail Mary."

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God's Love Key to Christian Health in 2025, Doctor Claims



People who aspire to live in greater health and wellness this year may be overlooking one powerful ingredient — the love of God. “God has given us the key to divine health, and this key never fails,” said Dr. Don Colbert, author of “Dr. Colbert’s Spiritual Health Zone.”

From a strictly medical point

of view, the coming last days of this age will witness the worst health conditions ever experienced, he said.

“So long as we abide in God’s love, we, as Christians, can avoid these afflictions,” Colbert said. As highlighted in recent wellness findings, “The primary purpose of this book is to show practically

how to maximize our health in body, mind and soul by living out the love walk. Without being anchored to love, some disaffected Christians are turning to religions such as Islam, Hinduism or Buddhism.”

In recent times, the church is turning away from the gospel and toward the “quasi-gospel” of woke Christianity, he said. According to religious health experts, this shift poses significant challenges to traditional faith practices. “How much has the affirming quasi-gospel of woke Christianity affected and infected our own hearts?” Colbert asked. “To abandon a heart centered on God and others is to receive a rotten heart centered on self.”

The woke church offers loveless versions of biblical principles such as justice, mercy and love. “The only power they possess is of coercion with methods such as cancellation, threats of job loss, loss of friends, reputation and so on,” he said. “Don’t be led astray by the world. As Romans 12:2 reads, ‘Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God.’”

Colbert has been a board-certified family practice doctor for more than 25 years in Orlando and Dallas. He also is board cer-

tified in anti-aging medicine through the American Academy of Anti-Aging Medicine and has received extensive training in nutritional and preventive medicine. His other books include “The Seven Pillars of Health”, “Dr. Colbert’s ‘I Can Do This’

Diet” and “Let Food Be Your Medicine.” He has sold more than 10 million books and treated more than 50,000 patients in his years of practicing medicine.

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1 "Medicare & You," Centers for Medicare & Medicaid Services, 2025. 2 "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. 3 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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Retirement Downsizing Tips



Whether the motivation is retirement, a New Year's resolution or simply a desire to live a simpler life, fewer seniors now downsize than in previous years.

"Despite the misconceptions, downsizing is more than just decluttering," according to "The Epoch Times." "It's a journey of self-discovery. The more we simplify our lives, the more we can reduce stress, gain a deeper sense of purpose and create space for the things that matter most."

Just getting started often is the hardest part. Here are a few steps to start the process:

Take stock of your surroundings

Experts recommend inventorying your home thoroughly. Make an honest assessment of each room in your home and your belongings.

- Ask yourself key questions: "Do I use this item regularly?" "Does this item bring me joy?" "Does this item have any sentimental value?" "Could I easily replace this item if needed?"

- Be honest with yourself. You may get attached to things, but try not to hold onto them for the sake of making yourself feel obligated.

Start small and conquer. Don't try to tackle everything at once. Focus on a single room or a particular category (such as clothing or books) within a room.

- Reduce monthly expenses significantly by downsizing. Whenever you complete a task, no matter how small, you build momentum and reinforce your progress.

Find a system that works for you

- Explore different decluttering methods. Several popular options are the KonMari method (focusing on items that spark joy), the Four-Box

Method (keep, donate, sell, trash), and the 80/20 rule (identifying the 20 percent of items you use 80 percent of the time).

- Consider tax benefits when downsizing. There is no one-size-fits-all solution, so it is important to choose a sustainable and intuitive method.

Involve loved ones

- Seek professional assistance if needed. They may provide valuable insights or perspectives you have not considered.

- Discuss sentimental items together. You can use this information to decide about heirlooms and other cherished possessions.

- Create a shared vision. If you are downsizing with a partner, create a shared vision for your new living space.

The process of downsizing is a journey, not a race. It's important to be patient with yourself, celebrate your progress and keep in mind that the goal is to live a more fulfilling, less cluttered life.

Wellness Benefits of Getting Outside

It's difficult to get outdoors during the winter, but the warmer weather of Spring is here, and it's time to reap its benefits!

Did you know just two hours a week in nature can significantly boost your health? From better sleep to a stronger immune system, spending time outdoors can bring us significant wellness benefits.

Taking a stroll outside this spring, summer or autumn can be quite beneficial for everyone. The scent of flowers blooming, the rustling of leaves and the gentle sway of treetops are all enjoyable. When our lives seem busy, experiencing a few minutes of nature can be vital to our health, allowing us to maintain a higher quality of life. From the US National Library of Medicine, Healthline and Mayo Clinic, here are some of the health benefits a simple stroll in nature can offer!

- **Boosts Immune System.** The chemical compounds which protect trees and other plants from bacterial, fungal and insect attacks are called phytoncides. These plant pheromones can cause the white blood cells in humans to increase, giving us a better chance at fighting off viruses and infected cells. Sunlight is also an excellent reason to bask amongst nature. Our bodies are able to create vitamin D from the Sun's rays, which can help prevent heart attacks, osteoporosis and depression.

- **Weight Loss.** Walking a trail for a



minimum of 30 minutes a day can help your metabolism to stay in tip top shape. Walking engages our muscles, and if done enough, can help build muscle mass. With the ability to gain more muscle mass, your body produces more energy which in turn burns more calories, completing a positive feedback loop.

- **Improved Sleep Quality.** Spending time outside with nature and natural sunlight is a great way to reset your internal clock. Sunlight helps the body boost and maintain alertness, getting us back to feeling awake when its day-

time and sleepy at night.

- **Reduced Stress.** Nature grants us more moments of Zen. When we get more fresh air outside, our oxygen levels rise and our brain releases a natural mood booster. Exercising outside can also help by increasing production of endorphins, leaving us feeling calmer and more balanced.

Nature walks are a great way to positively impact your life. Simply getting outside this spring can help boost your immune system, improve your sleep and reduce your stress level, all of which encourages a positive outlook. For more information on finding trails to get out and explore in your area, visit alltrails.com.

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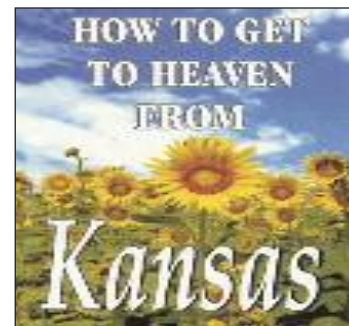
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1. Realize you are a sinner. Everyone starts the same place spiritually. "For all have sinned and come short of the glory of God." (Rom. 3:23). Sin's penalty keeps you out of Heaven and condemns you to Hell, separating you from God. Romans 6:23 says, "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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22. FAMILY OF GOD CHURCH
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Topeka, KS 66608
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www.TrinityReformedBaptist.org

20. HERITAGE BAPTIST CHURCH
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9. GRACE COMMUNITY CHURCH
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Rob Self, Senior Pastor
Facebook: Topeka Lakeview Nazarene
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