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GOLD CITY Page 13

# metro VOICE

FREE!  
TAKE ONE!



Page 16

Carrie Underwood:  
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## NEW RESIDENT churchguide



House of the Lord Church

See Inside Back Cover!

## Kids Ride FREE! returns for summer



Topeka Metro is bringing back its popular Kids Ride FREE! program, offering free bus rides for youth ages 18 and under from May 1 through August 31. Now in its second decade, the program provides safe, reliable transportation that helps local families and empowers young riders to explore opportunities across Topeka.

Since 2013, Kids Ride FREE! has enabled youth to stay active, engaged, and connected during the summer—whether traveling to summer school, libraries, pools, local businesses, or visits

■ Please see RIDE FREE page 3



## How to Have Peace in Times of Crisis

By Clint Decker

Bloodshed is happening amid wars in the Middle East, Europe, Africa, and South America. Over 300 million people are facing a severe hunger crisis. Intense flooding, extreme wildfires, deadly tornados and historic winter blizzards have hit nations across the

globe. Moderate to severe earthquakes have rocked cities in different parts of the world. Tens of thousands have been killed through religious persecution. And not to mention crime, disease and the rising cost of goods and services.

When we look beyond what is occurring locally, and to events

across the world, it is troubling. In times like these it is easy to look toward the heavens and wonder why it is happening, and where it is all headed. In a conversation with His followers about the future and the state of the world, Jesus stated, "And you will hear of wars and rumors of wars. See that you are not

■ Please see CRISIS page 2

## Union Pacific's Big Boy No. 4014 will return to Topeka



Union Pacific's famed Big Boy No. 4014, the world's largest operating steam locomotive, will journey to the East Coast this summer for the first time as part of a historic coast-to-coast tour to celebrate America's 250th anniversary. The tour includes a Fourth of July celebration in Philadelphia, major display events in eight cities and more than 50 whistle-stops in 10 states, including stops for the first time in Indiana, Ohio, New York and Pennsylvania.

In addition to the public display days, rail fans can see this historic machine in action at over four dozen whistle-stops,

■ Please see BIG BIY page 2

## New Royals stadium will be near historic Church

Our Lady of Sorrows Catholic church in Kansas City is getting a new neighbor. The Kansas City Royals announced this week that their new stadium will be nearby in the Crown Cener area.

"The diocese and parish have not been involved in the planning prior to today's announcement," Bishop James Johnston told the "Kansas City Star." "We were made aware of the announcement earlier this week and

learned most of the details along with the rest of the community"

The century-old church and the adjacent parish hall sit on almost an acre of land owned by the diocese at the corner of Gillham Road and E. 26th Street. The structures currently are surrounded on three sides by Hallmark headquarters parking lots and offices. The diocese plans to discuss security and parking with the Royals as

■ Please see ROYALS page 2



# America's 'Most Stressed' Generation Turns to Prayer

The anxiety is constant. The noise never stops. And for a growing number of young Americans, the answer isn't found in another app, algorithm, or therapy trend—but in something far older.

They're praying.

Across college campuses and city streets, in quiet rooms and crowded churches, members of Generation Z—often labeled the most anxious generation in modern history—are turning toward faith in search of what many describe as “real hope.”

Organizers behind a coast-to-coast initiative known as Prayer at the Heart say the shift is unmistakable. Launched at Easter and spanning all 50 states, the multi-denominational movement is calling one million Americans to pray for what it describes as a national awakening of faith and hope.

The effort comes at a time when surveys show nearly 40 percent of young people feel stressed or anxious “all or most of the time,” a reality that has shaped how many in this generation view the world—and their place in it.

“There's a hunger among my genera-



tion for things that are real,” said Reagan Wilbanks, 27, one of the movement's organizers.

For Wilbanks and others, that hunger is being driven by more than just mental health concerns. It's also a reaction to a digital world many say feels artificial, overwhelming, and isolating.

“My generation is pushing back against things that are fake, quickly generated, and automated,” he said. “There's a desire for real community and belong-

ing—for smaller, more personal connections rather than big brands.”

That search appears to be leading many back to church.

Recent data suggests a renewed interest in Christianity among Gen Z, particularly on college campuses. A Barna poll found that 52 percent of U.S. teenagers say they are “very motivated” to learn more about Jesus Christ—an indicator that faith, once seen as declining among

younger Americans, may be finding new life.

Baptist, Assembly of God and non-denominational churches are noticing increasing interest among young people.

Reports from Catholic leaders point to similar trends. In Newark, New Jersey, more than 1,700 new converts recently entered the Catholic Church. Universities such as Notre Dame and Arizona State have also reported increases in students exploring or embracing the Christian faith.

Church leaders on all sides say the shift reflects something deeper than a passing trend.

“There's a hunger for truth,” said Robert Barron, a Catholic bishop who has spoken widely about the resurgence. He and others point to a growing disillusionment with secularism and atheism, particularly as questions surrounding artificial intelligence, job stability, and long-term purpose intensify.

For many young adults, those uncertainties are personal.

Wilbanks said concerns about AI, economic instability, and fractured relationships are creating a longing for

something more grounded—something enduring.

“We're looking for something with roots—stability and longevity—especially given the pace of change,” he said. “We're looking for a home.”

That search, he believes, often begins in stillness.

“A relationship with God—whether you call it religion or faith—is where you begin to find meaning,” Wilbanks said. “Prayer helps people breathe deeply and connect with God.”

Leaders behind the national prayer movement describe the current moment in urgent terms, warning that the country may be nearing a cultural and spiritual tipping point. Their response is simple, but deliberate: prayer in public spaces, in communities, and in daily life.

Whether that movement will reshape the broader culture remains to be seen. But in a generation defined by stress, uncertainty, and digital saturation, one thing is becoming clear:

For a growing number of young Americans, faith is no longer a relic of the past.

It's becoming a way forward.

## CRISIS

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alarmed, for this must take place, but the end is not yet. For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places.” (Matthew 24:6-7)

And it is not just “events” that are concerning, but also how the hearts of people seem to be colder and more callous. God predicted this, “. . . understand. . . that in the last days there will come times of difficulty. For people will be lovers of self, lovers of money,

proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power.” (2 Timothy 3:1-5)

This is all predicted, but why is it happening? To understand we need to step back and see the world through a different lens. The Scripture teaches us, “For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present dark-

ness, against the spiritual forces of evil in the heavenly places.” (Ephesians 6:12) This tells us there is a spiritual element to our world, that is beyond what we can see with our physical eyes. There is good and evil. Light and darkness. Angels and demons. God and Satan. The events we see that trouble us, and the unexplainable immoral behavior we see in others, are the outward manifestation of that invisible spiritual realm.

**Here are six ways we can live in times like these.**

1. Be alert. Jesus knows the Evil One will take advantage of such crises

that affect people's emotions. He will seek to deceive, confuse and divide. Be alert and fight against this with the wisdom and discernment of God.

2. Turn to Jesus. He is the Light in darkness. He is a firm and steady rock in a world that is sinking in the sand. He is Lord and King. Nothing escapes His sight. He sees and knows all. He will work all things for your ultimate good and His majestic glory. Turn from your sin and trust in Him with all your heart.

3. Do not fear. When the news of the day gives you reason to fear, resist. Place your trust in Christ and be delivered from anxiousness and doubt.

4. Endure to the end. Do not waver. Do not quit. Do not stop. Keep trusting. Keep believing. Keep obeying. Keep pressing forward. Keep persevering all the way to the end by the enabling power of God.

5. Love one another. In times of crisis, it is easy to turn on each other. Practice loving and forgiving one another.

6. Go and rescue the lost. Many are caught up in the chaos of our world, and some have directly caused it. Go and share with them the good news of Christ that they might believe, be saved and set free.

## ROYALS

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plans develop.

“We view this as primarily an enhancement that could attract new peo-

ple to worship and experience the beauty of our Catholic faith,” the church said in a statement. “We have been assured that care will be taken to maintain the character of the neighborhood, including the iconic features of Our Lady of Sorrows' building and its historic

presence in the heart of downtown Kansas City.”

Some of the church's masses may coincide with games. In 2025, the Royals played 14 weekend series at home, with the Saturday games starting just after 3 or 6 p.m. and Sunday first pitches

scheduled for 1:10 p.m.

The church originally was built in the late 1800s on the site of Union Station and moved brick-by-brick to its current site, according to the parish website. The current church structure opened in 1923, with a 146-foot tall tower and red

tile roof. It is located in the Crown Center Historic District. Above the altar is a crown sculpture surrounded by angels, which a former pastor called, “the first crown at Crown Center.” If things go according to plan, it will be joined by the Royals' crown logo in 2030.

## BIG BOY

continued from page 1

generally 15- to 30- minutes long. One of these stops will be in Topeka.

As part of the tour, the nonprofit Union Pacific Museum will be selling

tickets for rides in vintage passenger cars pulled by Big Boy through the Poconos Mountains in Pennsylvania on June 14 as a fundraiser. Interested riders can purchase tickets from the Museum at [www.UPtrainTix.org](http://www.UPtrainTix.org). This will be the ONLY passenger excursion opportunity on this tour.

The Eastern Leg Schedule of the Coast-to-Coast Tour is subject to change. The Big Boy may operate ahead or behind the posted schedule, but it will leave Cheyenne, WY, on May 25 and go through Nebraska and Iowa on its way to the East Coast. On the return trip, it will arrive at Union Station in Kansas

City on July 21st at approximately 4:20pm. It will be available for public viewing on July 22 from 9am to 1pm and then from 6-8pm.

Big Boy is scheduled to arrive in Topeka the next day, July 23 at 12:15pm. It will be at Great Overland Station until 12:45pm. The schedule then shows its

arrival at Salina at 6pm. It will depart the next day at 9am for Wilson and Hays.

Public viewing is free and usually involves interaction with operators. Up close viewing of the sheer size of Big Boy, as well as the sounds of the steam engine and its whistle are all part of the experience.

## Kansas Legislature Adjourns With Pro-Life Override Victories

The Kansas pro-life community is celebrating the Legislature's override of multiple vetoes from Laura Kelly this spring. They come after a slate of back-and-forth battles over abortion measures in the Statehouse. The legislature adjourned April 11.

The latest action followed Kelly's veto of two informed-consent bills – House Bill 2727 and House Bill 2729 – on April 6, 2026. Lawmakers moved quickly. By April 9, both chambers had the votes to override, clearing the way for the measures to become law.

That wasn't the first clash this session. Lawmakers had already overridden Kelly on the Pregnancy CARE Act, House Bill 2635, with votes on March 27, 2026, putting that policy in place ahead of the April fight.

The votes again exposed the split between the Democratic governor and Republican lawmakers, who have repeatedly tested the limits of their supermajorities on the governor's pro-abortion stance. For many churches and pregnancy centers, the outcome isn't abstract – it affects how they operate day to day.

House Bill 2635 bars state and local governments from taking action against pregnancy resource centers because they do not pro-



vide or refer for abortions. Supporters say it protects their ability to offer counseling, material support, and parenting resources without pressure from government agencies.

The April overrides focused on how abortion information is delivered. House Bill 2727 strengthens enforcement of existing informed-consent laws, giving women a clearer path to bring legal action if those requirements aren't followed.

House Bill 2729 directs the Kansas Department of Health and Environment to create a standardized form that includes information already required under Kansas law – fetal development, medical risks, alternatives to abortion, and where to find support services.

Kelly, in her veto messages and earlier statements, has argued the state should not mandate what she considers medically disputed information or interfere with personal medical decisions.

Pro-abortion groups rallied around her stands.

Pro-life advocates see it differently.

“These victories reflect Kansas' continued commitment to protecting women, families, and pre-born children,” said Jeanne Gawdun of Kansans for Life, who credited lawmakers for holding their ground.

Lawmakers also worked through budget provisions tied to the issue, including funding for pregnancy resource centers and language restricting Medicaid dollars from going to abortion providers, though those votes followed the broader veto session timeline.

Gawdun gave the credit to lawmakers. “Even after Governor Kelly vetoed each of these measures, the Legislature stood firm to ensure that women facing life-altering decisions receive accurate information and real support.”

Children ages 5 and under must ride with an adult, older sibling, or babysitter, and teens may be asked for proof of age when boarding.

Topeka Metro buses operate Monday–Friday, 5:35 a.m.–6:40 p.m., and Saturdays, 8:15 a.m.–6:40 p.m. If you have questions, you can contact Topeka Metro Customer Service at (785) 783-7000. My Transit Ride is a link that can be pinned on the home screen of your smart phone or bookmarked. It has real-

time tracking and will show when the bus arrives. The link is <https://topekametro.mytransitride.com> or you can go to the website at [www.topekametro.org](http://www.topekametro.org).

“Transportation is more than getting from point A to point B for youth—it's about independence and learning the city around you,” Nugent added. “Kids Ride FREE! transportation shows opportunities for youth beyond their doorstep.”

## C5 Luncheon to feature Christ First Counseling

The April C5Alive POWER Luncheon will be held on the 9th at 11:30am at the Celtic Fox.

The program will feature speakers from Christ First Counseling: Dr. Corey Schliep, Executive Director; Robert House, CFCC Renovate Director; and Scott Strickland, Outreach Coordinator.

Christ First Counseling Center provides professional counseling services and spiritual direction for individuals, couples, and families throughout Kansas.

Founded in 1991, it has 10 office locations in addition to Telehealth services. In 2025 they served 22,504 sessions through 28 licensed professionals and 6-8 clinical interns. The organization partners with multiple church and community partners.

Renovate is a ministry branch of CFCC, offering soul care for Christian leaders and those desiring deeper spiritual formation. This includes space to reflect on God's movement in your life, retreats and spiritual direction.

Admission is free, and lunch can be ordered from restaurants on site if desired. 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 June 11, July 9, Aug. 13, Sep. 10, Oct. 8, Nov. 12, and Dec. 10, 2026. Coming up on August 13 will be Ambassador Sam Brownback.

C5 also hosts other events, including EASTERFEST, the annual Topeka Easter Fun Fair, held this year on March 28 in NOTO Arts District.

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.



Schliep



House



Strickland

### RIDE FREE

continued from page 1

with friends and family.

“Kids Ride FREE! fosters independence, confidence, and life skills while easing transportation costs for families,” said Topeka Metro General Manager Bob Nugent. “Our bus operators ensure young riders travel safely and learn how to navigate public transit.”

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# The Topeka Renaissance Festival Returns for Its Summer Festival

The Topeka Renaissance Festival is set to return this summer, offering an immersive blend of history, fantasy, and live entertainment for attendees of all ages. Held in Topeka at The Woodshed Event Center, the growing event continues to draw visitors from across the region with its unique mix of interactive experiences, performances, and community-driven atmosphere.

The festival features live entertainment across four stages, including music, theatrical performances, and demonstrations throughout the day. Guests can explore a wide range of attractions such as jousting exhibitions, birds of prey demonstrations from Raptors Keep, and full-contact armored combat presented by the Wichita Bisons. Additional activities include archery, axe throwing, horse rides, and encounters with interactive characters like King Oberon and his Fairy Court, The Gnome King & Queen plus the Mermaids!

Festivalgoers will also find a variety of artisan vendors offering handcrafted goods, along with food options and family-friendly activities spread throughout both indoor and outdoor spaces. A new

VIP tent experience has been introduced this year, providing guests 21 and over with upgraded amenities and a comfortable space to enjoy the festival. An adults-only, climate-controlled Pirate Bar will also be available.

The event begins June 12, with gates opening at 6 pm for the Fae Ball, an evening kickoff celebration centered around magical and mythical beings. Opening Ceremony begins at 6:30 p.m., with the ball inside the main hall, and entertainment, food options and much of

the festival happening outside! The main festival opens the following day at 10 a.m., with an opening ceremony at the South Gate, inviting attendees to step into a fully developed world of themed storylines, quests, and roaming characters. Many new entertainment groups are attending this year, showing a growth that makes use of nearly 16 acres to contain the excitement!

The Topeka Renaissance Festival is expanding its community impact this year with creative, family-friendly initiatives that support local nonprofits. One highlight is the Gnome Forest, where individuals and families can build and display their own gnome homes at no cost. For every home created and placed within the forest, the festival will donate \$1 to SENT Topeka. Businesses can also participate by creating branded gnome homes for a \$50 entry fee.

The festival is also bringing back its popular Viking Shield Contest, encouraging participants to design and enter their own shields. For each shield submitted, \$1 will be donated to the NOTO Youth Art Program,

further supporting local youth and creativity.

In addition, attendees who donate a gnome home or shield (one per person) will receive a free one-day festival pass. Organizers say these initiatives reflect the festival's commitment to giving back and strengthens connections within the com-

munity, making the event not only entertaining but impactful for local organizations.

Organizers say the Topeka Renaissance Festival continues to grow as a seasonal highlight, emphasizing creativity, local business support, and community engagement. With its combination of entertainment, education, and immersive storytelling, the festival offers a distinctive cultural experience that brings the past and fantasy to life. Early Bird Tickets are on sale now at [www.topekarenfest.com](http://www.topekarenfest.com).





## Gnome Home Contest

### BUILD A GNOME HOME



**FREE for individuals**  
**\$50 PER BUSINESS**

\$1 per house donated by festival  
to Sent Topeka

Winner Chosen on June 21st  
after the festival concludes

Winner - \$50 cash

**FREE DAY PASS TO THE  
TOPEKA RENAISSANCE FESTIVAL PER ENTRY**

**Entries due by June 12th  
DROP OFF**  
**June 11th & 12th - 10 am - 5 pm**  
**The Woodshed Event Center**  
**South side check in**

**PROCEEDS BENEFIT SENT TOPEKA**






## Viking Shield Art Contest

**Free for individuals to enter**  
**\$50 ENTRY FOR BUSINESSES**

EACH ENTRY WILL RECEIVE A FREE DAY PASS TO  
THE TOPEKA RENAISSANCE FESTIVAL

**Each shield entered, FESTIVAL  
will donate a \$1.00 to  
NOTO Arts Youth programs**

Shields must be 3 ft. or smaller - any  
materials can be used - Contest during the  
Topeka Renaissance Festival Summer event  
June 12th - 14th  
DROP OFF - JUNE 11TH - 12TH  
10 AM - 5 PM - SOUTHSIDE OF  
THE WOODSHED EVENT CENTER




# Milk and Honey Coffee Co. Sows Seeds of Faith and Fortitude in Southeast Topeka

By Lorraine Jessepe / Metro Voice

*“He has brought us to this place and has given us this land, “a land flowing with milk and honey...” –Deuteronomy 26:9*

On March 16, 2020, a small, locally-owned business opened its doors for business on the eve of one of the most tumultuous, unprecedented events in modern world history. The year 2020 will always be remembered as the year the deadly Covid-19 global pandemic brought the world to its knees. On March 17, 2020, Kansas Gov. Laura Kelly subsequently ordered the closure of all bars, restaurants, theaters and schools in the state.

Despite such adversity, business partners Chris Hartman and Darlene Morgan pressed forward with their vision of a neighborhood coffee house for southeast Topeka. Hartman and Morgan are the original owners and founders of the Milk and Honey Coffee Co., located in the former Bank of America building at 2200 S.E. 29 St. Hartman said the inspiration for the coffee house name comes directly from Biblical scripture, Deuteronomy 26:9.

“We just celebrated our 6th year anniversary,” said Hartman, who brings more than 30 years of experience in accounting and food service to Milk and Honey.

Now sole proprietor of the business, Hartman further describes the opening of Milk and Honey during Covid-19 as “a blessing in disguise.” Without initially having to deal with the sit-down aspect of the coffee house, Hartman said the Covid shutdown gave staff time to learn the drive-through coffee business.

## For Times Such as These...

As it turns out, the opening of Milk and Honey offered a little ray of sunlight into the neighborhood during those bleak days of the Covid shutdown. It was particularly important for



The Tuesday morning team: From left to right - Haley, Chris Hartman, Abby & Jessica.

Hartman and Morgan, graduates of Shawnee Heights High School and Highland Park High School respectively, to bring their new business to the southeast side of Topeka, popularly known as Hi-Crest. “We wanted to send a message to the rest of the community that the east side of Topeka was OK with us,” Hartman said. “It’s the perfect spot,” he said. “We know them (the neighborhood) well. The community adopted us, and we adopted them.”

Hartman also said he is absolutely supportive of the grassroots work of SENT (Strengthening and Equipping Neighborhoods Together), a non-profit organization working to change the narrative of Hi-Crest as a marginalized, under-resourced community in Topeka. SENT’s goal is holistic neighborhood transformation through housing, education and community health and wellness.

Hartman said he believes that people have a higher sense of self-worth when they live in healthy, positive communities. “Anything that can strengthen the neighborhood is a good thing,” he said. “It’s mostly the small

businesses who are investing over here.”

Milk and Honey currently employs 26 part-time and seasonal employees. Most of these, Hartman said, are students. One of the ways Milk and Honey invests back into the community is through its high school scholarship fund. Highland Park, Shawnee Heights and Topeka High each have drinks in which Milk and Honey donates a dollar back into the fund. A small meeting room is also available downstairs at no charge

for various groups such as book clubs.

Hartman said Milk and Honey customer favorites include their baked goods, the Milk and Honey Latte and their signature Chicken Salad Sandwich. “We bake everything in house,” he said. “We’re not fancy, but we try to make everything fresh.”

“It’s been a great six years,” Hartman said. “We are so thankful for our customers.”

When asked whether he and business partner, Darlene Morgan, ever thought of quitting during those early days of Covid, Hartman replied, “Absolutely not. We both felt a calling to do this. It was in our hearts.”

The Milk and Honey Coffee Co. is open Monday through Friday, 6am to 7pm; and Saturday, 6am to 2pm. On Sundays, the drive-through window is open from 8am to 1pm. They can be reached at 785-640-0111.



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# FINANCIAL PLANNING



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## TOO LATE TO SAVE?

Dear Dave,

Q. I'm 50 years old, and through a series of bad life decisions, I have nothing set aside for retirement. Now that I'm finally in a better place financially, I'm getting to the age where people say to invest conservatively. Because of this, I'm afraid to invest in anything aggressive, and that makes me feel like I'll never be able to have a decent retirement. I've put aside \$20,000 in a savings account so far. Any advice you have would be appreciated.

A. First of all, you're not at the age where you need to be investing conservatively. I don't know where you heard this or who told you it was a good idea, but they're wrong. You're only 50. I'm not investing conservatively, and I'm

63. I'm investing in good, growth stock mutual funds that are growing like weeds. And you should be too.

Listen, I'm not saying you need to shift into panic mode. But you do need to get moving on this retirement thing today. It's great that you've started saving money, but I'd be pretty nervous if all I had to my name at age 50 was \$20,000. At this point, you should have something like \$250,000.

You mentioned being afraid to invest more aggressively. I've learned over the years there are two situations where fear can be a positive thing. The first is being afraid of things we don't understand. One day when I was 12, my dad told me to move the car. I didn't understand you weren't supposed to stomp the gas pedal all the way to the floor. That little episode scared us both silly, and I spun almost all the gravel out of our driveway. Now, with years of practice and understanding, I'm a better driver. Being behind the wheel doesn't scare me at all.

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and I spun almost all the gravel out of our driveway. Now, with years of practice and understanding, I'm a better driver. Being behind the wheel doesn't scare me at all.

—Dave

## 5 Must-Do Moves and 5 Costly Mistakes to Avoid in the "Retirement Red Zone"

By Roger Shumaker  
Financial Professional  
at The Retirement Team



If you're within five to ten years of retirement or five to ten years into retirement, you've entered what financial professionals call the Retirement Red Zone—a critical window where the decisions you make can have an outsized impact on your long-term financial security. At this stage, it's no longer just about growing your wealth—it's about protecting it, optimizing it, and preparing it to support your lifestyle for decades to come.

This phase of your retirement planning requires a shift in mindset—from accumulation to strategic distribution and risk management. As a Registered Investment Advisor with many years of experience guiding clients through retirement planning, I cannot recommend enough the importance of disciplined and informed decision-making in your final working years to help ensure your retirement plan stays on the right track.

### 5 Must-Do Moves To Make Now

#### 1. Put Your Plan Under Pressure

As retirement nears, market volatility becomes more consequential. A downturn early in retirement can have a ripple effect on long-term income. That's why it's critical to test your plan against different scenarios—market drops, inflation spikes, or unexpected expenses. A strong plan isn't built on ideal conditions; it's designed to hold up under stress. If your financial future is not what you want it to be, when would you like to know?

#### 2. Rebalance Toward Stability

Growth still matters—but so does preservation. The Red Zone is the time to gradually shift a portion of your portfolio toward more stable, income-oriented assets. The objective isn't to avoid risk entirely, but to reduce exposure to large losses that could disrupt your retirement timeline.

#### 3. Turning Paychecks into Play Checks

A successful retirement strategy transforms accumulated savings into a predictable income stream. Whether it's Social Security, retirement accounts, or other investments, having a clear income plan can provide both financial stability and peace of mind. Think of it as replacing your paycheck—with structure and intention.

#### 4. Be Strategic About Taxes

Taxes don't disappear in retirement—they evolve. Without a plan, they can quietly erode your savings. Exploring strategies like Roth conversions, tax-efficient withdrawals, and proper asset placement can make a meaningful difference over time. Thoughtful tax planning helps ensure more of your money stays working for you. My Grandad taught me a valuable lesson when I was young, he said, "It doesn't matter what you make, it matters what you keep". The harsh reality is that taxes are a cost of investing that require attention now and in retirement. At The Retirement Team, we have a professional tax preparer onsite to assist with the many complexities of a good Red Zone income tax plan.

#### 5. Lighten the Debt Load

Reducing or eliminating debt before retirement can significantly ease financial pressure. High-interest obligations, in particular, can strain a fixed income. By lowering your monthly expenses, you gain flexibility and create more room for the things that matter most in retirement. My Grandad had lots of great advice, and he also taught me that, "You can't get ahead by paying others interest". I credit my grandparents for teaching me at an early age the commonsense that you must use when it comes to managing your money.

### 5 Costly Mistakes To Avoid In The Retirement Red Zone

#### 1. Ignoring Sequence of Returns Risk

Market downturns early in retire-

ment can be devastating. If you begin withdrawing from your portfolio during a slump, you lock in losses and reduce your portfolio's ability to recover. A sound strategy should account for this risk with diversified income sources and possibly a cash buffer.

#### 2. Being Too Conservative Too Soon

Moving entirely out of growth investments too early can limit your portfolio's ability to keep up with inflation. Balance is key. Think about it like Goldielocks; too much risk can be bad, too little risk can be bad, and what you are looking for is the "just right" amount of risk for your own situation.

#### 3. Ignoring Inflation's Long-Term Impact

Even moderate inflation can erode purchasing power over a 20–30 year retirement. Failing to include growth-oriented investments or inflation-protected income streams can leave you short later in life. Another Grandpa saying is appropriate here, "The only thing worse than dying too soon - is outliving your money".

#### 4. Claiming Social Security Without a Plan

Timing matters. Claiming benefits too early—or without coordinating with other income sources—can reduce your lifetime benefits. Your Social Security income plan should also take taxes into consideration.

#### 5. Underestimating Healthcare Costs

Healthcare expenses tend to rise with age, and failing to plan for them can quickly disrupt even a well-prepared retirement strategy.

#### Final Thought

The Retirement Red Zone is a time for clarity, not guesswork. The Red Zone is complex, and even small mistakes can have exaggerated effects. Many individuals can benefit from professional guidance to help navigate risk, taxes, and income planning effectively. With a disciplined approach,

■ See RETIREMENT TEAM on page 10



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The Retirement Team is a team of financial professionals that specialize in helping retirees and those about to retire.

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## Is the 4% Rule the Right Retirement Income Strategy for You?

By Jim Hanna

Planning for lasting retirement income requires a thoughtful strategy, especially with factors like longevity, market volatility and evolving lifestyle needs in play. As retirement approaches, one of the most common questions people face is: "How much can I safely withdraw from my savings each year?" For decades, the 4% rule has served as a widely accepted guideline. The premise is straightforward: withdraw 4% of your total savings in the first year of retirement, then adjust that amount annually for inflation.

While the 4% rule offers a straightforward framework, it doesn't account for the many variables that can affect your retirement income needs. For example, the age at which you retire plays a significant role. Retiring earlier means your savings need to last longer. Market performance is another key factor. Extended downturns could deplete your funds faster, while strong markets might allow for more flexibility. And of course, no one can predict exactly how long they'll live, which makes it difficult to plan with certainty. Given these uncertainties, it's worth exploring additional strategies to help ensure your retirement income is both reliable and sustainable.

Seek reliable income sources. Social Security provides a dependable monthly income for life. If you're fortunate enough to have a pension, that's another steady source. But for many retirees, these alone may not be enough. Annuities can help fill the gap by offering guaranteed income for a set period – or even for life. Whether you're covering essentials like housing or healthcare or simply seeking peace of mind,



Hanna

annuities can be a valuable part of your retirement plan. Annuities are a complex investment product, so it is important to consult a financial advisor before incorporating them into your strategy to determine if they're the right fit for your situation.

Embrace flexible spending. A flexible, dynamic spending approach allows retirees to adjust withdrawals based on personal circumstances and market performance. Unlike the fixed 4% rule, this strategy adapts to real-life circumstances. For example, during strong market years, a retiree might feel comfortable taking out more to fund a major purchase or experience. In contrast, during downturns, they might scale back spending to preserve their portfolio. This method helps extend the longevity of retirement savings while allowing for a more responsive and personalized financial plan. It requires regular review and a willingness to adapt, but it can offer greater sustainability and peace of mind over the long term.

The bucketing strategy. Some retirees prefer a "bucketing" approach to manage their savings. This strategy divides assets into three time-based buckets:

- Bucket 1: Holds two to three years of cash in liquid accounts, untouched by market volatility.
- Bucket 2: Contains three to four years of short-term investments with modest risk and return, used to replenish bucket 1 as needed.
- Bucket 3: Invested in long-term growth assets like stocks and diversified funds, designed to outpace inflation and grow over time.

As the third bucket appreciates, funds are gradually moved into the second and then the first, creating a sustainable flow of income. This layered approach can offer peace of mind by aligning investment risk with time-

based spending needs.

Tailor your strategy to fit your life. There's no one-size-fits-all solution when it comes to retirement income. Your lifestyle, goals, and risk tolerance should ultimately guide your strategy. Your financial advisor can help you evaluate the pros and cons of each strategy and build a plan that supports both your current needs and long-term financial health.

\*\*\*\*\*

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## The Hidden Tax Trap in Trump Accounts

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*



Starting July 4th, Trump Accounts will go live, and opening one for any child born between 2025 and 2028 is an absolute no-brainer. For many in Kansas, it may also make sense for children born between 2016 and 2025. Most people probably should not contribute anything additional themselves, however, due to tax complications and pitfalls.

Let's start with the free money. Trump Accounts can be funded by one of three groups: you, your employer, or an entity such as a charity or the government. Currently, the federal government will contribute \$1,000 to a Trump Account for any child born between January 1, 2025, and December 31, 2028. This process does not happen automatically, though. You must fill out Form 4547 and open an account through InvestAmerica.org to receive the money.

Additionally, billionaire Michael Dell, of Dell Computer fame, has pledged to give \$250 to the first 25 million children under age 10 who were born prior to 2025 and are not eligible for the \$1,000 from the federal government. You must also reside in a ZIP code where the average household income is under \$150,000, which would include most ZIP codes in Kansas. Be-

cause of an odd rule for Trump Accounts, your actual income does not matter for eligibility purposes. Non-profits and charities can elect to donate to Trump Accounts by region or age, but they cannot discriminate based on a particular person's income. That is why Michael Dell stipulated his donation only go to accounts of children who reside in ZIP codes to try and minimize the amount given to higher income families.

If your child is eligible for either \$250 or \$1,000 of essentially free money, you should sign up for a Trump Account. The same goes if a different charity or local government decides to make contributions your child would be eligible for. Your employer may also contribute up to \$2,500 per employee, per year. So, if you and your spouse each work for the same employer and you have one child, that employer could contribute up to \$5,000 per year for that child. If only one person's employer is contributing and you have multiple children, that employer can contribute only \$2,500 in total, split among your children. If that sounds confusing, arbitrary, and counterintuitive, I certainly understand. Much of the tax code the government has created is exactly that.

One downside to this "free money" is that taxes eventually have to be paid not only on the contributions, but also on all of the growth. In addition, 100% of whatever the account is worth when the child turns 18 becomes fully con-

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# opinion

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## The Case for Joy in Ecclesiastes

By Dr. Michael Brown

Does the Book of Ecclesiastes have a message for us today in a world that seems to have gone totally mad?

Does this ancient writing have a message for those in the midst of so much suffering and pain?

More than any other biblical book, Ecclesiastes is associated with skepticism, cynicism, and pessimism, pointing to both the frailty and futility of life. Why are we here after all? To what purpose? And why bother trying to change things? It's just the same old cycle over and over again. And all for what?

As expressed in the second verse of the book,

“Meaningless! Meaningless! says the Teacher. Utterly meaningless! Everything is meaningless.” (Ecc 1:2, NIV).

Of course, the end of the book comes to a sober, orthodox conclusion. In short, having done it all, having had it all, the

author of the book says that only one thing matters:

“Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind. For God will bring every deed into judgment, including every hidden thing, whether it is good or evil” (Ecc 12:13-14).

As expressed by Old Testament commentator Derek Kidner, throughout Ecclesiastes,

“Path after path will be relentlessly explored to the very point at which it comes to nothing. In the end, only one way will be left.”

That is certainly the central message of the book, the message you are left with when you read all twelve chapters to the end. But is there another message that emerges from the book, a sub-message to the larger conclusion?

As the author takes you on his journey through life, he does give voice to cyni-

cism and skepticism, with comments like this:

“All things are wearisome, more than one can say. The eye never has enough of seeing, nor the ear its fill of hearing.” (1:8)

And this:

“with much wisdom comes much sorrow; the more knowledge, the more grief” (1:18).

And this:

“the wise, like the fool, will not be long remembered; the days have already come when both have been forgotten. Like the fool, the wise too must die!” (2:16)

And this:

“I have seen something else under the sun: The race is not to the swift or the battle to the strong, nor does food come to the wise or wealth to the brilliant or favor to the learned; but time and chance



happen to them all” (9:11).

You can see why Ecclesiastes is a favorite book of skeptical readers of the Bible.

Yet embedded in these skeptical observations is a common refrain found several times in the book which basically says, “Enjoying life is a gift from God!”

This is not to be mistaken for the

■ Continued on next page

## Is The Judgment and Wrath of God Real?



**CLINT DECKER**  
President and Evangelist with Great Awakenings, Inc.

### Speaking Truth

A survey from a few years ago found that “nearly eight-in-ten U.S. adults think God or a higher power has protected them, and two-thirds say they have been rewarded by the Almighty. By comparison, somewhat fewer see God as judgmental and punitive. Six-in-ten Americans say God or a higher power will judge all people on what they have done, and four-in-ten say they have been punished by God...”

When it comes to our natural instincts, if we are given a choice, we would rather receive messages about how God is pleased with us and loves us, rather than how He will judge us. Am I correct? Despite our personal feelings though, is the judgment and

wrath of God real?

Jesus once said, “...whoever does not obey the Son [Jesus] shall not see life, but the wrath of God remains on him” (John 3:36). Wrath of God? The phrase is uncomfortable. Jesus is the most compassionate, kind and loving person the world has ever known.

Sometimes we might think the idea of God's wrath, judgment or anger was just an Old Testament thing, and that when Jesus came in the New Testament, it all ended. Not true. There are hundreds of verses throughout the entire Bible that speak about the judgment of God.

What is the wrath of God? Theological scholar, Dr. Leon Morris, wrote that it is the “active opposition of God's holy nature to everything that is evil.” Evil is anything that goes against the ways of God. He helps us understand by providing a comprehensive list of evil things sinful hearts do, saying they are “...filled with all manner of unrighteousness, evil, covetousness, malice. They are full of envy, murder, strife, deceit, maliciousness. They are gossips, slanderers, haters of God, insolent, haughty, boastful, inventors of evil, disobedient

to parents, foolish, faithless, heartless, ruthless.” (Romans 1:29-31)

How does God respond to this evil in our hearts? By being both merciful and just. When we persist in going our own way, in a display of divine grace, God patiently and mercifully speaks the truth to warn us. He does it through His Spirit and human messengers. God cautions us about what will happen if we refuse, just like He did in the beginning with Adam and Eve, history's first man and woman. God said to Adam, “You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.” (Genesis 2:16-17)

What is God to do when like a parent, He lovingly lays down rules for the good of His children, but they blatantly defy Him with high handed rebellion? God will respond with equitable justice. He will act impartially, and come against every thought, word or deed that violates His glory, honor and holiness. The Scripture says, “It is a fearful thing to fall into the hands of the living God” (Hebrews 10:31).

Is there a purpose for divine judgment or is God just an angry God?

When we experience the internal conviction of things we have done wrong, the negative consequences of our own actions or some form of divine discipline, it is all meant to help us. God's judgment is a supernatural-sent spiritual alarm, to wake us up to the condition of our life and where it is headed, unless we change course.

The Scripture says that God, “...is patient toward you, not wishing that any should perish, but that all should reach repentance.” (2 Peter 3:9) Right now, Jesus is waiting for you with arms stretched open wide. Stop. Sin no more, and receive His forgiveness. Trust in Jesus and be gloriously saved forever this very hour.

*A prayer for you - Lord God, I praise you for your mercy and justice. You are a God without partiality and a wise judge. Let us walk in reverent fear before you because of your mighty power. Help us to turn from our ways and find salvation for our soul in Jesus alone. In His name. Amen.*

*—Clint Decker is President of Great Awakenings. Share your comment at cdecker@greatawakenings.org and follow his blog at clintdecker.blogspot.com.*

# Politics, the Great Divider; Or Is It?

By Carolyn Cogswell

Politics, the great divider. Or is it? Is it something else? God, maybe? Well, I don't have much time to write now, but I have been in a spiritual war all day with people who disagree with me about politics. People I love, people I'm actually related to in some form or fashion—some by blood, some by marriage. Doesn't seem to matter anymore whether people are in your family or not, they just can't love one another. It's really sad.

I don't really feel like describing the bone of contention; it doesn't matter much. It could be one thing one day and another the next. So even going into what it is would be redundant. I've been on Facebook about it and I've said about all I want to say about it.

At work people seem to know without even having a conversation with you what side of the political fence you're on. Or is it politics? Maybe it's God. Jesus actually said he did not come to bring peace on earth, but rather division.

"Do you suppose that I came to give peace on earth? I tell you, not at all, but rather division. For from now on five in one house will be divided: three against two, and two against three. Father will be divided against son and son against father, mother against daughter and daughter against mother, mother-in-law against her mother in law." (Luke 12:51-53).

He also said, again, in Matthew, "Do not think that I came to bring peace on

earth. I did not come to bring peace but a sword. For I have come to set a man against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law; and a man's enemies will be those of his own household" (Matthew 10:34-36). Well, this is not spoken about much, is it? But when you become a Christian, you will be at odds with practically the whole world, and that is the reality.

You thought they would embrace your new-found faith. You found what you were looking for. You found what your heart longed for all your life. You found what filled the empty void inside your soul. You found what you knew to be the answer to everything, and what is their reaction? Rejection, disapproval, disappointment, estrangement, you name it, and you find yourself no longer acceptable in their eyes.

Not what you expected, but there it is in black and white. Well, in red, actually, the words of the Lord Jesus Himself. And that is what it is. You become a member of a different family--the family of God, And it has to be O.K., because that is what you signed up for, not to be loved and accepted by the world, but to be beloved of God and a part of His kingdom forever, and all you want now is for all those you come in contact with to be born into that forever family also.

I am very grateful for my spiritual family, my Christian family, my local assembly, very small now since a split five years ago. Guess when: 2020. You re-

member what was going on then, but we won't talk about it now. We are moving forward. God is sovereign. The events on the world stage are not a garden party, not a game. They are a series of events that are actually as vital as life and death. They are life and death, and we may have only a very small part in it, in the eyes of the world, but they are all of life to you in God's reality.

Having found Christ now more years ago than the years I lived before I found him, sometimes I admit to being tired, but my relationship with Jesus is the only thing that keeps me going from day to day, and more as time goes by.

There will be and is opposition on a daily basis from one direction or another, but God has given his word and his Spirit and many blessings to enjoy, no more enslaved by the the world and its traps and schemes, so with what time God allows me to be here I will proclaim his name and seek to serve him and be the light of the world and the salt of the earth he called me to be.

These are definitely "the times that try men's souls." But the Man on the cross who died for us and arose in three days is seated at the right hand of God judging everything and everyone and we can trust him during the most trying of times. He is God. He both breaks and heals the heart. It's the most amazing thing to follow Him.

So let the division come. Jesus said it would.

And some scholars see these statements as concessions.

Yet the fact remains that this world is filled with pain and suffering. Every day there is a tragedy. Every moment there is agony. Every second there is injustice. It is absolutely maddening.

How can we be happy in a world with so much sorrow? How can we smile today when tomorrow might bring unspeakable heartache?

That's why so many people are depressed and why others take their lives. The pain is just too great, the hopelessness too overwhelming.

And that's why, with full acknowledgment of the suffering of the human race and the seeming meaninglessness of our lives, Ecclesiastes recognizes that to enjoy life is a gift from God. Don't take it for granted!

We can do this while still caring about the needs of others. We can still do this and weep with those who weep. We can still do this and live in the light of final

**RYAN SHUMAKER**

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trolled by that child, and they can do whatever they want with it. For some families, that could be a scary proposition.

Essentially, at age 18, Trump Accounts begin following the same rules and restrictions as any other pretax IRA-style investment account. If the money is withdrawn before age 59 1/2 and not used for some type of qualified exception, such as a first-time home purchase or higher education, there is an additional 10% tax penalty on top of whatever other tax is owed. Even if the money is used for a qualified reason, tax is still owed — just not the additional penalty. Also, as with an IRA, there are RMDs, or required minimum distributions, that will start at age 75 for anyone who has a Trump Account. Balances in a Trump Account could also potentially reduce or disqualify a child from receiving financial aid for college.

Even if some value is lost to taxes or a reduction in financial aid, it is still a good idea to sign up children who qualify for free seed money, because they would still have what is left over rather than nothing. What is not a good idea for most families is contributing money to a Trump Account out of their own pockets.

One reason is the significant tax complication it creates — a complication that would not otherwise exist if the account only ever received pretax money from someone else. While contributions from the government, charities, and employers are considered pretax, any contributions a family makes themselves are considered after-tax, and there is no tax break for making those contributions. It also means that every year going forward — which for most families would span decades — it must be reported on a tax return how much was contributed by you on an after-tax basis and how much is pretax.

As an example, let's say you start a Trump Account today for a child born this year. They receive the free \$1,000 from the government, and then you decide to contribute \$2,000, bringing the total balance to \$3,000. Let's also say that, over time, that \$3,000 grows to \$10,000 and a withdrawal then takes place. Because there was \$2,000 of

judgment.

But while we're here in this world, even to enjoy life is a gift from God. Be grateful for it and give Him thanks, all while fear-

after-tax money contributed to the account, and because \$2,000 represents 20% of the current account balance that would mean 80% of any withdrawal would be taxable and 20% would not be, since that 20% had already been taxed. So, if \$6,000 were withdrawn, \$4,800 would be taxable and \$1,200 would not.

This further complicates future withdrawals, because \$1,200 of the original \$2,000 in after-tax contributions is now gone, leaving only \$800 in after-tax money. So, if the remaining \$4,000 in the account were to grow to, say, \$12,000 in the future, then \$800 — or 6.67% of any withdrawal at that time — would be tax-free.

See how quickly this can get complicated? Because it becomes so complicated so quickly, what is likely to happen is that many people who decide to make additional contributions above and beyond the free money will not properly track how much of an account is pretax and how much is after-tax. As a result, they may end up paying tax later on money they contributed themselves and accidentally pay tax on the same money twice. Even if meticulous tracking is done, any contributions a family makes will likely have a higher tax rate assessed on gains when the money is eventually withdrawn compared with other already available alternatives.

Next month, we'll detail the pros and cons of four different account options with more favorable tax treatment than a Trump Account that can be set up for the benefit of a child. If you do not want to wait until next month to learn more, you can set up a complimentary strategy session with someone on our team at Retirement Portfolios in Lawrence by calling 785-330-9292 or by visiting our website at [www.RetireFromTaxes.com](http://www.RetireFromTaxes.com).

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ing Him and keeping His commandments.

It is a matter of both-and rather than either-or.

## ■ Continued from previous page

worldly philosophy which says, "Eat, drink, and be merry, for tomorrow we die!" In context, "Eat, drink, and be merry, for tomorrow we die" is a godless response to a divine call to fasting and repentance (see Isa 22:12-14).

But the context of Ecclesiastes is different.

This is the author's reflection before God, not a word of rebellion against Him. It is a practical observation rather than a fleshly response.

To place these verses back to back:

"A person can do nothing better than to eat and drink and find satisfaction in their own toil. This too, I see, is from the hand of God, for without him, who can eat or find enjoyment?" (2:24-25)

"I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God." (3:12-13)

"This is what I have observed to be good: that it is appropriate for a person to eat, to drink and to find satisfaction in their toilsome labor under the sun during the few days of life God has given them—for this is their lot." (5:18)

"So I commend the enjoyment of life, because there is nothing better for a person under the sun than to eat and drink and be glad. Then joy will accompany them in their toil all the days of the life God has given them under the sun." (8:15)

"Go, eat your food with gladness, and drink your wine with a joyful heart, for God has already approved what you do. Always be clothed in white, and always anoint your head with oil. Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days. For this is your lot in life and in your toilsome labor under the sun." (9:7-9)

To be sure, this is not the ultimate conclusion of the book, as we have noted.

# What is Shavuot (Pentecost) really all about?

Over the past 44 years, I have had the privilege of speaking in over 450 churches in any number of varied contexts. When given the opportunity, I have asked the audiences a question that's only been answered correctly once. "What happened 50 days after the first Passover in Egypt?"

Ask any practicing Jewish person, and there is no question. It was the giving of the Torah, the Five Books of Moses, on Mt. Sinai. In the bible, this 50th day is called "Shavuot," or the Feast of Weeks (sheva translates seven, "ot" is plural), indicating seven weeks following Passover. In the book of Acts, the Greek word used translates to "Pentecost."

Given my audience, then, it is perhaps shocking that my question has so consistently been answered with silence. Of course, I hold no one guilty! Why? Because though the scriptures say, "When the Day of Pentecost came" (Acts 2:1), the transliteration from the Greek word for Pentecost is little taught. "Pentecost" was not a new Christian holiday. It was the yearly Shavuot celebration.

Even today, Judaism observes this feast. It is recognized as one of the three "Regalim," feasts that involve "going up" to the Temple in Jerusalem. The other two are Passover (lamb slaughter) and "Sukkot" (the Feast of Tabernacles or "Booths," anticipating the eschatological gathering). In Judaism, Passover and Shavuot are bookends representing one story; they comprise a single redemptive narrative from Redemption (the deliverance from Egypt) to Revelation (the giving of the Torah).

Leviticus 23 describes all of this, beginning with "Bikkurim" or First Fruits of the barley harvest (v.9) through to another "Bikkurim," the wheat harvest (Shavuot). (This explains why the Book of Ruth is read in synagogues on this day.) The custom of the counting of the "Omer" (Barley sheaf) each day for 50 days continues. Jews like myself ac-



knowledge the day and week of the counting and transfer a portion of barley from one bowl to another for 50 days, accompanied by special prayers remembering the commandment and designating the day and week of the counting.

This explains why, in Acts 2, "Jews from every nation under heaven" (Acts 2:5) had gathered. Pentecost (Shavuot) was a "Regel," a "going up" (to Jerusalem) feast. What Christians often fail to recognize is Acts 2 as the commemorative day for celebrating the giving of the Torah through Moses to establish the constitutional identity of the nation of Israel. Acts 2 is a Jewish holiday!

In fact, if what you presume when you use the label Christian is a non-Jewish Christ-follower, there is not a single Christian in all of Acts 2. Likewise, if what you presume when you think of the church is a non-Jewish church, this is not the birth of the church. That would not occur until Acts 10 with Cornelius, a Gentile. Rather, if you are a follower of the God of Israel from among the nations, then through Pentecost, the witness of the Spirit to the New Covenant prophesied in Jeremiah 31 confirms that you follow the Jewish Messiah and the God of Israel with Israel. Welcome to the family!

This renewed covenant made with the "Household of Israel and the Household of Judah" will be character-

ized by the Torah (yes, the Torah!) written in our hearts by the Spirit of God (Jeremiah 31:33-34, Ezekiel 36:27). Rabbi Feldman, what are you saying? The Law? Well, it does not matter what I have to say about it. The answer from scripture is, "Yes!" On this issue, another article would be required. But for now, know that the word Torah does not translate as "law," but as "instruction."

In today's theological milieu it is unfortunately popular to dichotomize the "New" from the "Old" or Grace over against Law. The Bible does not teach that. The giving of the instructions of God, whether for Jew or Gentile, was an act of God's grace which no one earned or deserved. Paul said, "So, then, the law is holy, and the commandment is holy, righteous and good" (Rom7:12).

For the Jews present in Acts 2, then, Pentecost (Shavuot) was the New Covenant witness of the new Sinai; or better still (and in accordance with the commandment in Leviticus 23:21), both a recapitulation of Exodus 20 (the Ten Commandments on stone) and the prophetic fulfillment of Jeremiah 31:31-34 (His law in our minds and hearts).

Note the parallels: The Israelites left Egypt on Passover and 40 days later Moses went up on a mountain to see God (Mt. Sinai). Ten days later, Moses came down with the Torah. The Israelites broke the covenant and 3000 people died as a result. Jesus died on Passover and 40 days later went up on a mountain to be with God (Mt. Of Olives). Ten days later, the covenant-

confirming Spirit (who writes His law in our minds and hearts) came down and 3000 people were saved!

Further, consider the tongues of fire described in Acts 2. Here, instead of only Moses in the presence of God (as at Mt. Sinai), now the Glory Spirit cloud fell as a personal "mini" form on each one, confirming our calling into the New Moses (prophesied by Moses himself in Deuteronomy 18 and 30). Through this baptism of empowerment, the Torah given at Sinai is not abolished, but brought to its intended testimony, establishing what it truly means to be and act like the people of God, with our lives characterized by God's righteous requirements.

At Sinai, Moses heard the Word of God but the rebellious below heard thundering. (The Hebrew word translated thunder in Exodus is "kolot" which means voices or languages.) On Shavuot in Acts 2, the same occurred. Some heard them speaking in their own language while others heard what sounded like drunken gibberish. Were these actual languages spoken or what I call "ecstatic utterances" (Romans 8:26) like those we witness in churches today and identify as speaking in tongues?

Note that in Acts 2, in both verses 6 & 8, Luke is careful not to say that these disciples "spoke" in other languages, but that listeners "heard" them in their own languages. When you and I hear someone speaking in a foreign language we do not understand, we do not call them "drunk" and ridicule them, so something else is going on here. I suggest we consider that the miracle was in the hearing and not the speaking. That is, for those without an ear to hear, these "vocalizations" would be nothing but "thunderings" (cf. Exodus 20:18). Audibly, it would have sounded like gibberish. But to those with an ear to hear (just like to Moses on the first Shavuot at the mountain), God was speaking.

In 1 Corinthians 14:21 Paul references Isaiah 28:11. Isaiah prophecies judgement would come in the form of God speaking to the rebellious in languages "they cannot understand." I sug-

gest this is an exact parallel between those who could not hear the words of God in words of men, to understand and know what the Lord was speaking to Moses. Now through the New Moses and a (re)newed covenant Glory Spirit presence out of which God speaks, this "gibberish" confirms that we are the children of God, crying out "abba" (father) in child like manner. "Abba", though translated father, is an onomatopoeic word, a sounding that implies meaning but is just non-intelligible expression—in this case, "a heartfelt sounding out of endearment from a pre-language-speaking child to a father." After all, how do you translate "oink" when referring to the sound of a pig. (Oh no, did I refer to a pig)?

Perhaps this explains why tongues without interpretation in corporate worship is unacceptable—could it be a sign of judgement that we are not a people in unity poised to have a shared experience of hearing from God? Perhaps that would have us grieve, repent and seek Him with a greater recognition of His glory presence and desire to dwell in our midst as we cry out "ABBA" together re-establishing that truly "He is our God, and we are His people."

Finally, if they were all miraculously speaking in known languages, why did not the Phrygians, Parthians, Medes, etc., then not strike up a conversation with those who seemingly were speaking their own languages? Instead, they asked one another, "What is the meaning of this?" (Acts 2:12). As suggested, I think it is because they heard aurally ecstatic utterances but by the miracle of hearing in their inner being, heard their own native tongues (in the singing of praises to God).

I trust that this year Shavuot (the Day of Pentecost) will not just be a day to recognize what happened in Acts 2, but a day filled with powerful desire for the presence of God to confirm in us that we are the children of God destined to fulfill his glory presence purpose on earth until He comes! I will, likewise, but for me it will be Shavuot in Messiah!

—Rabbi Jerry Feldman | Adat Yeshua

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## RETIREMENT TEAM

continued from page 7

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# The Berlin Wall: A World Divided will be next major exhibit at Union Station

A new exhibit, The Berlin Wall: A World Divided, is scheduled to open at Kansas City's Union Station this May in time for an influx of visitors for the World Cup. The exhibit tells the story of the greatest symbol of division in the 20th century.

For nearly three decades, the Berlin Wall divided a city. Now,

The Berlin Wall. A World Divided, brings its story to life, say organizers. The wall was a guarded concrete barrier that encircled West Berlin from 1961 to 1989, separating the city from East Berlin and East Germany. It featured guard towers placed along large concrete walls, along with a wide area that contained anti-vehicle

trenches, beds of nails and other defenses. The main purpose of the wall was to prevent East German citizens from escaping to the West.

The exhibit, which for the first time gathers more than 40 lenders from 20 international institutions, highlights the different perspectives and experiences of people living on both sides of the wall through a collection of 200 original objects on public display for the first time in North America. It will be presented by the same company behind the popular Auschwitz exhibit from several years ago, which saw ticket sales top 300,000.

The exhibition will feature:

An audio guide that provides

complementary information offering a global look at the facts of history. It will be available in English and Spanish.

Divided into four galleries, guests will experience A World Divided; Before the Wall; Division and Living with the Wall; and Global Transformation and the End of the Cold War.

Several large sections of the Berlin Wall and materials trace its evolution, from early barbed

wire to escape-deterrent obstacles such as "Stalin's lawn," a spiked metal ground structure.

Personal belongings of Hiroshima bombing victims, fragments of a spy tunnel and objects reflecting public responses.

Titanic: an Immersive Voyage currently is on display at Union Station. The Berlin Wall: A World Divided is scheduled to open in May. For more information, visit [www.unionstation.org](http://www.unionstation.org).



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## Spring activities continue in NOTO

The **Redbud Youth Festival** continues through May 9.

Friday May 1st - **Youth Talent Showcase Music** in Redbud Park Featuring "Youth Talent Showcase." Multiple youth performances will take place on the Kaw Valley Bank Stage with an open mic opportunity from 7-8. Youth Entrepreneurship Expo in Redbud Park, NOTO Young entrepreneurs (18 and younger) will share their talent/skills in our NOTO Youth Expo at Redbud Park.

Sat. May 9th - **Youth Art Supply Sale & NOTO Chalk Walk**. Explore the Redbud Park Pavilion and purchase art supplies with NOTO Bucks at the Youth Art Supply Swap. Additional supplies can be purchased.

**NOTO Chalk Walk** - This annual chalk walk event is one for all ages! Decorate the sidewalks with your own masterpieces and put your skills to the test! Chalk provided but we encourage you to bring your own.

**Halfway to Halloween Trick or Treat** at the NOTO Arts & Entertainment District Thursday, May 14, 6p-8p!!

**Summer Concert Series** - May 15: Selektó - an electrifying fusion of Latin rhythms and high-energy performance.

**First Friday Music in Redbud Park June 5** - Stephanie Teagarden: Own Two Feet.

NOTO also features live music on a regular basis at Artismo Gallery & Bistro and Compass Point.

For more event information visit [explorenoto.org/](http://explorenoto.org/).

Visit [explorenoto.org](http://explorenoto.org) for more information event listings

**Other upcoming events in North Topeka:**

**WOODSHED 1ST SATURDAYS MARKET** - May 2, 9-2, Woodshed



Event Center.

**LOVE YOUR MOM EVENT** - May 9, 10-3, Woodshed Event Center. Shop vendors for that perfect gift.

**TOPEKA RENAISSANCE FESTIVAL - VIKING CELEBRATION** - June 12-14, at Woodshed Event Center. Friday Ball 6-11pm. Sat 7 Sun. 10-6. Bringing the Medieval world to life for an unforgettable weekend of warriors, feasting, merchants, music, and myth. Enjoy: Mead, feasting, and celebrations; Armored combat exhibitions; Live music & late-night revelry. Merchants; Mead, ale, and food vendors; Weapons demos & Jousting; Storytelling and living-history displays; Family activities & children's realm; Live performers, musicians, and entertainers.

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

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

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

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# the events calendar

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

## FAMILY-FRIENDLY EVENTS

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

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

**HHHS FOOD TRUCK NIGHT** - May 1, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals.

**WASHBURN TECH CAR SHOW** - May 1, 8-2:30, 5724 SW Huntoon. Biscuits & Gravy, coffee, bake sale, silent auction, food trucks and many great cars & trucks!

**SPRING VENDORS MARKET** - May 2, 10-3, Happy Bassett Barrel House.

**WOODSHED 1ST SATURDAYS MARKET** - May 2, 9-2, Woodshed Event Center.

**CINCO DE MAYO - VIVE LA DOWNTOWN TOPEKA** - May 2, 3-10pm, Every Plaza. Free event. Bring your Lawn Chairs. Kids activities, Food Trucks, Live Music, vendors

**DOCUMENTARY SCREENING: IN HIS STEPS - WHAT WOULD JESUS DO?** - May 3, 2pm, Kansas Museum of History. The Rev. Charles M. Sheldon story. Producer Dave Kendall, longtime host of the "Sunflower Journeys" series, will be on hand to take part in the dialogue following the screening.

**LIVE AT LUNCH** - May 5, 11-1, Every Plaza. Colin Nichols, food trucks

**ING NETWORKING GROUP** - May 6, 11:30am at IHOP North. All welcome, free to attend, order from menu

**MULVANE ART FAIR** - May 6-7, 10am, Mulvane Art Museum, Washburn University Fine Art, food trucks, music, childrens activities

**NATIONAL DAY OF PRAYER - May 7. Prayer Rally at Noon at Kansas Capitol, First Floor Rotunda. Patriotic ceremony with local youth.** [donna@cultureshield.com](mailto:donna@cultureshield.com) [www.nationaldayofprayer.org](http://www.nationaldayofprayer.org);

**NATIONAL DAY OF PRAYER** - May 7, Noon. South Park Gazebo, Lawrence. Rain location: Victory Bible Church, 1942 Mass. [jeff@cccclawrence.org](mailto:jeff@cccclawrence.org), 785-766-7417

**FRIDAY FLICKS** - May 8, 7pm vendors & food trucks, "Zootopia" at 8pm

**RED CROSS BLOOD DRIVE** - May 8, 9-3, Christ Lutheran Church, 3509 SW Burlingame. To make appointment call 800-RED-CROSS or visit [www.redcrossblood.org](http://www.redcrossblood.org) (sponsor code: TopekaCLC). Bring a photo ID, drink plenty of water and eat prior.

**CORNER MARKET** - May 9, 10-3, 29th & Adams. Vendors and kids activities.

**MOTHER'S DAY MARKET** - May 9, 9-1, Every Plaza. Music and vendors. Face painting, splash pad, henna, food trucks.

**LOVE YOUR MOM EVENT** - May 9, 10-3, Woodshed Event Center. Shop vendors for that perfect gift.

**FAIRLAWN FIESTA CAR SHOW & CONCERT** - May 9, 4-10pm, Fairlawn Plaza. Car show, face painting 4-6, free concert 7-10. Food Trucks.. Villains Dance.

**YOUTH ART SUPPLY SALE & NOTO CHALK WALK** - May 9. Explore the Redbud Park Pavilion and purchase art supplies with NOTO Bucks at the Youth Art Supply Swap. Additional supplies can be purchased. Decorate the sidewalks with your own masterpieces! Chalk provided but we encourage you to bring your own. Food

trucks, music, prizes, vendors

**HALFWAY TO HALLOWEEN TRICK OR TREAT** - May 14, 6-8pm, NOTO Arts & Entertainment District. Presented by MARS! Come in costume and get candy!

**C5Alive "POWER" LUNCHEON - May 14, 11:30-1, at Celtic Fox. Featuring Dr. Corey Schliep: Executive Director of Christ First Counselling. Learn about counseling and spiritual direction services. 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, June 11, 11:30-1.**

**EATS AND BEATS** - May 14, 6-9pm, Every Plaza. Chance Encounter with Cover Girls

**SUMMER CONCERT SERIES** - May 15: Selektó - an electrifying fusion of Latin rhythms and high-energy performance.

**RELAY FOR LIFE** - May 15, 6-11pm, Hummer Sports Park. Help fight cancer. A fundraiser walk with activities for everyone. [Relay.org/topekaks](http://Relay.org/topekaks)

**GARAGE SALE** - May 16, 9:00am - Noon, 946 NE Chester, (Oakland Area). Nothing is priced: You set the price - all money is donated to Christian Street Witness Ministry.

**NIGHTTIME FOOD TRUCK FESTIVAL** - May 16, 5-10pm, Every Plaza.

**ING NETWORKING GROUP** - May 20, 11:30am at Skinny's. All welcome, free to attend, order from menu

**SUMMERTIME BLUES** - May 20, 7-9pm, Gage Park Amphitheater. Featuring Nic Olas

**EATS AND BEATS** - May 21, 6-9pm, Every Plaza. Rip-tide with Orlando "Oz" Zuniga

**LAWRENCE BUSKER FESTIVAL** - May 22, 5-10pm, Downtown Lawrence.

**HOLTON GLORY DAYS** - May 23, 8-2, downtown Holton. Festival & Car show, lots of vendors. [www.exploreholton.com](http://www.exploreholton.com)

**GOLD CITY 45TH ANNIVERSARY TOUR CONCERT - May 23, 6pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Road. Doors open at 5pm. Concert begins at 6pm. No tickets are necessary. There will be a free-will "love offering" received during the concert. 785-273-2248; [office@wwnaz.org](mailto:office@wwnaz.org); [wwnaz.org](http://wwnaz.org)**

**A NIGHT ON BROADWAY** - May 23, 23, 7pm, White Concert Hall, 1700 SW Jewell. Presented by Shawnee Choral Society. Featuring Selections from Hamilton, Suffs, The Phantom of the Opera, The Music Man, and many more Broadway favorites!

**EATS AND BEATS** - May 28, 6-9pm, Every Plaza. Katie May with KC Flo

**TOUCH A TRUCK** - May 30, 10-12, West Ridge Mall

**WELCOME SUMMER VENDOR SHOW** - May 30, 10-6, West Ridge Mall. Indoor vendor market.

**SPRING VENDOR EVENT** - May 31, 11-6, HyVee. Featuring local vendors, food trucks!

**EATS AND BEATS** - June 4, 6-9pm, Every Plaza. Switch in Time with Tyler Swain

**HHHS FOOD TRUCK NIGHT** - June 5, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals.

**FIRST FRIDAY MUSIC IN REDBUD PARK** - June 5.

Stephanie Teagarden: Own Two Feet.

**DOORSTOP'S NEIGHBORFEST** - June 6, 9am-2pm, 5973 SW 25th St. Food trucks, 5K FunRun, car show, raffles, family fun zone, face painting, inflatable. [www.Doorstoptopeka.org](http://www.Doorstoptopeka.org).

**NAMI WALK** - June 6, 11-1, West Ridge Mall. Registration on-site begins at 10 a.m. The day will also include remarks from several people, along with storytelling, an art display and a scavenger hunt. Find details and register at [NAMIWalks.org/Kansas](http://NAMIWalks.org/Kansas).

**TOPEKA RENAISSANCE FESTIVAL - June 12-14 at The Woodshed Event Center.**

**GARAGE SALE & BAKE SALE** - June 13, 8am-4pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave, inside Fellowship Hall. Fundraiser for Children/Youth ministry. Lots of good bargains!

**SUMMERTIME BLUES** - Jun. 17, 7-9pm, Gage Park Amphitheater. Featuring Howard Mahan

Area Agency on Aging offers Senior health insurance counseling. 580-4545 or [rhoil@tscpl.org](mailto:rhoil@tscpl.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 Ade-lines, 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)**

**OPEN INDOOR COURT PICKLEBALL** - Sundays at 4pm, Berynton United Methodist Church (7010 SE Berynton 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,

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

**May 14, 11:30-1: "POWER" Luncheon at Celtic Fox. Christ First Counseling team will talk about mental health & counseling services**

Free Admission. Order lunch from menu if desired. Open to the public.

Save the Dates!

- June 11: POWER Luncheon, 11:30-1
- July 9: POWER Luncheon, 11:30-1
- Aug. 13: POWER Luncheon, 11:30-1

Speakers: Dr. Corey Schliep, Executive Dir; Robert House, Renovate Dir; Scott Strickland, Outreach Coordinator

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

**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 grandopry@gmail.com. GrandOttawaOpry.com

**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. 10am-12pm, Oakland Church of the Nazarene: 939 NE Oakland

**HARVESTER FREE MOBILE FOOD DISTRIBUTION** - 3rd Saturday each month, 10-11am, Oakland Church of the Nazarene: 939 NE Oakland

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

## MEETINGS & CLASSES

**CHRISTIAN WRITERS GROUP OF TOPEKA** - 1st & 3rd Mondays, 7pm at the Hughes Room 205 of the Topeka Library. Workshop for aspiring writers. Each participant is asked to bring five copies of a two page type written sample of a work in progress. After reading the pages aloud each participant is allowed an equal number of positive and negative comments offered in a spirit of helpfulness. If you would like to read something email Charles at jcccw@gmail.com

**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: 702-328-7835 or ks.cwfa.org.

**THE HEAT** - FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th. www.flocritkanssas.org

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

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

**PICKLEBALL** - Mon. & Wed. 1-3pm, First Baptist Church, 3033 SW MacVicar Ave. Park on West Side, where the gym is located. Contact Dave Mathias, davemathias@sbcglobal.net, or Betsy Thompson, 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 TROUPOUS** - Every Mon. 6pm, Cornerstone Comm. Ch., 7620 SW 21st. Faith-based scouting programs, age 5-18. Register: cornerstonetopeka.com. 478-2929.

**TOPEKA NEEDLEWORK GUILD** - Every Mon. (except holidays) 9a-11a in the Menninger Room of the

Topeka Public Library. Bring a project to work on as we share our needleworking skills and ideas.

**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.

**NARVRE Meeting** (Nat'l Assn of Retired and Veteran Railroad Employees): 2nd Tue each month at Museum of the KS National Guard, 125 SE Airport Dr, 9:30AM.

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

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

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

**MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS)** - VIA

**ZOOM** - 4th Wed. 10-11:30am. Contact Rich McReynolds at rlm4017@gmail.com. Via Zoom link

**FAMILY HISTORY WRITING GROUP** - 2nd Wed. 10-11:30am, Lowman United Methodist Church, room 12. Do you have great family stories to tell and want to pass them down to the next generation but don't know where to start? shepherdstopeka@yahoo.com

**S.W.A.G. (Spiritual Warriors Anointed by God) youth group** - Wed at 7:00 p.m. 3710 NW Topeka Blvd.

**AWANA** - Every Wed., 6-8pm, First Southern Baptist Church, 1912 SW Gage Blvd. Bible based program for children & youth ages 3-HS. For info: 272-0443.

**AWANA** - Every Wed., 6:30pm, Bethel Baptist Church, 4011 N. Kansas Ave. Bible based program for children & youth ages 3-HS. For info: 286-0467.

**AWANA** - Every Wed., 6:30-8pm, Auburn Christian Church. Bible based program for children & youth ages 3-HS. For info: 256-2515.

**VIP LUNCHEON FOR SENIORS** - Every Wed., 10-45 Bible Study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org.

**STUDENT IMPACT** - Every Wed., 6-8pm, First Southern Baptist, 1912 SW Gage Blvd. Youth games, teach-

ing, 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



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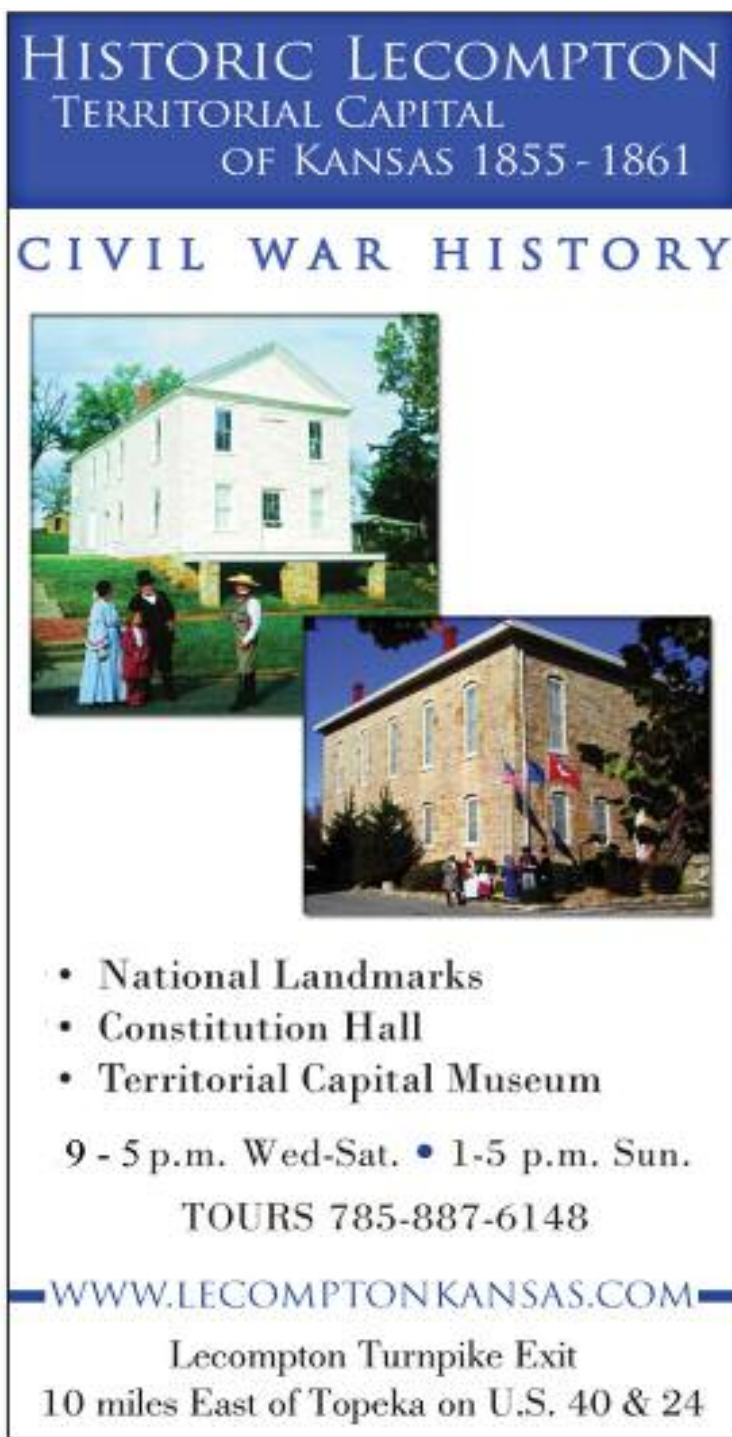
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**TOPEKA GEM AND MINERAL SOCIETY** - 4th Fridays, 7:15pm, 1st Congressional Church, 1701 SW Collins.

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

**MONTHLY SCORE MEETING** - 1st Sat., 8-9:30am, Washburn Tech, 5724 SW Huntoon (enter east doors facing Huntoon). No RSVP or fee is required. Small business owners are invited to a Breakfast Round-table 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

**PARKINSON'S SUPPORT GROUP** meets 1st Thursday every month at 5:30 pm, Midland Hospice House, 200 SW Frazier. Jean Barton 785-478-9045.

**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

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Kids 10 & under free

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[www.topekarenfest.com](http://www.topekarenfest.com)

FOX 43, THE WOODSHED, TOPEKA GEM AND MINERAL SOCIETY, TOPEKA GREAT LIGHT AGLOW, HOPE AND HEALING ACADEMY, OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP, BINDING UP THE BROKEN HEARTED, PARKINSON'S SUPPORT GROUP, AL-ANON, CAREGIVER SUPPORT GROUPS, ABORTION RECOVERY SUPPORT, PURSUIT FOR SEXUAL PURITY, ALZHEIMER'S SUPPORT GROUPS, COMPASSIONATE FRIENDS/BEREAVED PARENTS GROUP, CAREGIVERS GROUP

Facebook, Instagram, TikTok



Summer starts in the Shawnee County parks - Pools open May 23rd. From splash pads to slides, it's almost

time to cool off, kick back, and make some memories. Who's ready?

God's Word. For info, contact local Healing Hearts representative Shelly Brush, First Southern Baptist Church at shelly.b@healinghearts.org. All communication is confidential and secure.

**MIDLAND CARE GRIEF SUPPORT** Groups: Building A, 200 SW Frazier Circle; **Every Mon.**, 4-5pm: 12 Week Adult Group for Recent Loss 1st and 3rd Thu., 10:30am & 5:30pm—Ongoing Adult Group 1st and 3rd Thu., 5:30pm; Ongoing Young Adult Group (4-18 years of age) For All Groups: Call for start dates and info packet. Group and individual grief support available upon request. Info: 785-232-2044 ext.341

**CAREGIVER SUPPORT GROUPS** - Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings. 2nd Monday, 3:30pm, Topeka public library, Anton Rm. 3rd Friday, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka

**ABORTION RECOVERY SUPPORT** - Providing services for women & men who suffer from Post-Abortion Syndrome. Kay Lyn at KLCarlson20@cox.net.

**AL-ANON** is a support group for families and friends of alcoholics. For info on meetings in the Topeka area email [ais-topeka@kansas-al-anon.org](mailto: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](mailto: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](mailto: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](http://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](mailto:785-969-4038) or [TopekaCFS@outlook.com](mailto: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.

**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](mailto:Topeka.heals@gmail.com) or 785-380-9309.

**DIVORCECARE PROGRAMS** - (For updates check [www.divorcecare.org](http://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](http://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](mailto:walnutviewcc@att.net).

WED. - 6:30pm, Northland Christian Church, 3102 NW Topeka Blvd. No Cost. 785-286-1204, [www.northland.cc](http://www.northland.cc)

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

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

Send your calendar events to [voice@cox.net](mailto:voice@cox.net)

See complete calendar at [www.metrovoiceneeds.com](http://www.metrovoiceneeds.com)

# entertainment

## Hallmark Star Created Roadtrip Romance Movie to Spotlight a Former Co-Star

Actor Tyler Hynes' passion project, *I'LL BE SEEING YOU*, finally made its way to the small screen!

"Inspired by Hynes' deep respect for veteran actors and the wisdom they share on set, the road trip romance reunites him with his *HOLIDAY TOUCHDOWN: A CHIEFS LOVE STORY* co-star, Tony winner Christine Ebersole," Parade reported, adding that *I'LL BE SEEING YOU* was "the first project he put into development at Hallmark."

The movie follows workaholic Amy (Stacey Farber), who sets off on an unexpected road trip with her grandmother Vivien (Ebersole). The pair are joined by Vivien's best friend Sue (BJ Harrison) and their retirement community's Activities Director Mark (Hynes).

"What begins as a straightforward work trip becomes an unexpected adventure when the group visits a town that holds a meaningful place in Vivien's past," the description of the movie continues. "Along the way, Amy's spark with Mark turns into something deeper that has them reconsidering what they want out of life."

Farber spoke to *Us Weekly* about her role in the project, sharing, "My character is a classic workaholic, who can't let go of her job to just enjoy her life even a little."

However, through her road trip with



her grandmother and her friend — and her budding romance with Mark — Farber's character learns about "the necessity of enjoying your life and being more spontaneous."

In an interview with *Us Weekly*, Hynes spoke about how his friendship with Ebersole inspired *I'LL BE SEEING YOU*, saying, "Christine and I met on the *Chiefs* movie, *HOLIDAY TOUCHDOWN*, and that was a series of moments throughout my career and life where I'd had the opportunity to work opposite somebody who had been doing this for such a wonderful amount of time."

He continued, "Those were always my favorite memories from shooting these movies, and it was no exception on

*Chiefs*, and so when we finished that, I really tried to go about bringing this movie to happen and have Christine step into this role, which was a dream."

"Honestly, it was a playground I wanted to create for Christine," he shared. "I think there's nothing more beautiful in life, and certainly love, than perspective, and what better way to sort of explore a new perspective on that than having someone like Christine be the center of the story, and have her love story be something that kind of galvanizes this blossoming relationship. I just think it's beautiful."

*I'LL BE SEEING YOU* premiered on Hallmark April 25.

—*movieguide.com*

## Jury finds Live Nation, Ticketmaster Guilty



A federal jury has found Live Nation Entertainment and its subsidiary Ticketmaster liable for violating antitrust laws, handing a significant courtroom victory to a coalition of state attorneys general that includes Kansas Attorney General Kris Kobach and former Missouri Attorney General Andrew Bailey.

The verdict follows a five-week trial focused on whether Live Nation's control over concert promotion, venue ownership and ticketing created an illegal monopoly that drove up prices nationwide. Jurors agreed, finding the company used its dominance to shut out competition and push costs higher for fans, artists and venues.

The case, filed in May 2024 by dozens of states alongside the U.S. Department of Justice, accused Live Nation of leveraging Ticketmaster's reach to lock competitors out of major concert venues. While the DOJ and several states reached a settlement during the trial, Kobach and a group of 33 states rejected it and continued the case.

"There's a reason why concert

ticket prices today are outrageously high," Kobach said after the ruling. "It's because Live Nation and Ticketmaster have been using their monopoly power to rip off consumers and artists."

Missouri Attorney General Andrew Bailey joined the multistate lawsuit challenging Live Nation's business practices. His office had argued the company's conduct limited competition and left consumers paying more at the box office. Bailey currently serves in the Trump administration.

The jury found that Ticketmaster unlawfully maintains a monopoly over ticketing services at major venues and that Live Nation dominates the amphitheater market. It also concluded the company tied its promotion services to venues it owns, limiting choices for performers.

With liability now decided, the case moves to a separate phase where attorneys general will seek financial penalties and possible changes to how the company operates. The outcome could determine whether Live Nation faces structural changes or other court-ordered remedies.

## Ben Carson Book Highlights America's Christian Heritage

As the United States celebrates its 250th birthday this year, many Americans don't understand the role faith played in the nation's history, Dr. Ben Carson said.

"A lot of people really don't understand the role of faith in our country," the former neurosurgeon and cabinet secretary recently told Fox News Digital. "They say, 'We're not a faith-based country.' I wonder if those people have read our founding document, the Dec-



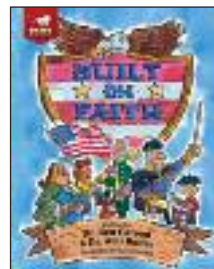
laration of Independence, which says that our rights come from our creator."

During the Constitutional Convention of 1787, when those assembled in Philadelphia struggled with disagreements, Carson recounted how Benjamin Franklin stood before the delegates and reminded them that throughout the American Revolution, they frequently had turned to God for guidance.

"He said, 'We need to talk to God,'

Carson said. "And they prayed, and they got up, and they put together the Constitution of the United States, which has lasted as a single Constitution for 250 years. I don't think there's any other country that can say that they've had a Constitution without changing it for 250 years. And I think it was a God-inspired document. If we continue to follow it, we will continue to do well."

Carson's new children's book, "Built on Faith,"



makes the case for America's founding. It will be published in late June, just ahead of July 4. The book is part of a joint "America Wins" campaign that includes Kirk Cameron and Riley Gaines, each writing a book, through the faith-based children's publishing company Brave Books.

Carson noted the importance of instilling the belief in American exceptionalism in children. "I

have been to 68 countries, will go to my 69th country this year," he said. "And there's no place like America. We need to do everything we can to teach our children and to preserve it."

Easter and Passover both connect people to the story of Jesus and redemption, he said. "There is such a thing as good and evil," Carson said. "The Bible and our Christianity teach us to love our neighbor, not to cancel your neighbor if they disagree with you."

# Carrie Underwood Encourages Performers to Put Faith First

Singer Carrie Underwood has found a way to remain popular in the country music world without compromising her Christian principles.

“You don’t have to ... sell your soul to make it in the entertainment industry,” she told “The Christian Post” after serving as a judge on the Songs of Faith episode of “American Idol.” “You are going to have to stand strong in your faith and remember who got you here, because it wasn’t you.”

On that show, Underwood performed the hymn “How Great Thou Art” with former “Idol” contestants Filo, Canaan and Kolbi, while judges Lionel Richie and Luke Bryan opened with “Jesus Is Love.” The episode, which was broadcast during



Easter week, combined contestants performing songs centered on faith with moments of prayer and wor-

ship.

“I love that we were able to just be joyful and, you know, kind of have some moments of just worship in front of the world,” she said. “I feel like I’m still downloading all that we just experienced.”

Underwood, who has been credited for the show’s renewed emphasis on faith-themed programming, praised the show for leaning into something she said is often difficult to embrace in the entertainment industry.

“I mean, what’s not to love?” she said. “I respect ABC and ‘American Idol’ so much for being bold in this theme, because it’s not easy. I feel like in the world of entertainment in general, it’s not easy. But I also love that it was a gentle way. It’s songs of faith, and it was kind of what that means to you as hopeful. So it’s not like we were making everybody sing about Jesus. It’s kind of like you could take that and sing something inspirational that means something to you.”

Keyla Richardson, a pastor’s daughter, sang Maverick City Music’s “Jireh,” while mother-of-three Hannah Harper performed Chris Tomlin’s “At the Cross (Love Ran Red)” and Kyndal sang an indie version of “Nothing but the Blood.”

Underwood said she hopes her journey from contestant to global star encourages aspiring artists navigating the industry while holding onto their faith. “Remember where your gifts come from, because it’s not from you,” she said. “Everybody kind of has to make their own way, but it is possible.”

# Classic Children’s Show “Superbook” Overtakes Japan



The classic Christian children’s show “Superbook” is alive and well in Japan. Pastor Nozomi Nishimura of Jesus Family Church in Tokyo sometimes dresses as the cartoon character Pikachu to draw attention as he shares the gospel.

“We wanted to find a way on how to share the gospel to more people, especially the children, and so we came up with this yearly evangelistic festival, which is called The Joy Joy Festival,” he told CBN News. “It is an entry point of the church, like today we have 10 non-Christian families who came; and then they come to church.”

This festival is Japan’s largest evangelistic event. For the third time, Superbook participated, featuring Gizmo, known as Robic in Japan. He danced with the Superbook team to the theme song, the “Salvation Poem.” Compared to previous years, more children now are familiar with the song. The team hopes they also understand its message of salvation through Jesus’ death on the cross.

Superbook first aired nationally in Japan 40 years ago, according to John Tan, CBN’s regional director.

“It was originally created for the Japanese market,” he said. “It was a way for Dr. Pat Robertson to enter Japan and introduce the Bible. In the 80s, we continued to invest in Japan and show them God’s love and God’s purpose for their lives through Superbook and through CBN ministries.”

The Superbook team has visited various Sunday Schools, teaching children about Queen Esther. They encourage the kids to become part of the “Kingdom Generation,” one that cannot be defeated or destroyed, because they serve a victorious God.

What began as a simple media outreach through Superbook has now grown to a much bigger vision, the establishment of CBN Japan. “In the very near future, we plan to open CBN Japan especially for kids,” Tan said, “but there will also be a 700 Club-type program for the adults here in Japan.”



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## Avoid a Summer Breakdown: Why Now is a Smart Time to Replace an Old HVAC System

With summer heat just around the corner, homeowners may not be aware that spring can be a perfect time to prepare for rising temperatures. An outdated heating, ventilation and air conditioning (HVAC) system, for example, may not be up for the task of keeping a home cool.

In fact, it can end up costing homeowners more in the long term due to a gradual decline in efficiency and more frequent repairs. In addition to savings over time, there are multiple reasons to replace an aging system this spring.

In a recent survey, Carrier found more than one-quarter (26%) of homeowners don't know the age of their HVAC system, and a slight majority (54%) don't know the average

lifespan of one. Those knowledge gaps can result in missed opportunities for long-term savings.

### Aging Systems Can't Take the Heat

Many homeowners postpone purchasing a new HVAC system until their existing system fails or they find their aging system is struggling to maintain a consistent temperature. Often, upfront costs deter homeowners from purchasing a new system; however, 8 in 10 homeowners would consider a new



heating and cooling system if it paid for itself in energy savings within 5-10 years. With a new energy-efficient system, those savings are possible.

### A New HVAC System is a Critical Home Investment

Modern heating and cooling systems have uses beyond heating and cooling. They can improve air quality in the home by balancing humidity levels, reducing drafts and keeping a consistent climate throughout multiple rooms and stories. They also use less energy and run more quietly than older systems, making a home quieter and more cost-effective.

### HVAC Basics Many Homeowners Miss

HVAC units often go unseen, yet a home's comfort depends on them running consistently. It's critical that homeowners schedule annual maintenance appointments to ensure their system is running as it should and they're aware of when it may be time to replace.

While it may seem more cost-effective to stick with an outdated system for one more season, an old system could end up prolonging issues and ultimately cost homeowners more in repairs.

Spring is an ideal time to invest in a new HVAC system, as contractors are generally more available to install a new system and homeowners can get ahead of the summer heat, ensuring they'll be cool all season long.

### Signs It's Time to Replace

Red flags that indicate it's time for a new HVAC system include: a system

that's more than 10-15 years old, a system that needs noticeably more repairs, energy bills going up despite usage remaining the same, inconsistent temperatures, a system struggling to maintain the desired temperature or a system that's constantly running or seems less efficient than it used to.

Many companies offer specials during the spring and fall months, known as shoulder season. For example, until May 31, Carrier is offering

0% APR for 60 months and up to \$2,100 in rebates so customers can get a jumpstart on a cool, comfortable home. A new HVAC system means more than just cool temps this summer; it means added home value, cleaner air and peace of mind.

Learn more about available rebates, tax credits and financing plans at Carrier.com or by contacting a local expert.

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# sports

## Joe Mazzulla has Celtics back among NBA's best, aims to 'keep Jesus at the center'

Head coach Joe Mazzulla has Celtics back among NBA's best, aims to 'keep Jesus at the center'

Heading into the season, some NBA pundits and fans saw this as a "gap year" for the Boston Celtics. Star guard Jayson Tatum was coming off a torn Achilles suffered in last year's playoffs, while key contributors Kristaps Porziņģis and Jrue Holiday were dealt in the offseason. Longtime center Al Horford also departed, signing with the Golden State Warriors in free agency.

But as the NBA enters the postseason, there the Celtics are, back in familiar territory as the No. 2 seed in the Eastern Conference after posting a 55-26 regular-season record. It's the fifth straight season in which Boston has finished in the top two in the East. After missing most of the season recovering, Tatum is back playing, and head coach Joe Mazzulla is looking to lead his team to a second NBA championship under his watch.

The way the Celtics closed out the regular season was perhaps a microcosm of the 2025-26 season. Tatum and fellow star guards Jaylen Brown and Derrick White, along with a host of key reserves, were unavailable for Game No. 82, yet the Celtics beat the Orlando Magic — which was battling for playoff positioning — with just eight available players.

"We said it all year, one through [18], whoever steps on the floor, there's an expectation to put us in position with an opportunity to win," Mazzulla said Sunday after the game. "Stick to the process of winning. Today is no different than the other 81 games from the standpoint of we had eight guys, and the expectation is to put us in position to win, to execute, to play hard, to play together."

For his efforts this season, Mazzulla is on the shortlist for Coach of the Year honors. Should he win, he'll point the spotlight off himself and instead toward God, as he often does when on the biggest stage.

When the Celtics won the title in 2024, Mazzulla donned a black shirt that read — in all white capital letters — "BUT



FIRST...LET ME THANK GOD." As the head coach for one of the most storied franchises in all of professional sports, he sees his platform as an opportunity to regularly give glory to God.

He remained in that shirt for all of the postgame celebration photos and interviews. He was even pictured holding up the Larry O'Brien Trophy, smiling while proudly wearing the shirt. It marked the 18th world championship for the Celtics — the most of any NBA franchise — and the official photo and video documentation of it will forever include his bold and public statement of faith.

The championship celebration continued into the early hours of the morning, at which time Mazzulla walked around the confetti-filled arena with his wife, Camai, and prayed.

"On the walk we were talking a lot about how this can't change us," he told the audience at a Nations of Coaches event in Boston in 2024. "A lot of it was praying for the humility and perspective to not allow this to change who we are."

## 5 Powerful Moments of Faith at the NFL Draft

The NFL Draft took place in Pittsburgh last week with over 320,000 fans attending outside the Steelers' Acrisure Stadium. Inside, many athletes spoke about their faith.

Fernando Mendoza started things off as the No. 1 pick, selected by the Las Vegas Raiders. After he was drafted he told ESPN's Tayler McGregor, "The last 5 months have been such a blessing from God and I can't thank Him enough."

Arizona State wide receiver Jordyn Tyson was the 8th athlete selected in the draft. He will start his NFL career with the New Orleans Saints. When Tyson's name was called, he walked out to the stage to a gospel song called "Deliver Me" by Donald Lawrence.

"I am just thankful, so blessed. Lord is doing a work on me — He's not done," the athlete said through tears. "I am just gonna keep this thing rolling. I'm gonna give it my all, and that's all I can do."

Three picks later, Ohio State's Caleb Downs was selected by the Dallas Cowboys. While at Ohio State, he won the Jim Thorpe award and was an All-American.

Downs also walked out to a gospel song; this time it was "King of Glory" by CeCe Winans.

"First of all, I just want to say thank God. Without that, none of us would be here. Just thanks for my Savior, Jesus Christ," he said



after his selection.

University of Miami offensive lineman Francis Mauigoa was selected by the New York Giants as the 10th overall pick.

As Mauigoa got the call from the Giants, his parents stood behind him, "praying and praising the Lord," per Christhlete.

Alabama quarterback Ty Simp-

son was selected 11th overall by the Los Angeles Rams. He told the media after he posed with his new jersey, "First off, I want to give all the glory to my Lord and Savior, Jesus Christ. The fact that I'm here on the stage at the Draft, I wouldn't be here if it wasn't for Him."

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# 50+ Lifestyles

## A Guide to Enjoying Life in the Best Years

### When the Heart Can't Keep Up: What to Know About Heart Failure

For decades, heart disease has been the leading cause of death in the United States, and heart failure directly accounts for about 8.5% of all heart disease deaths. In fact, more than 7.7 million Americans older than 20 are currently living with heart failure, according to the National Heart, Lung, and Blood Institute.

That number is expected to exceed 8 million – about 3% of the population – by 2030, based on findings from the

Heart Failure Society of America.

Heart failure happens when the heart cannot pump enough blood to meet the body's needs. This can occur as the heart becomes weak or stiff over time, making it more difficult to circulate blood effectively. In turn, the body may not get enough oxygen.

Despite the name of the condition, the heart does not stop working when heart failure occurs. Instead, the heart is not keeping up with the body's de-

mands and requires ongoing medical care.

Heart failure often develops gradually and is commonly linked to conditions such as high blood pressure, diabetes or previous heart damage, and is the leading cause of hospitalization among older adults, according to the Heart Failure Society of America.

#### Recognizing the Signs and Symptoms of Heart Failure

In many people, heart failure does not begin with a dramatic warning. It starts with symptoms that people may dismiss as stress, aging or being out of shape.

Common symptoms include:

- Shortness of breath during activities
- Trouble breathing when lying down
- Swelling in the feet, ankles, legs or abdomen
- Sudden weight gain from fluid buildup
- Feeling fatigued or weak

Symptoms can vary between males and females. Women are more likely to experience nausea, heart palpitations, digestive changes, sweating and generalized discomfort while men more commonly experience shortness of breath, chest pressure or swelling in the lower body. However, there can be significant overlap in symptoms between sexes.

Heart failure doesn't always present with "classic" symptoms, so nonspecific changes can easily be mistaken for other conditions. Any new or unexplained change in breathing, swelling, energy levels or daily function should be evaluated by a health care professional.

#### How Heart Failure is Diagnosed

Diagnosis typically begins with a medical history review and physical exam. Health care providers may listen to the heart and lungs with a stethoscope to detect abnormal rhythms or signs of fluid in the lungs.

Additional testing helps confirm findings. An echocardiogram shows

how well the heart is pumping while an electrocardiogram measures heart rhythm. Blood tests, stress tests and imaging may also be used to evaluate heart function.

Routine medical checkups can also help detect changes in heart health early. This is especially important for people with risk factors such as high blood pressure, diabetes or a family history of heart disease.

Because heart failure develops gradually, awareness is one of the most important tools for early detection. To learn more about heart failure, visit [hfsa.org](http://hfsa.org).

#### Treating and Managing Heart Failure

Common approaches include:

- Medications to help the heart pump more effectively, reduce fluid buildup and manage related conditions such as high blood pressure
- Lifestyle changes which can include eating a balanced, lower-sodium diet; staying physically active; main-



taining a healthy weight; and avoiding smoking

• Medical procedures such as coronary angioplasty or coronary artery bypass surgery may be necessary to improve blood flow

• Implanted devices like a pacemaker or implantable cardioverter defibrillator can help regulate heart rhythm and support heart function

• Advanced treatment options for more severe cases may require a heart transplant

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# Celebrating Women's Health Month

This health observance encourages women and girls to make their health a priority. Taking care of yourself includes caring for your physical, mental, social, and emotional health. There's a lot that you can do – from practicing healthy habits to making and keeping all health care appointments.

## Talk with Your Health Providers

Regular check-ups are important. Talk to a healthcare provider:

- To find out about screenings and exams you may need and when they should occur. You can also explore the covered preventive services for women and other services available for women at no cost.

- If you are pregnant or within a year after delivery, seek immediate care from a healthcare provider if you are experiencing urgent maternal warning signs.

- If anything doesn't feel right or is concerning. Make an appointment or contact your doctor or nurse by phone or e-mail. Write down any questions or issues you may have and take them to your appointment.

## Enjoy a Healthy and Balanced Diet

Nutrition is an essential part of a healthy lifestyle. Learn the basics of healthier eating habits.

- Include a healthy eating plan that consists of fruits, vegetables, whole grains, fat free or low-fat milk and other dairy products, and lean meats. You can also add to or substitute dairy products with lactose-free versions and fortified soy beverages and yogurts. Your eating plan should be low in salt, saturated and trans fats, and added sugars. Learn more healthy eating tips.

- If you could become pregnant, take 400 micrograms of folic acid every day. Taking folic acid before and during pregnancy reduces the risk that the baby will have a major birth defect of the brain or spine.

- Avoid drinking too much alcohol. Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions and can lead to chronic diseases. If you choose to drink alcohol, do so in moderation, which is 1 drink or less a day for women. Check your drinking habits and make a plan to drink less alcohol.

## Get Active

A healthy balanced diet is an essential part of a healthy lifestyle.

Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2 hours and 30 minutes a week. You can break it into smaller amounts of time, such as 20 to 30 minutes a day.

Get out and about and enjoy the spring and summer weather. Physical activity is one of the most important things you can do for your health. Physical activity has many benefits, including lowering your risk for heart disease—the leading cause of death for women.

- Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity that requires moderate effort. You don't have to do it all at once.

- Adults should do strengthening activities at least 2 days a week that include all major muscle groups.

- More than one out of four older people fall each year, and women fall more often than men. Strength and balance training can help reduce falls.

## Prioritize Mental Health

What you can do

- Take five. Take a deep breath and relax. Even five minutes to take care of yourself can help.

- Be active. Take a walk, stretch, or exercise.

- Connect with others. Reach out to friends and family.

- Seek support from friends, family, and trusted organizations. Talk about your feelings with others. Reach out to clergy or others in your faith community.

- Get help from a professional. Talk to a health care provider about how

you are feeling.

- Make an appointment with a counselor.

- Contact the 988 Suicide & Crisis Lifeline. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988.

- Take time to unwind and enjoy your favorite activities.

Keep your mind and body healthy. Research shows that positive mental health is associated with better overall health and well-being. There are some important steps you can take to get the support you need to cope with stress and improve your well-being.

## Practice Healthy Behaviors

- If you menstruate, maintain healthy habits during your period, like changing your menstrual products regularly and tracking your cycle. Learn about your menstrual cycle and talk to a healthcare provider about any concerns you have. Reach out to local health or social service organizations if you need help affording menstrual products.

- Menopause is a normal change in a woman's life when periods stop. A woman has reached menopause when she has not had a period for 12 months in a row. If you are experiencing menopause, learn about ways to help relieve your menopause symptoms.

## Take care of your body.

Staying physically healthy can improve your emotional well-being. Here are some suggestions:

- Take steps to prevent yourself from getting sick— Keep up with regular health appointments.

- Get enough sleep for your overall



health. It impacts how you feel and perform during the day. Adults need at least 7 hours of sleep each night. Good habits, such as following a regular sleep schedule, including weekends, make it easier for you to get the sleep you need.

- Avoid using illegal drugs or prescription drugs in ways other than prescribed. Don't take someone else's prescription. Substance use treatment is available and recovery starts with asking for help.

- Avoid smoking, vaping, and the use of other tobacco products. People can and do quit smoking for good.

- Make time to unwind. Try to do some activities you enjoy.

- Connect with others. Having quality relationships and a sense of belonging is important for both our physical and mental health. Talk with people you trust about your concerns and

how you are feeling.

- Find a local support group. Support groups provide a safe place for people to find comfort. You are not alone.

- Recognize when you need more help. If stress gets in the way of your daily activities for more than two weeks, or you are thinking about suicide, talk to someone who can help. You can talk to a psychologist, social worker, or professional counselor.

- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988.

- If you are experiencing violence, reach out for support. Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224.

—cdc.gov



## Why you need dental insurance in retirement.

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

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

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

The best way to prevent large dental bills is preventive care. The American Dental Association recommends 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 \$299 for a filling ... \$1,471 for a crown<sup>3</sup> can be a real burden, especially if you're on a fixed income.

<sup>1</sup>"Medicare & You," Centers for Medicare & Medicaid Services, 2025. <sup>2</sup>"Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. <sup>3</sup>FairHealth, Inc. National average dental fees. Data current as of July 2025; subject to change.

### 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.



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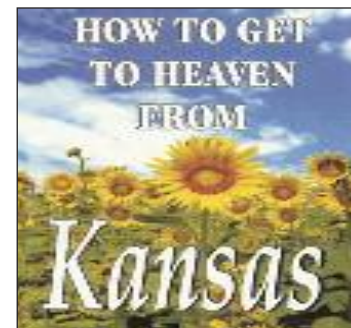
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life, 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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# New Resident Church Guide

- 1. HIGHLAND HEIGHTS CHRISTIAN CHURCH**  
785-379-5642  
Sunday Services: 8:30 and 10:00 AM  
2930 SE Tecumseh Road  
Tecumseh, Kansas 66542  
[www.highlandheightssc.com](http://www.highlandheightssc.com)  
Jars of Clay Children's Ctr 785-379-9098
- 2. CHRISTIAN CAVALRY MINISTRIES INT.**  
Pastor Beaux Bryant  
Call about new meeting location for current services.  
785-224-5419 • [www.church4bikers.org](http://www.church4bikers.org)  
Sun. School 9:30 am  
Sun. Service 10:45 am  
Wed. Prayer & Bible Study 7pm
- 3. TOPEKA BIBLE CHURCH**  
1101 SW Mulvane St., Topeka  
785-234-5545  
Worship: 9:00 & 10:30 am  
Livestream at 9:00 am  
Sunday School & Bible Studies:  
9:00 & 10:30 am  
[www.discovertbc.com](http://www.discovertbc.com)
- 4. BETHEL BAPTIST CHURCH**  
4011 N. Kansas Ave, Topeka  
785-286-0467  
Sunday School at 9:30am  
Worship at 10:30am  
Livestream on Youtube at 10:30am  
[www.betheltopeka.org](http://www.betheltopeka.org)
- 5. INDIANA AVENUE CHURCH OF CHRIST**  
"Grace has dispensed, because Grace has redeemed"  
3510 SE Indiana Ave., Topeka, Ks. 66605  
785-266-7788, [www.Indianaavecofc.org](http://www.Indianaavecofc.org)  
Bible University – Sunday - 9:30 a.m.  
Classes for all ages.  
Morning Worship – Sunday – 10:45 a.m.  
Midweek Bible University – Wed. – 7pm
- 6. FIRST SOUTHERN BAPTIST**  
1912 SW Gage, Topeka, KS  
785-272-0443 [www.fsbctopeka.org](http://www.fsbctopeka.org)  
Sunday Services:  
8:00 AM Sunday School - all ages  
9:30 AM Worship Service  
11:00 Sunday School - all ages
- 7. TOPEKA BAPTIST CHURCH**  
"Finding NEW LIFE in CHRIST"  
Sunday Worship 9:00 & 10:30am  
~ Sunday School for all ages ~  
3301 SW Gage Blvd., Topeka  
785-862-0988  
[www.topekabaptist.org](http://www.topekabaptist.org)
- 8. WANAMAKER ROAD BAPTIST CHURCH**  
"Being and making disciples of Jesus Christ by the power of the Gospel, to the glory of God"  
2700 SW Wanamaker Rd., Topeka  
(785) 272-9323 [www.wrbctopeka.com](http://www.wrbctopeka.com)  
Traditional Sunday Worship 11am & 6pm  
Sunday School 9:30am • Wed. Prayer 7pm

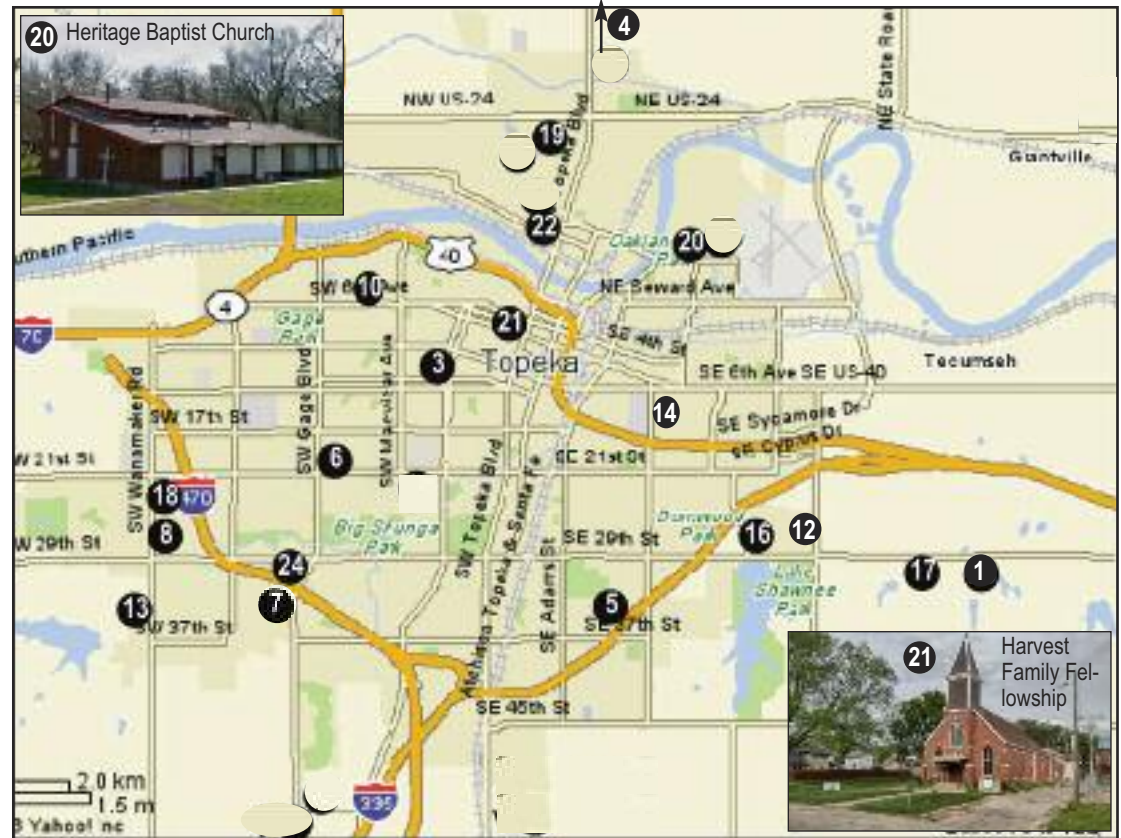
- 12. LAKEVIEW CHURCH of the NAZARENE**  
2835 SE Croco Road (785)266-3247  
Rob Self, Senior Pastor  
Facebook: Topeka Lakeview Nazarene  
Sun. 9:45am: Sunday School all ages  
Sunday 10:45am: Nursery,  
Children's Church, & Worship  
Wed.: Prayer, Bible Study, & Discussion 7-8pm;
- 13. WANAMAKER WOODS NAZARENE**  
3501 SW Wanamaker Rd • 273-2248  
[www.wnaz.org](http://www.wnaz.org)  
Sun. Worship: 9am (Hymns) & 11 am  
Children's Worship 9 & 11 am  
Sunday School 10 am, all ages  
Sun. Evening Various Children's Programs  
6 pm Life Groups; 6:30 pm Teen Service  
Wed. 6:30 pm Adult & Teen Life Groups  
Wed. 6:30 pm Kids University
- 14. OPEN ARMS OUTREACH MINISTRIES COGIC**  
1 (785) 232-3463/+1 (785) 217-5560  
Sunday School 9:30, Worship 11:00  
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2401 SE 11th St., Topeka KS 66607  
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- 16. HOUSE OF THE LORD CHURCH**  
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2531 SE Wittenberg Rd., Topeka  
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Wed. Prayer & Praise 7pm  
785-266-LOVE (5683)  
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- 17. EAST SIDE BAPTIST CHURCH**  
4425 S.E. 29th St., 785-379-9933.  
Sunday Worship 10:00am & 5:30pm  
Sunday Evenings at 5:30pm:  
• AWANA  
• Student Ministries  
• reJengage  
[www.esbcks.org](http://www.esbcks.org)
- 20. HERITAGE BAPTIST CHURCH**  
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Sunday School: Sun 10am  
Wed. Evening Worship: 7pm



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- 21. HARVEST FAMILY FELLOWSHIP**  
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785-220-5418  
Pastor Rey Rodriguez  
Sun. Worship 10:30 am  
Sunday School 9:15 am  
Bible Study Wed. 7 pm  
[www.harvestfamilyfellowshiptopeka.org](http://www.harvestfamilyfellowshiptopeka.org)
- 22. FAMILY OF GOD CHURCH**  
1231 NW Eugene St.  
Topeka, KS 66608  
Pastor Roger Randel  
Sunday School 9am; Worship 10:30am  
Wednesday Bible Study 7pm  
785-234-1111  
[FOGchurch.com](http://FOGchurch.com)
- 24. TRINITY REFORMED BAPTIST**  
Holding to the authorized King James Version and the 1689 London Baptist Confession of Faith  
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Pastor Bob Spagnuolo 785-273-3506  
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[www.TrinityReformedBaptist.org](http://www.TrinityReformedBaptist.org)

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# NEW Resource Directory for Kansans

## KANSAS RESOURCE GUIDE

*The Kansas Resource Guide (KRG) is a collaborative effort to connect consumers and service providers with resources and services for women, infants, children, youth and people with disabilities in Kansas.*

### What can you find?

The KRG website is an online navigational tool for Kansas consumers and service providers in Kansas. You can find links to partner's websites, topical lists and a searchable resource directory.

### How does the KRG help?

The KRG can help you identify:

- Available resources
- Who to contract
- Where to go for assistance

### Find information on:

- Advocacy
- Adult and Aging Services
- Disability Services
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- Health Care Services
- Independent and Community Living
- Nutrition and Wellness
- Women and Children's Services
- Youth Services



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**[www.kansasresourceguide.org](http://www.kansasresourceguide.org)**