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## NEW RESIDENT churchguide



*See Inside Back Cover!*

## Valeo merges with FSGC



Family Service & Guidance Center and Valeo Behavioral Health Care's have merged, and the new name is Astra Mental Health & Recovery.

The announcement was made at a town hall convened by the Association of Community Mental Health Centers of Kansas. Kyle Kessler, ACMHCK Executive Director, and Michelle Ponce, Associate Director, were joined by Valeo interim CEO Christine Wills and FSGC CEO Kathy Mosher. Among the topics were the evolving landscape of community mental health, the growing

■ Please see MERGER page 3

*"I forgive him."*



## "I Forgive Him" and the Ministry of Reconciliation

By **Michael W. Brown**

"Father, forgive them, for they do not know what they are doing." (Luke 23:34)

These were the words spoken by Jesus as He hung on the cross.

"Lord, do not hold this sin against them." (Acts 7:60)

These were the words spoken by

Stephen as he was being stoned to death.

"That young man . . . I forgive him." These were the words spoken by Erika Kirk less than two weeks after her husband was murdered in front of her eyes.

To many people, including many Christians, this act of for-

giveness seems incomprehensible and unattainable. How can you ask God to forgive those who are killing you in cold blood? How can you forgive the man who slaughtered your husband, leaving you a widow and your two little children fatherless?

■ Please see FORGIVENESS page 2

## As Eats 'n Beats ends, West Ridge LIVE begins



West Ridge Mall will be hosting live bands and local restaurants every Thursday through Nov. 20. Attendees will be able to listen to live music at the Food Court and grab a meal or drinks from Iron Rail Brewing or Ta Co. Topeka.

"Our hope with this series is to drive more traffic to the mall in support of our tenants while also restoring a strong sense of community," said West Ridge Mall Director of Operations Casey Richardson.

West Ridge LIVE shows are as follows:

- Chance Encounter – Oct. 2.
- Urban Safari – Oct. 9.
- Villains Dance – Oct. 16.
- Switch In Time – Oct. 30.
- The Mix – Nov. 6.
- Alter Ego Band – Nov. 13.
- Undercover – Nov. 20.

## KC, Mo. pulls out of 'border war' truce as Kansas works to poach Chiefs & Royals

A six-year-old truce between Kansas and Missouri to stop competing with hefty tax incentives to lure companies from one side of the state line to the other has ended, with the Kansas City City Council voting unanimously to repeal it on Thursday.

Missouri's limits on cross-border subsidies had already expired at the end of last month.

Mayor Quinton Lucas stated at the most recent Missouri General Assembly

that the truce has not held.

Its official end follows increasing tensions between Kansas and Missouri over their competing bids for the Chiefs and Royals.

The fierce competition between businesses across the state line saw companies hop from side to side every few years to capitalize on tax breaks, which experts said cost both states millions. And for some time after Kansas and

■ Please see BORDER WAR page 2



# Erika Kirk's Forgiveness Speech Unites Political Spectrum

Erika Kirk, the widow of Charlie Kirk, brought Christians to tears and stunned even the most progressive commentators when she forgave his killer during a speech at his memorial service on Sunday.

"I forgive him, because it was what Christ did and is what Charlie would do," she said, according to Fox News. "The answer to hate is not hate. The answer we know from the gospel is love, is always love. Love for our enemies and love for those who persecute us."

Tyler Robinson, the 22-year-old suspect charged in Kirk's murder, was much like the other young men her husband encountered, Erika said. Charlie "wanted to save young men, just like the one who took his life," she said. "Our Savior said, 'Father, forgive them, for they know not what they do.' That young man... I forgive him. I for-



give him because it was what Christ did, and it's what Charlie would do."

Many public figures and commentators have praised her words on social media and other platforms.

"No doubt so many people deeply moved across the country by Erika Kirk forgiving, for doing what Jesus

Christ asked his followers to do," MSNBC's Joe Scarborough said. "To pray for your enemies, to love your enemies, to pray for those who persecute you. And so much of the service from the people who knew Charlie, loved him, worshipped with him, grew up with him, family members of him, his

pastor. It was a message of love and mercy and forgiveness."

Ex-MSNBC host Mehdi Hasan called the speech powerful. "I don't think I could forgive someone who murdered my spouse, so I'm not going to pretend this was anything other than a powerful, very moving, very Christian statement from Charlie Kirk's widow Erika," Hasan wrote.

"Forgiveness is beautiful," former presidential candidate Andrew Yang posted on X.

CNN commentator Xochitl Hinojosa, who previously served as communications director for the Democratic National Committee, said she "came to the moment. She understood that people need to be brought together."

Public figures on the right also lauded Erika Kirk's message of forgiveness.

"Erika Kirk's remarks.. I have no words," activist and former swimmer Riley Gaines said. "This is exactly what America needed to hear. Filled with love, strength, compassion, honesty and forgiveness. This is the most powerful speech I've ever heard."

"I have never witnessed anything more powerful," singer Kid Rock wrote.

Former auto racer Danica Patrick, who attended the service, also commended the speech.

"It was a moving day honoring Charlie Kirk's life," she said. "So many emotional and thoughtful speeches and so much internal strength demonstrated by his wife. Charlie would ask, 'God use, me for your will. Well, none of us wanted this, but it seems God has a pretty big plan for you, because not even death could stop your mission. In fact, it's stronger than ever.'"

## BORDER WAR

continued from page 1

Missouri struck the truce, economists in the region believed it was working.

However, Kansas legislators' moves to attract the Chiefs and Royals stadiums over to their side — and Missouri's own attempts to keep the teams — threatened

the stability of the truce.

The Kansas City metro is split down the middle by the Missouri-Kansas state line. For years, the competition between each state to snag businesses cost the area millions in taxes.

After Jackson County voters rejected a stadium tax in April 2024 that would have helped retain both teams, Kansas saw an opening.

Kansas lawmakers passed a bill just months later to create special tax incentives for sports companies building stadiums in Kansas.

Democratic Gov. Laura Kelly initially denied claims that the move intended to recruit the Chiefs, but spoke of the potential of the Chiefs and Royals joining Sporting KC in Kansas in a later statement.

After an affiliate of the Royals acquired the Aspiria campus in Overland Park earlier this year, Kansas seemed in the lead to acquire the teams, and the revenue they bring.

But as the initial deadline for the Kansas incentives deal drew near, Missouri legislators followed up with a counter stadium funding plan to keep the Chiefs and Royals where they are.

Both states' offers of hefty tax incentives to lure the teams to make a decision after a drawn-out waiting game showed the border war truce wasn't blocking inter-state competition.

Kansas' offer to the Royals and Chiefs expires in June 2026, but the Sunflower State has said they want an answer by the end of this year.

—Alyson Raetz / KCUR

## FORGIVENESS

continued from page 1

But this is the essence of the gospel. This is the heart of God. This is the miracle of the cross.

As Paul wrote, "You see, at just the right time, when we were still powerless, Christ died for the ungodly [that was you and me!]. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." (Romans 5:6-8)

What kind of love is this? What kind of God is this?

We were guilty, but Jesus took our punishment.

We rejected God, but He reached out to us.

We deserved death, but He gave us life.

We owed an infinitely massive debt, but Jesus paid it all.

And it is for this very reason — the fact that we received undeserved forgiveness, the fact that the Son of God died for us while we were yet sinners —

we are enabled to extend forgiveness to those who have sinned against us.

It is truly a miracle of grace — grace received, grace extended to others, even to those who sin against us in the most ugly and despicable ways, even to those who kill us or our family members. We are called to forgive as the Lord has forgiven us (see Colossians 3:13).

This is how Corrie Ten Boom was able to forgive the Nazi guard in the prison where her sister died and where Corrie suffered by her side. (When they met, shortly after World War II the man had become a Christian.)

This is how family members of those who were slaughtered in a church service by White supremacist Dylan Roof were able to forgive him (all 9 of his victims were Black). In the words of Nadine Collier, daughter of victim Ethel Lance, spoken with anguish and tears: "I forgive you... You took something very precious from me. I will never talk to her ever again. I will never hold her ever again. But I forgive you. And you hurt me and you hurt a lot of people but God forgive you. I forgive you."

And now, in one of the most watched memorial broadcasts in his-

tory, Erika Kirk, with her heart torn in two, was able to pronounce those words that are now reverberating around the world: "That young man... I forgive him."

But this is not just a message that God is shouting to the world. In His longsuffering and mercy, He is shouting to the Church as well, speaking directly to each and every one of us, reminding us of His extraordinary kindness towards us through Jesus, demonstrated afresh through the words and tears of a grieving widow: We must forgive one another as we have been forgiven. God has lovingly set an example before us, once again, in the life of Erika Kirk.

Of course, that forgiveness can only be fully received by the guilty parties when they themselves turn to God in repentance, asking for His mercy through the cross.

But the heart of Erika Kirk, along with the hearts of Nadine Collier and Corrie Ten Boom and Stephen and countless others, reflects the heart of God and shows us what we must do as His children.

Through the cross, God was shouting to the world, "Come and be for-

given!" He was crying out in the loudest possible terms, "Turn to me and leave your sins behind! I will wash you clean!"

To quote Paul again, "All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God." (2 Corinthians 5:18-21)

As someone who persecuted followers of Jesus to the death and thought he was doing God's service, this was a message that Paul understood firsthand.

As he wrote to Timothy, "Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. But for that very reason I was shown mercy so that in me, the

worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life." (1 Timothy 1:15-16)

Let us, then, as followers of Jesus and as recipients of God's indescribable grace, show that same grace to others, forgiving as we have been forgiven.

And let us proclaim that message to a sinning, lost world: "All your sins have been paid for! God is ready to forgive you! Turn to Him and turn away from your sins and He will cleanse you and give you a brand new life. As God's representatives here on earth, and in the spirit of Jesus and Stephen and Erika Kirk and others, with love and compassion and earnestness, we plead with you: Be reconciled to God."

As the Lord said through Isaiah, "Let them turn to the LORD, and he will have mercy on them, and to our God, for he will FREELY pardon" (Isaiah 55:7, emphasis added).

This is the message our divided nation needs to hear, the message our lost world needs to hear, and perhaps the very message you yourself need to hear: "Be reconciled to God!"



# A new Study Finds That Very Few Christians Hold a Biblical View of Sin

Only one in seven self-described Christians has a biblically correct view of sin, new research from the Cultural Research Center at Arizona Christian University found.

Overall, more than four in five adults agree that there is such a thing as “sin.” The research revealed the population segments that are substantially less likely than the norm to believe in the existence of sin, including members of Gen Z, Asians, members of the LGBTQ community, people with no religious affiliations or who doubt the existence of God, those who do not believe the Bible can be trusted to teach truth and adults who believe in reincarnation or do not believe in any type of existence after death.

The survey also identified intriguing connections between people’s ideas related to sin. For instance, among people who say sin is a reality, four out of every 10 reject the notion that every human is a sinner. Further, a substantial majority of those who believe in the existence of sin agree on how to define sin. Nearly three-quarters of them describe it as disobedience to God. However, a majority of those who believe that sin is a reality also contend that there are no absolute sins, that is, sins that are constant, re-



gardless of the conditions or context.

Only half of all adults believe everyone has sinned. Although the sinfulness of all people is one of foundations of the Christian faith and the basis of every person’s need to accept Jesus Christ as Lord and Savior, just two out of three self-professed Christians contend that everyone sins. Adults who attend Protestant churches are far more likely than those attending Catholic churches to believe that everyone is a sinner (73 percent vs. 57 percent).

“The job of the local church is to educate God’s people

about God’s ways,” study director George Barna said. “Yet, a 2019 Pew Research study that analyzed sermon content across the nation determined that just three percent of all sermons preached even mentioned sin. That’s a devastating body blow to the church world.

“Students will remain ignorant when their teachers fail to inform them of critical information and consequences. For an overwhelming majority of Christian churches to suppress the reality of sin, its consequences and its solutions from the people those churches serve is a travesty.”

## C5 Luncheon will feature Kansas Lions Dist. Gov.

The October C5Alive POWER Luncheon will be held on the 9th at 11:30am at Johnny’s Tavern, 29th & Fairlawn.

The program will feature Irene Haws, District Governor of Kansas Lions 17A. She will talk about the Lions and also marketing.

Admission is free, and lunch can be ordered from the menu on site. RSVPs and inquiries can be sent to [info@C5Alive.org](mailto:info@C5Alive.org).

“POWER” luncheons are held the 2nd Thursday 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 November 13, and December 11

(Christmas at the Mall).

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

C5 members 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 may join for \$20. A list of current members and more information is available on the website at [www.C5Alive.org](http://www.C5Alive.org), at [www.facebook.com/C5Alive](http://www.facebook.com/C5Alive), or by calling Lee Hartman at 785-640-6399.



Haws

## MERGER

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need for services and innovative approaches that community mental health providers are taking to meet those needs.

Kessler praised the merger of Valeo Behavioral Health Care and Family Service & Guidance Center.

“The merger illustrates the modernization of the behavioral health system in our state: making one organization that is efficient and avoids redundancy,” he said. “Astra is going to be a leader at the state, regional and national level in a matter of years.”

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# Renaissance Festival Returns to Topeka With All Hallows Theme

## ACTIVITIES INCLUDE JOUSTING, VIKINGS VS. PIRATES SHOWDOWN

Prepare to set sail and brace your shields! The Topeka Renaissance Festival is gearing up for its most bewitching event of the year, the "All Hallows Renaissance Festival," promising a spectacular weekend of historical revelry, spooky delights, and an epic clash of seafaring titans: Vikings versus Pirates! Mark your calendars for **October 25th and 26th, 2025, from 10 AM to 6 PM** each day, as the festival grounds transform into a vibrant, time-traveling spectacle where the spirit of the Renaissance meets the thrills of Halloween. The Woodshed Event Center at 1901 N. Kansas Ave., with its 13 acres and inside areas, will be transformed into a "Spooky Renaissance" Theme for all festival goers!

### A Festival of Fantasy and Frights

The All Hallows Renaissance Festival is blending traditional Renaissance entertainment with a delightful spooky twist, creating an atmosphere that's both authentic and playfully eerie. Attendees are encouraged to don their most creative costumes, whether they lean towards historical accuracy, fantastical creatures, or Halloween-themed characters. There will be a costume con-



test for Festival Goers and their dogs during both days, showcasing the incredible talent and imagination of the festival goers. Cash prizes will be awarded to the winners! Plus, you don't want to miss the "trick or treat" on Saturday for all the kiddos entering the realm! Stop in the "Gnome Forest" to meet our Gnome King & Queen!

### Valhalla Meets the High Seas

This October's festival will be particularly exciting with its prominent

"Viking vs. Pirate" theme. Patrons can immerse themselves in distinct themed areas: the formidable **"Viking Encampment"** will transport visitors to the world of Norse warriors, complete with shield walls, axe-throwing demonstrations, and even meet our Viking King & Queen. On the other side of the realm, the **"The Pirate Area"** promises a raucous good time for scallywags and buccaneers, offering grog, shanties, and plenty of pirate mischief. "Pirate vs. Viking" battle of who will win the realm, the vibrant presence of both factions guarantees plenty of friendly (and perhaps not-so-friendly) banter, themed activities, and opportunities for attendees to pick their allegiance.

### A Feast for the Senses and the Soul

Beyond the thrilling thematic clash, the All Hallows Renaissance Festival will deliver the beloved entertainment and attractions that make the Topeka Renaissance Festival a regional favorite:

- **Jousting:** Three thunderous jousting shows each day will transport you to the heart of medieval tournaments.
- **Birds of Prey:** Raptors Keep is joining our Renaissance Festival
- **Multiple Stages:** Enjoy continuous entertainment across three stages, featuring musicians, comedians, acrobats, and more.

- **Artisan Marketplace:** Explore a bustling marketplace with indoor and outdoor vendors offering unique hand-crafted goods, period clothing, and fantastical treasures.

- **Living History Encampments:** Step back in time with authentic encampments showcasing daily life, crafts, and combat demonstrations from various historical periods.

- **Interactive Activities:** Test your skills at axe throwing, bow shooting, and even participate in sword fighting lessons.

- **Halloween Fun:** Get into the spirit of All Hallows with a pumpkin carving contest and a whimsical gnome home contest.

- **Mystical Encounters:** Keep an eye out for mermaids, faeries, and other enchanting creatures wandering the festival grounds.

The Topeka Renaissance Festival's All Hallows event promises an unforgettable weekend where ancient history, thrilling adventure, and Halloween magic converge. Whether



you're a fierce Viking, a cunning pirate, or simply a lover of all things fantastical, prepare for an experience that will leave you shouting "Huzzah!" and "Arrr!" in equal measure.

For tickets, visit [www.geminivibeskansas.com](http://www.geminivibeskansas.com), and for potential schedule updates, be sure to visit the official Topeka Renaissance Festival social media channels closer to the event date. Don't miss this epic celebration of history, fantasy, and the spirited rivalry between the Norsemen and the Naval Rogues!



## ALL HALLOWS FESTIVAL

# Gnome Home Contest

### BUILD A GNOME HOME

**\$10 PER INDIVIDUAL**  
**\$50 PER BUSINESS**

Winner Chosen on Oct 31st after the festival concludes  
Winner - \$50 cash  
2 categories - individual & business

Entries due by Oct 23rd  
Drop off Oct 22nd - 23rd - 10 am - 6 pm  
The Woodshed Event Center

PROCEEDS BENEFIT SENT TOPEKA

## ALL HALLOWS FESTIVAL

# PUMPKIN CARVING CONTEST

PORTION OF THE PROCEEDS TO BENEFIT NOTO ART DISTRICT YOUTH PROGRAM  
CATAGORIES - 5 YR TO 12 • 12 YRS TO 18 • 18 & UP

Entries DUE OCT 23RD & 24TH - 10 AM - 5 PM  
The Woodshed Event Center - \$5 per Pumpkin

Winner Chosen Oct 31st through our Facebook  
\$50 Prize





# ALL HALLOWS RENAISSANCE

Oct 25th & 26th 2025  
10 am - 6 pm  
1901 N. Kansas Ave Topeka KS



Jousting ♦ Living history ♦ 21 & over  
Pirate Bar ♦ Pirates Vikings & Fantasy ♦  
Axe & Arrow games ♦ Childrens area  
♦ Art Contest ♦ D & D Quest  
ALL HALLOWS CELEBRATION



TICKETS - [www.geminivibeskansas.com](http://www.geminivibeskansas.com)





# FINANCIAL PLANNING



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## LOOKING BACK...

Dear Dave,

I started my own small business a couple of years ago. Thanks to a lot of hard work, we're starting to see growth. I'm curious, if you could go back and restart your business, would you do anything differently the second time around?

- Gerald

Gerald,

I suppose if there was one thing I could change, it would be taking more time during the hiring process. I didn't spend nearly enough time and energy during

interviews back then. Another thing has to do with retained earnings. We didn't begin taking a percentage of our net profits and setting it aside for retained earnings until we got too tight on cash. Starting over, I'd do that from day one. I'd run a profit and loss statement for the month, close the books for the month and take a percentage of the net profit—after paying myself a decent wage—and put it aside as savings for the business. People problems and money problems are two huge small-business killers. We fought so hard and were so passionate about everything. I wonder how many mistakes I made as a result of over-the-top intensity. Don't misunderstand; you've got to be intense and enthusiastic to make things work. But there were a few times when I could have handled things with a little more understanding. I'm a little more relaxed now, and I know a couple of things for sure. Better hiring decisions, and having a little bit of money saved, changes your whole attitude and outlook on things. —Dave

# Why Retirees (and Soon-to-Be Retirees) Need a Financial Advisor Who Specializes in Tax Planning

By Susan Shumaker  
Tax Professional at  
The Retirement Team



At The Retirement Team, we know that retiring isn't just about hitting a number—it's about creating a life of freedom, security, and confidence. While most people focus on investment strategies, income, and budgeting during retirement, one of the biggest opportunities to improve your financial future is often overlooked: tax planning.

As retirement approaches, minimizing taxes becomes a key consideration. Taxes can eat away at your retirement savings, and the more you can reduce your tax burden, the more you will be able to enjoy your hard-earned money. This is where a financial advisor with expertise in tax planning can make a big difference.

The Retirement Team specializes in helping retirees and pre-retirees to make smarter decisions with their money. Working with a financial advisor who specializes in both retirement planning and tax strategy may help you stretch your savings further, reduce unnecessary taxes, and give you greater peace of mind in your golden years.

Tax planning is not just about filing income tax returns. For retirees, it involves making strategic decisions to reduce your taxable income and optimize the way you withdraw and manage your retirement funds. A financial advisor skilled in tax planning may help you with:

### 1. Strategic Withdrawals Can Save You Thousands

Retirement is when you start spending the money you have been saving, possibly for decades. But how and when you withdraw money from different accounts (IRAs, Roth IRAs, 401(k)s, brokerage accounts) can dramatically impact how much tax you pay. Having a customized withdrawal strategy is crucial to keeping more of your money, and to keep you in the lowest possible tax bracket.

### 2. Smarter Required Minimum Distributions (RMD) Planning

Once you reach age 73 (or age 75 depending on your birth year), you will be required to start taking withdrawals from Traditional IRA and 401(k) accounts—even if you don't need the money. These RMDs are fully taxable. At The Retirement Team, we

can help you manage the impact of your future RMDs, and you may be able to take steps now to reduce how much you will be forced to withdraw in the future.

### 3. Roth Conversion Strategies During Low-Tax Years

Retirees in their early retirement years may be in a lower tax bracket—typically before RMDs and Social Security kick in. These years can be a strategic opportunity to convert pre-tax dollars into tax-free Roth IRAs—paying taxes now at a lower rate and avoiding RMDs and taxes later. First, you must determine if Roth conversions are right for you. The conversions must be done in a tax-efficient manner, avoiding higher tax brackets, and taking care to avoid Medicare premium increases. This can be a powerful tax-saving strategy—if it's done right.

### 4. Tax-Efficient Social Security Strategies

When and how you claim Social Security affects your lifetime benefits—but also your taxes. Up to 85% of your Social Security benefits can be taxable, depending on your income. The Retirement Team can assist you with strategically timing your Social Security start date, and coordinating other income withdrawals to avoid making a higher portion of your Social Security benefit taxable. It's not just about maximizing your monthly check—it's about keeping more of it after taxes.

### 5. Avoid the Medicare Tax Trap

Income in retirement doesn't just affect your income taxes, and many retirees do not realize that higher income can lead to higher Medicare premiums through IRMAA (Income-Related Monthly Adjustment Amounts). These surcharges are based on your income from two years prior. The Retirement Team can help you understand the income thresholds which trigger higher Medicare premiums, help you make smart decisions to strategically time any large IRA withdrawals or conversions around IRMAA limits, and to control unintended hikes in your healthcare costs.

### 6. Estate and Legacy Planning with Taxes in Mind

If you want to leave a legacy, minimize taxes for your heirs, or support causes you care about, then tax planning is essential.

Qualified Charitable Distributions (QCDs) made directly from your Traditional IRAs are an efficient way to

support causes while reducing your taxable income, (and can count toward your RMD). There are strategies to structure your accounts to pass on your wealth efficiently to your heirs, and navigating the new tax laws like the SECURE Act can be difficult on your own. You've worked hard to build your wealth, so make sure that it's protected for your beneficiaries.

### 7. Peace of Mind in a Complex & Ever-Changing Tax Landscape

Tax laws change. Markets shift. Your life evolves. Retirement can come with a lot of uncertainty. For retirees and those approaching retirement, tax planning isn't just a bonus—it's essential. Partnering with the right financial advisor who integrates tax strategy into your retirement plan can help you avoid costly mistakes, make confident decisions, and let you enjoy your retirement more. You'll have someone in your corner who could help you develop strategies to manage your retirement withdrawals, minimize taxes on Social Security, use tax-efficient investment strategies, track tax law changes, review your plan annually, and build integrated retirement and tax strategies built around your goals.

If you're already retired or are planning to retire in the next few years, now is the perfect time to build a tax-smart retirement plan with an advisor who understands both the financial and tax sides of retirement. That's why The Retirement Team, which includes an in-house tax preparer, isn't just here for you once a year at tax time—we're your long-term financial partner. You get a clear, confident plan—and a team that's always looking out for your financial well-being. We believe in tax-smart retirement planning that could help you keep more, worry less, and enjoy the freedom you've earned. Because it doesn't just matter what you make, it matters what you keep.

**Call The Retirement Team at 785-478-7808 to schedule a complimentary, no-obligation consultation.**

*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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# What does the future of Social Security

By Jim Hanna

Social Security remains a critical component of most American's retirement plans and questions persist around its long-term solvency. While the number of Social Security beneficiaries is expected to continuously grow over the next decade, payments into the program via payroll taxes are likely to slow. This dynamic is creating anxiety for many about whether they can rely on Social Security to help fund their retirement. It can be beneficial to explore the role that Social Security may have in your retirement and how to best prepare if there are meaningful changes to the program.



Hanna

retirement income, should Social Security be unable to fully meet its obligations.

Determine the role Social Security has in your retirement plan. It is important to understand where Social Security fits into your retirement plan. For many retirees, Social Security benefits provide key supplemental income because the program alone will not provide enough income to cover all essential and desired lifestyle expenses. Additionally, each individual's benefits will vary depending on their lifetime earnings and the age at which they begin taking distributions. If future payments are adjusted lower to make up for the deficit of flows coming into the fund when you retire, it may be wise to plan on utilizing other means for retirement income. Take some time to determine your desired lifestyle during retirement and the associated costs, so you can craft a Social Security plan that aligns with your retirement goals.

Work with a financial advisor to adapt your retirement plan. A financial advisor can help determine the optimal payment plan for Social Security in your retirement. The age at which you begin taking distributions and where these distributions fit into the whole of your retirement plan is unique to you. An advisor can assist you in evaluating the variables that may impact the time at which you begin collecting benefits such as your health and life expectancy. With careful financial planning you can consider a variety of income producing investments that may contribute to your retirement security.

How Social Security programs morph and change in future is largely outside of your control, so plan for what you can. It is never too soon to work with a financial advisor to plot various scenarios for retirement based on factors that are unique to you. Ultimately, knowing you're prepared can help you feel more confident about retirement.

\*\*\*\*\*

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# Will You Outlive Your Money or Will Your Money Outlive You?

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](http://RetireLawrence.com/Radio)*

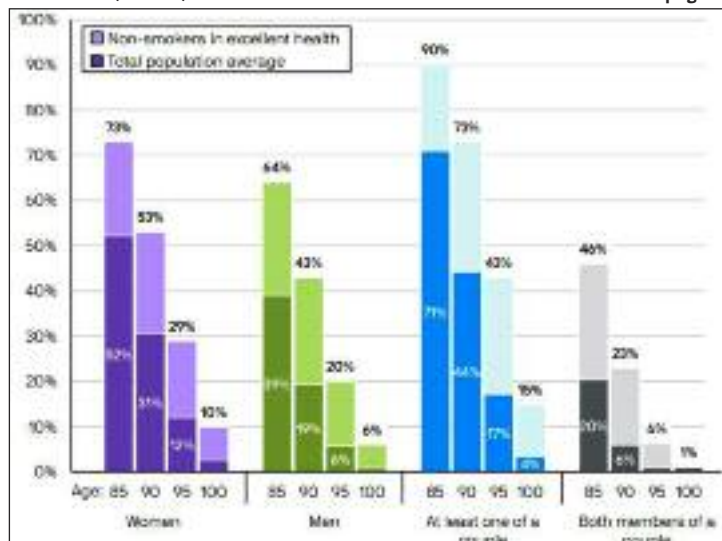


things in order to answer the question, but getting the answer to all three could be difficult. This month we're going to talk about the first thing you need to know, which is how long you'll live.

## Probabilities of a 65 year old living to a specific age

Four out of five people when asked how long they think at least one person in the average 65 year old couple will live to will say it is less than 93. The reality is if both people are in good health and are non-smokers the majority of 65 year old couples will have at least one person live at least that long. A whopping 90% will

■ Continued on page 11



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# opinion

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## Charlie Kirk and the Apostle Paul

By Dwight Widaman

I've studied the Apostle Paul deeply over the last few years. As I reviewed some of my notes in the midst of hearing of Kirk's murder, something stood out. I had written months ago that Paul brought the Gospel at a time when both Rabbinical Judaism in far-off Jerusalem and the pantheon of Roman Gods seemed inadequate for some Jews and Gentiles living across the Roman Empire. Paul's message resonated because he made it relevant to the culture around him.

So, too, did Charlie Kirk. While he's best known for his political commentary, he was most passionate about his faith. He was one crying out in the cultural "wilderness" that God was near – just like Paul and John the Baptist before him.

Charlie lived out his convictions in a way that was tangible. Young people saw his sincerity. His public defense of the Bible, Jesus, marriage, children and a service to the community based in faith didn't just echo; it anchored a generation that felt lost.

Like Paul, who chastised the



Greeks for their "Unknown God," Charlie Kirk reminded us that hope isn't lost. We've just been looking for it in the wrong places.

Biblical values can still cut

through the cultural noise just like in Paul's day. Charlie's life called us back to purpose, and his absence leaves a space that won't easily be replaced.

## Charlie Kirk's Death: Will The Church Rise Up?



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President and  
Evangelist  
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## Speaking Truth

Experts say on average, approximately 150,000 people die daily across the world. On September 10, 2025, Charlie Kirk was just one of those thousands that were lost. However, the evidence is overwhelming that the impact of his death rises to monumental levels like that of 9/11 or the assassinations of President John F. Kennedy, his brother Robert F. Kennedy or Martin Luther King, Jr. Before I began my message on Sunday I asked the church, "How many of you have heard of Charlie Kirk?" Nearly every hand went up. However, prior to September 10th, just a few in the church knew who he was. Pastors, this current event has affected your congregation and community. Are you capturing this moment for the furtherance of the gospel? Are you providing a pastoral and biblical response to the tragedy?

When Jesus began His public ministry, every day He worked at getting His message out through preaching,

teaching and doing signs and wonders that people might believe and follow Him. However, as He went about each day, there always seemed to be interruptions.

On one occasion we see where Jesus was given the news about a terrible event, "There were some present at that very time who told him about the Galileans whose blood Pilate had mingled with their sacrifices. And he answered them, 'Do you think that these Galileans were worse sinners than all the other Galileans, because they suffered in this way? No, I tell you; but unless you repent, you will all likewise perish. Or those eighteen on whom the tower in Siloam fell and killed them: do you think that they were worse offenders than all the others who lived in Jerusalem? No, I tell you; but unless you repent, you will all likewise perish.'" (Luke. 13:1-5) Jesus did not ignore the event, but directly addressed it, along with a second one. Look at how He did it. He rose above the politics, which they may have been trying to draw Him into, and spoke to the spiritual side, using it as an opportunity to preach the gospel. We see this repeatedly in Jesus' ministry.

Church leaders, prayerfully observe the impact of Charlie Kirk's death. Take some time. When you do, you will see

the hot embers of revival and awakening are there. Do not miss this moment to preach the gospel and strengthen the church through it.

Yes, Charlie was deeply involved in politics. Yes, he took strong positions on a number of moral, cultural and political issues. For that alone, some church leaders may steer clear of him, but please do not be among those. He was also a committed Christian that publicly and privately lived for Christ and openly talked about Him before



college students and powerful politicians.

Read these comments from just a few people, which are all over social media by the thousands, "I am 40 years old, and have five kids ages 20 to two and haven't been to church in six years. This past Sunday we all went and will be going every Sunday from now on." "I'm a 14-year-old girl and Charlie changed my life." "I came off my faith, but the day he died I turned to Jesus." "I think Jesus is knocking at my heart after Charlie's death." "God has not

been spoken so much in my house before Charlie died. His sacrifice has reignited in our household a love for God."

Sarah Holliday, from The Washington Stand, succinctly wrote about Charlie's death, "Across social media and news outlets, a groundswell is emerging. People are confessing 'I've never been to church, but I'm feeling a pull to attend a Sunday service.' Friends and family have shared with me that their churches were overflowing... a phenomenon echoed nationwide. Alongside this, lifelong atheists and skeptics are turning to prayer and seeking out Bibles..." Additionally, over 200,000 people attended Charlie's funeral with over 100 million watching around the world, where the gospel message was given repeatedly with a call to Christ.

*A prayer for you – Lord God, I pray for church leaders that you would open their eyes to see how the fields of people's souls are ripe for harvest. May you give them wisdom and courage to embrace this moment for the sake of the Kingdom of God. 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.*



# What Is Biblical Archaeology? History, Faith, and Context

Archaeology is the study of the material culture left behind by previous civilizations. Biblical archaeology, then, is simply archaeology conducted in the lands of the Bible — places like Egypt, Jordan, and especially Israel.

I see biblical archaeology as any excavation or examination of epigraphic materials that help illuminate the biblical narrative or broaden its context. There are, however, many archaeologists working in Israel who avoid calling themselves biblical archaeologists. In fact, some resent the term. Bill Dever, a prominent figure in the field, has even sug-

gested the label “Syro-Palestinian archaeology” instead. In my view, that’s a form of cancel culture within the world of historians.

Another question that often comes up is: what’s the point of biblical archaeology? Hebrews 11:1 says, “Now faith is confidence in what we hope for and assurance about what we do not see.” We have to be careful to always prioritize faith over evidence. God credits faithfulness as righteousness.

Archaeologists Joe Uziel (left) and professor Yuval Gadot from the research team. Photo by Yaniv Berman/City of David Foundation.



Archaeologists Joe Uziel (left) and professor Yuval Gadot from the research team. Photo by Yaniv Berman/City of David Foundation.

While biblical archaeology does have apologetic value, I believe its greater contribution is to hermeneutics. The Bible addresses both the physical and spiritual realms. Archaeology can

only illuminate the physical, but it does that well. Its insights are immensely important for biblical translation, and for understanding chronology and geography.

Archaeology provides the environmental, social, and political background to the stories we love

but often struggle to imagine in their original setting. One thing I’ve had to watch for in my own journey is making sure the Bible doesn’t become just another textbook. It must remain, first and foremost, a source of inspiration. For me, the Bible always gets pri-

ority over archaeology.

—Shelley is a friend to Metro Voice and is the author of *The Copper Scroll Project* and host of the *Bible Fiber* podcast. She’s also the president of the *Jerusalem Connection*.

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## What to Expect When Adopting from Foster Care

Adoption from foster care is a complex, nuanced issue. Foster care is designed to be a temporary arrangement for children and teens when their parents or primary caregivers are in crisis. The ultimate goal of foster care is reunification with the family as soon as possible. However, there are some situations where reunification isn't possible.

Adoption from foster care can be joyful, meaningful and life-changing — but families should also expect complexities and challenges. From the emotional trauma a child experiences in both foster care and adoption to the realities of how adoption can occur, here's what you need to know if you're considering adoption from foster care in Kansas.

### Reunification is the Initial Goal When a Child is Placed in Foster Care

Reunification is the process of reintegrating a child with their biological family after time in foster care, and it's the initial goal in most foster care scenarios. While safe family reunification is something we celebrate, it's also important to acknowledge the emotional complexities that are inherent when a child is placed in foster care. As KVC Kansas Vice President Danielle Bartelli explains, "Children experience different levels of trauma throughout their time in foster care." While foster care exists to help children and families in difficult situations, there is always trauma when a

child is separated from their parents, even if their home environment wasn't safe.

While some parents choose to grow their families through adoption from foster care, KVC Kansas doesn't offer a Foster to Adopt program. Because our focus is on reunification, any adoption will only occur after reunification has been deemed impossible and the process of termination of parental rights has taken place. Most often, families will become foster parents to care for children and teens in need before pursuing adoption.

If you're interested in foster parenting and adopting a child or teen from foster care, keep reunification at the forefront of your mind. Your role as a foster parent is to not only support the child in your care, but also to support their biological family throughout the reunification process. This is a meaningful opportunity to expand the child's support network by supporting them and their family however needed!

### What Happens When Reunification is Not Possible

Unfortunately, reunification isn't always possible. This means a child or teen now needs a new option for their forever home. The next goal is most often adoption, but other permanency options exist for youth in foster care, such as:

- SOUL Family is a new legal permanency option in Kansas where one

or more adults carry the legal status of a familial relationship throughout a youth's lifetime. They offer support and resources beyond the youth's 18th birthday.

- Permanent Custodianship offers financial assistance to children who have had both reunification and adoption ruled out while in DCF custody.

- Independent Living is not a permanency option, but it can be an outcome when a child "ages out" of the foster care system. This can result in challenges like homelessness or returning to unsafe family situations, so it is never our goal for a child to find permanency in this way.

### The Emotional Journey of Adoption

While there's a lot of excitement and celebration in adoption, it's also a journey full of loss and trauma for everyone involved. As KVC Vice President Angela Hedrick explains, the emotional journey of adoption brings a mixed bag of joy and grief. In addition to her work at KVC, Angela brings personal experience as a foster parent who adopted children from foster care.

From both her own family's experience and the experiences of families at KVC, Angela knows how important it is to be supportive and open with children in your care no matter where you are in the fostering or adoption process.

"It's not always easy," Angela says. "Sometimes there are hard or sad



feelings, but it feels more natural when communication is a constant part of our daily lives so we don't have to have an awkward build-up to a hard conversation. And we can make sure to help them navigate anything they're struggling with."

Children adopted as babies or at a very young age can still experience trauma, despite the common mis-

conception that they won't. "That trauma always manifests," Danielle says. "It's going to come up, so start talking about it now. This shows children that they don't need to hide their feelings from you."

For more information, visit [www.kansaskvc.org](http://www.kansaskvc.org).

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# 10 Tips for Adoptive Parents

Adoption can be an overwhelming time not only for the adoptee, but also the adoptive parents. In preparation for your life as an adoptive parent, consider these ten useful tips for adoptive parents:

## 1. Be patient and ready to wait.

Adoption is often a pretty lengthy process – it does not just happen overnight. Be prepared to wait a bit before you can officially welcome your child home, but don't become complacent. Spend the time preparing your child's room, doing some research, and talking to the professionals about any questions you may find yourself having.

## 2. Find out your child's background.

Take the time to learn a little about where your child comes from so that you can begin to understand their habits and other important factors. If you're adopting an older child, talk to previous foster parents, adoption center directors, or even the child's birth parents.

## 3. Keep your child's new room simple.

Though it may be tempting to go all out in decorating your new child's room so that they feel welcome, it's better to err on the side of caution and keep it simple. Allow your child to acclimate to their new environment at their own pace, and consider their room as a "blank slate" for them to really make their own as they settle into family life.

## 4. If you're in touch with the birth parents, expect an evolving relationship.

Remember that your child's birth parents are also going through a lot with the adoption. Set a basic guideline for how the



relationship between your child and their birth parents is going to work, but remember that nothing is ever set in stone. Prepare to be flexible.

## 5. Set up a support system.

From the very get-go, make sure that you have a support system of family, friends and possibly other adoptive parents to help you adjust. An additional family member is always an adjustment, so having a support system set up from the beginning makes the transition much easier on all parties.

## 6. On homecoming day, keep it low-key.

Hold off on the big "Welcome to the Family" party. A newly adopted child can be quickly overwhelmed with an influx of new people and a new environment. Minimizing the big celebrations at first to better serve your child's needs.

## 7. Keep your child close.

If you're adopting a newborn or a toddler, keep them as close to you as possible in the first few weeks or months so that you can begin to establish a bonding connection (much like the one established between birth mother and child for nine months in utero).

## 8. Help your child adjust.

Remember that a child's first few weeks or months with your family may be a tough time as they're still getting used to a new environment and new people. If you're adopting an older child, see if you are allowed to send them a small care package that can help begin the acclimation process. The package may include a photo of your family and a small blanket or toy to help the child acclimate to the scents of your home.

## 9. Give time for love.

You may expect to fall in love with your child right away, but don't be surprised if it takes some time. Be ready to give yourself some time to learn about your new child and who he or she is – it won't always be love at first sight.

## 10. Cut yourself some slack.

Taking care of a new child can be a lot of work, but don't let your dedication to your newest family member get in the way of your own personal care. Remember to give yourself some breaks from childcare to unwind and recharge.

*These tips were developed based on WebMD's Essential Tips for Adoptive Parents.*

## RYAN SHUMAKER

continued from page 7

have at least one person alive at 85 and nearly three quarters will at 90. Even if smokers and those in not so great of health are included; nearly half will still have at least 1 person alive at 90, according to the chart.

An easy way to not outlive your money is to not live long, which is not what most people retiring would view as an ideal way to deal with the potential problem of running out of money. If you're retiring today and you're in your early to mid 60's, you need to understand that it is more likely than not that you or your spouse (if married) will be alive in 25 to 30 years. It may be hard to wrap your mind around the fact that if you're in this situation you'll probably need income to last nearly half as long as you've been alive so far all while not receiving a paycheck from working. It may be even harder to figure out if what you have is enough to last that long, which is where a good financial advisor can be of help.

Next month we'll start diving into the second thing you need to know to an-

swer the question of will you outlive your money or will your money outlive you, which is how much you will spend. If you don't want to wait until next month to find that out or the following month to discover the answer to the third thing you need to know, you can schedule a complimentary meeting with someone from our team at Retirement Portfolios either through our website RetireFromTaxes.com or by calling 785-330-9292 as we help people make sure their money will last as long as they do.

\*\*\*\*

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

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## Petroglyphs, Fall Art Palooza, Zombiepaloosa, Trunk or Treat

The NOTO Arts Center will host Rex Buchanan for a presentation and discussion of **"Petroglyphs of the Kansas Smoky Hills,"** on October 16th, at 6PM at the Redbud Park Pavilion. Members of the community are invited to attend this free program! Contact the NOTO Arts Center at 785-408-8996 for more information.

From 7:00-7:30 PM you can visit the NOTO Arts Center to view the **Camp To-Sha-Ka** companion exhibit to the traveling Americans Smithsonian Exhibit. The exhibit is open through Oct. 25 Wed-Thur 11-5, Fri 11-6, and Sat 11-3.

TPS 501 **Fall Art Palooza** is Saturday, October 18, from 11:00 AM – 4:00 PM at NOTO Arts District Redbud Park, Pavilion & Lawn. Topeka Public Schools Students and the General Public. Join us for a day filled with creativity, music, and community at this event hosted by Quincy Elementary Visual Arts Signature

School, Topeka Public Schools USD 501.

This free, family-friendly event celebrates the arts and offers hands-on fun for everyone.

Free Activities Include: Trick-or-Treat Bag Making, Canvas Observational Painting with Floral Centerpieces by The Rogue Florist, Mini Pumpkin Painting with Pumpkins from Shively Farms and Interactive Leaf Painting Station by Mulvane Art Lab.

Sunflower Community Inc. (S.C.I.) will host interactive art & science exhibits, 3D printing demos, and healthy cooking activities for families.

Other NOTO Friends will participate with Treats, Face Painting, and Magic Tricks!



There will also be Live Performances by Quincy Elementary Student Music Performance led by Marcia Bricker, Music Teacher; and Pastense Bluegrass Band, as well as No Boundaries Dance Collective

The Quincy Elementary PTO and Social Committee will host fun fundraising activities and bake sales throughout the day to raise money for the Quincy Roadrunners.

Enjoy delicious options from local food trucks located in the NOTO District.

Noto Businesses & Historic North Topeka East NIA will present **Trunk or Treat** in the NOTO Arts and Entertainment District as part of Zombiepaloosa! Once again the Arts District will be full of fun for all ages. Bring your best costumes and trunk or treat with the NOTO businesses and more! Costumes encouraged but not required.

Other Upcoming Events include:  
**TOPEKA ALL HALLOWS RENAISSANCE FESTIVAL** – Oct. 25-26, 10-6, Woodshed Event Ctr. grounds. Step back in time in 12 acres of wooded & grassy wonderland. Jousting, Pirates, Vikings, D&D Quest, mermaids, live entertainment, axe & arrow games, petting zoo, kids zone, costume contest, Gnome Home contest, face painting and much more! See Topeka Renaissance Festival facebook page for details.

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He'll get you home safely!*

***UpperRoomRadioOnline.com***

## FAMILY-FRIENDLY EVENTS

**KANSAS CITY RENAISSANCE FESTIVAL** – Sat. & Sun., Aug. 30 - Oct. 12, 10am - 7pm PLUS Mondays, Sep. 1, 10am - 7pm and Oct. 13, 10am - 5pm. [www.kcrenfest.com](http://www.kcrenfest.com). FB @KansasCityRenFest 913-721-2110 (email [voice@cox.net](mailto:voice@cox.net) to see how to get free tickets from Metro Voice!)

**GARY'S FARM FEST** – Sep. 26-Nov. 1, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maze, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm! [garysfarmfest.com](http://garysfarmfest.com); 785-246-0800

**GREAT PLAINS RENAISSANCE & SCOTTISH FESTIVAL** – Sep. 27-28, 6501 W21st St. N. Wichita. Sedgwick County Park with jests and jousts, aerial acrobatics, falconry and fire breathing daredevils, bagpipes and belly dancers, singing pirates, knights and knaves, The Wichita Highland Games, Celtic music, kings and queens, Vikings and vagabonds, Kansas Authors Pavilion/renaissance in reading, fairies and fairy tales, fantastic artists, marvelous merchants and more! \$17 Adm. [www.greatplainsrenfest.com/online/tickets/](http://www.greatplainsrenfest.com/online/tickets/)

**MYERS TOURS: TRAVELERS GET-TOGETHER** – Sep. 27, 1-4pm at Viking Grill, Room 2. Get together and reminisce about the fun and crazy times you had on the trips in the past. Light refreshments will be served.

**FALL FESTIVAL AND SWAP MEET** – Sep. 27-28, 7am-4pm, Meriden Antique Engine and Threshers Association, 8275 K-4 Highway.

**KANSAS HONEY FESTIVAL** – Sep. 27, 9am, Old Prairie Town at Ward-Meade Historic Site & Botanical Garden.

Live music and entertainment, Kids' games and family-friendly activities, Educational exhibits, Food and craft vendors, Beekeeping demos and hands-on learning opportunities.

**CARBONDALE FALL FESTIVAL AND STREET DANCE** – Sep. 27, 2-10pm, Main Street, Carbondale. Street Shopping Vendors, Bingo at the Library, Parade, Kiddie Corner, Color Dash, Cornhole Tournament and Street Dance with live music by the Steve Kile Band!

**LECOMPTON TERRITORIAL DAYS** – Sep. 27, LeCompton, KS. 7am pancake feed, kids bike race, parade, touch a truck, chainsaw art, lawn mower race, inflatables, fashion show, cake walk, carnival games, ice cream social, talent show, laser tag, street dance. Vendor Signup: [bit.ly/TDayVendor23](http://bit.ly/TDayVendor23) Volunteer

**ING NETWORKING GROUP** – Oct. 1, 11:30am at Bradley's Cafe. All are welcome, free to attend, order from menu if desired.

**WEST RIDGE LIVE** – Oct. 2, 6:30-8:30, food court at Westridge Mall. Chance Encounter. While you listen, grab food and drinks from Iron Rail Brewing and Ta Co. Topeka—they'll be serving from 6:30-8:30 PM.

**SLASH & BASH FILM FESTIVAL** – Oct. 3, 6-12pm, Woodshed Event Center

**KAREN PECK & NEW RIVER** – Oct. 3, 7pm, Wana-maker Woods Nazarene Church, 3501 SW Wana-maker 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@wnmaz.org](mailto:office@wnmaz.org); [wnmaz.org](http://wnmaz.org)

**LIVERPOOL LEGENDS** – Oct. 3, 7:30pm, TPAC

**RISE OF HEROES RESOURCE GATHERING** – Oct. 4, 10:30-2, West Ridge Mall. Learn about available Intellectual/Developmental Disability (IDD) service



**October 4**  
**11 am - 2 pm**

Games, Food, and  
Family Fun as we  
Celebrate God's  
Provision!

FREE  
Event

**Highland Heights Christian Church**  
29th & Tecumseh Rd • 785-379-5642



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

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

**Oct. 9, 11:30-1: "POWER" Luncheon**  
at Johnny's Tavern, 29th & Fairlawn. **Speaker:**  
**Irene Haws on Marketing & Lions Club**  
Free Admission; Order lunch from menu if desired.  
Open to the public. RSVP to [info@C5Alive.org](mailto:info@C5Alive.org)

Save the Dates!



- Nov. 13: POWER Luncheon, 11:30-1
- Dec. 11: CHRISTMAS Luncheon, 11:30-1 at the Mall
- Jan. 8: POWER Luncheon, 11:30-1
- Feb. 12: POWER Luncheon, 11:30-1

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



providers. connect with local community resources, and HAVE FUN! There will be superhero-themed sensory activities, games, and a photo booth. Prize drawing. Special appearances by John "Iron Man" Cantrell and Ms. Wheelchair Kansas!

**AUTUMN HAND MADE CRAFT SHOW** — Oct. 4, Lexington Park Community, 1011 Cottonwood Ct, across from Gage Park. Food & crafts

**HHHS FOOD TRUCK NIGHT** — Oct. 4, 4-8pm, 5720 SW 21st. Paradize Band, adoptions, free microchipping

**OKTOBERFEST** — Oct. 4, 4-8pm, St. John's Lutheran Church, 901 Fillmore. Food, fellowship, games, music.

**MAYETTA DAYS** — Oct. 4, 7am-5pm, 119 E Main St, Mayetta. 5K Run, Car & bike Show, vendors, parade, DJ, kids games

**CARS & KICKSTANDS 4 KIDS CAR SHOW** — Oct. 4, 9-2, Rev City Church, 700 Wakarusa Dr, Lawrence.

**OKTOBERFEST** — Oct. 4, 10-3, Prince of Peace Lutheran Church, 3625 SW Wanamaker Rd. Vendors, food trucks, live music, free kids' area, free cake walk, free drawings for \$250 and \$300, free drawings for prizes, puppies to adopt, and homemade German food. Admission is free!

**HARVEST FESTIVAL** — Oct. 4, 11am-2pm, Highland Heights Christian Church. 29th & Tecumseh. Games, food, family fun. Free event

**COMBAT AIR MUSEUM CAR SHOW** — Oct. 5, 10am-2pm, Combat Air Museum at Forbes Field. Food trucks, raffle prizes.

**WELCOME BABY JUBILEE** — Oct. 5, 2-4pm, Pozez Ed. Ctr, 1500 SW 10th. Support for Your Family's Journey—from First Kicks to First Steps. Meet local providers and support teams, Tour The Birthplace, Connect with other parents, Community resources and giveaways, Tdap boosters for parents and their support people—bring insurance card to get yours!

**WORLD COMMUNION SUNDAY AT EVERGY PLAZA** — Oct. 5, 10:30am. Join Topeka First UMC, St. John AME, First Presbyterian, & Grace Cathedral churches as we celebrate World Communion Sunday together

**BLESSING OF THE PETS** — Oct. 5, 10:30am, St. David's Episcopal, 3916 SW 17th.

**LIFE CHAIN SUNDAY** — Oct. 5, 2 — 3:30pm, 21st & Wanamaker. Rain or shine, Stand for Life! (or bring a lawn chair). Gather with pro-lifers across the nation. Families, children, welcome! Signs will be provided. For info: 785-969-2706

**DIRT ROAD JUNKFEST** — Oct. 10-11, Valley Falls. Over 100 vendors

**C5Alive "POWER" LUNCHEON** — Oct. 9, 11:30-1, Johnny's Tavern private room. Irene Haws will speak about Marketing and Lion's Club. Free admission. Meals available from menu if desired. Please RSVP to [info@C5Alive.org](mailto:info@C5Alive.org) so we know how many to expect. Open to the public - bring a friend!

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

**CORNER MARKET** — Oct. 11, 29th & Adams. Vendors, food trucks, music, kids activities,

**CAR SEAT CHECK LANE** — Oct. 11, 9am-12pm, Mathes Learning Ctr, 2032 N. Kansas Ave.

**HALLOWEEN COSTUME COLLECTION & GIVE-AWAY & WELLNESS FAIR** — Oct. 11, 9-11am, 455 SE Golf Park Blvd. SENT is gathering new and gently used Halloween costumes to ensure every child in our community can experience the joy of dressing up. Costumes will be available for children of all ages, ensuring no one is left out of the festivities. Also a Child Mental Wellness Fair offering resources, activities and information. 785-783-2435 Ext 300 or [tricia@sentoake.com](mailto:tricia@sentoake.com). A free event.

**ING NETWORKING GROUP** — Oct. 15, 11:30am at Shopper's Kitchen. All are welcome, free to attend, order from menu if desired.

**ARAB ANTIQUIS ANNUAL CAR SHOW & VENDOR MARKET** — Oct. 11, 9-3, 1305 S. Kansas

**GREEK FOOD FESTIVAL** — Oct. 11, 11-2, St. Peter & Paul Church, 2516 SW Huntoon.

**FAIRLAWN PLAZA FALL FESTIVAL** — Oct. 11, 4pm, Fairlawn Mall. Trick or Treating & face

painting 4-6pm, music by Typical Stereo 6-9

**HOLISTIC, HEALTHY, HOMEMADE MARKET** — Oct. 18, 9-3, Woodshed Market

**FIVE HEARTS FESTIVAL** — Oct. 18, 2-8pm, Most Pure Heart of Mary Church, 3601 SW 17th. Carnival, music, kids market, face painting, cake walk, bingo, beer garden

**WOODSHED MARKET SHOP & TREAT PLUS COSTUME CONTEST** — Oct. 19, 10-3, 1901 N Kansas Ave. Vendors trick or treat, games, food trucks, cash & trophies for costume winners

**YMCA TRUNK OR TREAT** — Oct. 22, 6-7:30pm, YMCA, 3635 SW Chelsea Dr. Games & activities too

**TRUNK OR TREAT** — Oct. 23, 5-\*7:30pm, KVC, 419 SW 29th St. Food & drinks too

**PRENATAL YOGA WITH DR. AMBER BECKLEY** — Oct. 23, 5-5:45pm, Beckley Chiropractic & Wellness, 216 SW 7th.

**STANDARD PROCEED PURIFICATION PROGRAM CLASS** — Oct. 23, 6pm, Beckley Chiropractic & Wellness, 216 SW 7th. Join us for our Detoxification & Nutrition Class. 785-234-5056

**DRIVE-THRU TRUNK OR TREAT** — Oct. 25, 1-3pm, Christ Lutheran, 3509 SW Burlingame. Candy and non-candy treats

**TRUNK OR TREAT** — Oct. 25, 4-6pm, First Baptist, 3033 SW MacVicar.

**TOPEKA ALL HALLOWS RENAISSANCE FESTIVAL** — Oct. 25-26, 10-6, Woodshed Event Ctr. grounds. Step back in time in 12 acres of wooded & grassy wonderland. Jousting, Pirates, Vikings, D&D Quest, mermaids, live entertainment, axe & arrow games, petting zoo, kids zone, costume contest, Gnome Home contest, face painting and much more! See [Topeka Renaissance Festival facebook page for details.](#)

**TRUNK OR TREAT & CARNIVAL** — Oct. 26, 1-3:30pm, Capital Gymnastics, 3740 SW Park Ave. 785-266-4151 or [office@ccgatopeka.com](mailto:office@ccgatopeka.com)

**TRUNK OR TREAT** — Oct. 26, 2-4pm, St. David's, 3916 SW 17th.

**TRUNK OR TREAT** — Oct. 26, 5-6pm, First Christian, 1880 Gage. Food Trucks too.

**PUMPKIN RUN & TRUNK OR TREAT** — Oct. 26, 5-8pm, Hummer Sports Park. 5K run/walk, a Fun Run and Family Stroll, plus trunk or treat

**REFORMATION POTLUCK & ACTIVITY NIGHT** — Oct. 29, 5:15-7pm, Christ Lutheran, 3509 SW Burlingame. German dishes encouraged, but your favorite dish is always welcome. After dinner, enjoy time in fellowship, as well as inter-generational games and activities. (All ages welcome!)

**TRUNK OR TREAT** — Oct. 30, 5:30-7:30pm, Big Brothers Big Sisters, 2348 SW Topeka Blvd. All are welcome to join in: [alewis@kansasbig.org](mailto:alewis@kansasbig.org) or 785-422-9503

**TRUNK OR TREAT** — Oct. 31, 5-7pm, Lakeview Nazarene, 2835 SW Croco.

**HOLIDAY EXTRAVAGANZA** — Nov. 1, 10-3, Woodshed Event Ctr. 1901 N. Kansa Ave. An eclectic collection of unique vendors & food vendors & trucks, a full bar, several holiday decor & gifting options, & more, for a festive day of merry fun

**ELECTION DAY** — Nov. 4. Don't forget to vote!

**ING NETWORKING GROUP** — Nov. 5, 11:30am at Big Biscuit. All are welcome, free to attend, order from menu if desired.

**NUTCRACKER BALLET** — Dec. 12-14 at TPAC. Ballet Midwest's holiday staple. Tickets at TPAC box office, and Barbara's Conservatory of Dance. [www.balletmidwest.net](http://www.balletmidwest.net)

## ONGOING 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. 580-4545 or [rhohl@tsclpl.org](mailto:rhohl@tsclpl.org)

**COUNTRY AND BALLROOM DANCING** - Thursdays 6-9pm. Croco Hall. Info: 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 Sat, 2-3pm, Shawnee Heights UMC parking lot.

**FREE MOBILE FOOD DISTRIBUTION** — 4th Tue. thru Nov. 9am, 1231 NW Eugene St. Randel Ministries, Inc., in partnership with Harvesters and Family of God Church will have its monthly food distribution. No ID or proof of income required, first come first served. Distributing fresh produce and other items to families in need. 785-234-1111. [RandelMinistries.com](http://RandelMinistries.com)

**TOPEKA PUBLIC LIBRARY PLAY BUS** — 9:30am-

noon, Lakeview Nazarene Church, 2835 Croco. Every Tuesday, enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

**OPEN INDOOR COURT PICKLEBALL** — Sundays at 4pm, Berryton United Methodist Church (7010 SE Berryton Rd. All ages and abilities welcome.

**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!

**FRIDAY NIGHT FUNNIES** — Every Friday at Cosmos Court, 909 S. Kansas. Weekly comedy show is only \$15, or two for \$25.

**CORNER MARKET** — 2nd Saturdays. 29th & Adams. 50+ Vendors, food trucks, music, kids activities,

**BREAD BASKET FARMERS MARKET** — Saturdays 7:30am-1pm, West Ridge Mall south parking lot

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

**GRAND OTTAWA OPRY** - 2nd & 4th Saturday, 5:30PM-pre-show, 6PM showtime, Ottawa Memorial Auditorium, 301 S Hickory, Ottawa. Tickets are \$15 and only at the door. Ph. 785-241-6762, email [grandoopry@gmail.com](mailto:grandoopry@gmail.com). GrandOttawaOpry.com

**WOOD VALLEY PICKERS** — Last Sat of each month, 7pm, Classic Bean, Fairlawn Plaza. Folk & Country, Free admission. 785-271-5005

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

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

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

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

**INSIDE OUT FELLOWSHIP CHURCH** — Every Sunday 12pm service; Every Tuesday 7:30pm service. Location: 2409 NE Division St. For info: 785-380-7031 or [io@insideoutinc.net](mailto:io@insideoutinc.net) or [www.insideoutinc.net](http://www.insideoutinc.net)

**KIDS for JESUS!** - Wednesday's 7 - 8pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Bring your friends, family, neighbors, enemies! For info: 785-266-3247, FB: Topeka Lakeview Nazarene, Email: [Lakenaz@aol.com](mailto:Lakenaz@aol.com)

**MID-WEEK PRAYER & BIBLE STUDY - Wednesday's,**

**7-8pm, Lakeview Nazarene, 2835 SE Croco Rd. You are invited! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene**

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

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

## MEETINGS & CLASSES

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

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

**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](mailto:ks.cwfa.org).

**THE HEAT** — FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th. [www.flocritkansans.org](http://www.flocritkansans.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](mailto: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](mailto:davemathias@sbcglobal.net), or Betsy Thompson,





betsyjthompson@gmail.com.

**SHEPHERD'S CENTER BOOK CLUB** – 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Call: 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 TROUPS** – Every Mon. 6pm, Cornerstone Comm. Ch., 7620 SW 21st. Faith-based scouting programs, age 5-18. Register: cornerstonetopeka.com. 478-2929.

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

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

**SENIOR ADULT EXERCISE CLASS** – Tuesday's 10am, Lakeview Nazarene, 2835 SE Croco Rd. All exercises will be done from a chair, will help you get up out of a chair, & climb stairs safely! Contact info: (785)266-3247, FB: Topeka Lakeview Nazarene

**TOPEKA LINCOLN CLUB** – 1st Tue. of month, 7pm, Topeka Public Library. Discussing our greatest President, Abraham Lincoln, and his times. The public is welcome. For info, Kirk Nystrom 785-235-6977.

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

**NARVE (Nat'l Assn of Railroad Veteran Employee)** – 2nd Tuesday each month at 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 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 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 biblequizzier.org.

**MONTHLY SCORE MEETING** – 1st Sat., 8-9:30am, Washburn Tech, 5724 SW Huntuon (enter east doors facing Huntuon). 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 communi-

cation 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 info on meetings in the Topeka area email ais-topeka@kansas-al-anon.org or 785-215-1045. All correspondence confidential

**PURSUIT FOR SEXUAL PURITY** – Men struggling with pornography & sexual addiction. This bible study/ accountability group uses the Pure Desire book by Ted Roberts. For info: 249-9509. All inquiries confidential.

**ALZHEIMER'S SUPPORT GROUPS** – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual.

Caregiver support group via Skype 9:30am every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

Caregiver Support Group via Google Hangouts, 4:30pm every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

**COMPASSIONATE FRIENDS/BEREAVED PARENTS GROUP** – 4th Mon. in Formation classroom at Most Pure Heart of Mary, 17th & Stone. Discussion starts 7pm: fellowship & refreshments 8:30. 785-272-4895

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

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

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

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

**HEALING AFTER LOSS TO SUICIDE (HeALS)** – Topeka support group meets the 1st and 3rd Tuesday of each month from 6:30-8, at 1st Congregational Church, 17th and Collins. For

info: Topeka.heals@gmail.com or 785-380-9309.

**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

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# entertainment

## Christian Pilgrimage Film Explores Art, Faith, and History

Kansas City is about to host an experience that's part epic journey, part heartfelt confession, and part invitation to look again at what's beautiful and true in the world. For one night only—September 14th, 2025, at the Nelson-Atkins Museum's Atkins Auditorium—Heading Home: A 21st Century Pilgrimage lands here, bringing its creators, its story, and its soul to the heart of the Midwest, thanks to The Culture House.

So, what happens when you gather university presidents, painters, theologians, photographers, and spoken word artists—and send them zigzagging across continents, retracing the ancient roads where the Gospel first collided with the world's darkness? You get a documentary that feels less like a film and more like a lived encounter—one that asks you not just to watch, but to walk alongside.

As Ben Quash of London's National Gallery of Art explains in the film, "You can look at these works and buildings as part of the story of art but they're also part of the story of faith and if you're not interested in that story, you're only getting part of the picture. You don't have to be a person of faith to think about how they're part of the story of faith. You just to have enough of an imagination to feeling your way into why these things mattered."

At the center of this pilgrimage is Roberta Ahmanson, a philanthropist and journalist with a knack for seeing past the surface of things. Ahmanson's voice, both literal and figurative, narrates the film. Her deep dives into the history of church art and architecture aren't just academic; they're personal, rooted in decades of travel and study. "I'm interested in what is true, what is real, and how we come to know it," she says. "That's what draws me to beauty, to art, to the old stories that keep calling us back" she told Image Journal.

Ahmanson's background as a religion reporter and her work as a patron of the arts make her uniquely suited to trace Christianity's journey across time and space. As she told Image Journal, "Art is essential to human flourishing. It shapes the soul, and by



shaping the soul, it shapes the world." That sense of reverence for both the past and the present permeates the film, which unfolds like a travelogue stitched together with moments of wonder, doubt, and gratitude.

Heading Home isn't simply a catalogue of stained glass and stone. It's a meditation on why beauty matters, especially now—when cynicism and exhaustion seem to be the tenor of the age. The journey covered nearly 4,000 miles and 2,000 years, stopping at sites where Christian imagination and courage left their mark, from ancient cathedrals to modern street art. It's won acclaim around the world including from Faith in Film International Film Festival, Letters to Artists Film Festival and a nomination for best documentary.

The creative team is as eclectic—and electric—as the route itself. Jody Hassett Sanchez, the film's Emmy-nominated director, has spent her career exploring the collision of faith and culture. Her previous work, *More Art Upstairs*, dug into how creativity and community overlap in surprising ways. For *Heading Home*, Sanchez describes the project as a "visceral reminder that art and faith have always walked together, lighting the way forward."

Joining Sanchez on stage will be Scottish photographer Kieran Dodds, whose haunting images provide much of the visual poetry of the film, and spoken word artist Mitchell "Street" West, whose live performances have moved audiences from London's Royal Albert Hall to church basements

and city parks. Street's appearance at the Royal Albert Hall with the All Souls Orchestra was described as "orchestrated wonder"—a rare fusion of hip hop, poetry, and sacred music.

On the night of the screening, Street will perform live before the film—a chance to witness his signature blend of rhythm, rhyme, and raw honesty. "I never knew that the outlet of Spoken Word could allow me to soar so high," he reflected after his Royal Albert Hall performance, "I will take this as a sign that I am not only supposed to dive deeper, but to invite others along for the journey."

After the screening, the guests—Sanchez, Dodds, West, and Ahmanson—will host a Q&A, inviting the audience to wrestle with the same questions that shaped their pilgrimage: What does it mean to call something sacred? How does beauty break through cynicism? Where is the journey leading us next?

"If you've always wanted to know more about the history of how Christians transformed a dark world with light, the truth of the Bible, and beauty, and you don't have 20 years to go to seminary, this is an opportunity of a lifetime," says Jeremiah Enna, founder and Executive Director of Kansas City's Culture House.

Seating is limited, so sign up at [culturehouse.com](http://culturehouse.com). And be ready: you might leave with more questions than answers, and a fresh sense of home in the journey itself. This isn't just a film. It's an invitation to see with new eyes.

For more information visit [headinghomefilm.com](http://headinghomefilm.com)

## Netflix Urged to Honor Christian Themes in Any Narnia Films



Netflix producers of movies based on "The Chronicles of Narnia" are being urged to remain true to the beloved books by C.S. Lewis.

"The Christian community is not a niche," Ted Baehr, the founder of Movieguide, wrote in a letter to the streaming giant. "It is a vast, values-driven audience that is hungry for stories that reflect their worldview, honor their convictions and stir their souls. With over 62 percent of American adults identifying as Christian in 2025 and 33 percent attending religious services monthly, this is not just a spiritual demographic—it's a formidable market segment."

Greta Gerwig, who directed the blockbuster "Barbie" movie, also is directing the upcoming Narnia film "The Magician's Nephew." Some websites reported earlier this year that producers were considering Meryl Streep for the role of Aslan, the lion who represents Jesus in the stories. Gerwig previously had pledged the movie would be "rooted in faith."

"Too often, adaptations of spiritually rich works, such as 'The Magician's Nephew,' veer into tones that feel ironic, irreverent or campy," the

letter said. "These choices may appeal to critics, but they alienate the very audience that would champion the movie and prevent it from becoming an unprecedented success if it honors the sacred themes embedded in the story."

Baehr told Netflix that he would personally promote "The Magician's Nephew" if the movie meets important benchmarks, such as Christian themes from the books remaining in place and not being distorted, that there is moral integrity in the story and that there is respectful portrayal of Aslan.

Ultimately, Baehr said following these standards would lead to "enthusiastic endorsements" from Christians, theologians and faith-based media.

"Potential pathways towards capitalizing on these opportunities and further finetuning for greatest possible appeal to the largest target audience would include careful and thoughtful reflection by the director, screenwriter or producers for a better understanding of Lewis's Christian worldview, which could be achieved by consultation with theologians and/or Lewis scholars during development," he said.

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## X Factor Contestant Juliet Dawn Inspires With Faith and Resilience

Juliet Dawn's story is the kind you wouldn't believe if it weren't true. For thirty-five years, the Cornwall-born singer has walked through fire — and somehow, she's emerged singing, not just for herself, but for anyone who's ever wondered if hope can survive the hardest blows.

You might remember her from The X Factor, where she and her sister-in-law sang their hearts out in front of Simon Cowell and a nation of viewers. But the stage lights only hint at the depth of her journey. Juliet's life has been shaped by loss and survival: a difficult marriage that stretched over a decade, four miscarriages, and the unimaginable heartbreak of losing twin boys, Louis and Elliot, after a risky operation during pregnancy. There's more — poisonous spider bites, a car crash while pregnant with her eldest son, and two nervous breakdowns that would have flattened a lesser spirit.

Yet through all of this, Juliet never lost her faith. If anything, it deepened. "For a long time, my life felt like it was defined by trauma," she says now. "I know what it is to live with loss, fear, and shame. But I also know what it is to find hope in the darkest of nights." For her, music was salvation — a melody when words failed, a way to draw beauty from brokenness. "My faith in God has carried me when I couldn't carry myself," she says. "And I believe my journey carries a message for others who feel stuck, lost, or broken; you are not finished, and there is always hope."

Juliet's creative path has been as winding as her life story. After her studies, she became an entertainer in Spain while her parents served as missionaries, before returning to the UK to raise



a family with her husband Jason and their three sons: Sam, Max, and Leo. Along the way, the music never stopped. She's performed at the Royal Albert Hall, toured with celebrities, sung in front of thousands. There's grit in her voice — a gospel-tinged resilience, distinctly British, shaped by both prayer and persistence.

Now, at 56, Juliet is set to release her most personal work yet: an album called *Born To Be*, recorded in Nashville earlier this year with producer Billy Smiley. Every track tells a piece of her story, with the first single, "Arise & Shine," already released. The full album launches on September 20, first as a physical release in the UK, then digitally. One special moment: her 80-year-old mother plays piano on the record — a living testament to the power of family and faith. "She has stood by me and her prayers have sustained me in some horrendous times," Juliet says. "It has been such a privilege to record in Nashville and to bring these songs to life in such a special place. What made it even more meaningful was having my mum play piano on the album."

There's no glossing over the pain. "Everything I've been through could have broken me but instead God has

used it to shape me," she reflects. "My story isn't just about survival — it's about faith, redemption, and knowing that with God, you really can rise again."

If you listen closely, you'll hear the heart of gospel in Juliet's music — not just in the notes, but in the message behind them. "When everything around me was crumbling, it was only Jesus who gave me the strength to stand — and that is the heartbeat behind every song I write," she says. "I've learned that faith doesn't take away the pain, but it gives you hope that the story isn't over — that God can bring beauty even from ashes."

For Juliet, every lyric is testimony. "My music is my testimony. Every lyric is a reminder that God's love meets us in the deepest valleys and lifts us into the light. I don't just sing about survival, I sing about overcoming — because I know firsthand what has taken place in my life can also happen for others."

*Born To Be* is more than an album. It's a lifeline cast out to anyone struggling to see light ahead. For more on Juliet's journey and music, visit [www.julietdawn.co.uk](http://www.julietdawn.co.uk).

Her music is available on Apple and other music services.

## Mel Gibson's Resurrection of the Christ Set for 2027

Mel Gibson's "The Resurrection of the Christ" is officially scheduled to be released in two parts in spring 2027, making it one of the most anticipated cinematic events of the decade. Fans of Gibson's "The Passion of the Christ" will have to wait until Good Friday in 2027 and 40 days later on Ascension Sunday.

"The Passion" grossed \$370 million in North America and more than \$610 million worldwide on a \$30 million production budget, making it one of the most successful independent films of all time. Until 2023, it held the record as the highest-grossing R-rated film in domestic box office history.

"The Resurrection of the Christ" is being produced by Gibson and longtime collaborator Bruce Davey. Jim Caviezel is set to return as Jesus, along with Maia Morgenstern (Mary) and Francesco De Vito (Peter). Further details about casting, production timelines and the creative direction of the two films haven't been released.

"For many, many people across the globe, 'The Resurrection of the Christ' is the most anticipated theatrical event in a generation," said Adam Fogelson, chairman of Lionsgate Motion Picture Group. "It is also an awe-inspiring and spectacularly epic theatrical film that is going to leave moviegoers world-wide breathless."

"Mel is one of the greatest directors of our time, and this project is both deeply personal to him and the perfect showcase for his talents as a filmmaker. My relationship with Mel and Bruce dates back 30 years, and I am thrilled to be partnering with them once again



on this landmark event for audiences."

Gibson reportedly plans to start shooting the sequel this month. Filming will take place at Rome's Cinecittà Studios where the original 2004 film was shot, while production will take place in the Italian town of Matera, along with several other old-world locations.

Gibson earlier said he is drawn to stories that highlight redemption and the need for a savior.

"I've been taught from a young age that we're flawed and you're going to make mistakes," he said. "We're broken, and we need help. Usually, the best way to get help is to ask for it. And well, who do we ask? We're asking something better than us. And the minute you acknowledge that there is something better than you, you might get something that resembles humility, which is really the key to the whole thing."

## Christian Podcasting Surges as Major Digital Media Trend

Podcasting has surged in popularity and now rivals television and radio as a leading medium for sharing the gospel and faith-based messages.

"Podcasting has become the soundtrack of modern life, and faith-based content is riding a powerful wave of growth," according to NRB. "With millions tuning in weekly and spiritual genres among the fastest-growing categories, Christian creators are gaining fresh momentum in the podcasting space. If you're a Christian communicator, this is more than a trend. It's a mission field



wired for your message."

The latest research on podcasting in 2025 reveals important implications for ministries, broadcasters and faith com-

municators.

More than half of Americans aged 12 and older now consume podcasts monthly.

Forty percent (about 115 million people) listen weekly, another record high.

The average listening time per user is more than seven hours a week.

Weekly podcast listening time has soared more than 350 percent since 2015, now totaling around 773 million hours each week.

As of 2025, nearly three-quarters of Americans aged 12 and older have con-

sumed a podcast.

YouTube leads as the top platform for podcasts, used by 33 percent of weekly podcast listeners in the United States, surpassing Spotify (26 percent) and Apple (14 percent). Video podcasting now accounts for billions of hours watched per month on screen devices; this genre is reshaping advertising models and content formats. As video podcasting gains ground, platforms such as Spotify and Netflix are investing in video-friendly formats for podcasts. Wondery and others have embraced animated and visual storytelling for narrative content.

Christian and spiritual content is not

only growing, but also crossing into mainstream culture and breaking out as a major podcast genre. Globally, the religion and spirituality genre for podcasts grew by 49 percent from 2024 to 2025, one of the fastest-growing categories.

"Podcasting in 2025 is growing as fast as it's transforming," NRB reported. "While faith content surges, digital media are redefining how audiences discover and engage with stories. For Christian broadcasters, communicators and content creators, these trends open fresh avenues for outreach and connection."

—Alan Goforth





# Explore the benefits of a bathroom upgrade

A freshly remodeled bathroom is a welcome addition to any home, from aesthetics that reflect your personal style to the glossy, untouched surfaces and the refreshing scent of a newly finished space. Done right, even more rewards come from the practical touches that enhance your everyday use and how they make you feel.

Bathrooms are among the most common spaces for home renovations. For a renovation that not only represents a worthwhile investment for today and tomorrow but also delivers emotional ROI, consider these ideas from the experts at Bath Fitter, a leader in stress-free custom bath and shower remodels.

**Quality**  
Of all the rooms in the house, the bathroom may be where quality materials and workmanship matter most. Because it's a confined space that sees a great deal of moisture and

humidity, it's essential that you use quality materials that stand up to the task and enlist professionals who know how to incorporate effective measures to prevent mold, mildew and other water-related damage.

**Durability**  
Especially if you're planning to be in your home well into the future, it's a good idea to plan for durable features that can stand the test of time. Be sure to select premium materials and consider their durability and maintenance requirements. Some of the latest design options offered by Bath Fitter deliver the perfect blend of beauty and functionality, ensuring long-lasting durability. For example, the Lucca wall, a sophisticated textured and seamless Chevron tile pattern, offers the ideal



combination of modern design and classic charm.

Another design-forward selection is the Sorrento wall, a large-scale 12-by-24 grout-free tile pattern featuring a textured design and a durable, easy-to-clean surface. Unlike tiles and grout, these walls combine on-trend beauty and innovative materials so homeowners can enjoy their bathrooms rather than stress about maintenance. Perfect for minimalist designs and traditional bathrooms alike, Ovation is a sleek and stylish skirted tub. The full line of brushed gold accessories, from trim kits and shower rods to doors and grab bars, can add a sense of warmth to your space.

**Aging in Place**  
The wet and slippery surfaces in bathrooms can lead to injuries. While the risk can affect anyone at any age, bathroom safety is especially important for older adults with reduced mobility.

Planning ahead for your retirement years, or considering the needs of a future buyer, can help create a safe environment and reduce the risk of serious injuries. Some potential problems can be fixed with simple adjustments like rearranging the shelving, installing grab bars, adding seating or increasing lighting levels. In addition, a bathtub's edge can be hard to navigate, but walk-in showers have a narrower edge, or can even be edge-less, making it easy for wheelchairs to roll in and out the shower.

**Ease of Installation**  
Another important consideration is how the installation process will be carried out in your home. Installing a beautiful tub or shower doesn't have to be complicated. A custom solution designed to fit your space and requirements may be more attainable than you expect. For example, with an option like Bath Fitter, you can have a

premium-quality tub installed right over your existing one so there's no demolition or mess involved in the remodel whatsoever. It's the perfect blend of beauty and functionality without the stress and disruption of a traditional bath or shower remodel.

Because a local expert is with you every step of the way – from dreaming up the concept and selecting finishes to measuring, manufacturing and installation – there are no surprises. The result is a tub or shower with a seamless, grout-free watertight wall system that's easy to keep looking great for years to come. All backed by a transferable lifetime warranty to provide peace of mind.

**Safety**  
A well-placed grab bar can mean the difference between a confident step and a dangerous slip in the bathroom for those aging in place, young children and everyone in between. Knowing where to place grab bars in the shower and around the tub creates a safer, more accessible space for everyone. Proper placement reduces the risk of falls and can bring added peace of mind and confidence to you and your family.

Discover more inspiration and design ideas to boost the long-term value and enjoyment of your bathroom renovation at bathfitter.com.

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# sports

## Mahomes: 'Some lines must never be crossed'

In a moment that will be remembered long after the roar of Sunday stadiums fades, Kansas City Chiefs superstar Patrick Mahomes — the face of the NFL, the two-time MVP, the champion who has redefined what leadership looks like under pressure — stepped forward with an intensity that left the entire sports world frozen.

This was not Mahomes the quarterback, smiling and delivering his signature no-look passes. This was Mahomes the man, standing before millions with fire in his eyes, his voice trembling not from weakness but from outrage, to demand one thing above all: respect.

The trigger was a scandal that had already engulfed late-night television. Jimmy Kimmel Live!, one of the longest-running staples of entertainment, was abruptly pulled off the air after clips resurfaced showing Kimmel mocking tributes to the late Charlie Kirk. What some dismissed as “edgy comedy” was, to others, a cruel desecration of memory. The controversy spiraled so quickly that it leapt from Hollywood gossip blogs to the heart of the NFL. And into that firestorm walked Patrick Mahomes.

### “This Is About Respect”

Standing before reporters, Mahomes did not hide behind carefully scripted statements or PR-polished lines. He didn't need them. His words, raw and cutting, struck deeper than any touchdown pass.

“This is about respect. About dignity. About the weight of a name that millions carry in their hearts,” he declared.

That single line raced across social media like wildfire. Fans clipped it, reposted it, quoted it on signs, and plastered it on graphics with Mahomes's face lit in red and gold. Within hours, it was trending across platforms from X (formerly Twitter) to TikTok.

And yet it was more than a soundbite. It was a moment of reckoning.

### The NFL Caught in the Crossfire

For years, the NFL has danced uncomfortably on the line between sport and spectacle, between entertainment and responsibility. From anthem protests to concussion debates, the league has often been forced into conversations it didn't ask for but couldn't avoid.

Now, thanks to Mahomes, the NFL found itself drawn directly into the Kimmel controversy. Not because Mahomes



brought football into politics — but because he made it about something bigger: the humanity behind the game.

When Mahomes said, “Some lines must never be crossed,” he was not only defending Kirk's memory. He was reminding the league, the media, and the nation that even in the cutthroat world of professional sports and entertainment, there are boundaries.

Boundaries of decency. Boundaries of respect.

What made Mahomes's statement so powerful was that it was not just about defending Charlie Kirk. It was about setting a standard for how voices with platforms should behave.

Mahomes didn't say, “I'm angry because he mocked someone I liked.” He said, “This is about dignity.”

Dignity, not as a partisan talking point, but as a principle.

—Thanh Hang

## Vikings QB Carson Wentz trusts that ‘God’s got a plan’

September 21 was a full-circle moment for Minnesota quarterback Carson Wentz. The 32-year-old quarterback, who grew up cheering for the Vikings, delivered one of the better performances of his career in his first appearance with the team.

Wentz — playing for his sixth team in as many years — posted a 129.8 passer rating (second-best in his 10-year career) with 173 yards, two touchdowns and no interceptions as he led the Vikings to a dominant 48-10 victory against the Cincinnati Bengals. The win moved Minnesota to 2-1 and into a first-place tie with the Green Bay Packers atop the NFC North.

“There was definitely a lot of emotions I had to channel running out there,” Wentz, who grew up in North Dakota, said of playing for the Vikings in his postgame press conference. “It's been a while since getting a chance to [start], but then obviously being in the purple and gold means a little extra something to me personally. I definitely had a lot of emotions but was able to channel them, go out there and have a lot of fun with those guys.”

And although Wentz is relishing his opportunity to start and to keep the Vikings' ship afloat, he knows football is not the most important thing in his life.

Wentz has stated throughout his career that his faith in Christ is his top priority in life, and he made that clear once again on Sunday as he wore an Audience of One hat to his press conference. The phrase “Audience of One” (AO1) is commonly used by Christ-following athletes who seek to perform for God



and His glory rather than for anyone else, and also the name of Wentz's foundation.

On his Instagram account on Mon-

day, Wentz posted photos from his Vikings debut. His caption read in part, “Just another reminder that God's got a plan and is the author of our story!”

“My relationship with Jesus has meant everything to me,” Wentz told Sports Spectrum at the Super Bowl with the Kansas City Chiefs last season. “... [The Super Bowl] is definitely a platform I feel God's given me, and other guys, to make sure that people use it to spread His name — to make Him famous. Again, life's not all about us.”

—sportsspectrum.com

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# 50+ Lifestyles

## A Guide to Enjoying Life in the Best Years

### 3 Things Every Older Adult Should Do for Their Health This Fall

For older adults, fall is an important time to focus on health and wellness.

According to Ryan Kocher, who leads Medicare growth for HealthSpring, the new brand for Health Care Service Corporation's Medicare business, formerly owned by the Cigna Group, the following three tasks are

essential for seniors to complete as cool weather sets in.

#### Get a Flu Shot

An influenza vaccine can help prevent serious illness due to flu. As immune defense diminishes with age, older adults are increasingly susceptible to flu complications. The Centers

for Disease Control and Prevention (CDC) recommends the use of higher dose flu vaccines for people 65 years and older. This fall, in advance of flu season, visit your healthcare provider or pharmacist to get the right vaccine for you. This is also a good time to catch up on any other immunizations that your provider recommends.

#### Review Medicare Coverage

Medicare is the government health insurance program for Americans 65 and older and others who qualify. Many Medicare beneficiaries choose or change their plans during the Medicare Annual Enrollment Period (AEP), which takes place between Oct. 15 and Dec. 7. HealthSpring is offering a host of Medicare options for 2026. The company provides these tips for selecting a plan:

- Check for plan changes: Review your plan every AEP, especially if you've experienced changes to your health, lifestyle or finances. It's especially important to read your Annual Notice of Change (ANOC) letter – delivered every September – to find out about any modifications to your current plan.

- Dig into the details: A good plan is one that includes your favorite providers and specialists and covers the medications you currently take. When reviewing plans, take these factors into consideration.

- Consider all your options: Medicare Advantage plans cover everything Original Medicare does, so do your research to see if these plans will work for you.

- Learn more: Before enrolling in a particular plan, be sure you understand the details. Call Medicare at 1-800-MEDICARE (1-800-633-4227) 24 hours a day, 7 days a week; TTY users can call 1-877-486-2048. Or, visit the Medicare Plan Finder website



at [www.medicare.gov/plan-compare](https://www.medicare.gov/plan-compare). For local assistance, refer to the State Health Insurance Assistance Program website at [www.shiptacenter.org](https://www.shiptacenter.org). You can also visit individual Medicare plans' websites for more information. For example, HealthSpring's website is [www.healthspring.com](https://www.healthspring.com).

#### Use Your Health Care Benefits

Annual enrollment also serves as a good reminder to take advantage of

all your Medicare benefits. Preventive care and a healthy lifestyle can help you maintain your independence and vitality as you age. Tap into what your plan offers so you can actively engage in your health and well-being.

By checking a few important items off your to-do list during autumn, you can ensure you're well-positioned for a healthy winter and 2026.

-StatePoint



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#### Why you need dental insurance in retirement.

##### Medicare doesn't pay for dental care.<sup>1</sup>

As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

##### Early detection can prevent small problems from becoming expensive ones.

The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

##### Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.<sup>2</sup>

##### Treatment is expensive — especially the services people over 50 often need.

Unexpected bills, like \$190 for a filling, or \$1,213 for a crown<sup>3</sup> can be a real burden, especially if you're on a fixed income.

##### When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services.
- ▶ Look for coverage with no deductibles.
- ▶ Shop for coverage with no annual maximum on cash benefits.

**Simply put — without dental insurance, there may be an important gap in your healthcare coverage.**

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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# Fall is good time to take small steps that can add up to better health

Summer is a time for change of pace, to slow down and enjoy life. But now that kids are back in school and fall is approaching, many people are looking for ways to improve their health and fitness. Taking several small steps may be more productive than one big leap, according to Dr. Graham Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish Hospital and

WashU Medicine in St. Louis. He shared 15 simple things that can add up to big results.

1. Stock up on frozen vegetables. They're easy, ready when you need them and as healthy as fresh options when they have no added salt or sugar.
2. Place fruit where you can see it -- on the counter, top shelf of the refrigerator or your desk. Make it as easy as possible to

choose these snacks over less-healthy ones.

3. Keep a reusable water bottle filled and close by. Plain water is the healthiest and easiest way to stay hydrated.
4. Add a mini-walk -- a micro-break -- to your day. Park at the far end of the lot, get off the bus a stop or two early, or walk to the end of the block and back. Any extra steps we take count toward better health and provide a little "me" time.
5. Take a short phone break. Staying connected is important, but so is time away from the phone, even for just a little while. Put your phone in another room or in a drawer and give yourself the opportunity to explore other ways to enjoy the day.
6. Stand up for 10 minutes. Cutting back on sitting and other sedentary activities has many benefits. If you spend much of the day sitting, try to take regular standing breaks.
7. Make that doctor's appointment you may have been putting off. Whether it's for a health screening, to keep track of a condition or to get you or your kids caught up on vaccines, these



types of visits can have really important benefits.

8. Read some ingredients lists. It's best to cut back on ultra-processed food, and one way to do that is to avoid foods with long ingredients lists that are filled with words we don't recognize.
9. Go to a park. Spending time in green spaces has proven benefits for physical and mental health.
10. Say "no, thank you" to whipped cream. Many coffee drinks can come with whipped cream and other extras. It's best to enjoy coffee without these, at least most of the time. They can add a lot of sugar, unhealthy fats and calories.
11. Give plain yogurt a try. It can take a little getting used to,

but plain yogurt is usually better for us than the higher-sugar, highly flavored yogurts. A great way to start is by mixing half plain yogurt with half flavored yogurt or adding fresh or frozen berries for natural sweetness and flavor.

12. Pick something new from the produce aisle. Break the regular routine and try a fruit or vegetable you've never had before. You may just find a new favorite.
13. Set out your workout clothes the night before. Make it as easy as possible to get dressed and out the door for your morning walk or gym class.
14. Say "yes" to sleep. Good sleep helps with many parts of health and wellness. So, when it's time for bed, make it a priority so you can get the seven to nine hours most adults need.
15. Visit smokefree.gov. If you smoke and want to quit, or are just curious about quitting, this is a great place to start. There are also resources for supporting family and friends who may want to quit.

"A great thing about these small changes is that they can often be relatively easy to make as well as to keep up over time," Colditz said. "While it's good to have bigger, longer-term health goals -- like walking 30 minutes every day or cutting out sugary drinks -- these types of smaller changes help build toward those and can be a powerful start."

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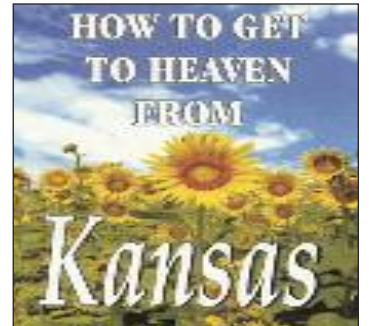
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life, and few there be that find it." (Matt. 7:14). Jesus said, "I am the way, the truth, and the life: no man cometh unto the Father, but by me." (Jn. 14:6). Jesus is the only way to Heaven and He gave these directions on getting there.

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

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

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

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



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## 3. TOPEKA BIBLE CHURCH

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## 4. BETHEL BAPTIST CHURCH

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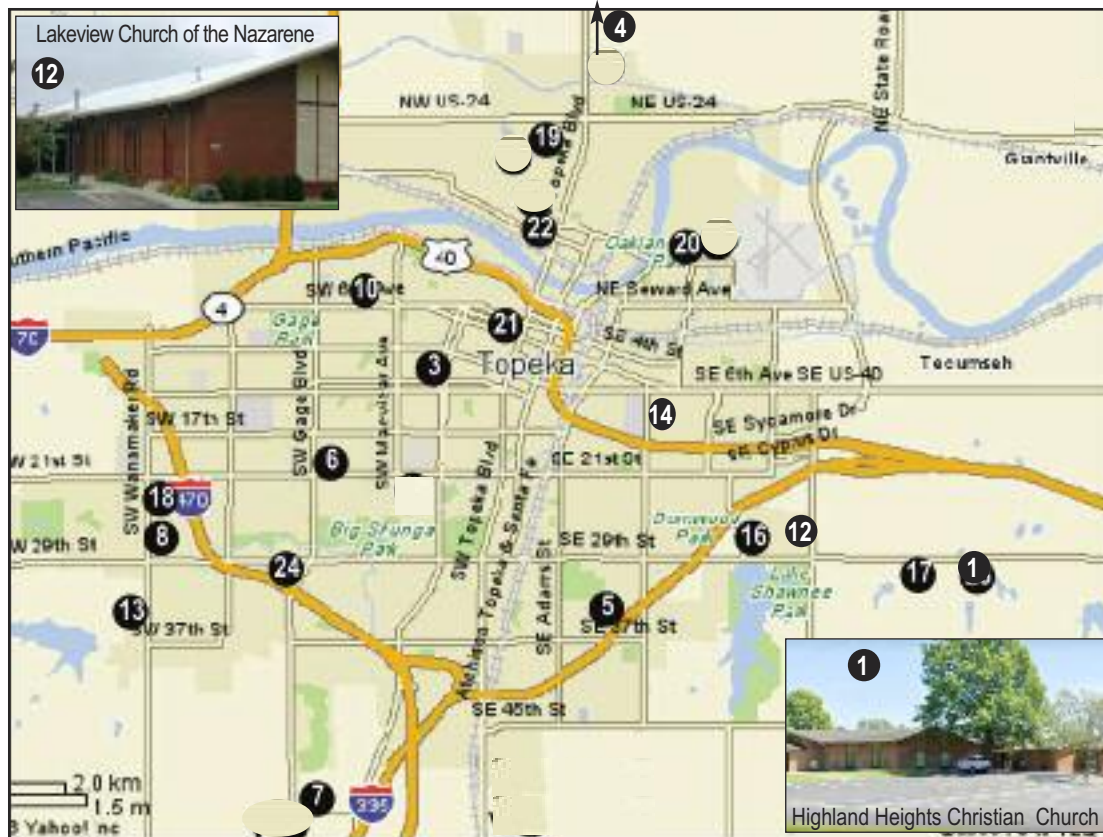
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# Mayoral candidate McClure wants Topeka to grow; stop wasteful spending

Henry McClure is a commercial real estate broker and developer in Topeka who is currently running for Mayor.

McClure was born on July 13, 1959, in Topeka, Kansas, and baptized at St. David's Episcopal Church, which his father helped establish in the mid-1950s. His great-grandfather, Samuel A. McClure, was a Presbyterian priest and Union Army chaplain who founded churches all over Kansas.

His grandfather, James A. McClure, was a district court judge who opposed 'separate but equal' and implemented changes helping integrated 501 schools after the



Henry McClure is a Topeka real estate developer who is running for mayor

landmark decision of Brown v. Board of Education in Topeka in 1954. The McClure School was named after him, where Henry attended early grades.

Henry's parents, who met at the University of Kansas, were married for 20 years before having him, after adopting three other children. His parents divorced when he was three, leading to a contentious custody battle that left Henry resentful of his father. He lived in various Topeka neighborhoods, eventually settling at Lake Sherwood. He attended Pauline, McClure, Wanamaker, and Shideler schools, followed by Washburn Rural, where he became a two-time gymnastics champion.

McClure began his working career in 7th grade at Topeka Public

Golf Course under Jack Wiley, followed by a role maintaining grounds at Lake Sherwood, where he developed a lifelong mentorship with Maurice Martin, a World War II Marine. Working his way through college painting houses helped him develop a great work ethic. After briefly selling life insurance, he then earned a real estate license and began working for Bill Lewis Real Estate and Coldwell Banker.

He later joined Macerich, a prominent mall development firm, through his neighbor Dana K. Anderson. Starting as a trainee in Winter Park, Florida, he then advanced to the role of tenant construction coordinator for a \$40 million mall redevelopment in Boulder, Colorado. He later took on leasing and construction oversight roles, contributing to Macerich's "Mall Doctors" reputation. His career spanned projects in Chattanooga, Greeley, Denver, Long Beach, Lakewood, Reno, and Ventura – eventually traveling nationwide to attract new merchants to the mall environment.

These efforts were followed by an Internet venture putting retailers on the net, as he began to see how shopping on the internet was the future. He then later returned to the mall industry in Kansas City and Florida, and then finally moving back home to Topeka in 2000. As a local commercial real estate broker and developer, he has been involved in bringing many projects to fruition, including the recent Whataburger and Chick-fil-A locations on Topeka Boulevard.

## Business Experience Pays Off

McClure feels that developing properties in cities in major markets across the country has given him the experience and understanding needed to help solve fiscal problems in Topeka and Shawnee County.

He has 45 years of real estate transactions of all kinds, includ-

ing Shopping Mall re-development, commercial leasing, commercial sales, Mixed-Use/TIF redevelopment and sales of residential and commercial real estate. He has also played advisory roles including but not limited, commercial and residential development, leasing, zoning, real estate tax valuation, platting issues and Brokers Opinions.

McClure says the city needs to stay out of the hotel business and other ventures involving putting taxpayer money into private enterprises.

That's not the city's business, he says.

**"It's about streets, fresh water and public safety with the fire and police department. Those are the three main things.** We've got to stop giving money to economic development that's not economic development."

McClure says we need to use all the economic development dollars to fund street repair and stop funding GO Topeka.

**"We have invested \$125,000,000 of sales tax dollars,** and they have not grown the population or broadened the tax base," he says.

"We need to pivot and invest more simply in roads and clean water."

Besides the **hotel** and the **AT&T building**, there are also plans to put taxpayer funds into **Westridge Mall**, among other things, McClure says.

There's also the fiasco at **Lauren's Bay**, a partially developed residential district in West Topeka, owned by Topeka developer Jim Klausman, who owes ten years' worth of back taxes on the property.

Shawnee County has now filed lawsuits to collect these unpaid property taxes. Klausman is alleged to owe over **\$6.4 million in unpaid taxes** and special assessments, according to the lawsuit.

"And then there's the **rising property taxes** in Topeka and Shawnee County, and issues with



McClure says two examples of wasteful spending the city is currently involved in are Hotel Topeka and the AT&T building.

He feels that developing properties in cities in major markets across the country has given him the experience and understanding needed to help solve fiscal problems in Topeka and Shawnee County.



crime," McClure says. "And whose idea was it to turn **12th Street** into a one lane road, with a bike lane and parking? Once a street where first responders could quickly travel from one side of town to the other, it is now a perpetual traffic jam.

"Now they are talking about doing the same thing to Huntoon St."

In addition, Topekans are facing **increased costs for water bills** due to a new monthly "readiness to serve" charge for all water meters, McClure says.

As a businessman who knows how to get things done, McClure says that he will save Topekans money and stop padding the pockets of non-governmental organizations. He says the properties developers have not paid taxes on for ten years should be sold to the land bank, and he will not

vote for property taxes to be raised to finance projects that do not help Topeka.

## A New Approach Needed?

McClure thinks Topeka needs a "common sense businessman" to amend some of the issues facing Topeka taxpayers.

"There are too many unelected officials spending our tax dollars," he says.

McClure thinks Topeka needs to stop hiring so many consultants, and activate the Citizens' Commission to bring more of the stakeholders to the table with 18 citizens for oversight.

"Having a businessman on the job with 46 years in real estate experience is a good start," he said.

**"If you want change, vote for Henry McClure. Otherwise, everything will stay the same."**