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High School Students Ride Buses Free



The Topeka Metro board of directors has approved for the 2026-27 academic year, that all high school students with a valid student ID can ride fixed bus routes for free.

Paratransit users will need to apply for eligibility. Middle school and grade school students are not included in this promotion.

To ride free, high school students will only need to present their valid student ID to the bus driver. High schoolers can not only ride to school, but to work, a friend's house or elsewhere.

If you want to ride, but you do not

■ Please see **RIDE FREE** page 3

"I Don't Need Jesus"



What it means if you "don't need God or Jesus"

By **Clint Decker**

"Saying you 'need Jesus' in order to be a good person is to admit that you would be evil without him." That is from an online discussion on Reddit. The writer frames the mission and message of Jesus around the moral reformation of humanity. Was that the

purpose of Jesus?

Dan Barker calls himself the "Friendly Neighborhood Atheist" and has a song he wrote called, "I Don't Need Jesus." He believes he can be friendly and make good moral choices without Jesus. Atheists, agnostics, followers of other religions and people with no religion feel the same way. Some

churchgoers agree, but it looks different. They go to church, they believe in Jesus, engage in Christian religious activities, but do not do what Jesus says to do. Like atheists, they prefer to put forward their best effort at what they think is right while hoping there is more good than bad at the finish line of

■ Please see **JESUS** page 2

Mile-underground Kansas nuclear reactor still on track



The company building a one-mile underground nuclear reactor in Parsons, Kansas, did not meet a previous July 4 deadline for criticality — or a fully functioning reactor — but the company now says it's focused on testing and commercialization.

The Department of Energy set the Independence Day goal as part of a nuclear reactor pilot program. Deep Fission was one of eleven advanced nuclear projects selected by the Trump administration.

In December, the company said it planned to meet the July 4 goal for criticality, pending regulatory approval. Now,

■ Please see **NUCLEAR** page 2

Kansas, Missouri rank midpack for religious liberty

Kansas and Missouri landed in the middle of a new national ranking of religious liberty protections, with both states trailing neighboring Arkansas despite having laws that broadly protect religious exercise.

Kansas placed 22nd and Missouri 29th in the 2026 Religious Liberty in the States index, released by the First Liberty Institute's Center for Religion, Culture and Democracy. Kansas received a score of 41.8 percent, while

Missouri scored 37.9 percent.

The annual study examines state constitutions and statutes for 50 legal protections grouped into 20 categories. They include health care conscience rights, religious exemptions in schools, protections for houses of worship and the right to decline participation in weddings because of religious convictions.

The scores measure protections

■ Please see **LIBERTY** page 3



Number of unauthorized immigrants hit new high of nearly 16 million in 2024

The unauthorized U.S. immigrant population grew to its highest level ever by mid-2024, increasing to 15.8 million during President Biden's final year, according to data released Wednesday by a nonpartisan think tank that tracks migration.

The increase primarily stemmed from the historic levels of migration at the southern border that started in 2021 and the Biden administration's wide use of humanitarian parole and other temporary legal status for millions of people, according to a Migration Policy Institute report based on the most recent data from the U.S. Census Bureau's American Community Survey in 2024.

"Between 2019 and 2024, MPI estimates the unauthorized immigrant population experienced a net growth of approximately 5 million people, or an average of 8 percent per year," according to the report.

But under the second Trump administration's aggressive deportation campaign and continued practice of revoking previously granted legal status for immigrants, a decrease in the unauthorized population is likely.

"Should the administration succeed in its efforts to sizably ramp up deportations and if border entries remain at their remarkably low levels, the unauthorized immigrant population may begin to decrease into 2026 and be-



yond," according to the report.

The report also found that while Mexico typically stands as the top country of origin for migrants arriving, "the Mexican share of the unauthorized population has dropped dramatically — from being the

overwhelming share in the 1980s and 1990s, to 62 percent in 2010 and 35 percent as of 2024."

Migrants from Central and South America have driven the change in nationality makeup, according to the report.

"This trend reflects sharp increases in recent arrivals of Ecuadorians, Colombians, and especially Venezuelans, as well as steady growth in unauthorized arrivals from Guatemala and Honduras," according to the report.

In 2023, the Biden administration created two new humanitarian parole processes. One was for Cubans, Haitians, Nicaraguans and Venezuelans. The second was for migrants using the CBP One app.

Those humanitarian programs were similar to one created in 2021 for Afghans, after the chaotic U.S. withdrawal from the country, and for Ukrainians, after Russia invaded Ukraine in 2022. In total, those humanitarian parole programs included roughly 1.4 million immigrants.

The second Trump administration ended those humanitarian parole protections, turned the CBP One app into a self-deportation tool, and has moved to end Temporary Protected Status for hundreds of thousands of immigrants.

— By Ariana Figueroa / Kansas Reflector

JESUS

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life.

Such thinking is embraced by millions around the world. It is nothing new or unique in the span of history. Jesus directly dealt with this when He walked the dusty roads of Jerusalem.

He once bluntly told the Pharisees, a religious group that was always following Him around and publicly questioning Him, "You are those who justify yourselves before men, but God knows your hearts. For what is exalted

among men is an abomination in the sight of God." (Luke 16:15)

The Pharisees had Jesus in front of them in the flesh. They talked with him and engaged Him multiple times. They heard His teachings first-hand and personally witnessed His miracles. Yet, they choose not to trust in Him. Instead, they had their own morality based on the Hebrew Scriptures and their traditions. When they reflected on that, they felt validated by not needing to follow the ways of Christ.

Jesus saw precisely what was happening, and blatantly told them, "You

are those who justify yourselves before men..." This what occurs when someone feels they do not need Jesus, pick and choose what they follow of His commands, or when they live by their own morality. They are like a god unto themselves, determining what they feel is right or wrong, and establishing their own truth. They are at peace with themselves because they have justified their actions. Read how Jesus responded, "...but God knows your hearts. For what is exalted among men is an abomination in the sight of God." Jesus invokes the Creator and Supreme Law Giver and

Judge of all mankind. He tells us how the Lord God looks beyond the outward moral choices we make and deep into our hearts. He assesses our attitudes, beliefs, convictions, values and motives. Therefore, when we reject the ways of Christ, He sees the motive beneath it. Then Jesus declares, "For what is exalted among men is an abomination in the sight of God." The ways of this world may champion the rejection of Jesus for independence and self-determination, but God condemns it.

On the surface we may resent the strong words of Jesus. But there is

something beneath it. Love. The Scriptures teach, "There is a way that seems right to a man, but its end is the way to death." (Proverbs 14:12)

We are all tempted to go our own way. It is human nature to resist God. In love, He calls us to stop and turn back to Him. This is why He sent His beloved Son to die and rise again on our behalf. He invites us to know Him and follow Him, the One who created us. He came to liberate you, and set you free. Stop resisting and start trusting. Receive your freedom today.

NUCLEAR

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the company's CEO points to different goals.

"Criticality isn't the proof point for us," CEO Liz Muller said in a statement to the Kansas News Service.

Deep Fission officials said they're now focusing on factors including drilling to depth at commercial scale and safely integrating nuclear components underground.

The most recent development is that a prototype reactor canister arrived on the site at Great Plains Industrial Park.

Muller said it is called the "Proof-of-Concept Well Program." It's a full-scale, non-nuclear demonstration where they test the entire workflow. This involves lowering a reactor prototype into the

borehole and integration into the surface infrastructure.

"It's meant to validate our engineering assumptions and de-risk the process before we move towards any nuclear demonstration," Muller said in the statement.

To start any nuclear work on the site, the company must complete the proof-of-concept work and obtain DOE authorization.

Nuclear work isn't intended for the site until 2027.

The company has also completed a data acquisition well. That proves the ability to drill to 6,000 feet.

There's been mixed reaction from some in the Parson's community since Deep Fission's project announcement in December.

John Young is an environmental consultant in the coal mining industry. He's

also part of the non-partisan civic engagement advocacy group Leading Kansas. He has some concerns but said he understands the need for the project.

"For climate change — and trying to alleviate the issues that we have with climate change, nuclear energy has to be part of that solution," Young said.

Some local advocates are concerned about how regulations for oil and gas drilling will translate to the nuclear drilling process. Marjorie Reynolds is with the Parsons-based group Prairie Dog Alliance.

"We don't know how the oil and gas industry rules and regulations apply specifically to an experimental nuclear project that includes a borehole. So that's one of our great concerns," Reynolds said.

Another concern is how the Great

Plains Industrial Park plans to protect the nearby community from potential exposure to nuclear materials.

"Where is the protection for the local community that is there for the elementary school that's 1.7 miles away, for the houses that are less than a mile from this project site?" Reynolds asked.

According to a statement from Muller, "transparency and working closely with the Parsons community has always been a top priority for us."

They recently hired someone to live in Parsons to maintain a consistent local presence.

The Company also launched a Community Advisory Group to provide residents with an ongoing forum for dialogue. Their website has a question box, and residents can voice their concerns.

Reynolds is one of the residents who

has been invited to the meetings.

Labette County Commissioner Vince Schibi said he's pleased with the company's transparency since the initial announcement in December 2025. He represents the area where Great Plains Industrial Park is located.

"They're trying to interact better with the public and just let them know they're here to support our town as well as hopefully new energy in the future," Schibi said.

The company has selected Day and Zimmerman as its construction partner for the one-mile underground nuclear reactor. The Pennsylvania-based company will oversee the pre-construction planning and perform above-ground construction.

— By Rachel Schnelle / Kansas News Service

Gen Z Finds Answers to Life's Questions in Christianity

Christian leaders are encouraged that younger generations are turning to faith for answers to difficult questions. Christianity is a powerful antidote to stress.

Organizers of a coast-to-coast prayer movement during Stress Awareness Month this month and Mental Health

Awareness Month in May cite survey data showing 40 percent of young people feel stressed or anxious all or most of the time. At the same time, interest in faith among Gen Z is rising on U.S. college campuses and drawing more young Americans to church. Last year, a Barna poll revealed that 52 percent of U.S. teenagers were "very motivated" to learn more about Christ.

"There's a hunger among my generation for things that are real," said Reagan Wilbanks, 27, an organizer of the Multidenominational Prayer at the Heart movement. It aims to mobilize one million Americans to pray for an awakening of faith and hope.

Wilbanks said many young



states. Its goal is to see one million Americans come to faith in Jesus Christ.

"A relationship with God, whether you call it religion or faith, is where you begin to find meaning," Wilbanks said, adding that prayer helps people "breathe deeply and connect with God."

Answers to tough questions

Many young Americans are turning to established faith traditions to find purpose and belonging. Recent reports point to increased participation in the Catholic Church, including 1,701 new converts in Newark, N.J. Colleges such as the University of Notre Dame and Arizona State University also report increases in converts, according to "The Catholic Standard." Non-denominational, Baptist and other protestant denominations are also seeing younger faces in the congregation on weekends.

The trend comes as concerns grow over AI and its impact on jobs and stability. "We're looking for something with roots, stability and longevity, especially given the pace of change," Wilbanks said. "We're looking for a home."

and use the least restrictive means available when it substantially burdens a person's religious exercise.

A separate study produced a much different picture. Napa Legal Institute's 2025 Faith and Freedom Index ranked Kansas second and Missouri 14th among 51 jurisdictions for their treatment of faith-based nonprofit organizations. Kansas scored 69 percent overall and 79 percent specifically for religious freedom.

Napa Legal praised Kansas for "exemplary protections for faith-based nonprofits that other states should emulate."

The difference comes largely from

end on Monday, August 31st, so that should provide enough time to acquire your student photo ID.

Topeka Metro's Quincy Street Bus Station is located at 820 SE Quincy Street downtown. This is the hub where the buses come and go all day.

what the studies measure. Napa Legal focuses on nonprofit tax rules, charitable-registration requirements and protections for religious employers. First Liberty casts a wider net, including conscience protections in health care, education, family law, government and business.

The Freedom From Religion Foundation criticized First Liberty's approach, arguing that the index rewards religious exemptions from laws that otherwise apply to everyone. First Liberty says the report gives lawmakers a state-by-state account of protections already enacted and those still absent.

For students who have not ridden Topeka Metro's service or are not sure where a bus stop is near their residence, call customer service at 785-783-7000 for assistance. You can also access information on the website at www.topekametro.org.

C5 Luncheon to feature John "Iron Man" Cantrell

The August C5Alive POWER Luncheon will be held on the 13th at 11:30am at the Celtic Fox.

The program will feature John "The Iron Man" Cantrell, the undefeated heavy-weight knockout king (18-0) (17 KOs).

Cantrell is also a pastor, TV personality, entrepreneur and motivational speaker.

Upcoming luncheon dates are Sep. 10, Oct. 8, Nov. 12, and Dec. 10. Coming up on September 10

will Chad Parks, Shawnee Heights award-winning wrestling coach, also involved in football coaching & FCA

C5 also hosts other events, including EASTER-FEST, the annual Topeka Easter Fun Fair, and also Topeka Fall Fest (Oct. 10),



Cantrell

Cantrell, from Lyndon, now lives in Topeka. His story is one you should hear!

Admission is free, and lunch can be ordered on site if desired. RSVPs and inquiries can be sent to 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.

both held 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 Individuals and home-based businesses are now available.

A list of current members and more information is available on the website at www.C5Alive.org, at www.facebook.com/C5Alive, or by calling Lee at 785-640-6399.

LIBERTY

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written into state law. They do not measure residents' personal experiences, the number of religious-liberty disputes or how courts have applied those laws.

Arkansas led the nation with a score of 89.2 percent, followed by Tennessee at 85 percent. They were the first states to receive the index's "excellent" rating. New York ranked last.

Kansas and Missouri both have Religious Freedom Restoration Acts. Those laws generally require the government to demonstrate a compelling interest

RIDE FREE

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yet have your 2026-27 ID, then you must pay the youth fare of \$1.50. Topeka Metro's Kids Ride FREE! campaign will

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Kansas City CarePortal serves 500,000 children nationwide

Kansas City-based CarePortal, a technology platform that connects children and families in crisis with people who want to help, reached a new milestone in service this spring with 500,000 children served since it was founded in 2015. In 2025 alone, the organization helped serve more than 117,000 children, generating more than \$47.5 million in economic impact.

“Because of the tremendous help of our partners, over the past 11 years, we’ve been able to serve half a million children,” founder and president Adrien Lewis said. “It is hard to fully comprehend all that has gone into lifting up 500,000 chil-



dren and all the people who have been a part of this journey.

“Behind every child served is someone who cared enough to act — a teacher, counselor, med-

ical professional, case worker or advocate who recognized a need and stepped forward. What followed reflects the very best of our communities. Churches

opened their arms, volunteers gave their time and businesses, organization and community members shared resources so children’s needs could be met quickly and with dignity.”

The organization’s role is to help mobilize neighbor-to-neighbor action to connect vulnerable children and families with caring neighbors in their own community. For both prevention and protection, the ultimate goal is for

children and families to build a meaningful connection that can lead to ongoing supportive relationships.

CarePortal believes that technology is most effective when it

strengthens relationships rather than replacing them. Innovative technology not only has the ability to improve coordination between public systems and community responders but also can open the door to networks of caring adults and vital support for youth and foster care.

“Half a million children served is a milestone worth celebrating, because it represents what’s possible when communities come together around children and families,” Lewis said. “We believe this is only the beginning. So today, we celebrated. And tomorrow, we keep building toward a world where every child has access to more than enough care.”

More information is available at www.careportal.org.

The Cultural Divide That Fueled the American Revolution

A number of books about the American Revolution have been released as the nation celebrates its 250th birthday. Christian author Eric Metaxas delves into the often-overlooked cultural aspects

in his new book “Revolution: The Birth of the Greatest Nation in the History of the World.” He argues that the cultural differences between the colonies and Britain grew so severe that it

became impossible for those starkly different worlds to coexist, according to “The Epoch Times.” Metaxas highlights how Americans were extremely serious about their faith while the British elites were more interested in decadent distractions. As a result, the colonists placed great emphasis on principles, law, virtue and morality; which did not sit well with the casual corruption of the 18th-century British leadership.

A typical response came from the British Gen. James Grant: “If a good bleeding can bring those Bible-faced Yankees to their senses, the fever of independency should soon abate.” The “good bleeding” began with the fatal shooting of 11-year-old Christopher Seider in Boston on Feb. 22, 1770. He was killed by customs officer Ebenezer Richardson, who fired on a demonstration outside of a store owned by a British loyalist. Eleven days later, five Americans were killed in a confrontation with British soldiers in an event that became known as the



Boston Massacre. Metaxas details the significant impact of the evangelist George Whitefield on calibrating the conflict in biblical terms. Whitefield’s highly influential sermons compared the Americans to the ancient Israelites who broke their captivity under Pharaoh. By insisting there was “no king but Jesus” and telling the colonists they were in a direct covenant with God, Whitefield advised the faith-focused colonists to fulfill their destiny.

In describing the First Continental Congress, Metaxas observes, “The Christian atmosphere of Congress — and the frank belief among most of its members that their fate lay in God’s hands — would continue.”

The book also provides a vigorous retelling of the personalities and events that shaped the conflict and puts the historical spotlight back on several individuals whose contributions to the cause of liberty often are overlooked today



Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.¹

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.

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Previous dental work can wear out.

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

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► 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.

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

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SCAN ME!



Chiefs reveal design for domed stadium in Kansas City, KS, built for noise, flyovers and tailgating

The Kansas City Chiefs' newly released renderings for the \$3 billion stadium include a fully enclosed domed roof, 20,000 parking spots for tailgating and a space designed "to maximize crowd noise."

Kansas City Chiefs fans now have a first look at what the team's new stadium in Kansas City, Kansas, will look like when it opens in 2031.

The Chiefs released initial concept renderings for the \$3 billion stadium, which will include a fully enclosed domed roof consisting of more than 400,000 square feet of translucent panels so fans can still catch military flyovers.

Chiefs CEO and Chairman Clark Hunt said in a statement that their goal is to build something that improves the gameday experience for fans.

"While we're still finalizing many of the details, there are a few things we know for sure: it will hold 70,000 fans, it will still be the best place in the world to tailgate, and the whole building will be built for noise," Hunt said.

The stadium will expand on fan traditions; the team said its size, shape and roof geometry were

studied by audio engineers "to maximize crowd noise." (Arrowhead Stadium holds the Guinness World Record for loudest crowd roar at a sports stadium.)

The team also said the parking lot will be built to improve the tailgating experience, including more than 20,000 parking spots.

The new stadium's seating bowl will resemble Arrowhead Stadium's and include a Drum Deck for pregame and in-game ceremonies. The plans also include placing the Chiefs Ring of Honor above the bowl.

The Chiefs Hall of Honor will be twice its current size and the Chiefs Team Store will be four times larger. A statue of Chiefs founder Lamar Hunt is also planned for the plaza outside of the stadium. The surrounding area will also include mixed-use development, according to the team.

The team said the renderings follow a six-month lead design competition that selected MANICA, a Kansas City, Kansas-based firm, as the project's lead design architect.

David Manica, the firm's president and owner, said it's an honor



In a news release, the Kansas City Chiefs say the seating bowl is inspired by Arrowhead Stadium and "carries forward its defining geometry, traditions, and unforgettable gameday atmosphere." The new stadium will be designed to amplify crowd noise, with the seating bowl and glass roof working to intensify the gameday experience.

to design the next home of the Chiefs in their hometown.

"This stadium is being designed

not just for today's fans, but for the generations of Chiefs Kingdom to come — a place that reflects the passion, pride, and enduring strength of one of the greatest fan bases in all of sports," Manica said.

The Chiefs also plan to build new team headquarters and training facilities in Olathe. The project will largely be financed by sales and tax revenue, or STAR, bonds, and a sports-betting revenue fund created in Kansas to attract a pro-

fessional sports team.

Kansas City is also in the mix to host a Super Bowl in the next decade, team president Mark Donovan said Wednesday.

Donovan said the Kansas City Chiefs have had preliminary conversations with the NFL about hosting the event in 2033, 2034 or 2035. In addition to Super Bowls, Donovan said the team is "aggressively pursuing Final Fours."

—Jodi Fortino | KCUR



While the Chiefs' new facility will be surrounded by parking lots, a team news release touts pedestrian boulevards that "connect tailgating, community, and the stadium." It said the team's new facility will be "rooted in tradition" while carrying the gameday experience into a new era.

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DON'T KICK A GUY WHEN HE'S DOWN

Dear Dave,

Our son used to own and run his own small business, until it went bankrupt a few months ago. We let him move in with us, because he hasn't been able to find another job and had nowhere else to turn. My husband and I are both getting close to retirement age, and we're not sure what to do in order to get our son on his feet and back out in the world again.

A. As a parent, I understand where you're coming from. You don't want to kick a kid when he's down, but you don't want to participate in, or allow him to wallow around in, a bunch of

self-pity. Everyone needs a little time to catch their breath when really bad things happen. But right now, you need to help him reset his mind and start taking practical steps toward being a productive, self-sufficient adult again.

First off, let's define what helping your son really means. In my mind, you haven't helped him at all if he's still living with you a year from now. That's called being an enabler. But it's not going to help him if you just shove him out the door saying, "You're a man! Handle it!" I think you and your husband—together—should formulate a progressive plan somewhere between those two extremes. One that includes a deadline date for him to move out, but in the meantime helps him rebuild his dignity and self-respect.

As part of living with you, I'd require him to do a few things. One is that he abides by your household rules. If he's going to live in your home, he should help out around the place and behave in ways you and your husband con-

sider appropriate. Another, is thinking about career steps. He could start with a part-time job to get some money in his pockets. Then, help him actively work on long-term career goals and how to attain them.

And don't let him neglect his physical and mental wellbeing during all this. He needs to be

engaged in some kind of regular physical activity, even if you and your husband pay for it temporarily. Exercise also stimulates the mind, and he needs that right now, too.

Going through what your son has experienced is tough on anyone, at any age. It can lead to depression if you don't engage

regularly in activities and goal setting. Encourage him. Walk with him during this time.

Your son has plenty of productive years ahead of him. He just needs a little love and support to get him back on his feet and moving again.

— Dave

Your Estate, Your Legacy: Your Children Are Not Automatically Entitled to an Inheritance

By Roger Shumaker
Financial Professional
at The Retirement Team



One of the most meaningful conversations in financial planning isn't about investment returns or market performance—it's about legacy. Many people spend decades building wealth, carefully saving, investing, and planning for retirement. Yet when it comes to deciding who will receive those assets, many assume the answer is simple: "My children."

While that may be the right decision for many families, it's important to remember one fundamental principle: Your estate is yours to distribute. The assets you've accumulated represent a lifetime of hard work, financial discipline, and personal sacrifice. You—not your children, other family members, or anyone else—have the right to decide how those assets are distributed after your lifetime.

Your Estate Reflects Your Values

Estate planning isn't simply about transferring wealth. It's about creating a legacy that reflects your priorities and values.

Your estate may include:

- Your home and other real estate
- Investment accounts
- Retirement accounts
- Life insurance proceeds
- Business interests
- Personal property and family heirlooms

Cash and savings

Each asset represents choices you've made throughout your life. It only makes sense that you should also decide where those assets ultimately go. Some people choose to divide everything equally among their children. Others provide additional support for a child with special needs, reward a family caregiver, leave assets to grandchildren, or make charitable gifts that

reflect lifelong passions. There is no universally "correct" estate plan—only one that best reflects your goals.

Equal Isn't Always Fair

Many parents worry that treating children differently will be viewed as unfair. But fairness and equality aren't always the same. Perhaps one child received financial assistance for college, or a down payment on a home, or joined the family business. Another may have devoted years to helping care for aging parents. Thoughtful estate planning recognizes these differences. Equal distributions may be appropriate for some families, while customized distributions may better reflect the realities of others. The important point is that the decision belongs to you.

Inheritance Is a Gift, Not an Entitlement

An inheritance is a personal gift made according to the wishes of the person who created the estate. Children generally do not have an automatic right to inherit simply because of their relationship to their parents. Your wealth is not an obligation to transfer—it is an opportunity to create the legacy you want. This may include supporting charitable organizations, preserving a family business, funding educational opportunities, ensuring a surviving spouse is financially secure, or completely disinheriting one or more of your children. Every family's priorities are different, so just remember the old saying: "Whoever has the gold-makes the rules".

Don't Forget Your Beneficiary Designations

One of the most common—and costly—estate planning mistakes is assuming your will controls every asset. It doesn't.

Many financial assets transfer directly to the beneficiary listed on the ac-

count, regardless of what your will says. These often include:

- Employer retirement plans such as 401(k)s
- Individual Retirement Accounts (IRAs)
- Life insurance policies
- Annuities
- Transfer-on-death (TOD) and payable-on-death (POD) accounts

If those beneficiary designations are outdated, your assets may pass to someone you no longer intend to receive them. Divorce, remarriage, the birth of grandchildren, the death of a beneficiary, changes in family relationships or estrangements can all make existing beneficiary designations obsolete. A beneficiary review is one of the simplest ways to help ensure your estate plan works as intended.

Your Estate Plan Should Evolve With Your Life

Estate planning is not a one-time event. As your life changes, your financial plan should change as well.

Major life events that should prompt a review include:

- Marriage or divorce
- Birth or adoption of children or grandchildren
- Death of a spouse or beneficiary
- Changes in family relationships
- Retirement
- Sale of a business
- Significant changes in wealth
- Changes in tax laws
- Major health events

Regular reviews help ensure your financial plan continues to reflect your goals and your family's needs.

Communication Can Prevent Family Conflict

Many inheritance disputes arise not because of the amount of money involved, but because expectations were never discussed. While you are not ob-

■ See RETIREMENT TEAM on page 11



— THE —
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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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Four Financial Strategies to Ensure Your Money Lasts Throughout Retirement

By Jim Hanna

Whether you're still a decade or more away from retirement or already enjoying life after work, it's worth asking an important question:

Will your financial resources support you for as long as you need them? With people living longer and economic conditions constantly shifting, having a financial plan focused on longevity is essential. Based on my experience as an advisor, here are strategies that can help you feel confident that your money is positioned to support you throughout your lifetime.

Create a sustainable withdrawal strategy. After years of saving, it's natural to feel excited about using your hard-earned money during retirement. Some retirees are quick to prioritize spending on the retirement dreams and hobbies they planned for, while others hesitate for fear of outliving their savings. A thoughtful withdrawal strategy can help you strike the right balance, allowing you to enjoy your retirement lifestyle today while protecting your financial wellbeing for the years ahead. Your financial advisor can help determine an appropriate withdrawal rate based on your assets, expected expenses, and long-term outlook.

Build tax-efficient income streams. Tax efficiency becomes increasingly important as you transition into retirement. A range of investment vehicles—such as Roth IRAs, Roth 401(k)s, Health Savings Accounts, municipal bonds, ETFs and index funds—offer varying degrees of tax advantages in retirement. Maximizing these opportunities can help you keep more of what you earn and stretch your income fur-

ther. Because the options are diverse and each person's circumstances are unique, an advisor can help you identify which combination best aligns with your goals.

Consider guaranteed income solutions. Having at least one reliable, predictable income source in retirement can provide meaningful peace of mind. Guaranteed income solutions typically offer payments on a regular schedule and are not affected by market downturns. These options may include pensions provided by former employers, annuities purchased through insurance companies, and Social Security benefits from the federal government. Understanding which of these solutions are available to you—and how they fit within your broader retirement plan—can help create greater stability and confidence in your long-term cash flow. While these solutions can contribute stability to your cash flow, it's important to understand the associated fees, contract terms, and trade-offs before making a decision. Knowing both the benefits and the costs will help you determine how these strategies fit within your broader retirement plan.

Be strategic about Social Security timing. Social Security is often a cornerstone of retirement income and deciding when to begin collecting benefits can have a significant financial impact. While you're eligible to start receiving payments at age 62, benefits increase each year you delay—up to age 70.1 If you have other income sources to support your early retirement years, waiting may provide a higher lifetime benefit. Your financial advisor can model different scenarios and help you determine the timing that best supports your personal and financial goals.

Work with a financial advisor. No

one wants to reach the later chapters of life feeling financially vulnerable or uncertain about the future. Working with a financial advisor can help you create a plan designed to support longevity, adapt to life changes, and inspire confidence that your money continues working for you.

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Beware of the Hype Tax

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



In June, headlines abounded about rocket maker/Starlink internet provider/X (formerly twitter)/artificial intelligence company SpaceX being the largest IPO (initial public offering of stock) in history. Hype abounded as well when trading of the company's stock began at \$150/share and quickly skyrocketed to over \$225/share. This was the first time in the almost 20 years I've been in the financial advising business that I received multiple calls about a stock IPO and what I thought about it.

Since the initial hype fest, things have not gone so well with the stock losing over 40% of its value over the course of only a month. It is very com-

mon for companies that become newly publicly traded and available to purchase in the stock market to experience wild swings as well as subpar shorter term results. Of the 6 largest IPOs before SpaceX, only 1 (oil producer Saudi Aramco) was up in value 1 year later and the amount it was up was minimal. The rest were all down with the majority being significantly down.

Newly listed stocks struggling isn't limited to ultra large companies. Data spanning 46 years compiled by University of Florida finance professor Jay Ritter showed that over 56% of all companies are underwater 3 years after their stock market debut.

Does this mean SpaceX is doomed? Certainly not, but there are reasons to be concerned that SpaceX stock may continue to struggle. For one, the fact that only 4% of all shares of the company are currently being traded in the stock market and another 20% could

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When 'Born-Again' No Longer Means Transformed

By Dr. Michael Brown

If someone is a committed vegan, they do not eat meat or animal products. If someone is a committed pacifist, they do not take up arms.

Convictions shape conduct.

Likewise, a devout Muslim observes Ramadan and prays five times a day. An Orthodox Jew observes the seventh-day Sabbath and keeps kosher.

So what about a devoted Christian—especially someone who identifies as “born again”? How does that shape the way they live?

For years I have watched celebrities and athletes publicly profess Christian faith, calling Jesus their Lord and Savior, while showing little evidence of a changed life.

Some have even been baptized as adults, signaling a serious commitment,

and have called themselves born again. Yet many still showed no evidence of transformation.

How can that be?

Recently, I saw a mixed martial artist praise his “Lord and Savior Jesus Christ” after a thrilling victory—then invite the audience to party with him at his strip club. I kid you not.

Another mixed martial artist boldly proclaimed that there was only one Savior and that everyone needed to follow Him—referring to Him as “Jesus mother-[expletive] Christ.” Many in the audience cheered. They approved of that Jesus too.

But their lives are not the focus of this article.

Instead, I want to focus on how the world at large views these “testimonies.”

And it was only after reading a recent article that the light finally went on for me.

I began to understand what the world thinks it means to be a devout—or born-again—Christian.

The article profiled a famous porn star who had left adult entertainment, been baptized as a Christian, and was now returning to the industry—not to porn, but to host a male strip revue.

The article also explained that she was in a same-sex relationship with another woman who was described as a “devoted Christian.”

So the “born-again” former porn star, now hosting a male strip revue and keeping things “sexy and fun,” was in a lesbian relationship with another woman, also described as a committed Christian.

It was enough to make your head spin.

Yet the article offered not the slightest hint of concern, criticism, or even moral tension, as if nothing about this was hyp-

ocritical or inconsistent with Christian faith.

And that is when the light went on for me.

To the writer, being a devoted Christian or a born-again Christian had to do with what you believed, not how you lived.

In other words, faith and morals, belief and lifestyle, creed and conduct were treated as separate categories.

A devout Christian, in this view, is simply someone who believes in Jesus rather than another deity, superpower, or self-help guru. But that belief need not translate into morality, holiness, or purity.

Put another way, the committed vegan can eat steak five days a week, the serious pacifist can serve as a Green Beret, the devout Muslim can feast on pork during Ramadan, and the Orthodox Jew can

■ Continued on next page

Are Christian Principles in the Declaration?



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

Speaking Truth

During the early meetings of the second session of the Continental Congress for the 13 colonies (1775-1781), delegates observed a British military buildup and sensed the approaching hoofbeats of war.

By the providence of Almighty God this led delegate, William Livingston (New Jersey), to offer a resolution for a day of Humiliation, Fasting and Prayer across the colonies. It was approved by Congress on March 16, 1776, and the day of prayer was set for May 17, 1776—49 days before the signing of the Declaration of Independence.

The first paragraph of the resolution states how at times “...it becomes the indispensable duty of these hitherto free and happy Colonies, with true penitence of heart, and the most reverent devotion, publicly [publicly] to acknowledge the over ruling providence of God; to confess and deplore

our offences against him; and to supplicate his interposition for averting the threatened danger, and prospering our strenuous efforts in the cause of FREEDOM, VIRTUE, AND POSTERITY.”

I communicate this to share one small piece of overwhelming evidence that our nation has a rich Christian heritage. From our founding fathers to our founding documents, our history is built upon Christian principles. This includes our most cherished document, the Declaration of Independence.

1. God's moral law. The declaration states, “the Laws of Nature and of Nature's God.” This is referring to the God of the Bible and His natural moral law. The Bible says that when people, “... who do not have the law, by nature do what the law requires, they are a law to themselves, even though they do not have the law. They show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them.” (Romans 1:14-15) This Christian principle became the foundation for America's system of laws.

2. Innate Human Rights and Dignity. The declaration states, “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain



unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.” This addresses how the Lord God, not atheistic evolutionary theory, created mankind. The Bible says, “...God created man in his own image...male and female he created them.” (Genesis 1:27) It also addresses how God created all people of equal value and how He, not government, gave all mankind certain rights—like the right to life and to live as free people.

3. Government by consent. The declaration states that “Governments are instituted among Men, deriving their just powers from the consent of the governed...” The Founders knew there were three parts to governing: God, the state and the people. God created people, instituted governments and knew those governments could only operate successfully at the consent of the people. The Bible teaches this principle with King David, “So all the elders of Israel came to the king at Hebron, and King David made a covenant with them at Hebron before the Lord, and they anointed David king over Israel.” (1 Samuel 5:3) The people knew

God appointed David, but they also voluntarily accepted that and submitted themselves under His governing authority.

4. Right to Seek Redress. The declaration states, “...it is the Right of the People to alter or to abolish it, and to institute new Government...” When the people's natural, God-given rights are violated by their government, they have a divine right to address those grievances. The Bible says, “Take no part in the unfruitful works of darkness, but instead expose them.” (Ephesians 5:11)

These are just four of many Christian principles in the Declaration of Independence. The founding principles are what makes America unique among nations. They also force us to a higher moral standard, by which we have both succeeded and failed at times in the past and present.

A prayer for you – I thank you for the 56 signers of our Declaration of Independence that gave their lives, fortunes, and sacred honor so we can live as free people. Help me to protect this gift and use this freedom for your purposes and my neighbors' good. In Jesus' name. Amen

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

Why the Number 10 Represents Order, Completion, and Human Aspiration

By James Sale

Some numbers feel accidental, random even. Others feel inevitable. Among the latter, few possess the quiet authority of the number 10. It appears so naturally in human life that we scarcely notice how deeply it shapes our thinking. We count in tens, organize in tens, rank in tens, and measure completeness by tens. A “perfect 10” requires no explanation.

A Universal Pattern

Yet this familiarity may conceal something more profound. For beneath its everyday usefulness, the number 10 carries a rich symbolic history. Across mathematics, religion, philosophy, and culture, it has come to represent order brought to completion—not merely the ending of a sequence, but the establishment of a stable and intelligible whole.

If 9 stands at the threshold of transformation, then 10 feels like arrival: the moment when the parts finally cohere into a recognizable structure. Part of this significance arises from the human body itself. We possess ten fingers, and it is difficult to overestimate how much this simple fact has shaped civilization. Our decimal system almost certainly emerged from counting on the hands. Tens became natural units of measurement because the body itself supplied the model.

Pythagoras is said to have devised the 10-point tetractys, a symbol of harmony. Public Domain

In this sense, 10 is deeply human. It bridges the abstract world of mathematics and the physical reality of embodied life. We quite literally carry the number with us. And perhaps this is why it so often signifies not merely quantity, but mastery. To “count to ten” is to regain composure. Top 10 lists imply distinction; pop records are only really considered hits when they make the top 10. Management surveys routinely ask us to rate performance, satisfaction, or likelihood on a 10-point scale; and the famous customer question—“How likely are you to recommend ...?”—is the Net Promoter Score, or NPS, and uses a 0–10 scale. A perfect score is commonly marked by 10. The number suggests not excess, but proportion, a condition in which things have reached their proper form.

This instinct appears repeatedly in ancient thought. The Pythagoreans regarded 10 as the most perfect of numbers, represented by the tetractys: a



triangular arrangement of 10 points, formed by adding one, two, three, and four together. To them, the tetractys reflected harmony itself—the hidden numerical structure underlying music, geometry, and the cosmos. They swore oaths by it.

This was no mere superstition. The Greeks sensed that order was not arbitrary. Reality possessed pattern, symmetry, and intelligibility. Ten represented the completion of that pattern: Unity unfolded into fullness.

The same idea appears in religious traditions. In the Hebrew scriptures, there are the Ten Commandments: not suggestions, but foundational principles intended to order both individual conduct and communal life. Significantly, there are 10 of them—not seven, not 12. The number conveys sufficiency. Together, they form a complete moral framework.

Likewise, in the biblical story of Egypt, there are 10 plagues before liberation occurs. The sequence is not random; it unfolds as a total judgement upon a corrupt order. Only after the 10th plague does a new chapter begin. This pattern appears even in biblical genealogy: Genesis presents 10 generations from Adam to Noah, and another 10 from Noah to Abraham, suggesting that history unfolds in ordered stages rather than random succession.

In Hindu tradition, Vishnu is classically associated with 10 avatars, manifestations appearing across the ages to restore cosmic balance. Here, too, 10 carries the sense of completeness—not as immobility, but as the full unfolding of order through history.

In Christianity, the number appears again in Christ’s parables. The parable of the 10 virgins depicts readiness and preparedness in the face of an approaching moment of reckoning. Ten functions

here as the complete body awaiting decision: some prepared, some not.

The Paradox of Perfection: Completion Without Permanence

Even outside explicitly religious contexts, the symbolic force of 10 persists. In sport, the number is often associated with leadership and creativity. The “number 10” shirt in football traditionally belongs to the playmaker, the figure through whom the game is shaped and ordered. Think Pelé, Maradona, Messi, and Platini. In gymnastics and diving, a 10 represents flawless execution, the ideal realized without visible defect. Think Nadia Comaneci!

And yet the number also carries a subtle warning. For perfection, once achieved, can tempt us toward rigidity. Systems that become too complete may resist renewal. Structures designed to bring order can harden into forms of control. The desire for a perfect score, a perfect society, or a perfectly ordered life may conceal an inability to tolerate uncertainty or change. Indeed, the Ten Commandments, as wonderful as they are, became in the hands of the Jewish Sadducees, Lawyers, and Pharisees, the very blocks to life that Christ challenged.

In this respect, 10 differs from 9. Nine remains dynamic, poised at the edge of transformation. Ten, by contrast, seeks settlement. It wants things arranged, clarified, and secured. This is both its strength and its danger.

Human beings need order. Without it, life collapses into confusion. Language, law, architecture, music, and science all depend upon stable structures. Civilization itself requires frameworks capable of enduring through time. Yet life also exceeds every framework we create. The moment we believe we have achieved

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RYAN SHUMAKER

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start being sold this month when an insider sell window unlocks is one. Stocks go down in value when sellers outnumber buyers and the potential flooding of the market with shares after this window opens will require a lot more buyers for the price to increase or not fall further. Of course, Meta (formerly Facebook) famously dropped over 50% in a short time period after its IPO in 2012 only to be up over 400% 3 years later and up over 1,600% today.

The point is that no one knows what is going to happen next and you should not base your investing decisions on hype or trying to make a quick buck. When you try to make money based on hype, you’re gambling rather than investing. The thing about gambling is the more and longer you do it, the more likely you are to lose. On the other hand, you’re more likely to gain the longer and more you invest.

One of the reasons for a company to IPO, besides raising money, is to open an opportunity for early investors, early employees, and founders to finally cash out their stock. At least 2 more large AI companies are ex-

pected to IPO this year. Be cautious about being the person they’re cashing out to by buying the stock shares of these companies, especially early on. Any investment decision should be based on whether it helps better accomplish your financial goals and plan, not hype. Hype and mania (dating all the way back to the Tulip Bulb Mania in the 1600s where a single tulip bulb became worth 5 times the cost of the average house) usually end with a few people getting very rich and most losing big.

If you’d like help creating a plan and portfolio that avoids hype and is optimized for your goals and situation, call 785-330-9292 or visit our website www.RetireFromTaxes.com to schedule a complimentary strategy session with someone on our team at Retirement Portfolios.

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enjoy shrimp and lobster after working on the Sabbath. No problem at all.

To be clear, when I see celebrities or athletes professing Jesus in the midst of profanity-filled speeches or after ugly, hateful rants, I do not judge them personally. I simply pray they will have a truly life-changing, lasting encounter with the Lord.

The same is true of the former porn star and her lesbian partner. My prayer is that they be transformed by truly knowing God and His Word.

And I understand that all of us who profess Jesus as Lord fall short in many ways, often needing to repent and ask for His forgiveness.

Thank God for His mercy and compassion.

My point is this: for many people in the larger society—including many raised in traditional Christian backgrounds but lacking a living faith—“Christian” is simply a label for belief, detached from behavior.

That helps explain why many Muslims have a distorted view of Christianity. In their eyes, America—with all its immoral-

ity, substance abuse, abortions, and violence—is a “Christian nation.”

As for the “Jesus” some celebrities, athletes, and former porn stars claim to have found, it seems they discovered someone—or something—that helped them where they were hurting: addiction, depression, low self-esteem, anger, violence. But that is where it stopped.

They got help. They feel better. They are living happier lives.

But Jesus as Lord of their entire lives? That seems foreign to them.

Is it any wonder the world is confused about what it means to be a committed Christian?

The solution to this problem, of course comes down to all of us who claim to be devout in our faith or born again.

It is up to us to show the world what it means to follow Jesus. This is a great, life-long challenge, but by His grace, it can be done.

We can also serve as models of His redemptive love, demonstrating the transforming power of His forgiveness when we fall short, as He calls us back in repentance and has mercy on us rather than casting us away.

Kansas City Historian Examines Christianity's Role in American History

Kansas City is famous as a crossroads of American westward expansion history. In Independence and Westport, early pioneers gathered provisions before heading west on the wagon wheel-worn Santa Fe, Oregon, and California trails. Among them were Christian missionaries. Some stayed to open outpost missions, businesses and schools as native communities, settlers, and merchants crossed paths on the frontier.

This rich local history provides a natural backdrop for Thomas S. Kidd, a church historian at Midwestern Baptist Theological Seminary in Kansas City, as he considers one of the country's oldest arguments: Was the United States founded as a Christian nation?

Kidd says the answer depends on what people mean by the question.

"If the idea is, 'Was Christianity influential on the American founding?' the answer is clearly yes," Kidd said in an interview with Crosswalk Headlines' Michael Foust.

The Declaration of Independence's claim that people are created equal and receive rights from their Creator assumes both the existence of God and a moral order that stands above government, Kidd said.



But America's founders did not establish an official national church.

Unlike England, where the Church of England enjoyed government support, the new nation prohibited Congress from establishing a religion while protecting its free exercise. Kidd explores that tension in his book, "God of Liberty: A Religious History of the American Revolution."

A review in The Pathway, the news journal of the Missouri Baptist Convention, noted that Kidd looks beyond a handful of famous founders. Although Thomas Jefferson and Benjamin Franklin were not your typical colonial Christians, many other Americans involved in the Revolution held beliefs not much different from those of Christians in the 21st Century.

Many early Americans were spiritually impacted and shaped by the Great Awakening. This series of revivals swept through the colonies before the Revolution. The movement emphasized personal conversion, or being "born again," and

evangelism, but also helped ignite a thirst for religious liberty.

Baptists understood the issue firsthand. Ministers were sometimes fined, beaten, or jailed for preaching without government approval in colonies with official, established churches.

One such incident is chronicled by Northampton County, Virginia, in its account of the state historical marker for Baptist preacher Elijah Baker. In 1778, he was imprisoned in the Old Debtor's Prison in what is now Accomac, Virginia. His crime? Preaching without a license.

Historical records also reveal that dozens of Virginia Baptists and others were prosecuted for sharing the Gospel outside the established church at the time. Most spent jail time for their "crime".

This history in the colonies, and later the new nation, explains why Baptists grew to be some of the strongest proponents for separating church and state. They were

not trying to remove Christianity from public life or weaken its influence on government. They wanted to prevent government officials from controlling churches, licensing preachers or deciding which denomination deserved special treatment.

"They wanted the government to leave them alone so they could have full religious liberty and preach the gospel in freedom," Kidd states.

That religious impulse later traveled west with the nation. The Shawnee Methodist Mission, established near the Santa Fe Trail in present-day Fairway, became part of the Kansas City area's early religious and cultural history.

Kidd comes to much the same conclusion about America. Christianity deeply shaped the founders' language, political ideas and understanding of human rights. At the same time, the Constitution rejected a government-run national denomination.

That history adds context to today's arguments over Christian nationalism and the role of faith in public life. For early Baptists, religious freedom did not mean silencing Christianity. It meant giving the church room to preach, worship and persuade without asking permission from the state.

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Tim Tebow teams up to create new streaming platform with family friendly entertainment

Tim Tebow is taking his interest in Christian filmmaking to the small screen. The very small screen.

The former football star will help produce more than 30 short, faith-and-family series for Lighthouse Verticals, a smart-phone streaming service scheduled to launch in November.

The shows will come from Studio316, a production company founded by The Tebow Group and Snow Story Productions. Tebow will serve as an executive producer, while Snow Story will handle development and production.

Lighthouse is entering the fast-growing microdrama market. The serialized shows are filmed vertically for phones and unfold in brief episodes designed to keep viewers moving from one chapter to the next.

The Lighthouse app is now in beta testing. The company says it will offer subscriptions, live discussions, community groups and rewards for viewers who refer others. Prices and individual show titles have not been re-



leased, and the company has not announced a specific launch date in November.

"I believe stories have the power to change how people see themselves, see others, and ultimately see Jesus," Tebow said. "We're committed to telling sto-

ries with excellence and our hope is that, ultimately, we can glorify God in the process."

The market is no longer a small corner of the entertainment business. Research firm Omdia estimates that microdramas generated \$11 billion world-

wide in 2025. That figure could reach \$14 billion this year, including about \$1.5 billion in the

United States.

Lighthouse was founded by four entertainment industry veterans: Brent Ryan Green, Jesse Liddell, Justin Levy and Scott Holroyd. Between them, they have worked on productions including "The Chosen," "Friday Night Lights," "I Can Only Imagine," "Black Rabbit" and "American Underdog."

Liddell, who serves as CEO, said Christian families want engaging entertainment without having to set aside their beliefs.

"This audience wants to engage with the culture without compromise," he said. "They want entertainment with real emotion, real momentum and values they can trust."

Lighthouse plans to offer dramas, comedies, romances, music programs and stories about faith and family. The first titles will be announced later.

RETIREMENT TEAM

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ligated to explain every estate planning decision, having thoughtful conversations with family members can reduce misunderstandings. Clear communication, combined with a well-designed estate plan, often provides peace of mind for everyone involved.

Your Legacy Is More Than Money

The greatest inheritance you leave may not be financial. It may be the values you taught, the opportunities you created, and the example you set through responsible financial planning. A well-crafted estate plan ensures that your wealth supports the people, organizations, and causes that matter most to you—not simply the assumptions others may have about your intentions.

Schedule an Estate and Beneficiary Review

Even the best estate plan can fall out of date if it isn't reviewed regularly. As

part of your overall financial planning, it's important to periodically review your beneficiary designations, estate planning documents, retirement accounts, insurance policies, and investment accounts to make sure everything works together. If it's been several years since you've reviewed your estate plan—or if you've experienced a major life change—now is an excellent time to revisit it. A meeting with your financial planner can help identify outdated beneficiary designations, uncover gaps between your estate documents and your financial accounts, and ensure your assets will be distributed according to your wishes.

An experienced financial advisor can work alongside your estate planning attorney and tax professional to help coordinate your financial objectives with your estate planning goals. Together, they can help ensure your plan reflects your intentions while considering the financial impact on your heirs. The greatest mistake is often waiting too long. Without a current estate plan, state law—not your personal wishes—may determine how your assets are distributed. Your

legacy deserves more than assumptions. It deserves a plan.

Contact our office today at 785-478-7808 to schedule a comprehensive estate and beneficiary review. Together, we'll help ensure your financial plan reflects your goals, protects the people you care about, and preserves the legacy you've worked so hard to build.

This material is for informational purposes only and should not be construed as investment, tax, or legal advice. All investing involves risk, including the possible loss of principal. Past performance is not indicative of future results. Individuals should consult with a qualified financial professional regarding their specific situation.

Roger W. Shumaker is a Registered Representative and Investment Advisor Representative. Securities and Investment Advisory Services are offered through Osaic Wealth, Inc., member FINRA/SIPC. Osaic Wealth is separately owned, and other entities and/or marketing names, products, or services referenced here are independent of Osaic Wealth.

NUMBER 10

continued from page 7

final perfection, reality has a habit of reminding us otherwise. New problems emerge. Unexpected questions arise. Human beings change. History moves on.

Perhaps this is why the number 10 often marks not merely an ending, but the beginning of a new cycle. In arithmetic, once we reach 10, we return to 1, but at a higher level. The sequence recommences, yet it does not simply repeat. Something has been carried forward.

Ten, therefore, embodies a paradox. It symbolizes completion, but not permanence; achievement, but not final arrival. Perhaps the condition of life itself, at least here on Earth.

The ancient Greeks understood this better than we sometimes do. Their word *cosmos* meant not merely "the universe," but an ordered and beautiful arrangement (hence our word "cosmetic"). Order mattered because chaos always threatened to return. Harmony was something to be maintained, not assumed, as in our daily lives, using cosmetics to make up the face suggests order: Beauty needs to be maintained.

Our own age often swings uneasily be-

tween these two poles. On the one hand, we hunger for order: clear systems, measurable outcomes, stable identities. On the other hand, we fear becoming trapped within systems too rigid to accommodate the unpredictability of life.

The number 10 quietly reminds us that true order is not mechanical. It is living. A good structure does not imprison energy; it channels it. A good society does not eliminate freedom; it enables flourishing. A good life is not one in which every uncertainty has vanished, but one in which purpose and openness coexist.

This may explain why 10 continues to resonate. It speaks to one of the deepest human desires, the hope that life can be brought into meaningful shape. Not perfect in the sense of frozen or flawless, but complete enough to stand, endure, and serve as the foundation for what comes next. For ultimately, the significance of 10 lies not in the number itself, but in what it reveals about us. Namely, human beings are creatures who seek order amid mystery.

We count, classify, rank, measure, and build because we long to discover patterns that make existence intelligible. Ten has become one of the great symbols of that longing. It is the number that tells us the pieces can fit together, even if the story itself is not yet finished.

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FOGchurch.com

Lots going on in North Topeka again this month

Happenings in NOTO this month include **First Friday Music in Redbud Park** on August 7 will feature The Coots, 6-9pm.

NOTO Summer Concert Series continues August 21 with Big Fat Cow performing from 6-9pm in Redbud Park. Big Fat Cow is a Kansas City-based post-country band serving up a gritty blend of folk, rock, alt-Americana, and cow-punk since 2022. What began as a solo folk project evolved into a full band sound, transforming heartfelt songs into energetic, fuzz-driven performances that get audiences dancing, feeling, and fully immersed. With the release of their debut EP Behold the Soil! in 2024, the group has been gaining momentum across the region, bringing their raw, genre-bending sound to stages throughout 2025.

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

For more event information visit explorenoto.org/.

Other upcoming events in North Topeka:

WOODSHED 1ST SATURDAYS MARKET – Aug. 1 9-2, Woodshed Event Center.

WOODSHED MARKET – Every Sunday 9-2 in the Woodshed parking lot. Vendors & food trucks.

MIDWEST DEMO KINGS CAR AUDIO COMPETITION – Aug. 22, 11-4, Woodshed Event Center, 1901 N. Kansas Ave. Multiple classes, loud music all day, all makes & models

FIRST FRIDAY MUSIC IN REDBUD PARK – Sep. 4, 5-8pm. Stephanie Teagarden: Tyler Swain.

HOLY SMOKIN JAMBOREE – Sep. 12-13, Mother Teresa Catholic Church, 2014 NW 46th St. family-friendly event with great food, drinks, bingo, cake walk, crafts, raffles, silent auction, and live music Saturday night. Car show, 5K



run/walk and poker run and cornhole tourney Saturday; live auction Sunday

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

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

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

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

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

Visit the NOTO Calendar of Events at explorenoto.org for more information.

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the events calendar

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

FAMILY-FRIENDLY EVENTS

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

ART SHOWING — now through Aug. 30, OpenStudios Lawrence, 745 New Hampshire. Artists Brandt Minden & Toni Brou have a studio/storefront through the end of August. Brandt has joyful geometric paintings from \$40 as well as affordable nature photo prints. Toni has cards, magnets, ornaments, prints and paintings with positive imagery, and as her well-known sun assemblages (as seen on CBS Sunday Morning) from \$48. Thursday/Friday: 11a-7p; Saturday 9a-3p; Sunday 11a-3p. In addition, they will be participating in Final Fridays in Lawrence July 31 and August 28. <https://openstudioslawrence.org/>

AWANA - begins Wed. August 19, Bethel Baptist Church, 4011 N. Kansas Ave. You may register your 3 year old through high school children that night starting at 5:30 pm. Kids are invited to play in the gym with leaders before the club starts at 6:00 pm. A light snack and drink will be served. Early registration is available at betheltopeka.org.

AWANA - begins August 30, 5:50pm, Shawnee Heights Baptist Church. Text Tamra 785-633-2008

TOUCH A TRUCK — Aug. 1, 9-11am, Christ Lutheran Church, 3509 SW Burlingame. Free snacks for all. Free book for first 100 kids.

WOODSHED 1ST SATURDAYS MARKET — Aug. 1, 9-2, Woodshed Event Center.

ING NETWORKING GROUP — Aug. 5, 11:30am at IHOP

North. All welcome, free to attend, order from menu if desired.

LIVE AT LUNCH — Aug. 5, 11-1, Everygy Plaza. Dayve Juckett, food trucks

FIRST FRIDAY MUSIC IN REDBUD PARK — Aug. 7, 6-9pm. The Coots.

EATS AND BEATS — Aug. 6, 6-9pm, Everygy Plaza. Caleb Nelsen opening for Platinum Express

HHHS FOOD TRUCK NIGHT — Aug. 7, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals.

TALL CORN FESTIVAL — Aug. 7-9, Rossville, KS. Contests, games, bingo, food, ice cream social, parade, drumline, petting zoo, craft booths, pancake breakfast, inflatables, beer garden and more

NATIONAL NIGHT OUT — Aug. 8, 12-4, Ag Hall, 17th & Topeka blvd. Food trucks, car show, touch a truck, face painting, resource fair, karaoke

CORNER MARKET — BACK TO SCHOOL — Aug. 8, 10-3, 29th & Adams parking lot. Vendors, food and more!

TENNESSEE TOWN'S 20TH ANNUAL BASKETBALL TOURNAMENT — Aug. 8, 9am, The King's Court (at the corners of Lincoln & Munson). Registration deadline: Thurs. Aug 6th). Plus Live Entertainment and Games! Everything is FREE! Bring a folding chair, a hat, and water! For info: 785-235-1834

INDIA MELA — Aug. 8, 5-9pm, Everygy Plaza. Food, dancing, music, henna and cultural celebration.

SECOND SATURDAY CONCERT SERIES — Aug. 8, 8-11pm, Celtic Fox Downtown on 8th Street, featuring Milltown Band

LIVE AT LUNCH — Aug. 12, 11-1, Everygy Plaza. David

Hamann, food trucks

C5Alive "POWER" LUNCHEON — Aug. 13, 11:30-1, at Celtic Fox. Featuring John "Iron Man" Cantrell. Free admission. Meals available from menu if desired. Please RSVP to info@C5Alive.org so we know how many to expect. Open to the public - bring a friend!

SAVE THE DATE: C5 POWER Luncheon, Sep. 10, 11:30-1, Celtic Fox, featuring Chad Parks, award-winning wrestling coach for Shawnee Heights, also involved in coaching football and FCA.

EATS AND BEATS — Aug. 13, 6-9pm, Everygy Plaza. Into the Gray opening for Landrush

FRIDAY FLICKS — Aug. 14, 7pm, Everygy Plaza. "Indiana Jones-The Last Crusade" is showing. Food Trucks on hand: Dj's Catering, Kona, Carnival Cravings. Kids activities. Movie starts at 8pm.

ING NETWORKING GROUP — Aug. 19, 11:30am at Doughboyz Pizza. All welcome, free to attend, order from menu if desired.

SUMMERTIME BLUES — Aug. 19, 6-9pm, Gage Park Amphitheatre. East of Abilene, Bobby's Food Co, Unique Treats. Free event

LIVE AT LUNCH — Aug. 19, 11-1, Everygy Plaza. Jackie Myers, food trucks

SMART MARKETING MADE SIMPLE FOR SMALL BUSINESSES — Aug. 19, 11-4, 101 N. Topeka Ave, Burlingame, KS. Join the KU Small Business Development Center for an interactive, hands-on workshop designed for small business owners, startups, and community supporters. FREE to attend - Register by Aug. 14. <https://ksbdc.ecenterdirect.com/signup>.

EATS AND BEATS — Aug. 20, 6-9pm, Everygy Plaza. Delta Haze opening for Paradise Band

CIRCUS GOLDEN STAR — Aug. 20-23, Westridge Mall. Big Top adventures! Book online & save: CircusGoldenStar.com/tickets/

GAGE PARK HISTORY WALK — Aug. 21, 6-8pm, Mini Train Station. Gage Park is the crown jewel of Topeka's parks and has a history to match! Hear the tales of the Old Gage Park Pool, Camp Curtis, and meet the people who helped bring the park to the modern attraction you see today. All Ages. Fee: \$3

MIDWEST DEMO KINGS CAR AUDIO COMPETITION — Aug. 22, 11-4, Woodshed Event Center, 1901 N. Kansas Ave. Multiple classes, loud music all day, all makes & models

LIVE AT LUNCH — Aug. 26, 11-1, Everygy Plaza. Justynmoore, food trucks

VEIL EVENTS BRIDAL SHOW — Aug. 23, 1-4pm, The Beacon

EATS AND BEATS — Aug. 27, 6-9pm, Everygy Plaza. Blacktop Thunder opening for Mark & the Sharks

TOPEKA FOOD TRUCK FESTIVAL — Aug. 30, 11-5, Gage Park. Games, entertainment, food trucks galore!

HERITAGE FESTIVAL — Aug. 29, 11-8, Ozawkie City Park. Live music, food, vendors and more

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

FIRST FRIDAY MUSIC IN REDBUD PARK — Sep. 4, 5-8pm. Stephanie Teagarden: Tyler Swain.

ING NETWORKING GROUP — Sep. 5, 11:30am at IHOP North. All welcome, free to attend, order from menu if desired

HUFF 'N PUFF HOT AIR BALLOON RALLY — Sep. 5-7, Huntoon & Fairlawn. Balloon launches, vendors, & more. No admission, no parking fee. Please - no drones, no pets. Weather permitting. Contact: gpbcres@gmail.com; www.huff-n-puff.org

C5Alive "POWER" LUNCHEON — Sep. 10, 11:30-1, at Celtic Fox. Featuring Chad Parks, award-winning wrestling coach for Shawnee Heights, also involved in coaching football and FCA. Free admission. Meals available from menu if desired. Please RSVP to info@C5Alive.org so we know how many to expect. Open to the public - bring a friend!

SAVE THE DATE: C5 POWER Luncheon, Oct. 8, 11:30-1, Celtic Fox.

FRIDAY FLICKS — Sep. 11, 7pm, Everygy Plaza. "Mean Girls" is showing. Food Trucks on hand: La Creperie Co., Pineapple Dream, Taqueria Mexico Lindo. Kids activities. Movie starts at 8pm.

HOLY SMOKIN JAMBOREE — Sep. 12-13, Mother Teresa Catholic Church, 2014 NW 46th St. family-friendly event with great food, drinks, bingo, cake walk, crafts, raffles, silent auction, and live music by THE BASH Saturday night. Car show, 5K run/walk and poker run and cornhole tourney on Saturday. Outdoor Mass and

live auction on Sunday. Wristbands for all-day kid games & inflatables! Register at www.holysmokinjamboree.org!

SUMMERTIME BLUES — Sep. 16, 6-9pm, Gage Park Amphitheatre. Brody Buster, Tod's BBQ, La Creperie. Free event.

ONGOING 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, flowers, home-baked goods, etc.

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

MONDAY FARMERS MARKET — Mondays 7:30-11:30am, thru Sep. 14, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

FARMERS MARKET - Hoyt, Wed. 3-6

ROSSVILLE FARMERS MARKET - Thu. 4-6 at the city park by the pool

OVERBROOK FARMERS MARKET — Mon. 4-6 at the fairgrounds (until Labor Day)



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

Aug. 13, 11:30-1: "POWER" Luncheon at Celtic Fox. Featuring John 'Iron Man' Cantrell, heavyweight boxing champion, pastor, TV personality, and entrepreneur.

Free Admission. Order lunch from menu if desired.

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

Saves the Dates!

- Sep. 10: POWER Luncheon, 11:30-1: Chad Parks, S.H. Coach
- Oct. 8: POWER Luncheon, 11:30-1
- Nov. 12: POWER Luncheon, 11:30-1

For info: www.C5Alive.org or Facebook.com/C5Alive



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LAWRENCE FARMERS MARKET — Sat. 7:30 — 11:30am, 824 New Hampshire St

PERRY LECOMPTON FARMERS MARKET — Fri. 4-6:30pm, parking lot of the former Thriftway

MOTHER TERESA'S FARMERS MARKET — Saturdays, July 1 — Sep. 9, 8:30-11:30am, 2014 NW 46th St.

SK8AWAY LEARNERS SESSIONS — Every Saturday morning 11-1, Sk8away, 815 Fairlawn Family fun environment and the best deal in town, \$8 per person but an adult skates for free with paid child! sk8away.net; 785-272-0303; manager@sk8away.net

SENIORS NUTRITIONAL LUNCH — Weekdays, except holidays, at noon at Auburn Civic Center, 1020 N. Washington Street. Minimal cost per person. Reservations/cancellations required 24 hours in advance by calling Meals on Wheels of Jefferson & Shawnee Co. at 295-3980. Each meal includes 1% milk & sugar-free items for diabetics. 215- 0064.

MEDICARE MONDAYS — First Mon. ea. month, 1-3pm. Topeka/Sh. Co. Public Library, 1515 SW 10th. Jayhawk Area Agency on Aging offers Senior health insurance counseling. 580-4545 or nhonl@tsopl.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 ACAPELLA UNLIMITED AUDITIONS — Topeka Acappella Unlimited is looking for female singers who would like to sing four-part acappella harmonies. Topeka Acappella Unlimited is a Chapter of Sweet Adelines, International. Cindy Patton: 785-640-7403

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

FREE MOBILE FOOD DISTRIBUTION — 4th Tue. thru Nov., 9am, 1231 NW Eugene St. 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

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

WOODSHED MARKET — Sun. 9-2, 1901 N. Kansas Ave.

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.

Vendors, food trucks, music, kids activities,

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

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

***Check before going to a meeting or class to see if any details have changed. We don't always get the updated info in a timely manner.**

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 jcccccw@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.flccritkans.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 shepherd-stopeka@yahoo.com for the book of study.

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 ane.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!

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

DUPPLICATE 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. starting Aug. 19, 6:00pm, Bethel Baptist Church, 4011 N. Kansas Ave. Bible based program for children & youth ages 3-HS. Info: 286-0467.

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

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

STUDENT IMPACT — Every Wed., 6-8pm, First Southern Baptist, 1912 SW Gage Blvd. Youth games, teaching, worship, small groups. For info: 272-0443.

CHRISTIAN CHALLENGE — Every Thurs. 7-9pm, First Southern Baptist, 1912 SW Gage Blvd. Worship for college students.

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

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

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

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

256-2432 or jimbaer73@gmail.com to register.

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

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

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

A GOOD YARN CLUB — 2nd & 4th Sat. 9-11am, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & patterns. All are welcome. Info: Anne, 785-272-9249 or kittens812@sbcglobal.net

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

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

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

TOPEKA GREAT LIGHT AGLOW — For info contact Vickie Lynch at greatlighttopeka@gmail.com.

SUPPORT GROUPS

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



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abortion. All the women who lead these sessions have had an abortion and have received healing from God's Word. For info, contact local Healing Hearts representative Shelly Brush, First Southern Baptist Church at shelly.b@healinghearts.org. All communication is confidential and secure.

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

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

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

AL-ANON is a support group for families and friends of alcoholics. For info on meetings in the Topeka area email ais-topeka@kansas-al-anon.org or 785-215-1045. All correspondence confidential

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

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

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

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

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

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

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

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

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

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

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

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

WED. - 6:30pm, Northland Christian Church, 3102 NW Topeka Blvd. No Cost. 785-286-1204, www.northland.cc

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. ctopekaks.org.

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

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

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

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

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

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

See complete calendar at
metrovoicenews.com

World Trade Center beam coming to Kansas City

A steel beam weighing more than eight tons and recovered from the World Trade Center's South Tower will roll into Kansas City on Aug. 5. This physical reminder of the Sept. 11 terrorist attacks is hosted by the National WWI Museum and Memorial.

The public welcome begins at 11 a.m. on the museum's South Plaza. Admission is free.

The 21-foot, 16,900-pound beam is crossing the country aboard a flatbed truck as part of the Tunnel to Towers Foundation's Steel Across America tour. The 10,500-mile journey has completed 18 stops so far, including San Diego, Seattle and Denver, before heading down I-7- for a stop in St. Louis and six additional stops before returning to New York on Sept. 11, the 25th anniversary of the attacks.

"We wanted to make sure the foundation did something important, significant," foundation Chairman and CEO Frank Siller told Fox News. "We want to make sure America remembers what happened 25 years ago when we lost 2,977 lives." For Siller's family, the steel carries a more personal weight. His brother, New York City firefighter Stephen Siller, ran through the



Brooklyn-Battery Tunnel carrying his gear after learning the towers had been struck. He died at the World Trade Center, and his remains were never found.

"My father's body was never recovered, so who he is ingrained in that steel," Stephen Siller Jr., who is helping carry the beam across the country, told the New York Post.

A traveling 9/11 museum also will

be open from noon to 8 p.m. Aug. 5 and from 10 a.m. to 5 p.m. Aug. 6. The exhibit includes artifacts, documentary footage and first-responder radio recordings.

The Kansas City Symphony will perform at 7 p.m. Aug. 5. Taps and a pipe-and-drum tribute will follow later that evening, according to the National WWI Museum and Memorial.



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‘Passion of the Christ’ Returns With Must-See Sequel

Mel Gibson’s “The Passion of the Christ” will return to theaters Sept. 10 through Sept. 17, giving moviegoers a behind-the-scenes look at his long-awaited sequel more than seven months before its release.

Lionsgate and Fathom Entertainment are bringing the 2004 biblical drama back to theaters nationwide in a new 4K restoration with Dolby Atmos sound. Tickets are now available through Fathom and participating theater box offices.

The limited engagement will include a preview of “The Resurrection of the Christ: Part One,” which is scheduled to open May 6, 2027, on Ascension Day.

The date reflects a change in Lionsgate’s original release plan. Part One previously was scheduled for Good Friday, March 26, 2027. “The Resurrection of the Christ: Part Two,” once planned for May 2027, now is set for May 25, 2028, also Ascension Day.

As Metro Voice has reported, Finnish actor Jaakko Ohtonen has replaced Jim Caviezel as Jesus in the new films. Mariela Garriga portrays Mary Magdalene, taking over the role played by Mon-



ica Bellucci in the original. The cast also includes Kasia Smutniak as Mary, Pier Luigi Pasino as Peter and Riccardo Scamarcio as Pontius Pilate.

Gibson said in a statement released after filming concluded that the project had occupied him for more than 20 years.

“This is far more than a film to me,” he said. “It’s a mission I’ve carried for over twenty years to tell what I believe is the most important story in human history.”

“The Passion of the Christ,” which follows the final hours of Jesus’ earthly

life through his crucifixion and resurrection, earned more than \$600 million worldwide after opening in 2004. It also received three Academy Award nominations.

The restoration was made from the original camera negative. Cinematographer Caleb Deschanel supervised a new color treatment, while Gibson reviewed and approved the Dolby Atmos audio mix, according to Fathom.

The Passion sequel preview will be shown only as part of the theatrical release.

Steven Curtis Chapman adds new words to America the Beautiful

Steven Curtis Chapman is marking America’s 250th birthday with a new version of “America the Beautiful” that asks listeners to value freedom, practice gratitude and hear one another out.

The contemporary Christian singer recorded the song with country artist Chris Janson, keeping the familiar lyrics while adding new verses for the anniversary year. The message is less about politics than stewardship. Chapman said Americans have been given freedoms that should be used carefully and with humility.

“I feel like God has graced America with a freedom, and with that a responsibility,” Chapman told Crosswalk. “My hope and my prayer would be that it just might cause us to lay down the weapons.”

One of the new passages acknowledges that Americans will not agree on



everything. It compares the country to a song in which people sing different parts, then adds that freedom rings more clearly when people listen well.

Chapman said his appreciation for the country began at home. His grandfather, Rubel Rudd, was a World War II veteran and Purple Heart recipient who returned from the war with shrapnel in his leg. That family history gave Chapman an early understanding that free-

dom came at a cost.

Travel also shaped his thinking. Chapman has visited countries where Christians cannot worship openly, an experience he said deepened his gratitude for religious liberty in the United States.

Still, he was careful not to confuse patriotism with theology.

“America is not God’s favorite nation,” Chapman said. “It is a place that he has shed his grace.”

The song was released in June, and Chapman later performed it with Janson at the Grand Ole Opry. Both men are Opry members.

Chapman’s career has spanned nearly four decades. The Recording Academy lists him as a five-time Grammy winner with 18 nominations.

The new recording closes on a simple idea. Americans may sing different parts, but they still share the song.

Forrest Frank tour ranks among music’s biggest acts



Forrest Frank has become one of the biggest draws in live music, with his Jesus Generation Tour ranking fifth among touring acts worldwide.

Frank reached No. 5 on Pollstar’s LIVE75 chart, which ranks artists by average ticket sales during the previous 30 days. He was the only Christian artist in the top five.

The tour averaged 18,175 tickets sold per show across 12 reported concerts. Frank ranked behind Bad Bunny, BTS, Luke Combs and Iron Maiden, but ahead of Tame Impala, Aitana, Rawayana and the joint Ne-Yo and Akon tour.

Pollstar noted that the four artists ahead of Frank were playing mostly stadiums. Frank’s tour, by comparison, was booked primarily in arenas. His 29-city Jesus Generation Tour opened June 1 before a sold-out crowd of 17,717 at the BOK Center in Tulsa, Oklahoma.

The largest reported crowd came June 15 at Hersheypark Stadium in Pennsylvania, where 27,365 tickets were sold. Another 23,667 attended the June 19 concert at GEODIS Park in Nashville.

The June 12 concert at Jiffy Lube Live in Bristow, Virginia, drew 22,392 people. Frank’s largest reported arena crowd was 18,222 at a sold-out June 16 concert at Lenovo Center in Raleigh, North Carolina.

The tour also placed Frank at No. 12 on Pollstar’s Global Concert Pulse, which measures artists by average box-office revenue over the previous three months. His concerts were averaging about \$1.46 million in ticket sales per

show.

Tori Kelly, Cory Asbury and The Figs are joining Frank on the tour. The concerts have included worship and prayer along with Frank’s music. At the Nashville stop, Frank asked people in the crowd to pray for those around them who were seeking spiritual help or encouragement.

Frank first became widely known as part of the pop duo Surfaces. He later began recording solo music centered openly on his Christian faith.

His album “Child of God” helped establish him as one of Christian music’s fastest-rising artists. The follow-up, “Child of God II,” reached No. 1 on Billboard’s Top Christian Albums chart.

Frank has said he tries not to put pressure on himself to create a particular response from listeners.

“As long as I’m putting the truth of the Gospel in the songs, and if I can recognize the Holy Spirit in the music, then I know that He’s going to be doing the work because I don’t put any pressure on it,” he told The Christian Post.

Frank said Christian music gave him a sense of purpose he had not found while making pop music.

“Jesus is my Savior, and I’m alive when I worship Him,” he said. “Once I started making Christian music and worshiping Him, going back to making pop music is like air. There’s no substance in it for me personally.”

Frank also is preparing to release a new album, “The Jesus Generation.”

‘Young Washington’ success opens door for patriotic films

The success of “Young Washington” has director Jon Erwin planning Washington’s next chapter. He also hopes the film will open the door for other filmmakers to tackle America’s past.

The historical drama earned \$20.8 million over the July Fourth weekend, finishing third at the box office, and as of July 22 has hit \$42 million. That success is getting attention. Deadline reported that it set a live-action opening record for distributor Angel Studios. A second film, “1776,” is in development.

“Young Washington” catches the future president decades before the White House, during military experiences that tested his judgment and resolve. Released July 3 for America’s 250th anniversary, the PG-13 film stars William Franklyn-Miller as Washington, alongside Ben Kingsley, Andy Serkis, Kelsey Grammer, Joel Smallbone and Mary-Louise Parker.

“The founding of America is incredible,” Erwin told Crosswalk Headlines recently. “So, while I’m taking it one project at a time, the goal with doing ‘Young Washington’ on the 250th anniversary was to allow for America’s story to be told again.”

The turnout gives Erwin something every filmmaker needs: leverage. As



Metro Voice recently reported, Andrew Erwin, Jon’s brother and filmmaking partner, said success can quickly change conversations with major studios.

“If you prove that it can make money, they will let you do anything you want,” Andrew Erwin said.

The brothers have seen it happen before. “I Can Only Imagine” earned \$86 million, and “Jesus Revolution” grossed more than \$54 million worldwide, as reported by Metro Voice.

Jon Erwin believes the appetite extends beyond one picture.

“There’s more films and television shows I want to make on this subject

matter,” he said. “I hope that other filmmakers will see the success of ‘Young Washington,’ and there’ll be other films in this category. But yeah, we’ve just begun.”

“1776” would pick up Washington’s life decades later, with the Revolutionary War underway and other founders entering the picture. Washington would remain at the center, Erwin said, but the cast and scope would grow.

He wants the films to reach beyond political lines. Washington’s story belongs to every American, Erwin said, and he hopes audiences can use it to “celebrate the nation together.”

Producers behind “House of David” launching new clean comedy series



Wonder Project has built a strong foundation for high-quality family entertainment with its acclaimed “House of David” series. Now it is branching out into clean comedy with “Wonder Presents: The Stand-Ups.” Canadian comedian Sterling Scott stars in “Good Days, Better Nights,” one of six original stand-up specials.

“When Wonder first asked me to be a part of this, I was first of all honored, because the lineup of comedians that they had are truly top tier,” he told “The Christian Post.” “Then I was excited, because it was an amazing opportunity for a lot of talented Canadian comics that the world probably wouldn’t have seen without this project. I’m really proud of the work that we’ve done with this, and I think it’s a great way to introduce us to the world.”

In addition to Scott, the special stars comedians Caroline Rhea, K. Trevor Wilson, Ola Dada, Zabrina Douglas and Erica Sigurdson. Much of Scott’s material draws from stories about fatherhood and family life as he shares stories about his children and says he wants it to feel like sitting around the Thanksgiving dinner

table.

“The biggest source of my comedy had to come from my family because of the way that they would tell stories in a very comedic way,” he said. “When I’m speaking to the audience, it feels like I’m right at home.”

Scott pushed back against the idea that “clean” comedy is inherently more restrictive than edgier material. “Clean comedy is a genre,” he said. “Dirty comedy is a genre. Just because you like clean comedy, it doesn’t mean that dirty comedy is not good or that clean comics are less talented. The way that I was trained was don’t try to write clean, don’t try to write dirty, just write. I wasn’t trying to be clean. I was just telling you the truth, and it happened to be clean.”

Beyond the laughs, Scott said he hopes audiences leave with a message that runs throughout his set.

“Love who you are, even on the way to becoming who you want to be,” he said. “I would hope that when someone walks away from this, that they would see that I’m whimsical, that I’m silly and that I’m somebody that has so much more to offer the world. If you give me the opportunity, I’d be happy to make you giggle even more.”

Actor Says Netflix’s New ‘Little House’ Honors Books, Families

Warren Christie knows “Little House on the Prairie” viewers may approach Netflix’s new adaptation with some caution. He believes they should give it a chance.

“I understand [the concern], because truthfully, it does happen sometimes,” Christie, who plays John Edwards, told Crosswalk Talk’s Michael Foust in a podcast. “We’re based on the books, so if you’re a fan of the books, I think you’re going to be a fan of the show.”

The series, which began streaming July 9, follows Charles and Caroline Ingalls and daughters Laura, Mary and Carrie as they leave Wisconsin and seek a home on the Kansas prairie. It draws directly from Laura Ingalls Wilder’s books rather than remaking the NBC drama that made Michael Landon and Melissa Gilbert familiar faces in American living rooms.



Christie said the familiar themes remain at the center.

“For the purists that loved the original, I think if you give it a chance, you’re going to really love it,” he said, pointing to the story’s emphasis on community, hope and the strength of the human spirit.

HarperCollins says Wilder began the nine-

book series in 1932, drawing from her childhood as her family moved across the American heartland. Those stories have lasted for generations. Christie hopes the new show will bring several of them to the same couch.

“To be able to go a little bit old school and bring everybody around the same TV and share that moment and share that journey, I don’t think there’s enough of it,” he said. “We really hope that this hits in that way.”

That earlier series premiered in 1974 and ran until 1983. Netflix’s version stars Luke Bracey and Crosby Fitzgerald as Charles and Caroline, with Alice Halsey playing Laura.

Showrunner Rebecca Sonnenshine told People that the production sought the warmth associated with the earlier show while returning to Wilder’s story. Writers also worked with Osage consultants and scholars on the Native American characters and the Ingalls family’s presence on Osage land.

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Beat the Summer Heat With This Cost-Cutting Checklist

As the country braces for a predicted “hotter-than-normal” summer, homeowners will face financial pressure from higher cooling costs compared to last year. The good news? This easy and affordable DIY checklist contains money-saving upgrades that boost energy efficiency around the home, keeping summer bills in check throughout the scorching season.

1. Give Your HVAC System Room to Breathe: Clogged HVAC filters are a common yet overlooked problem that restricts airflow, forces air conditioner units to work harder and can cause uneven temperatures throughout the home. Check filters regularly to clean or replace them. This simple step not only improves indoor air quality, but helps

take the strain off the AC, leading to noticeable summer savings.

2. Don't Let Cool Air Slip Out the Window—Seal Up Sneaky Leaks: Tiny, hidden gaps around windows and doors let cool air escape, leading to large spikes in energy bills. Installing easy-to-use weatherstrip seals, such as the Duck Brand Heavy-Duty Weatherstrip Seal, is an affordable solution to replace worn-out seals, forming a barrier against the hot, humid outdoor air as well as dust, pollen and insects. Simply apply the self-adhesive seal to the perimeter of doors and window sashes



to increase comfort and energy efficiency during the warmer months.

3. Take Advantage of the Cooler Hours: On crisp mornings and evenings, leverage natural airflow to give your AC a break. Simply open your windows and doors to let the fresh air in, then seal them tight before the peak afternoon heat hits. To make the most of these outdoor breezes, try installing a product like the Duck Brand Hands-Free Magnetic Screen Door. Its mesh construction helps keep the heat out by allowing hot air to escape and cool breezes to flow through the home without letting bugs inside. Plus, it's quick to install, easy to walk through with full hands and is breathable, so you can enjoy seasonal weather.

4. Bring the Shade, Block the Heat: A substantial amount of summer heat enters your home through uncovered windows facing the sun. You can say farewell to that unwanted warmth with blackout curtains, reflective window films, or just by keeping your blinds closed during the hottest parts of the day. This creates an invisible barrier against rising temperatures, working alongside your DIY home weatherization efforts to keep refreshingly chilled air inside and your electricity bills down.

5. Optimize Ceiling Fan Rotation for Summer Cooling: Ceiling fans can make a room feel several degrees cooler when spinning in the proper direction. Try setting your ceiling fan to rotate counterclockwise during the summer. This direction pushes colder air downward and creates a wind-chill effect, so you can depend more on your fans and less on your conditioning unit to maintain a cost-saving home.

Having a lower AC bill can be a breeze this summer, with the right DIY home weatherization habits. Follow this simple checklist to make a noticeable difference in comfort and spending this season.

—StatePoint



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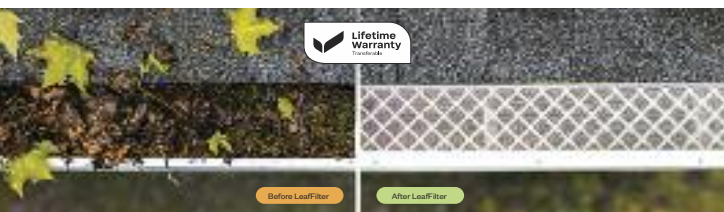
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sports

Curaçao World Cup Faith Story Inspires KC Fans



The World Cup journey of Curaçao ended in the group stage, but the tiny Caribbean nation left behind one of the tournament's more unexpected faith stories.

The team, representing a country of about 156,000 people, became the smallest nation ever to play in the World Cup and earned its first tournament point with a 0-0 draw against Ecuador in Kansas City. Reuters reported that goalkeeper Eloy Room made 15 saves in the match, the most ever in a 90-minute World Cup game.

Curaçao later was eliminated after a 2-0 loss to Côte d'Ivoire, which advanced to the knockout stage for the first time. The Blue Wave finished last in Group E, but for several players, the tournament was about more than soccer.

After the draw with Ecuador, Curaçao player Kenji Gorré joined players from both teams for a postgame prayer of thanks. "HIStory is being made," he posted on social media. "Thank you, Jesus."

Gorré, who has played professionally in the United Kingdom, had spoken before the tournament about the way his Christian faith shapes his approach to the game.

"One thing that God's really taught me is that we have to have an audience of one, and that is playing for Jesus," Gorré told the Sports Spectrum podcast. "That is playing not for your name to be glorified but for his name to be glorified and understanding that it's actually not about me."

The Curaçao team also was gracious after its 7-1 loss to Germany in Houston.

Several players from both teams formed a prayer circle at midfield after the final whistle. The moment drew attention online, with fans praising the athletes for putting shared faith ahead of competition, Beliefnet reported.

German midfielder Felix Nmecha explained the moment afterward.

"During the game, we are opponents facing one another, but after the match, we are all Christians, and we are like brothers," Nmecha said. "We simply said a little prayer together, because we are all still feeling very grateful for everything that has happened. Overall, we all believe that Jesus is glorified through the game, and that is why we came together."

Cunningham Baptism Shows Faith Amid WNBA Season

Sophie Cunningham, the Missouri basketball standout whose grit has made her a fan favorite with the Indiana Fever, has marked a new season with an old Christian practice: baptism.

Cunningham, 29, shared video of her baptism at Christ's Church of the Valley in Peoria, Arizona, saying she had been baptized as a child but wanted to make a public confession of faith as an adult.

"I got baptized when I was little, but I was feeling a tug on my heart to do it on my terms as an adult," Cunningham wrote on TikTok. "Such a fun, amazing day. Thank you, Jesus."

The moment came during a season in which Cunningham has become known not only for her outside shooting but also for standing up for teammates. A viral 22-second clip from a June 22 game showed her silently pointing at Phoenix Mercury player DeWanna Bonner after a heated exchange involving Caitlin Clark. It was a bold moment, and fans quickly turned it into a meme. But it also fit the way many Fever fans have come to see Cunningham: loyal, protective and unafraid to take heat.

Cunningham has said Clark is being targeted and not protected enough by officials, a concern also raised by Fever coach Stephanie White after Clark took hard contact in a recent game. The issue has grown beyond one team. Phoenix guard Alyssa Thomas, who was suspended after making contact with Clark's throat, said she later received threats and online abuse. The WNBA said it "vehemently condemns any and all forms of hate" and called player safety a priority.

Cunningham grew up in Columbia,



played at Rock Bridge High School and became one of the most decorated players in Missouri women's basketball history. At Mizzou, she finished as the program's all-time leading scorer and free-throw leader. She also was SEC Freshman of the Year, a three-time All-SEC First Team selection and a 2019 third-team All-American.

Speaking with reporters after the baptism, Cunningham said the decision felt personal.

"I've always been a faithful person, but I just feel like now it's my own decision," she said. "One of the better things I've done in my life is getting baptized."

Cunningham, who played the 2025 season with the Fever after six seasons with the Phoenix Mercury, caused a stir after signing her new contract on April 12. She made comments on her "Show Me Something" podcast suggesting she was frustrated with a one-year deal.

Cohost West Wilson asked whether the deal was better than she expected with the new collective bargaining agreement.

"It's OK," she said. "No, it's fine. It's tough, because I came off an injury, and

I haven't been in front of any teams. I had a lot going on this offseason. I was fully cleared; they had all the doctors, they had the numbers and everything. But if you don't get in front of these people, it's like, 'Hey, are you actually good?'"

Cunningham said she received multi-year offers from other teams but emphasized she was seeking stability when she made her comments.

"It made me sound snotty and ungrateful, and that is the last thing I ever want," she said. "I am so grateful. I know I'm coming off a pretty big knee injury, and so it was never about the money. It was just about the years because I wanted to be with them. God forbid, a girl loves her teammates."

"I'm almost 30 years old. I want to have a home. I want to kind of get established. And I would love to get established in a place like Indiana. We had such a great time. When you find a group of girls who really make you fall in love with basketball again and you enjoy it — not only on the court but off the court — you want to hold on to that. And so that's what I meant by that."



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Stopping the 'Silent Killer:' How to Check, Prevent and Manage High Blood Pressure

High blood pressure poses significant health risks for people of all ages, but there are effective ways to both prevent and manage this “silent killer” by working with a health care professional to make lifestyle changes.

Hypertension, also known as high blood pressure, is when the force of blood flowing through blood vessels is consistently too high. This condition makes the heart work harder than

normal and can damage arteries, increasing the risk of heart disease, stroke and other health problems.

High blood pressure is the leading risk factor for stroke and heart conditions such as coronary artery disease, heart failure and atrial fibrillation. Strengthening evidence also shows high blood pressure is linked to risk of cognitive decline and dementia, which is why the American Heart Association

is working to increase awareness and encourage people to manage blood pressure. Protect your heart and brain both now and in the future with this information and wellness advice.

Who Can Have High Blood Pressure?

Anyone can develop high blood pressure, which is why it's encouraged for everyone – in all age groups, including children and young adults – to have their blood pressure checked at annual physicals or wellness checkups. For those with a history of high blood pressure or risk factors for developing the condition, more frequent measurements may be recommended.

Major risk factors for high blood pressure include excess weight, diabetes, high cholesterol, smoking, lack of physical activity, alcohol consumption and a diet high in sodium and low in potassium.

Nearly half of adults in the U.S. have high blood pressure and many don't even know it. Of those with high blood pressure, about 75% don't have the condition under control. Because it typically shows no symptoms, it's often called a “silent killer.”

How is Blood Pressure Checked?

To get the best blood pressure reading, sit in a chair with support for your back with both feet flat on the ground.

Use a validated, automatic, cuff-style, upper-arm monitor. Remove clothing over the arm that will be used and rest for at least 5 minutes. Extend your arm and support it at heart level while staying quiet and still then take multiple readings and record the results. Aim to measure at the same time each day.

For most adults, a normal blood pressure reading should be less than 120/80 mm Hg.

What Happens After a High Blood Pressure Diagnosis?

Recognizing and taking quick action to control high blood pressure can significantly lower the risk of severe

health consequences, including heart attack and stroke, and improve overall health. If you've been diagnosed with high blood pressure, work with a health care professional to design a treatment plan that works for you. It may include lifestyle changes to your diet or activity levels or medication.

How Can High Blood Pressure Be Prevented or Managed?

Preventing high blood pressure is possible. Talk with a health care professional to create a plan that works for you, which may include small steps like eating a heart-healthy diet, staying active and maintaining a healthy weight.

For those diagnosed with high blood pressure, maintaining a healthy weight by staying active (at least 150 minutes of moderate activity per week) and eating a balanced diet rich in fruits, vegetables, lean protein and

whole grains are important. Even losing 5% of your weight can help improve blood pressure.

It's also important to reduce or avoid alcohol consumption and tobacco use. Consider stress-reducing activities, including meditation, breathing control or yoga. For many individuals, adhering to prescribed medications is essential to effectively control blood pressure and reduce the risk of serious health complications.

To learn more about blood pressure management and how to check it properly, visit heart.org/bp.

—Feature Impact



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Report: Most Americans Don't Know How to Protect Brain Health



Americans overwhelmingly say brain health matters deeply as they age, ranking it on par with — or even above — physical health. Yet despite this concern, most adults acknowledge they do not know how to protect or maintain their cognitive health, according to the 2026 “Alzheimer’s Disease Facts and Figures” report and a new nationwide survey released by the Alzheimer’s Association.

Eighty-eight percent of U.S. adults say maintaining brain health is very important, and almost all adults ages 40 and older surveyed (99%) say it is at least as important as physical health. However, only 9% say they know “a lot” about how to maintain their brain health. More than two-thirds say they worry about their brain health and about developing Alzheimer’s disease or other forms of dementia.

“Americans care deeply about their brain health and say that midlife is the key time to start taking steps to support it,” said Heather M. Snyder, Ph.D., senior vice president of Medical and Scientific Relations for the Alzheimer’s Association. “But many don’t know where to start and are looking for clear guidance on actions they can take.”

The report comes as the impact of Alzheimer’s disease continues to expand nationwide. An estimated 7.4 million Americans age 65 and older are currently living with clinical Alzheimer’s dementia. Total annual costs of caring for people living with dementia nationwide — excluding unpaid care — are projected to reach \$409 billion this year, an increase of

\$25 billion from 2025. Since 2000, deaths from Alzheimer’s disease in the United States have increased 134%.

Despite broad awareness that lifestyle behaviors influence brain health, the survey reveals a significant disconnect between belief and action — and between brain health and dementia risk. While 75% of respondents say lifestyle behaviors such as diet, physical activity and sleep are very important for maintaining brain health, only 46% say those same behaviors are very important for reducing the risk of Alzheimer’s disease and other dementias.

Only 50% report getting at least seven hours of sleep daily or most days, 39% say they eat a healthy, balanced diet regularly, 42% engage in mentally stimulating activities such as reading or puzzles, and just 34% report regular physical activity. Nearly one-third say they exercise less than weekly or not at all.

At the same time, Americans express strong interest in programs designed to support brain health. Seventy-three percent say they would consider participating in such programs, particularly those focused on cognitive exercises (57%), health monitoring (46%), nutrition (36%) and physical activity (26%).

Many adults view midlife — ages 35 to 64 — as a critical window for protecting brain health. Nearly two in five (38%) believe people should begin taking steps during midlife, and 46% say formal brain health programs are most appropriate during this stage. At the same time, about one-third view brain health as a life-

long priority.

Health care providers are seen as trusted sources of guidance, but conversations about brain health rarely occur. Eighty-six percent of adults would welcome these discussions during routine visits. Yet only 14% report ever discussing how to maintain brain health with their provider, and just 11% say they have talked about reducing dementia risk.

“These findings highlight an opportunity to better integrate brain health into routine health care,” Snyder said. “People are motivated to protect their brain health, and actionable guidance can support those efforts.”

To address these gaps, the Alzheimer’s Association is working with partners across communities, workplaces and health care systems to deliver research-backed resources and programs. These efforts are informed by the landmark U.S. POINTER study, which found that combining multiple healthy lifestyle habits can help protect cognitive function.

Learn more at alz.org/facts.

“The takeaway from this report is clear: brain health is a lifelong priority, not an issue limited to older age,” Snyder said. “By connecting individuals, communities, workplaces and health care, we can build a more equitable framework to support cognitive health and help reduce dementia risk for everyone.”

—StatePoint

92-year-old Chick-fil-A worker shares God’s encouragement



Gilbert Martin is 92, works five days a week and has no plans to retire.

Known to customers as “Mr. Gil,” Martin has spent the past six years as a dining room host at a Chick-fil-A in Wilmington. He wipes tables and keeps the floor clean, but that is not how he describes the most important part of his job.

“I make sure the tables are clean, the floor is clean,” Martin told WECT-TV. “But the main thing is I take care of people out here first.”

Customers at the Oleander Drive restaurant have come to expect his friendly welcome. They also notice when he is gone.

Mike Perdue, the restaurant’s owner and operator, recalled the concern when Martin recently missed a couple of days because of a cold.

“People were so concerned, it was crazy,” Perdue said. “Where’s Mr. Gil? Is he OK?”

Martin’s working life began long before Chick-fil-A. He spent decades in the natural gas industry and later worked for more than 12 years as a greeter at Sam’s Club. When that position was eliminated, he gave retirement a try.

Two months were enough.

“I got bored and put in an application,” Martin said.

Chick-fil-A hired him almost immediately. These days, he works Monday through Friday, greeting customers and making sure the dining room is ready for them. He does not consider it a burden.

“If you enjoy what you’re doing, it’s not work, and I look forward to coming in,” he said. “It’s crazy, isn’t it?”

Some conversations go beyond a friendly greeting. Martin said customers sometimes come through the doors after leaving a doctor’s office with difficult news. He tries to listen and offer a little encouragement. His Christian faith, he said, is behind that desire to help.

“I get a lot of people that are coming in, just been to the doctor and got bad news,” Martin said. “I’m able to be an encourager; the Lord gave me that.”

And at 92, he is not looking for an exit.

“I don’t know what 92 is supposed to feel like,” Martin said, “but I feel great.”



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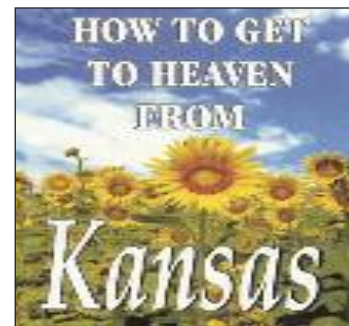
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life,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

Facebook: Topeka Lakeview Nazarene

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Sunday 10:45am: Nursery,

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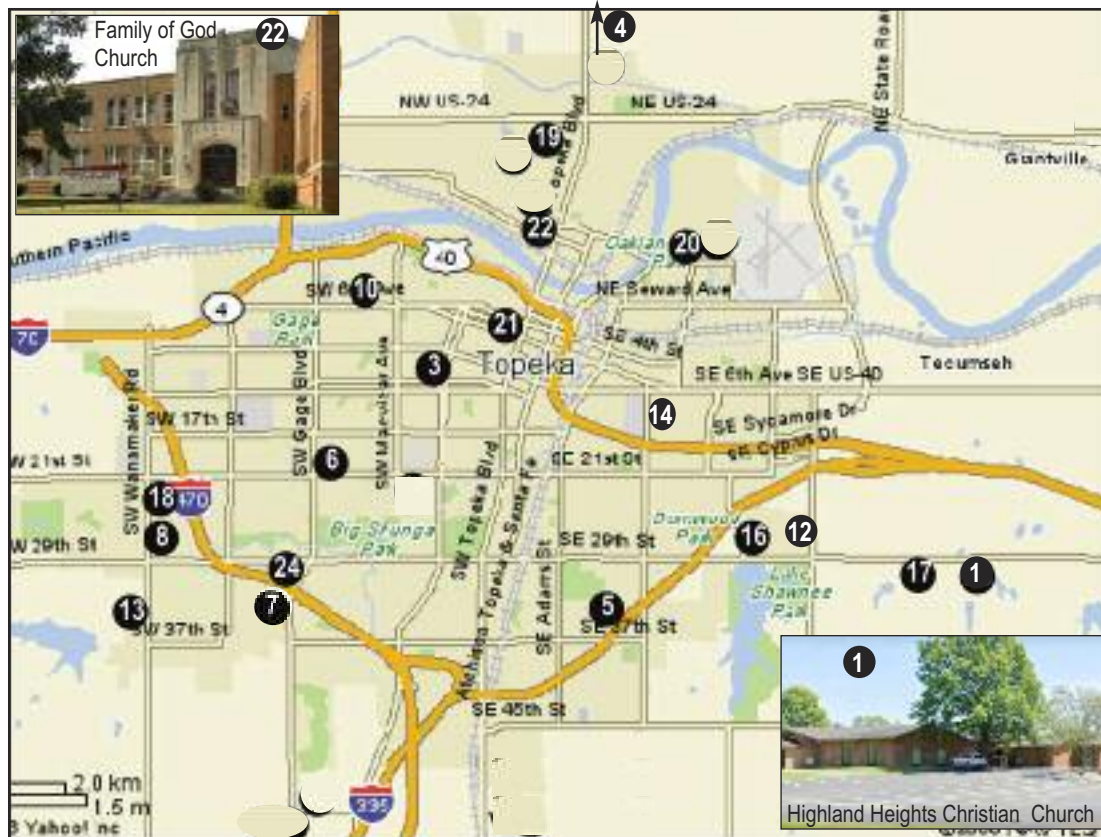
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