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The Call to Adopt

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High Demand for Food Assistance Continues Across the Community



The need for food assistance remains high across the Topeka community, as the Topeka Rescue Mission (TRM) continues to serve thousands of individuals and families through its Distribution Center and daily Community Dinner Program.

In August 2026 alone, TRM's Distribution Center served 1,002 households and 2,062 individuals, compared with 833 households

■ Please see **FOOD** page 3



Are Christianity and Socialism Compatible?

By **Clint Decker**

Is socialism a good government system? According to a CNBC survey, nearly 50% of younger Americans think so. Let us look at one example of a socialist program from the distant past.

Collectivization was a socialist policy instituted under commu-

nist Soviet Union leader, Joseph Stalin. One of his programs was "Kolkhozy" (Collective Farms), which became the nationalization of agriculture. The program forced farmers and ranchers to hand over their operations to the government, which included their land, cattle and equipment. Farmers and ranchers then switched

from being owners, to employees of their operations, receiving wages from the government. They also had firm production and delivery quotas to meet. The socialist program resulted in a nationwide uprising, as citizens rejected the government's theft of their property. In retaliation, farmers and

■ Please see **SOCIALISM** page 2

As Eats 'n Beats ends, West Ridge LIVE begins



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

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

West Ridge LIVE shows are as follows:

- Stranded in the City – Oct. 1.
- Josh Vowell – Oct. 8.
- Paradise Band – Oct. 15.
- Villains Dance – Oct. 22.

■ Please see **LIVE** page 2

New Southwest Coffee House Location Announced

A new Dialogue Coffee House in southwest Topeka featuring expanded hours will open before the end of the year.

The new storefront will be the seventh Dialogue Coffee House in the Topeka and Silver Lake area. Located at 3711 B SW Wanamaker Road, it will expand Dialogue's presence and Capper Foundation's mission into southwest Topeka while introducing new conveniences for customers.

While the new location represents continued growth for Dialogue, the expansion is about much more than adding another coffee shop, according to Zach Ahrens, President and CEO of Capper Foundation.

"Each new Dialogue location gives us the opportunity to extend our mission in a very visible and meaningful way," Ahrens said. "We are proud that more than 50 individuals with intel-

■ Please see **COFFEE** page 3



Monarch butterflies flying south toward Mexico as a part of their fall migration

Millions of monarch butterflies will travel through Kansas as they make their journey toward central Mexico.

The butterflies are headed to warmer weather as the days get shorter, temperatures change and winter approaches. They usually arrive in Mexico at the beginning of November, a natural event that coincides with the country's Day of the Dead celebrations.

Kansas plays a vital role in helping the butterflies on their journey, as states like Oklahoma and Texas experience nectar droughts.

"When we start getting these really extensive areas of drought it's when it's much more challenging for the migration," said Kristen Baum, director of Monarch Watch at the University of Kansas. "Nectar is very important this time of year."



The species will stop to rest and fuel up on nectar before continuing their trip south. People may begin to spot more activity and sometimes monarch roosts — a group of them resting in trees or flower fields in the evening.

Sightings can be submitted to the Journey North project, which helps track the migration and other seasonal changes across North America.

Other local organizations like the Great Plains Nature Center and Botanica are also helping researchers track the butterflies by hosting tagging events.

"We're getting lots of good information about where monarchs are in space and time, which will help us kind of think about what on-the-ground conservation looks like, and where does that need to be," Baum said.

Tagging requires catching a butterfly, applying a hole-punch size sticker on their wing, and releasing them. Each sticker has a unique tracking number that will identify the butterfly throughout its life and will never be used again.

Baum says an old tag was recently recovered from leaf-litter that included a dead butterfly dating back to 1997. The tag originated from Wamego High

School.

The Project Monarch Collaboration has taken the process one step further. The collaboration created radio tags for the butterflies, allowing people to see where they are in real time through an app.

Baum says tagging isn't the only way to support the species. People can place nectar plants outside their homes during this season or plant milkweed for the spring when they make their way back north.

"Monarchs are good ambassadors for pollinators, insects in general and other wildlife," Baum said. "Good monarch habitat is also good habitat for lots of ... other wildlife as well."

To follow along with the monarchs migration, you can visit www.monarchwatch.org/blog

—Jenni Anima / KMWU

SOCIALISM

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ranchers destroyed their crops and cattle. The government responded by executing or exiling thousands of farmers and ranchers. It all caused chaos in the national food system leading to an eventual famine and starvation that killed millions of people in the Soviet Union.

Communist and socialist governments tend to promise much good to win the support of citizens but deliver something very different to the detriment of their citizens.

The Bible is the source of all truth. What does it say about socialism? Is Christianity and socialism compatible?

1. Seizing private property. According to the Bible, God created the heavens and the earth and owns everything within them. He also has commanded mankind to be good stewards of what He has given, which means to be reliable owners of all that has been entrusted to us. Consequently, God established a universal

moral law stating, "You shall not steal" (Exodus 20:15), to protect private property.

In opposition to God, a key tenet of socialism is where the government seizes control or ownership of privately run key areas of society like education, the press, transportation, agriculture, technology, energy, housing or healthcare.

2. Forced distribution of wealth. According to the Bible, Jesus will one day say to His followers, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.' (Matthew 25:21) This statement reveals what God values. Hard work. Productivity. Excellence. Profit. All to the best of one's ability.

In opposition to God, socialism forcibly takes from one and gives to another. Karl Marx wrote, "From each according to his ability, to each according to his needs." Not only is this a form of theft by the government, but also disincentives how God created us. It discourages the worker from striving for a profit, knowing it will be seized, and dampens the drive to work, knowing one will receive from

another, who has been forced to give.

3. A divided society. According to the Bible, "...God shows no partiality." (Romans 2:11) Though God recognizes the natural physical needs of the poor, sick, widows, orphans and those treated unjustly—God condemns favoritism. Under His divine law, He is no respecter of persons, all will be accountable to Him.

In opposition to God, a socialist government puts people in classes and sets them in opposition to each other, deciding who is the oppressed and oppressor. The rich oppress the poor, whites oppress people of color, men oppress women

and so on. And it all leads to a divided society.

Instead of encouraging the God-given natural rights of freedom in every man and woman, socialism suppresses that through government control. Instead of the government

being a servant of God, as intended, they become like god.

Finally, to safeguard government control, socialists will stomp out the true gospel of Jesus that speaks the truth about sin and calls all people to repentance and faith in the living God.

LIVE

continued from page 1

- Coversmith – Oct. 29.
- Big Rick Soul Band – Nov. 5.
- Departure – Nov. 12.
- Mark & the Sharks – Nov. 19.

Bring your friends, grab a table and make a night of it! Iron Rail Brewing will be bringing the BBQ and beer, and Ta Co. Topeka will be serving up margaritas that pair perfectly with Rosi's Food.

Great music. Great food. Cold drinks. And no cover charge.

West Ridge LIVE season sponsors: are MCP GROUP, Elite home services and Genesis Realty / BJ McGivern.

GreatPLAY

A photograph of two children in a dark room, illuminated by blue and green neon lights. They are wearing vests with reflective strips and are holding laser tag guns. The child on the left is in the foreground, looking towards the camera, while the child on the right is slightly behind, also looking forward.

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Grandparents Central to Strengthening Family Relationships

Grandparents are an important part of the glue that holds families together in an increasingly fragmented world. “The notion of an independent, self-contained nuclear family is supported by neither social science nor the Judeo-Christian tradition,” researcher Anthony B. Bradley wrote, according to “The Epoch Times.”

He believes networks of extended family members, particularly grandparents, provide a crucial bulwark for the family and child-raising. Basing his conclusion on numerous scientific studies, Bradley said he sees close proximity to a maternal grandmother as even more important for family success than a high-paying career.

“One of the best ways a man can provide for his family is to do whatever is necessary to make sure his wife lives in the same city as her mother, assum-



grandmother, all grandparents can exert a strong, positive influence on growing families. Grandparents have acquired wisdom through the labor of long years, the experience of success and failure, that they can impart to their children and grandchildren. Grandparents contribute in important ways to the development of the generations beneath them.

The late Jim Dobson of Focus on the Family agreed.

“A sage once remarked that the elderly slow down and stoop over so that they can see things as children once again, so that they can hold the hands of children who toddle along on inexperienced feet,” he once wrote. “That bug on the sidewalk, the snail under the cabbage leaf, the robin pulling the worm from the rain-moistened earth — these are the things small children and their grandparents notice.”

ing they have a good relationship,” he said. “While I have written before about the importance of fathers, the other essential familial role for thriving families is the grandmother, and having children within the same local context as a maternal grandmother is mission-critical if we want mothers and children to thrive.”

Grandparents help children see where they came from while encouraging them toward the future. Although there seems to be a special role for the maternal

COFFEE

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tual and developmental disabilities have already had employment opportunities through Dialogue, and this new location will allow us to provide those opportunities to even more people. Growth is exciting, but what matters most is the impact that growth has on the individuals we serve and their ability to build skills, confidence, and greater independence.”

Dialogue Coffee House combines a welcoming community coffee shop that serves drinks, homemade baked goods, and lunch items with integrated workforce training for individuals with disabilities. Team members gain experience in areas such as customer service, food and beverage preparation, teamwork, communication, responsibility and other skills that can support future employment opportunities.

Additional information, including an opening date, operating hours and grand opening details, will be an-

nounced as construction and preparations progress.

Dialogue Coffee House is part of Capper Foundation’s commitment to expanding meaningful employment and workforce-development opportunities for individuals with disabilities. Capper Foundation is a 501(c)(3) whose mission is to build abilities and empower people of all ages living with disabilities. Visit capper.org and follow Capper on social media for more information.

FOOD

continued from page 1

and 1,802 individuals in August 2025 — an increase of 169 households and 260 individuals in just one month. Through August 2026, TRM’s Distribution Center has already served 413 more unique households than it did during all of 2025, with four months still remaining in the year.

At the same time, TRM’s Community Dinner Program continues to provide consistent food support, already serving 20,387 meals through August 2026 alone.

“Together, these two programs are providing food assistance to

thousands of individuals and families facing the hardships of hunger,” said LaManda Cunningham, CEO of the Topeka Rescue Mission. “We are grateful to be a place people can turn to for help, but the level of need we continue to see is significant and requires the support of our entire community.”

With demand remaining high, TRM is asking the community to help keep food available for neighbors who rely on these programs. Food donations, financial gifts and prayer are all critical to sustaining TRM’s food assistance efforts and helping ensure access does not have to be limited as needs continue.

TRM’s current needs list is

available at trmonline.org. Food donations may be delivered to 401 NW Norris Street in Topeka, Monday through Friday 8am to 3:45 pm. Financial gifts may be mailed to P.O. Box 8350, Topeka, KS 66608, or made online through TRM’s online giving page.

Topeka Rescue Mission Ministries is a 501(c)3 nonprofit organization working in the Topeka community and surrounding Shawnee County. TRM works with community partners to reach those in need by bringing help and hope through serving those experiencing homelessness and feeding the hungry. To learn more, visit trmonline.org or follow Topeka Rescue Mission Ministries on Facebook.

October C5 Luncheon to Feature Marketing Tips

The October C5Alive POWER Luncheon will be held on the 8th at 11:30am at the Celtic Fox.

The featured speaker will be Ron Covert, President at Stack the Deck Marketing, a full service advertising and marketing company specializing in strategy and execution of all types of media. he is also a partner at Grub N Pubs, which helps the community

churches.

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 EASTERFEST, the annual Topeka Easter Fun Fair, and also Topeka Fall Fest (Oct. 10), both held in NOTO Arts District.

C5 members also sponsor lunches 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.

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Kansas Gets \$500,000 for Faith-Based Addiction Prevention

Kansas, along with Alabama and West Virginia, is receiving supplemental funding to strengthen the role of faith-based organizations and leaders in substance use prevention as part of the U.S. Department of Health and Human Services’ Strategic Prevention Framework–Partnerships for Success.

“Every child deserves the chance to grow up free from addiction,” HHS Secretary Robert F. Kennedy Jr. said. “Prevention begins with strong families, strong communities and a sense of purpose. Faith leaders are uniquely positioned to reach young people at a critical point in their lives, and President Trump’s Great American Recovery is putting resources behind these trusted community leaders to help prevent ad-



diction before it begins.”

Under the supplemental funding, each state is receiving an additional \$500,000 under the Partnerships for Success grant program. Kansas is using the supplemental funding to work with

faith communities to build new partnerships, conduct needs assessments and co-develop strategic prevention plans with faith leaders, all while engaging youth in the process from day one.

This funding supports the Trump administration’s Great American Recovery. “The Great American Recovery starts in our communities, where connection, purpose and hope can change the course of a person’s life,” said Kathryn Burgum, White House senior advisor for addiction recovery. “This funding recognizes the powerful role faith communities can play in creating a culture where young people feel supported, find a sense of belonging and are empowered to make healthy choices. By investing in preven-

tion at the community level, we are helping build a future where every person has the opportunity to thrive.”

Monty Burks, Ph.D., director of the HHS Center for Faith, highlighted the central role of faith in addiction prevention and recovery.

“Faith communities have been doing this work for generations — walking alongside families, mentoring young people, helping people find purpose and responding when their neighbors are struggling,” he said. “Our job is not to replace that work but to equip it. By connecting faith leaders with training, resources and state prevention partners, we can build on what is already working in communities and help local leaders reach even more people.”

Christian leaders back Missouri Sen. Josh Hawley in Declaration for Life

In an effort led by Missouri Republican Sen. Josh Hawley, Christian leaders are calling on lawmakers to ban the abortion drug mifepristone. The Declaration for Life supports pro-life legislation, condemns chemical abortion.

“This Declaration for Life, written by pastors, is calling on everyday Christians across America to stand for life and confront the scourge of chemical abortion,” Hawley said, according to EWTN News.

The declaration notes that the right to life is especially critical on the

250th anniversary of the nation’s founding.

“We are followers of Christ from across American Christianity -- pastors of churches, leaders in seminaries and universities, and members of allied organizations,” the declaration says. “We sign as individuals rather than for the institutions we serve, but we believe we have an obligation as Christians and spiritual leaders to remind our countrymen of what scripture and conscience together proclaim: that every human



being, from the moment of our knitting together in our mothers’ wombs, was fearfully and wonderfully made. The divine image each human being bears was not earned. It cannot be forfeited. And it is the first duty of the church to defend human dignity where it is denied.”

Tony Perkins of the Family Research Council outspokenly supports the declaration and criticizes the Republican Party’s recent silence on abortion.

“There are Republican members of Congress and state leaders who continue to champion the unborn, but the Republican Party has gone all but silent on the issue of life,” he said. “The strong pro-life language that was a part of the GOP platform for decades was removed, and little is said about abortion. We are called to defend the defenseless and speak for those whose voices have been silenced.”

Meanwhile, a recent poll found narrow margins in public opinion on an amendment that would protect unborn children in Missouri. In November, voters will decide whether to repeal a 2024 pro-abortion amendment. In its place, a new amendment would protect unborn babies except those conceived by rape or incest, or in medical emergencies.

The Missouri polls found that 44 per-

cent opposed the pro-life amendment and 43 percent supported it, while 13 percent were unsure. However, when

polled in February, half of Missourians were in favor of reinstating the pro-life amendment.

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.

Early detection can prevent small problems from becoming expensive ones.
The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

Previous dental work can wear out.
Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.
Unexpected bills like \$299 for a filling ... \$1,471 for a crown³ can be a real burden, especially if you’re on a fixed income.

When you’re comparing plans ...

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

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

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

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www.Solereason.net

5+2



Topeka Fall Fest moves to NOTO Arts & Entertainment District in 4th year

Two to three thousand people are expected to attend the 4th Annual Topeka Fall Fest on October 10, but this year it will be held in the NOTO Arts District, including Redbud Park, Veterans Park, the Arts Center Courtyard and the Breezeway between Veteran's Park and Kansas Avenue. Families attending will be able to listen to live music, visit over 100 vendors & food trucks, sample cider, decorate pumpkins and take part in other kids activities.

Dozens of local businesses and non-profit organizations will take part in the event as vendors or sponsors, and live music acts will perform on the outdoor stage.

An outdoor vendor market will offer a wide variety of products and services,

with food trucks nearby.

Inside, more vendors will showcase a variety of health care and fitness businesses and services, as well as other crafts and gift items.

Many kids' activities will be offered, such as facepainting, petting zoo, cake walks, bounce houses, and a Foam Party.

The event, which takes place from 10am to 3pm, is coordinated by C5Alive, Metro Voice Newspaper, Health & Wellness magazine and Lee Hartman Events.

Sponsors include Function Flatables, Grub N Pub, Units, ServPro, Happy Place Nutrition, NOTO Arts Center, Donaldson's Jewelers, TV25, WIBW-TV, WREN, Magic 107, and KFGH 97.7.



There is still room for more sponsors and participants for the Vendor Market, Health Fair and Entertainment areas.

Volunteers are also needed to help with the entire event.

For information, visit Topeka Fall

Fest on Facebook, email info@C5Alive.org or call 785-640-6399.



Young storytellers encouraged to apply for C.S. Lewis Fellowship

C.S. Lewis has found renewed popularity over the last decade as a new generation discovered his Christian allegory and imaginative storytelling. Now, aspiring writers aged 15 to 30 can strengthen their own writing skills through the C.S. Lewis Fellowship.

The Author Conservatory is inviting parents, teachers, pastors, youth leaders and other mentors to help discover new storytellers through the free five-week experience sponsored by the C.S. Lewis Foundation. The effort was created to encourage and equip passionate young writers, and nominations must be submitted by October 31.

"In an age hungry for hope and meaning, we need writers who understand that stories can do far more than entertain," Brett Harris, CEO and cofounder of the conservatory, told Metro Voice. "C.S. Lewis and J.R.R. Tolkien created extraordinary stories that have continued to inspire, chal-



lenge, and influence readers for generations. There are gifted young writers today with that same kind of potential."

Harris says these writers may simply need someone to recognize their talent and help show them the path forward.

Every nominated individual can

participate in the fellowship at no cost. Along the way, participants will learn from industry leaders, strengthen their writing, gain practical insight into the path toward publication, and connect with a community of other young writers serious about developing their craft.

Author Kara Swanson, president

and cofounder of the conservatory, says, "As an author who seriously pursued publication in my teens and worked in the publishing industry right out of high school, I know how much courage it takes to move from loving stories to believing you might actually have a place in the publishing world," she said. Swanson wants to connect young writers with experienced and published writers who can be "in their corner," helping them grow and realize what it takes to build a serious career around their writing."

The Conservatory has a record of success mentoring these writers. Numerous graduates have gone on to sign six-figure publishing deals with major New York publishers and receive recognition from the Scholastic Art & Writing Awards, Realm Awards, Christy Awards and NPR's Best Books.

What students will accomplish

- Receive regular, personalized feed-

back from industry professionals through an intensive mentorship format.

- Learn from award-winning authors, professional editors and successful entrepreneurs.

- Complete at least two full-length novels under expert guidance while gaining hands-on experience in story development and structure.

- Launch a profitable entrepreneurial venture and learn practical tools for building a writing business.

- Graduate with the tools needed to pursue publication and earn money as an entrepreneur.

Bailey Gaines, a 2024 graduate of the program, stated, "I cannot stress enough how much stronger of a storyteller I was after just one year in The Author Conservatory than after four years of attending college for writing."

Nominations can be submitted at www.nextcslewis.org.

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INVESTING OR PAYING OFF STUDENT LOAN DEBT?

Dear Dave,

Our daughter is a student, and she has \$10,000 in student loan debt. She works part-time, and has a couple of scholarships, but she has borrowed a little along the way to bridge gaps. Her uncle recently sold his business, and he told us he would like to give her a gift of \$10,000. We've talked to her about this, and we'd like to guide her in the smartest possible direction. Should she begin planning for the future, and use this gift to start investing, or should she use it to pay off her student loans?

Answer. Let's take a minute and give this situation a good look. We'll start by pretending she doesn't have any student loan debt.

In a case like that, would it be wise for her to borrow money on a student loan in order to invest? Of course not.

It's a dumb question, but I want to get you thinking. If you don't pay off the loans, and invest it instead, it's just like you borrowed money to invest. See what I mean? That would be a pretty bad plan.

In my opinion, your daughter needs to get her student loan cleaned up as soon as possible. And this gift from her uncle represents the perfect opportunity to do just that.

The last thing in the world your daughter needs is big pile of debt waiting on her when she gets out of school.

I want her to start investing at some point down the road, but she's just not in a good position to be an investor right now. I'm talking about wiping out all that

debt the minute she gets this wonderful gift in her hands. And the second after she pays off those student loans, she should get to work on saving a pile of money, so she can complete her studies without racking up any more debt!

— Dave

* Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of *The Ramsey Show*, the second-largest syndicated talk radio show in America. He has appeared on

Good Morning America, *CBS Mornings*, *Today*, *Fox News*, *CNN*, *Fox Business* and many more. Since 1992, Dave has helped people regain control of their money, build wealth, and enhance their lives. He also serves as CEO of Ramsey Solutions.

Your Retirement Needs A Game Plan

By Roger Shumaker
Financial Professional
at The Retirement Team



Retirement is supposed to be the reward for a lifetime of hard work, but are you financially prepared for what comes next? For many people approaching retirement, the biggest concern isn't whether they've saved money. It's whether they can confidently turn those savings into an income strategy designed to support the lifestyle they want. After decades of working and saving, retirement brings an entirely different set of financial decisions. The regular paycheck may stop, but the bills don't. At the same time, decisions about Social Security, investments, taxes, healthcare and withdrawals can become more important than ever. That's why having a retirement plan—and knowing how the pieces of that plan fit together—can be so valuable.

If you're within a few years of retirement or already retired, here are some questions worth considering.

1. How Much Will I Really Need Each Month?

Before retirement, many people are focused on accumulating as much as possible. Once retirement arrives, the question changes: How do I turn what I've accumulated into reliable retirement income? Your income may come from several sources, including Social Security, pensions, retirement accounts, investments and other assets. Determining how those resources may work together can help you develop a clearer picture of your retirement income and expenses. It can also help you identify potential gaps before they become problems.

2. When Should I Claim Social Security?

For many retirees, Social Security is an important part of their overall retirement income. But deciding when to claim benefits isn't necessarily a decision that should be made in isolation.

Your age, other income sources, financial needs and overall retirement strategy can all be relevant. The decision you make can affect your income over time, which is why it deserves careful consideration.

3. How Long Will My Retirement Savings Need to Last?

One of the challenges of retirement planning is that you don't know exactly how long retirement will last. It could be 10 years. It could be 20, 30 or more. That uncertainty makes it important to consider how your savings and other resources might support you over the long term. A retirement plan can help you think beyond the first few years of retirement and consider future expenses, changing priorities and unexpected circumstances.

4. What About Healthcare Costs?

Healthcare is another major consideration for retirees. Even with Medicare and other forms of coverage, retirees may face premiums, deductibles, prescriptions, supplemental coverage and other healthcare expenses. Planning for these costs can be an important part of determining how much retirement income you may actually need.

5. How Could Taxes Affect My Retirement?

Seeing a large retirement account balance can provide a sense of accomplishment—but the balance isn't necessarily the same as the amount available for spending. Depending on the type of account and how money is withdrawn, taxes can affect your retirement income. Understanding the potential tax implications of different strategies before making major financial decisions can help you make more informed choices.

6. What Happens When the Market Changes?

Retirement can change the way you think about investment risk. While you're working, you may have many

years to recover from market declines. When you're relying on your investments for income, however, the timing of market changes can become an important consideration. A retirement plan can take into account your income needs, time horizon and tolerance for investment risk. There is no way to eliminate investment risk or predict exactly what markets will do, but having a strategy can help you approach unexpected market conditions with a plan rather than making decisions based solely on emotion.

7. Am I Confident About My Retirement Plan?

This may be the most important question of all.

If you're approaching retirement and find yourself wondering:

- Will I have enough income?
- How much can I afford to withdraw?
- When should I take Social Security?
- How should I handle my retirement accounts?
- Am I prepared for unexpected expenses?
- Will my money last as long as I need it to?
- What about taxes?

You may benefit from taking a closer look at your overall retirement strategy. You don't have to wait until you have all the answers.

A Retirement Plan Review Can Be a Good Place to Start

Retirement planning doesn't have to begin with a complicated financial discussion. Sometimes the first step is simply sitting down with a professional and asking questions. **Roger Shumaker** works with individuals who are approaching retirement as well as those who are already retired and want to review their financial strategy. A retirement plan review can provide an opportunity to organize your financial picture, identify questions you may not have considered and better understand

■ 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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Finance 101: The Lessons Every College Bound Kid Should Learn Now

By Jim Hanna

Sending a child to college marks an important milestone for families, bringing both new opportunities and natural questions. It's often the first time students manage money independently while balancing classes, new responsibilities and newfound freedom. This transition also creates a valuable opportunity for parents to guide and teach their children how to build strong financial habits.



Hanna

Credit is powerful. Credit cards are often heavily marketed to young adults, but few understand how credit really works. College-bound students should recognize that credit is not additional income; interest can accumulate quickly, and payment history plays a critical role. Developing habits like paying balances on time, keeping utilization measured, and regularly reviewing statements can help build strong credit rather than costly missteps. These early behaviors often shape long-term financial health.

Saving is not just for later. It supports flexibility. Students may assume saving can wait until after graduation, but even modest savings during college can serve an important purpose. Emergency expenses, unexpected travel home, or gaps between part-time income can derail finances quickly without a cushion. Understanding the value of saving, even in small amounts, helps students experience firsthand how preparation creates options and reduces stress.

Financial decisions reflect values. College is often when young adults begin defining what matters most to them. Encouraging students to think about how they spend money, and why, can help align spending with personal priorities. Whether it means minimizing debt, prioritizing experiences, or saving for future goals, fostering independence and accountability.

The goal is not perfection, but to equip students with practical tools and a healthy relationship with money as they enter adulthood. For parents, this means maintaining

open conversations, setting realistic expectations, and providing ongoing guidance that can help build confidence in financial decision-making. For families navigating this transition, a financial advisor can provide clarity, outline long-term implications, and help balance education goals with future financial independence.

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6 Tax Pitfalls to Avoid

By Ryan Shumaker
SmartVestor Pro

Ryan hosts a radio show Saturdays at 7:30am & Sundays at 8am on FM 93.5/AM 1440. Listen anytime at RetireLawrence.com/Radio



I'm a big fan of the saying, "Give to Caesar his due, but not a dollar more!"; which is why at Retirement Portfolios we focus on helping clients create tax efficient retirement plans and portfolios. With many likely feeling they paid more than their due, we thought we'd share a few common issues we see when reviewing previous tax returns of new clients.

1) Selling too soon- Depending on when you sell an investment, you can pay anywhere from a 0% federal tax on your gains to a whopping 40.8%! Losing 40% of your gains to federal taxes when you could potentially lose nothing dramatically changes how much of your profit actually ends up in your pocket. Waiting to sell an investment after you've owned it for at least a year and/or when your income may be lower can significantly decrease your tax burden.

2) Poor recordkeeping- Prior to 2012, it was up to the taxpayer to keep a record of the purchase price of their investments. Thankfully since then brokerage firms have been required by law to keep track of this information and relay it to any firm an account may subsequently be transferred to. Despite this change, we have seen situations where this information isn't trans-

scribed properly or at all and investors pay tax on the entire sale price of an investment, rather than on just the gains. This happens even more frequently with investments bought prior to 2012, as firms won't always provide the original cost on tax forms in this scenario. If you're filing your own return, pay careful attention to tax documents when you receive them and don't blindly input numbers from these forms into tax software. If you're utilizing a professional to help you file your taxes and they don't catch this problem, you may want to consider a different preparer.

3) Not using losses optimally- While having losses isn't fun, don't add insult to injury by failing to use them in the most tax advantageous way possible. Losses from prior years can be carried forward to future tax years and can be used strategically. For instance, it makes far more sense to offset your gains with losses if you're faced with a 40.8% tax versus a 0% tax, like in pitfall #1. You can also use up to \$3,000 worth of losses per year to offset the tax on other income that may be taxed at a higher rate. When an investment is sold should not be based solely on performance. Having a strong return is nice, but keeping more after taxes is nicer. If you fail to account for tax implications, a large investment gain could result in less money making it back to your bank account versus a smaller gain with smart planning.

4) Buying too soon- Washing dirty hands before eating is a good idea, but

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opinion

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I Changed My Mind on Data Centers

By Dwight Widaman

I'm writing a story about data centers, so I have spent time researching the issue, talking with experts, reading public comments, and getting input from those who oppose them. I've already written about community efforts to stop them. But I needed more information. Once a skeptic myself, a funny thing happened: I changed my mind.

I understand and empathize with the NIMBY (not in my backyard) reaction. There are legitimate concerns, and I support everyone seeking answers. Previous data center developers have gotten it horribly wrong in the past. Asking hard questions of both the developers and elected officials does not make a citizen unreasonable or opposed to progress or technology.

After considerable research, I've real-

ized that much of what we see regarding the issue may be sensationalized. Our stance on either side should be based on the specific data center being proposed, not the worst example found somewhere else. A data center designed today is far more advanced than those built even five years ago. The John Deere riding mower I purchased yesterday is a lot better than the early 90s Husqvarna mower I replaced.

Major concerns

Opponents of data centers typically cite three valid reasons: noise, water, and electricity. If we were debating this five years ago, those would remain top concerns. But today, technology has advanced, often because citizen activism has forced change. That's a good thing! Many new facilities going online this week are significantly different, and far improved,

from older facilities. Let's look at why.

What has changed in the 3 major concerns?

Technology means that data centers can now use closed-loop or air-cooled technology that is the opposite of those that use drinking water for cooling. These new systems recirculate the same coolant instead of drawing water from city water systems. Some even reduce the amount of ongoing fresh water use to zero. Think of it this way. You are not putting coolant into your car radiator every week.

Another concern is noise. Yes, cooling systems can be heard, just like what you may hear standing near your AC unit outside. Thanks to effective community standards, new centers being constructed near where people live and work can be required to have extensive setbacks,



sound insulation, equipment enclosed in sound-dampening structures, and be regulated by city or county codes. There's still sound, make no mistake. But today it is comparable to the sounds you normally hear during the day: traffic, cooling systems or maybe a distant grain elevator in a small town.

The third top concern is electricity. We are all accustomed to losing power or brownouts because of storms or extreme

■ Continued on next page

You and Your Conscience



**CLINT
DECKER**

President and
Evangelist
with Great
Awakenings, Inc.

Speaking Truth

David knew where all the creaks were in the floor down the hallway. This helped one night when he snuck out of the house after his parents went to bed.

He quietly opened the door of his room, and passed by his parents, while he carefully stepped down the hallway, gently hopping from left to right, strategically avoiding every creak. Then when he made it outside, we met up and took off together.

Why did not David just open his door and walk out of the house while saying, "Good night dad and mom! I am headed out. I will be back in a little while. Love you!"? Because David and I knew what we were doing was wrong, and we wanted to hide it from his parents.

What testified to us that it was

wrong? Our conscience (and mine especially since I was a few years older). Carl Jung, a Swiss psychologist once wrote, "Through pride we are ever deceiving ourselves. But deep down below the surface of the average conscience a still, small voice says to us, something is out of tune." David and I knew something was out of tune when he sneaked out of the house, instead of listening to that quiet voice to "Honor your father and your mother..." (Exodus 20:12)

God describes the conscience as something that leads to "...conflicting thoughts [that] accuse or even excuse them..." (Romans 2:15) One writer states that the Bible's word for conscience in the New Testament is *suneidēsis*, which means "moral awareness" or "moral consciousness." The conscience reacts positively or negatively when one's actions, thoughts, and words either conform to, or contradict, God's moral law, which is the universal standard for right and wrong.

The conscience to our soul, is like the nerve ending in our fingers. When our hand touches a hot pan, we are instantly alerted and pull it back to protect ourselves from danger. Likewise, when we violate God's moral law through behaviors of the heart and life



like lying, sexual immorality, hate, anger or profanity our conscience warns us, giving us an opportunity to protect ourselves from danger.

Some people have what is called a "seared conscience." One writer says, "it is a conscience that has become desensitized to what is right and wrong." One that has become numb to guilt and shame, where a person has so trained themselves that wrong is right, that they have become a servant of Satan and a tool of demons.

The conscience is a creation of God that He has gifted us with when He fashioned us together. It is truly a creation of hope. Rather than leaving us to ourselves, the conscience (with the work of God's Spirit) awakens us to how we have fallen short of His moral standards, and how we stand in desperate need of a Savior.

Our guilty conscience may not seem like a blessing, because it weighs

us down. It can distract our focus, interrupt our sleep and ruin our fun. Consequently, we try to ignore it. We try to justify what we have done. We try drowning it out with addictions like drugs or alcohol to numb our conscience. We cover it up with busyness, entertainment or work. Yet, that

still small voice is there. It is a display of God's love for you. His grace and kindness, calling you to Himself.

Jesus came from heaven to earth and died and rose again that you might turn from your evil ways and to Him by faith. And when you do, He will bless you with a clear conscience, and a peace and joy that will endure.

A prayer for you – *Lord God, I realize what I am wrestling with is not myself, but you. Thank you for my conscience and your Spirit that is revealing how I have fallen. Today, I no longer make excuses but acknowledge my failure and call to you for forgiveness through Jesus. In His name I pray. Amen.*

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

Continued from previous page

weather. No one wants that to be a daily occurrence. But if handled correctly, and elected officials keep the consumer in mind, developers can be forced to pay for their own electric infrastructure. The goal is to ensure that electric rates don't rise for the consumer. That's taken care of in the planning stage with tremendous oversight of the electric utility.

A fourth consideration is one most do not consider. We can't have it both ways. We cannot depend on technology and data in our lives and expect there is never a cost to our communities.

Where do you want your data stored?

Where do you want your data stored? If you use a cell phone, have an email address, use GPS, store photos and documents in a Google or Apple account, use a streaming service, watch YouTube or scroll social media, access your medical records online, have your car repaired, use a credit or debit card, order an item online, have electricity and water in your home, purchase an airline ticket, hotel room or an Airbnb, pump gas, have a grocery store or other rewards card, buy a gift card, pay taxes, have a bank account, searched for something on Google, or just plain visited a website today, you are using a data center somewhere. You are most likely using hundreds of data centers EVERY day. While it may not be near your town, it IS near someone's town.

I would much rather have the data associated with each of these things I do each day stored in a secure American data center instead of one in a foreign nation. Why? Because we can't regulate them on foreign soil. Overseas data centers are subject to bad actors, wars, political strife, hostile governments, and terrorism. Do you want your bank account backup stored in a data center located in China? Keeping data centers on U.S. soil means they are subject to U.S. legal and privacy protections and are considered part of our national security.

Data centers essential to daily life

As you can see, data centers are now essential structures just like a bank, school or hospital. Our society would crumble without data centers. Our modern lives depend on them, and there's no going back.

After looking at the concerns and facts, the importance they play in our lives, and the risk of losing control to foreign nations, I'm reconsidering data centers. If a proposal can prove, and be



Quincy, Washington, population 8,500, has benefited from its data center. Image: Tedder: Wiki Media CC BY-SA 4.0

guaranteed, that it will conserve water, control noise, and protect electric customers from utility instability, while pay-

pair long-neglected streets, build new fire and police stations, a hospital, city hall, and recreation center. DeKalb, Illinois got



Aerial view of the data center facility and surrounding industrial infrastructure in DeKalb, Illinois. Image: AdobeX

ing for its own infrastructure costs and contributing millions to the local economy, then they deserve a fair hearing in the court of public opinion.

The potential benefit to local communities can be substantial if handled correctly. It will require community engagement and accountability of city and county officials as well as the developers. Many communities around the country are doing it right and finding ways forward and are now flourishing because of the additional revenue.

Communities that found a way

Quincy, Washington is a town of 8,500. Data Center revenue helped it re-

ceive a new Meta data center in 2021. It paid nearly \$50 million in property taxes to the town between 2021 and 2024. About



A new fire station for DeKalb County.

61% went to the school district, allowing construction of a new elementary school. It also generates \$300,000 annually in utility taxes alone and has provided

RYAN SHUMAKER

continued from page 7

rebuying an investment you recently lost money on usually isn't. Why? Well, if you sell an investment for a loss, but repurchase the same or a substantially identical one within 30 days you can't claim the loss on your taxes. If you're looking to maximize your after tax investment return, which investments you buy and when can sometimes be just as important as which investments you sell and when.

5) Missing tax breaks- According to the IRS, over 1/3 of all errors on tax returns involve either the child tax credit (16%), earned income tax credit (10%), or taking deductions (8%). These 3 are the most commonly caught by the IRS as they're usually something computer systems can catch automatically, but you shouldn't bank on the IRS finding missed tax credits or deductions for you. With the newly available tax breaks as part of The Big Beautiful Bill, you may want to seek out a second opinion as to whether you're receiving every tax break you're entitled to.

6) Using the default tax plan- Taxes are complicated. There are over 6,800 pages of tax code and 70,000 pages of interpretations and guidelines related to that code. When confronted with something this overwhelming, it is easy to throw up your hands and say, 'whatever I owe, I owe'. The issue with taking this route is that you're accepting the 'default tax plan.' Given that the default plan was created by the govern-

ment, who do you think it benefits most?

Being able to select great investments is only one small part of creating the highest investment return that you can spend in retirement. It doesn't necessarily matter how much you make with your investments, it matters how much you keep after taxes since what you keep is what you can spend. Unsuccessful investors react to what has already happened, while successful ones continuously act on a plan, so get a tax plan you're continually acting on. Don't get stuck reacting to the default tax plan as that can be quite costly.

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

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grants to schools and area nonprofits.

In Richland Parish, Louisiana, population 20,000, a new Meta data center paid \$42 million in taxes to the community in just nine months. More than twice the previous year's pre-data center total. Teachers received bonuses up to \$50,000, and the quality of life has improved for many parish residents.

Some counties have been able to reduce property taxes by thousands of dollars per homeowner.

How could that kind of investment change your community? It's a question worth asking.

Whether a community chooses to approve a data center, the decision must rest on facts and commitments to enforce agreements. Opponents have the right to ask tough questions, and elected officials and developers have an obligation to hear and answer them. What we don't

need on either side are debates based on fear or exaggeration.

—Dwight Widaman / Metro Voice



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Do you know all the benefits of adopting a child?

Experts estimate that there are around 2 million hopeful adoptive families in the US who are waiting to adopt a baby. However, annually only around 20,000 babies are placed for adoption privately (meaning directly with an adoptive family through an agency or an attorney rather than through the foster care system.) Don't worry, I'll do the math for you.

This means there are 100 waiting adoptive families for every baby placed for adoption.

What is adoption?

It is establishing a parent-child relationship, legally, with someone else's child.

When you adopt, you are taking all responsibility for the child which include emotional and financial. There are many different types of adoptions including stepparent, relative, agency, or non-agency adoption. Adoptions can be open where the birth parents keep in touch with the parents

and get updates on the child, or it can be closed where all information is kept confidential.

No matter what type of adoption you choose, there are so many positive effects for the child and the potential parents alike.

There are many benefits of adopting a child, some you may not even realize.

10 Benefits of Adoption

1. Love:

Every child is entitled to a loving family for the entirety of life.

When you choose to adopt, you are choosing to emotionally bond yourself with love to a child and them to you, which has positive effects for both. The parental rela-

tionship provided by adoption will allow a child to thrive. A birth parent may not have the ability to provide the love a child needs.

2. Support:

Every child needs support through their life as well. Supporting a child is more than physical needs. An adoptive parent provides a child with emotional support through all of life's ups and downs.

A child who is adopted is provided the ability to thrive in life.

3. Resources:

Children who are adopted typically do not have the right amount of resources in the current situation that they need. Birth parents will make a selfless decision to give

and you are allowing for a lifestyle that every child should have.

4. Education:

A child also deserves that chance for a great education and an opportunity to reach whatever goal they set. Not only does adopting a child give them a chance at an education, but the financial security and support will push the child to accomplish more. Plus, it can provide the birth parents the opportunity to finish their education

5. Social Relationships:

Life in the Foster care system can be difficult for children to grow socially, especially if the child moves from home to home frequently. A child who remains in foster care is less likely to develop long term relationships.

When you adopt, you give a child the ability to make stable relationships through a school setting or near their home. This will drastically help the child to make long term friendships which will positively impact the child.

6. Opportunities:

As for birth parents, putting a child up for adoption rather than other methods is saving a life. Not only does that child get to have opportunities, but you are allowing for those opportunities to be car-

ried through by a better-equipped family.

It also can provide opportunities for a birth parent as they may be able to attend school and acquire an education.

7. Growth:

Parents who adopt receive an experience that continues to grow in positive ways not only for themselves but for the child as well. A child has the ability to grow in a family where they will be loved, supported, and most of all wanted.

8. Traditions:

When an adopted child becomes a part of a family, parents can pass down traditions, spread culture and faith. Children should understand the heritage and family rites of passage. In an open adoption,

the child can still have access to their birth family so they can learn where they came from as well as how they were raised.

9. Gratitude:

If a family adopts a child, they will have feelings of gratitude. People often find fulfillment from helping a child in need, especially those who are in seriously negative situations.

The child will also have gratitude especially if they are rescued from their current situation.

10. Experience:

Raising a child is an overall amazing experience that any person should be able to enjoy. Adoption makes that possible for every individual who desires to be a parent.



up their child for adoption sometimes based on their lack of resources.

As an adoptive parent, you are providing the child with financial resources and support. Birth parents usually are not financially capable of such needed provision

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Protestant Pastors Report Rising Attendance

More than half of Protestant pastors in the United States say their average attendance has increased during the past three years, according to Lifeway Research study sponsored by the Wheaton College Billy Graham Center.

Another 30 percent say their congregation has plateaued, staying within plus or minus 4 percent in the past two years. Sixteen percent report an attendance decline of at least 4 percent. The average pastor reported 16 percent growth since 2023.

More specifically, the average Protestant pastor said their church had 176 attendees on a typical weekend in the fall of 2023. By the fall of 2025, their average attendance was 183. The median attendance number increased from 90 to 100



250 or more. In 2023, 22 percent of pastors said they led congregations of fewer than 50, one-third saw between 50 and 99, 30 percent had 100 to 249 in attendance and 16 percent regularly preached to 250 or more.

"Given the trajectory of many churches before COVID, we expected to see more pastors reporting declines in attendance," said Scott McConnell, executive director of Lifeway Research.

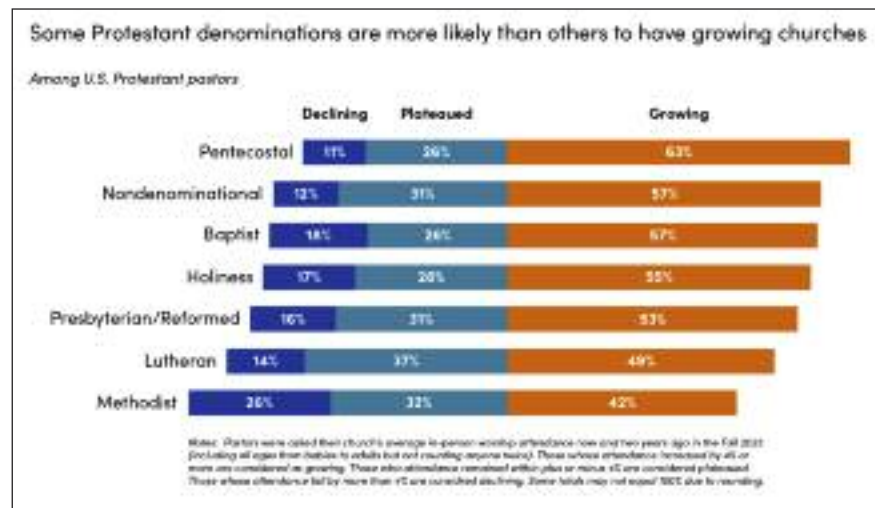
churches, those with fewer than 50 in attendance, are the most likely to be plateaued (43 percent). Additionally, those smallest congregations (25 percent) and those averaging 50 to 99 attendees (22 percent) are the most likely to be in decline.

Specific denominations also are more likely to include growing congregations. Pentecostal (63 percent), Baptist (57 percent) and nondenominational pastors (57 percent) are among the most likely to report having grown by 4 percent or more. Lutherans (37 percent) are among the most likely to have plateaued, while Methodists (26 percent) are among the most likely to have declined by 4 percent or more.

However, the share of new attendees who are completely new to church has

decreased over the past decade. In 2016, the average pastor said 27 percent of their new attendees did not go to church before, compared to 20 percent today. Currently, new churchgoers are less likely than in 2016 to include more than 10 percent of people who previously did not attend church (44 percent v. 63 percent).

"This data does not automatically mean the gospel is being shared less than it was a decade ago, but it does show



in the past two years.

Church size

Currently, 22 percent of churches have fewer than 50 in attendance on a typical weekend, 27 percent report between 50 and 99, 32 percent say they have 100 to 249 and 18 percent average

"However, we continue to see a majority of pastors saying their attendance is higher than two years ago."

Often, the larger churches are growing larger. Congregations of 250 or more (70 percent) and those between 100 and 249 (64 percent) are the most likely to be growing. The smallest

fewer people are responding to the gospel message in the United States," McConnell said. "This sad reality should motivate churches to pray for the salvation of those in their communities and to redouble efforts to equip and mobilize their congregations to share the good news of Jesus Christ."

RETIREMENT TEAM

continued from page 7

stand the choices available to you. Your own circumstances are unique, and your retirement plan should be too.

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Camp Jayhawk to be sold off

It has been learned that Jayhawk Area Council, part of Scouting America (previously known as "Boy Scouts") plans to sell its campgrounds, buildings and its office

In addition, there is a plan to merge in 2027 with the Heart of America Council, located in Kansas City, Missouri.

It has been reported that the reason for the closures and merger was due to



a lack of membership and a financial deficit. However, the council board, the chaplain and the community were not told about it in advance.

New Playland opens at Gage Park

The new Playland at Gage Park opened at the end of September, with hundreds of kids doing what they do

best: playing! The long-awaited Playland is now open to the public, after much anticipation.



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1231 NW Eugene St.
Sunday 10:30am & Wed. 7:00pm
FOGchurch.com

North Topeka has new Art, 4th Annual Topeka Fall Fest

NOTO Arts Center is packed with new art, photography, poetry, local artists, and a special project just for the kids! Come explore everything happening throughout the Arts Center:

Morris Gallery | "Clause & Effect": Two hundred fifty years after the signing of the Declaration of Independence, artists explore the document not as a relic, but as a living text that is layered, flawed, aspirational, and unfinished.

Redbud Room | DoPiKa Book Release & Poetry Walk: The 2026 DoPiKa Project is all about the kids! Throughout October, we're giving away FREE copies of DoPiKa: The History We Almost Forgot to children, one free book per child while supplies last. DoPiKa is a young children's book sharing the Native origins of Topeka, written by Lisa Baker for the DoPiKa Project and illustrated by Staci Dawn Schnacker, in conjunction with a TopCity Grant, ArtsConnect, and the City of Topeka.

Art in the Vestibule | Photography by Tobias Schlungensiepen: Explore photographs from Tobias's 2025 hike along the Appalachian Trail, captured entirely with a cellphone camera. Proceeds from photo sales will benefit the Top City Trail Alliance.

Avant Garde Underground Gallery | Phoebe Trites: "Between Nature and Imagination" explores landscape, fantasy, and abstraction, moving from the recognizable beauty of the natural world into vivid spaces shaped by color, wonder, and emotion.

DoPiKa Project Gallery: Featuring NOTO Resident Artist Lauren Miller and artists from the AGU Co-op.

There is a LOT to discover under one roof this month, so make the NOTO Arts Center, 935 N. Kansas Ave., one of your stops during October!

First Friday Art Walk on Oct. 2 will feature the music of John Depew from Arlington, Kansas.



TOPEKA FALL FEST is coming Oct. 10, from 10-3, to NOTO Arts & Entertainment District. Redbud Park & Veterans Park, plus Kansas Ave and the Breezeway to Veterans Park will feature 100 vendors, food trucks, petting zoo, inflatables, kids games, face painting, live music, cake walks, fresh apple cider and, pumpkin decorating. See Topeka Fall Fest on Facebook or email info@c5alive.org for more information.

Other upcoming events:

RESOURCE FAIR AND FAMILY FUN DAY – Oct. 3, 10-1:30, Woodshed Event Center, 1901 N. Kansas Ave. CDDO and Kansas DCF is hosting a variety of community organizations to share information about available programs and services, as well as giveaways, games, prizes, and food trucks. churla@snccdo.org

TOPEKA RENAISSANCE FESTIVAL - FALL FESTIVAL – Oct. 23-25, 10-6, Woodshed Event Ctr. grounds. Step back in time in 12 acres of wooded & grassy wonderland. Pirates, Vikings, mermaids, live entertainment, axe & arrow games, kids zone and much more! Halloween Ball Friday evening, full festival Sat. & Sun. See Topeka Renaissance Festival facebook page for details.

TOPEKA GEM & MINERAL 69TH ANNUAL SHOW – Oct. 10 & 11, The Woodshed Event Center, 1901 North Kansas Avenue. Sat. 10-6; Sun 10-5.

Meriden Animal Hospital

Jeffrey F. Van Petten, DVM
Member - AVMA, IVAS, AVCA
Veterinary Acupuncture & Chiropractic Care
7146 K-4 Hwy, Meriden, Ks • 785-484-3358
staff@meriden-animal.com • MeridenAnimalHosp.com

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The Area's Most Complete Guide to the Family-Friendly Events You Want to See!

the events calendar

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

FAMILY-FRIENDLY EVENTS

GARY'S FARM FEST—Sep. 25-Oct. 31, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm! garysfarmfest.com; 785-246-0800

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.

KANSAS CITY RENAISSANCE FESTIVAL—Sat. & Sun., Sep. 5 - Oct 18, 10am - 7pm PLUS Mondays, Sep. 7, 10am - 7pm and Oct. 12, 10am - 5pm. www.kcrenfest.com. FB @KansasCityRenFest 913-721-2110 (email voice@cox.net to see how to get free tickets from Metro Voice!)

FLINT HILLS SHAKESPEARE FESTIVAL—Oct 2-4, St. Marys KS. A community-based initiative focused on providing small-town, classical, outdoor theater and a village festival experience to local and regional patrons under the stars of northeast Kansas. Each fall, local volunteers transform a wooded meadow on the edge of town, affectionately known as Sir William's Hollow, into a rustic outdoor Shakespearean amphitheater and family friendly village festival, with over fifty food, game, and artisan booths spread throughout the forest that features a full length Shakespearean show nightly: "Richard II." Last year's show and village saw over 7,000 local and regional patrons attend over two weekends. Located on the historic grounds of St. Mary's College. Gates open from 5 - 11 pm. Play begins at 7:30 pm. Seating is "first come, first served". Bring your own chair or picnic blanket, or rent one at the gift shop. The entrance to the grounds is located south of 28139 Mt Calvary Rd, St Marys.

WEST RIDGE LIVE—Oct. 1, 6:30-8:30. West Ridge Mall. Food and drinks available. Stranded in the City.

FIRST FRIDAY MUSIC IN RED-BUD PARK—Oct. 2, 6-9pm. John Depew.

GAGE PARK FOUNDERS FEST—Oct. 2-3. Friday, free mini train rides and the Kansas Children's Discovery Center will be open for free from 9-5. Saturday, enjoy free train rides & carousel rides, rec & roll van, free zoo admission, food trucks, live music 11-3, touch a truck and more.

HHHS FOOD TRUCK NIGHT—Oct. 2, 4-8pm, 5720 SW 21st. Food, local bands. Bring a lawn chair. Helps homeless animals.

OCTOBER FEST—Oct. 3, Prince of Peace Lutheran Ch., 3625 SW Wanamaker Rd. Vendors with creative gifts, artisan goods, and delectable treats crafted by talented local makers! Food trucks, kids activities.

RESOURCE FAIR AND FAMILY FUN DAY—Oct. 3, 10-1:30, Woodshed Event Center, 1901 N. Kansas Ave. CDDO and Kansas DCF is hosting a variety of community organizations to share information about available programs and services, as well as giveaways, games, prizes, and food trucks. churlia@snccdo.org

MAPLE HILL FALL FLING—Oct. 3, 9-2, Maple Hill Community Congregational Church, 218 Main St. Breakfast, vendors, food trucks, kids activities

5TH ANNUAL TOPEKA MODEL RAILROADERS TRAIN SHOW—Oct. 3, 9-5, Helping Hands Humane Society, 5720 SW 21st St. Adm. \$8, Children 12 & under FREE. Vendor Tables, Operational Layouts, and Dioramas. Pets welcome! Friendly, and with a non-retractable leash. topekamoderailroaders@gmail.com

WOMEN & MONEY CONFERENCE—Oct. 8, 7:30 am - 4:00 pm. KU Conference Center, Kansas Memorial Stadium, 815 Fambrough Drive, Lawrence, KS.

WEST RIDGE LIVE—Oct. 8, 6:30-8:30. West Ridge Mall. Food and drinks available. Josh Vowell

FRIDAY FLICKS—Oct. 9, 7pm, Everygy Plaza. "Wicked-For Good" is showing. Food Trucks on hand: R&G's Sweetery, El Zocalo. Kids activities. Movie starts 8pm.

4th ANNUAL TOPEKA FALL FEST—Oct. 10, 10-3, **NOTO Arts District**—Redbud Park & Veterans Park, plus Kansas Ave & Breezeway to Veterans Park. 100 vendors, food trucks, petting zoo, inflatables, kids games, face painting, live music, cake walks, fresh apple cider, pumpkin decorating. See Topeka Fall Fest on Facebook or email info@c5alive.org.

TOPEKA GEM & MINERAL 69TH ANNUAL SHOW—Oct. 10 & 11, The Woodshed Event Center, 1901 North Kansas Avenue. Sat. 10-6; Sun 10-5. Treasures from around the world! Shop incredible specimens, beautiful jewelry, jewelry-making supplies, and unique gift ideas. Enjoy live demonstrations, rock identification, activities for all ages, a silent auction, and fabulous door prizes! Visit www.topekagms.org for coupons and more information. Doors open at 10 AM each day. Cash only for admission at the door.

FREE WILL SPAGHETTI DINNER & CRAFTS/BAKED GOODS SALE—Oct. 10, 4:30-6:30pm, Elmont UMC, 6636 NW Church Lane.

FLORA LUMINA: A FESTIVAL OF LIGHT—Oct. 12—Nov. 1, 7-10pm, Old Prairie Twn, 124 NW Fillmore. A brand-new nighttime experience that will transform the historic grounds into a glowing world of light, color and wonder. For 21 consecutive nights, wander beneath the stars and discover illuminated displays around every corner. Adults \$15, youth 3-17 & seniors 55+ \$12

WEST RIDGE LIVE—Oct. 15, 6:30-8:30. West Ridge Mall. Food and drinks available. Paradise Band

MAPLE LEAF FESTIVAL—Oct. 17-18, Baldwin City.

OUT OF THE DARKNESS COMMUNITY WALK—Oct. 17, 10am check in, Garfield Park. Benefits American Foundation for Suicide Prevention.

WEST RIDGE LIVE—Oct. 22, 6:30-8:30. West Ridge Mall. Food and drinks available. Villians Dance

TOPEKA RENAISSANCE FESTIVAL - FALL FESTIVAL—Oct. 23-25, 10-6, Woodshed Event Ctr. grounds. Step back in time in 12 acres of wooded & grassy wonderland. Pirates, Vikings, mermaids, live entertainment, axe & arrow games, kids zone and much more! Halloween Ball Friday evening, full festival Sat. & Sun. See Topeka Renaissance Festival facebook page for details

PUMPKIN RUN & TRUNK-OR-TREAT—Oct. 25, 5-7pm, Felker Park, 25th & Gage. 5K Run/Walk, Family Stroll and a Kid's Fun Run. Hosted by the Topeka South Rotary and the Topeka High Interact Club. www.topekapumpkinrun.com

WEST RIDGE LIVE—Oct. 29, 6:30-8:30. West Ridge Mall. Food and drinks available. Coversmith

TRUNK OR TREAT—Oct. 29, 5-8pm, downtown Topeka.

WEST RIDGE LIVE—Nov. 5, 6:30-8:30. West Ridge

Mall. Food and drinks available. Big Rick Soul Band

PALMETTO STATE QUARTET - NIGHT OF WORSHIP—Nov. 5, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Road. Doors open at 6pm. No tickets are necessary. here will be a free-will "love offering" received during the concert. 785-273-2248; office@wnnaz.org; wnnaz.org

DIA DE LOS MUERTOS FESTIVAL—Nov. 6, 5-9pm, NOTO

SUNFLOWER SALUTE VETERAN'S PARADE—Nov. 7, 11am, Downtown Topeka

WEST RIDGE LIVE—Nov. 12, 6:30-8:30. West Ridge Mall. Food and drinks available. Departure

FRIDAY FLICKS—Nov. 13, 7pm, Everygy Plaza. "Cool Runnings" is showing. Food Trucks on hand: Carnival Cravings, Sweet Bites. Kids activities. Movie starts at 8pm

WEST RIDGE LIVE—Nov. 19, 6:30-8:30. West Ridge Mall. Food and drinks available. Mark & the Sharks

WRITE ON TOPEKA AUTHOR SHOWCASE—Nov. 21, 12-3pm, Cosmos Court, 909 S. Kansas Avenue. Come meet Topeka-area authors, browse and buy signed books, and support local voices in your own backyard. Free to attend. Family friendly. Great food and drinks available on site. For info, email rcouvert@stackthedeckmarketing.com



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2026 Kansas City Renaissance Festival

Sat & Sun Sept 5 - Oct 18 | 10a -7p
+ Mon Sept 7 | 10a -7p + Oct 12 | 10a - 5p

50TH SEASON!

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Membership open to all Christian businesses, non-profits, churches & individuals!
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C5Alive POWER Luncheons are held 2nd Thur. each mo.

Oct. 8, 11:30-1: "POWER" Luncheon at Celtic Fox. Featuring Ron Covert, who will share tips on marketing strategies and execution

Free Admission. Order lunch from menu if desired.

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

Save the Dates!

- Nov. 12: POWER Luncheon, 11:30-1, details TBA
- Dec. 10: POWER Luncheon, 11:30-1, Fun at West Ridge Mall
- Jan. 14: POWER Luncheon, 11:30-1, Sam Brownback

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

FLINT HILLS CHRISTKINDLMARKT – Nov. 27-28 and Dec 4-5, 5-9pm, St. Marys KS. Experience the enchantment of a centuries-old European Christmas market, where festively decorated open-air stalls offer handcrafted artisanal gifts, traditional Glühwein served in collectible mugs, and authentic holiday cuisine. Whether you're searching for unique treasures or simply soaking in the magical atmosphere, this celebration of German and French Christmas traditions brings the warmth of a European city center to the Kansas heartland. A fundraiser for Flint Hills Shakespeare Festival. The entrance to the grounds is located south of 28139 Mt Calvary Rd, St Marys. Vendors: www.flinthillsshakespearefestival.com/christkindlmarkt-vendors.html

TOPEKA CHRISTMAS FESTIVAL AND CHRISTKINDL MARKET – Dec. 12-13, 10-6, Woodshed Event Ctr., 1901 N. Kansas Ave. 50+ vendors with unique gifts, crafts, baked goods. Kids activities, photos with Santa, food trucks and more! Info: LHartman3@outlook.com

ONGOING EVENTS

SK8AWAY LEARNERS SESSIONS – Every Sat. 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@tsctl.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, Beryton United Methodist Church (7010 SE Beryton Rd. All ages and abilities welcome.

WOODSHED MARKET – Sun. 10-3, 1901 N. Kansas Ave. (when forecasted high is 50 degrees or above)

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

CORNER MARKET – 2nd Sat., Mar-Oct., 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 grandotpry@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@jcccw@gmail.com

SENIORS PITCH CLUB – Every Tuesday 1 pm at

Garfield Community Center. First visit free then a dollar per visit for coffee and replacement cards

CRAFTY, SKILLED OR CREATIVE VOLUNTEERS NEEDED to develop outdoor lighted displays at Ward Meade Park events. Contact Elsie, 785-256-2920.

CONCERNED WOMEN FOR AMERICA MEETING – Join other concerned people to pray and unite in action for Shawnee Co. and our Nation. For info about monthly meetings: 702-328-7835 or ks.cwfa.org.

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

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

TAI CHI FOR HEALTH – Mon. 10-11 at Lowman United Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact

Madon Daily at 505-424-8989 or madondaily@gmail.com. To Join from Home via Zoom, contact Madon for the Zoom link.

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

SHEPHERD'S CENTER BOOK CLUB – 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Call: 785-249-3258 or email 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 anne.crawford@ccox.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,



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DECEMBER 11, 12 & 13

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Flint Hills Old World Christkindlmarkt
Nov. 25-27 & Dec. 2-4, 5-9pm • St. Marys,
Details:flinthillsshakespearefestival.com

DECEMBER 19TH:

HOLISTIC, HEALTHY, HOMEMADE WINTER MARKET

10AM-3PM

HAPPY BASSETT BARREL HOUSE

510 SW 49TH ST., TOPEKA

- ✓ LOCAL GOODS FROM HEALTH CONSCIOUS SMALL BUSINESSES THAT CARE
- ✓ FAMILY FRIENDLY, KIDS CORNER, & BOARD GAMES TABLE TOO!
- ✓ INDOORS, PLENTY OF PARKING, & GREAT FOOD & DRINK OPTIONS TOO!

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SCAN HERE:

HOSTED BY TOPEKA EVENTS BY JENNYMAC OF THE ASK TOPEKA (SUPPORT TOPEKA) GROUP

Topeka Public Library. Discussing our greatest President, Abraham Lincoln, and his times. The public is welcome. For info, Kirk Nystrom 785-235-6977.

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

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

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

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

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

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

FAMILY HISTORY WRITING GROUP – 2nd Wed. 10-11:30am, Lowman United Methodist Church, room 12. Do you have great family stories to tell and want to pass them down to the next generation but don't know where to start? shepherdstoepka@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 County 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 jim-baer73@gmail.com to register.

BRIDGE GROUP – 1st & 3rd Thu. 1-3:30pm, at Our Savior Lutheran

Church, 2021 SW 29th St. To play, arrangements must be made by Mon. 5pm with Joan Arterburn at 408-5174.

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

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

A GOOD YARN CLUB – 2nd & 4th Sat., 9-11am, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & pat-

terns. All are welcome. Info: Anne, 785-272-9249 or kittens812@sbcglobal.net

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

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

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

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

SUPPORT GROUPS

PARKINSON'S SUPPORT GROUP meets 1st Thursday



- Ballroom & Lounge
- Weddings
- Private Parties
- Celebrations of Life
- Quinceañeras
- Fundraisers
- Corporate Events

1901 N Kansas Ave
785-213-3561
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entertainment

Entertainment Briefs: From Resurrection to Communism to Marriage

Gibson's 'Resurrection' will venture beyond biblical narrative

Metro Voice previously reported on the follow up to Mel Gibson's "Passion of the Christ." Now, Gibson says his two-part sequel will take moviegoers beyond the Gospel accounts and into spiritual realms surrounding Jesus' death and resurrection. "The Resurrection of the Christ: Part One," starring Jaakko Ohtonen as Jesus, is scheduled for release May 6, 2027. Gibson said the film will depict the "firmament before the creation," Hell, fallen angels and the origin of Satan. The filmmaker acknowledged that some elements involve informed speculation, but said he sought to remain within orthodox Christian teaching. "It doesn't just stay on the planet here," he said. Gibson expects the films to be more uplifting than "The Passion," while also showing the hardships Jesus' followers endured after the resurrection.

Matthew West releases "Jesus Is King"

Matthew West is pushing back against the culture's emphasis on personal control with "Jesus Is King," a 12-track album releasing Sept. 25. The five-time Grammy-nominated artist said the project began with a deceptively simple question: Who is Jesus? West wrote "Jesus is ____" on a dry-erase board, then developed songs exploring different answers. The result includes "Good," "Back to Jesus," "Here and Heaven" and "Shame Is Not My Story." West says that surrendering to Christ brings freedom rather than imprisonment.

David Charvet chose fatherhood over Hollywood

Former "Baywatch" star David Charvet says walking away from Hollywood allowed him to become the father he wanted to be. Charvet, 54, left acting in 2013 after appearing in television shows including "Baywatch" and "Melrose Place." He subsequently built a career in residential construction while raising his two children. "I left Hollywood because I wanted to be a good dad," he told Fox News Digital. Charvet said his children, rather than his career or financial success, will be his legacy. He recently returned to television as a contestant on Fox's "Special Forces: World's Toughest Test." Charvet said the grueling



competition gave him an opportunity to show his children what he had sacrificed and what he was still capable of accomplishing. (Fox News)

Anne Wilson's story headed to big screen

The family tragedy that helped launch Anne Wilson's music career will become a feature film from Lionsgate and Kingdom Story Company. "My Jesus," based on Wilson's book "My Jesus: From Heartache to Hope," follows the teenage singer after her brother Jacob's death led her to post an online performance that attracted music-industry attention. Aliza Kate Barlow will portray Wilson, with Gavin Casalegno playing Jacob. Monica Potter, Charles Esten and Beau Bridges also have been cast. Kay Oyegun wrote the screenplay and will make her feature-directing debut. Production is expected to begin in October. Wilson's debut sin-



gle, also titled "My Jesus," topped Billboard's Hot Christian Songs chart and spent seven weeks atop Christian Airplay. Kingdom Story Company said the film will present Wilson's journey in a "fresh, entertaining and deeply authentic" way.

Theologian challenges messages hidden in children's movies

Parents should pay closer attention to

the worldview beneath even wholesome children's entertainment, theologian Trevin Wax says. Wax, an author and visiting professor at Cedarville University, argues that familiar messages such as "follow your heart," "live your truth" and "you are enough" promote expressive in-



dividualism rather than a biblical understanding of freedom. "True freedom is submission to God," Wax told CBN's "Faith in Culture." He said Scripture presents freedom not as escaping all restraints but as bringing personal desires into alignment with God's will. Wax and Thomas West explore those distinctions in "The Gospel Way Catechism for Kids," which features 50 faith-centered questions and answers. Wax said the catechism is intended to provide families with a framework for deeper conversations about Scripture, culture and Christian discipleship.

Anti-communist film festival announces October lineup

A new film festival in Washington, D.C., will use the big screen to examine communist oppression and the struggle for freedom.

Journalist Mark Judge's inaugural Anti-Communist Film Festival will run October 1-4 at the Victims of Communism Museum, two blocks from the White House.



The festival opens with "Pilecki's Report," a 2023 Polish film about resistance fighter Witold Pilecki, who voluntarily entered Auschwitz to document Nazi atrocities and later was imprisoned by the Soviets.

Other selections include "The Killing Fields," "Night Crossing," "Red Dawn," "The Lives of Others" and the Coen brothers comedy "Hail, Caesar!"

Judge said the gathering is intended to remind audiences about communism's human cost while bringing "freedom-loving people" together for movies, conversation, beer and popcorn.

'Pendragon Cycle' finds success on Prime Video

A Christian fantasy series that began behind the DailyWire+ payroll is reaching a much larger audience.

"The Pendragon Cycle: Rise of the Merlin" began streaming on Prime Video in the United States on September 1. The seven-part series climbed as high as second place among all shows on the platform, according to Hollywood in Toto.

Adapted from Stephen R. Lawhead's novels, the series revisits the Arthurian legends against the backdrop of Christianity's rise in Britain. Daily Wire co-founder Jeremy Boreing co-created, co-directed, and executive produced the project.

Boreing said its success demonstrates an audience for stories involving "inheritance, memory" and "fidelity."

Former Muslim turns Christian testimony into music

Christian rapper Adam Brandao once rejected Christianity and viewed its followers with contempt. Today, the 24-year-old musician uses rap and social media to tell others about Jesus.

Brandao grew up in a Muslim household in Leicester, England, where he at-



tended a mosque, studied the Quran and learned Islam's five daily prayers.

As a teenager, he began using drugs and spending time with a troubled crowd. An unexpected friendship with a drug dealer who professed faith in Christ led to months of conversations about Islam, the Bible and knowing God personally.

Brandao said he eventually prayed to Jesus and experienced an immediate sense of peace. His decision cost him friendships and strained family relationships, but he credits his mother with refusing demands that he be forced from their home.

Petra reaches a new generation through movie and album

Christian rock pioneer Petra is pairing 50 years of ministry with new work, including its first studio album in more than two decades and a feature film built around its music.

Founder Bob Hartman and longtime lead singer John Schlitt told CCM Magazine that the band's staying power comes from a message centered on Christ.

"I think Petra's music is timeless," Hartman said. "The message never changes."

The new movie, "Beyond Belief," opened in theaters Aug. 28. Set in the 1980s, it uses Petra songs to tell a new story rather than offering a band biography. Hartman and Schlitt endorsed the production and appear in cameos.

Petra also released "Hope," a 10-song project that Schlitt said was repeatedly re-worked because the band wanted a final product worthy of its legacy. Hartman called "Looking Back," a reflection on God's faithfulness, his favorite track.

'Midwinter Break' treats marriage and faith with seriousness

"Midwinter Break" is not marketed as a conventional Christian movie, but faith plays a central role in its quiet examination of a long marriage in trouble.

Lesley Manville and Ciarán Hinds play Stella and Gerry, a late-middle-aged couple whose trip to Amsterdam exposes old wounds and conflicting hopes for the future. A traumatic event from Stella's past and an unfulfilled spiritual promise gradually move to the center of the story.

Christian Toto said the screenplay treats religious faith "with respect and reverence" rather than using it as decoration or a shortcut to an easy conclusion.

The drama asks whether faith can help repair a relationship strained by grief, disappointment and secrets. Toto praised the film for conveying the endurance and complexity of a decades-old marriage, calling the film a "marital X-ray with a powerful dose of faith."

House Passes AM Radio Bill for New Vehicles

AM radio, an important frequency for Christian programming broadcasts, would be required in new cars manufactured for 10 years under a bill the U.S. House passed late Sept. 15.

The House overwhelmingly passed by voice vote the bipartisan AM Radio for Every Vehicle Act of 2025 (House Bill 979), requiring “AM radio capabilities to be standard in all new passenger vehicles” and establishing civil penalties for violations. The Trump administration has repeatedly called for the protection of AM radio.

National Religious Broadcasters, the largest association of Christian communicators in the nation, applauded the bill after promoting such a rule for more than three years.

“Make no mistake: House passage of the AM Radio for Every Vehicle Act is a tremendous victory for Christian broadcasters and communicators across the country,” Nic Anderson, NRB vice president of public policy, said in a public statement following the House vote. “AM radio remains a vital platform for sharing the Gospel, serving our communities, and delivering trusted, lifesaving information during emergencies.”

In sponsoring the bill that drew a bipartisan team of more than 300 co-sponsors, Republican Gus Bilirakis of Florida emphasized AM radio’s value as an “important source of news, weather, emergency information and community programming for millions of Americans.” He introduced the leg-



islation in February 2025, following similar bills by other congressional members in previous years.

AM radio is also critical to Christian programming, Anderson said.

“Today’s vote affirms that free, local, over-the-air radio still matters and must remain available in every vehicle for the next generation of listeners,” Anderson said. “We are grateful to the bipartisan coalition in Congress that brought us to this moment, and we look forward to working with the Senate to get this important legislation across the finish line and onto President Trump’s desk for his signature.”

Trump has voiced support for the bill expected to pass the U.S. Senate.

“We’re going to protect pro-God context and content. To that end, at the request of the NRB, I will do my part to protect AM radio in our cars,” Trump said in 2024, reiterating his support in January. “Millions of Americans value listening

to Christian broadcasters,” he said at the NRB event.

Nearly half of Americans, 45 percent, listen to religious programming on the radio, Pew Research Center said in March, based on a June 2025 study. Religious programming is particularly popular in the South, with 87 percent of the landmass served by at least one religious radio station, including both AM and FM frequencies.

Manufacturers were considering ending AM radio reception capability in cars, citing decreased popularity and signal interference in electric vehicles. Ford was set to remove AM radios from its 2024 gas models, industry analysts reported, but reversed course.

As written, the bill would require the Federal Communications Commission to issue within a year of the bill’s passage a rule stipulating AM radios be installed as standard equipment in all passenger motor vehicles. The rule would apply to vehicles made for sale in the U.S., imported into the nation or shipped in interstate commerce.

The Department of Transportation would have the power to assess civil penalties for any rule violations, and the Department of Justice would also be able to bring civil action, but no criminal penalties are cited.

The rule would be in place for 10 years.

By Diane Chandler | This article was originally published at Baptist Press.

Nate Bargatze Sets Guinness Record With Clean Comedy



Comedian Nate Bargatze has shown that it pays to keep it clean. The “Guinness Book of World Records” recently recognized him for selling the most tickets on a stand-up comedy tour. He recently completed his Big Dumb Eyes tour which ran from April 2025 to this August.

Bargatze shared his perspective on clean comedy with SiriusXM radio, “Crosswalk Headlines” reported.

“I just was always going to work clean,” he said. “I come from that. You know, I’m from the South — Christian. Like, you grew up that kind of way. I could only watch clean comics. It was just being who I was, and who I was going to be in that kind of comedy is the comedy that I watched.”

Bargatze is known for clean comedy

Metro Voice has regularly covered Bargatze. He says he never considered going dirty for his comedy.

“I just started that way, which helped, because when you start that way, you write [that way]. I write that way,” he said. “I think that way. It’s not like I really had dirty jokes that I wanted to do or could do.”

Bargatze said he watched a steady diet of clean comedians while developing his own style, including Sinbad, Jerry Seinfeld, Bob Newhart and Bill Cosby. Sinbad’s “Afros and Bell Bottoms” routine, he said, was the first comedy special his parents let the entire family

watch.

“I was blown away by it,” he said. “And he’s talking about ordering food at McDonald’s and all this stuff. It was just all this very relatable kind of thing.”

Bargatze has said his Christian faith gives his work a larger purpose and influences how he approaches success. “I am second — second to God, second to family,” he told The New York Times, adding that he also places his audience ahead of himself. “You kind of live to serve,” he said.

Bargatze described his work as a calling rather than simply a career, saying he wants to create entertainment that children, parents and grandparents can enjoy together. Although he does not market himself as a faith-based entertainer, he has said he does not hide the Christian beliefs that shape his life and comedy.

A Guinness representative recognized Bargatze during a show in Toronto, presenting him with a plaque commemorating his record-breaking achievement.

“The most tickets sold for a stand-up comedy tour is 2,045,040 and was achieved by Nate Bargatze (USA) during his Big Dumb Eyes world tour, which was performed in 129 venues worldwide from 6 April 2025 to 16 August 2026,” Guinness posted on its website. “Nate’s set included his hilarious musings about DoorDash, facial recognition software and his wild family group chat, all shared with his signature dry delivery and family-friendly style.”

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5 home renovation projects to tackle this fall

With lower temperatures and milder conditions, fall provides a perfect opportunity to tackle that home renovation to-do list. Whether you plan on making minor improvements or wholesale changes are on the horizon, taking on a few DIY projects can help you boost your home's curb appeal (and its value) while also prepping for colder weather in the days ahead.

Making investments now – like putting time and money toward long-term energy efficiency – can pay off down the road, whether you're planning for a potential sale or simply looking to get more enjoyment out of your home. Plus, many exterior upgrades can be completed by homeowners, meaning there's no need to hire a professional when it's time to give your home a refresh.

Beautify those dull areas, boost resale value and add comfort with these ideas from the experts at Westlake Royal Building Products, a manufacturer of high-quality, low-maintenance products designed to meet the specifications and needs of building profession-



als, homeowners, architects, engineers and distributors.

Add or Replace Shutters

As a classic exterior design element, shutters can add instant charm to your home. With a variety of materials and colors to choose from, you can add shutters that suit your style and budget to give your home a more polished look. If it's already adorned with shutters, consider updating them with newer styles for a fresh appearance.

Upgrade with Stone Veneer

Natural and textured home trends continue to rise, leading many building pros and homeowners to gravitate toward stone veneer, or manufactured stone, as it can replicate the look of real stone. The wide range of exterior and interior applications means you can add comfort, character and beauty while complementing your existing style. Consider an option like Versetta Stone from Westlake Royal Building Products, which offers homeowners an authentic, hand-crafted look in a panelized format that's easy to install with nails and screws. There's no need to paint, coat or seal once installed for a low-maintenance solution for accent walls, fireplaces, siding, entryways and walkways.

Refresh Porch Columns

Routine cleaning is one way to maintain porch columns, but if they're rotting or splitting, consider PVC porch column wraps for a visual transformation. Easy and often affordable, they're durable and decorative to fit existing columns or poles and can be painted to match your exterior color palette. They're resistant to pests, moisture and weather damage for long-lasting and nearly maintenance-free upgrades.

Invest in Insulated Siding

Good insulation is key to keeping your home warm, cozy and weather-proof during colder months. While there are many ways to upgrade the insulation of

your house, some homeowners are turning to insulated siding for a long-term solution. Long-lasting, weather-proof, durable and aesthetically pleasing, CraneBoard Solid Core Siding from Westlake Royal Building Products offers a cost-efficient way to beat the cold. It's low maintenance, built to last and withstands temperature fluctuations and hurricane force winds for a highly functional option to keep cold out for years to come.

Update the Driveway

Whether you're looking to make some simple updates or it's time for a complete renovation, showing your driveway some love can signif-

icantly improve your home's curb appeal. Adding an address post with a hanging basket or planting trees, shrubbery or flowers along the sides lends immediate aesthetic improvement. For added low-light visibility and visual appeal, install lights along the perimeter to help the greenery stand out in the evening. If you're ready for a major overhaul, consider upgrading the driveway using cobblestone, pavers or stamped concrete.

To find more ways to boost curb appeal this fall, visit WestlakeRoyalBuildingProducts.com.

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sports

38-year-old backup QB Case Keenum leads Chicago Bears to big win: 'All glory to God'



Chicago Bears quarterback Case Keenum turned back the clock Monday night as he led his team to a surprise 27-7 thumping of the Philadelphia Eagles, a team many consider one of the best in the NFL.

The 38-year-old third-stringer hadn't started a regular-season game in 1,009 days, with the Houston Texans in 2023, but he showed no signs of rust under the primetime lights. Keenum completed 24 of 34 passes for 247 yards and two touchdowns (no interceptions) while adding another score on a 1-yard QB sneak in the fourth quarter to put the game out of reach.

Keenum was thrust into the lineup because starting QB Caleb Williams suffered a hamstring strain in Week 2 and backup Tyson Bagent is working through the NFL's concussion protocol. Yet, all uncertainty about Keenum's readiness faded as he calmly led Chicago down the field on the game's opening drive, capping it with a 7-yard TD on a shuffle pass to wide receiver Luther Burden.

Then, with his team leading 13-7 in the third quarter, Keenum darted a pass over the middle to wide receiver Kalif Raymond, who took it the rest of the way for the 41-yard score.

Keenum was interviewed by ESPN amidst a celebratory postgame scene on Chicago's famed Soldier Field, and he was bubbling over with gratitude.

"All glory to God," he said. "I'm not here without Him. He has put me here. He has made me for this. I'm so thankful for Him. I can't thank Him enough."

God's glory was also on Keenum's mind before the opening kickoff, before

any of his on-field success.

"I just hugged my family, had a great week of practice with the boys," he told ESPN on the field. "I've enjoyed every minute of this, I really have. And whatever happens today, I'm gonna give God the glory."

"He's Someone I go to every day," Keenum said on the podcast. "A best friend. A Savior."

"... It's like any relationship in our lives, where I have to work on it. This is me preaching to myself right now of just this constant thing of continuing to run after Him in all areas of my life. That's a part of me bowing down to Him in each of these areas of my life and chasing after Him."

Deion Sanders, Patrick Mahomes lean on faith

Deion Sanders had just finished giving his Colorado players an earful after a 31-point victory when he sat down in front of reporters, tapped the table and said, "Gotta calm myself down." He then turned to prayer, offering a public glimpse of the faith that he says has carried him through football, serious health problems and some of the most difficult moments of his life.

As Metro Voice has previously reported, Kansas City Chiefs quarterback Patrick Mahomes follows a different routine before the pressure begins. He walks to the goalpost before every game and prays, thanking God for another opportunity to play. For two of football's biggest names, faith is not separate from the game. It is how they prepare for it, recover from it and keep it in perspective.

Sanders drew widespread attention after Colorado's 52-21 victory over Weber State on Sept. 12. Before taking questions, the Pro Football Hall of Famer spoke for about 10 seconds in what Christian observers said appeared to be tongues.

Although the moment initially generated questions, Sanders later confirmed that he had been praying. He said he remained upset after sharply criticizing his team's performance despite the lopsided win.

"I had just come from addressing the team, and I lit them up, so I had to calm down," Sanders said. "And the only way I know how to calm down is to pray in the spirit. So, you know, it's not a gimmick. There's not a 'look at me.' No. No. That's real."

Sanders said the practice was not new



or staged for the cameras. He previously prayed in tongues on a 2014 episode of "Running Wild With Bear Grylls" before attempting a difficult climb.

"I began to pray in tongues because it's a language between me and God that he knows," Sanders said at the time. "I wanted a direct line, a direct contact, so God could expedite this process and give me the peace I needed."

His faith also has helped sustain him through blood clots, toe amputations, bladder cancer and numerous surgeries.

"I'm always confident because I know God's got me," he said.

Sanders' prayer prompted both criticism and support from Christians debating the biblical gift of tongues. Author Melissa Tate argued that private prayer in tongues does not require an interpretation.

"No, it does not require interpretation when you are privately praying to God like Deion Sanders is doing," she said. "Only when it is spoken aloud as a message from God to the church does it require interpretation."

Tate cited 1 Corinthians 14:18, in which Paul says, "I thank God that I speak in tongues more than all of you," and verse 39, which says, "Therefore, my brothers and sisters, be eager to proph-

esy, and do not forbid speaking in tongues."

Mahomes has been similarly open about the role faith plays in his career.

Mahomes became a Christian in middle school and has described faith as a guiding force throughout his career, as Metro Voice has reported.

"Faith is huge for me," he said.

"Before every game, I walk the field and I do a prayer at the goalpost. I just thank God for those opportunities, and I thank God for letting me be on a stage where I can glorify him."

Mahomes has said his goal is to honor God regardless of the outcome. His favorite Bible verse, Acts 20:24, emphasizes finishing the work God has given him rather than pursuing personal recognition. He also has credited his father, former Major League Baseball pitcher Pat Mahomes Sr., with teaching him to pray before games.

That faith extends beyond the field. Mahomes established the 15 and the Mahomies Foundation in 2019 to support children through programs focused on health, wellness, education and communities in need.

For Sanders, prayer provided a way to settle himself before facing reporters. For Mahomes, it has remained part of his routine through championships, fatherhood and a difficult injury recovery. Neither man limits his faith to moments when the cameras are rolling.

"My Christian faith plays a role in everything that I do," Mahomes has said. "I always ask God to lead me in the right direction and let me be who I am for His name."



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Protect Your Heart and Brain by Knowing the Signs and Symptoms of AFib

There are a lot of things that can make your heart flutter, race or skip a beat. In a figurative sense, it could be a smile from a loved one, a jump scare in a movie or the moment the roller coaster car tips over the top of the hill. In a much more literal sense, an irregular heartbeat might mean you're experiencing atrial fibrillation, or AFib.

Symptoms of AFib aren't always as obvious as those adrenaline-inducing moments. In fact, according to research

from the American Heart Association, 62% of people with AFib had no prior knowledge of the condition before being diagnosed. Since AFib can increase your chances of having a stroke by up to five times, educating yourself early could be a powerful way to protect your long-term health.

AFib is a type of arrhythmia, or heart rhythm disorder, that happens when your heart's electrical signals fire abnormally, causing an irregular

heartbeat. More than 10 million people in the U.S. live with AFib, so if you're one of them, there are plenty of ways to find connection, support and resources to help.

"It's important for people to understand their risk factors, recognize potential symptoms and have regular conversations with their healthcare professional," said Dr. Javier Sanchez, HCA Healthcare cardiac electrophysiologist. "Early detection and proactive management can make a life-saving difference."

This expert information can help you understand what to look for and what steps to take if you or a loved one are living with AFib.

Common Symptoms

Although AFib doesn't always cause noticeable symptoms, knowing the signs can help you protect your health. AFib can feel like a fluttering feeling in your chest, a pounding heart or skipped heartbeats. Some people also feel fatigued, dizzy or short of breath. Symptoms can come and go, and they may range from mild to more severe. Experiencing any sort of heart symptom can be scary and overwhelming but try to stay calm and pay attention to the feeling so you can describe it to your doctor.

Risk Factors

Anyone can develop AFib, but certain factors make it more or less likely. Some risk factors for arrhythmia – like getting older or having it in your family history – are unavoidable. Others, like smoking, drinking alcohol or living with uncontrolled high blood pressure, put the power in your hands to make risk-reducing changes. People with diabetes, obesity, sleep apnea or other heart conditions are also more likely to experience AFib.

Connecting AFib and Stroke

When the heart beats irregularly, it means blood can't move through the heart efficiently. That can cause blood clots, which in turn may block blood flow to the brain and lead to a stroke. Although stroke is a leading cause of



death and disability in the U.S., it is largely preventable and treatable. Even someone who has already had a stroke can recover, manage their condition and put themselves on the road to better health.

Diagnosing AFib

Catching AFib early can make a meaningful difference, so even if you haven't experienced any glaring symptoms, it's wise to communicate with your doctor about your risk factors and concerns. Your healthcare team may run tests to confirm a diagnosis and recommend the best course of action for you.

Treatment Options

Depending on the stage of your AFib, your doctor might suggest medication, surgical or non-surgical procedures or lifestyle changes such as the American Heart Association's Life's Essential 8 to support your heart health. Staying physically active, quitting tobacco, maintaining a healthy weight and controlling your blood pressure, among other steps, can help you manage heart conditions and reduce your future risk of stroke.

Explore more information and resources at [Heart.org/AFibfacts](https://heart.org/AFibfacts).

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10 Old-Fashioned Self Improvement Tips That Still Work

There's much to be learned from our grandparents' generation. In many ways, if we're honest, they had it harder than we do. Out of their struggles, they forged habits and character that served them well and helped them build their families, neighborhoods, and societies into something better than they found them.

It wasn't just circumstances that forced them to improve themselves. That generation in particular had a mindset that may seem a bit old-fashioned by today's standards. They believed in doing things the hard way even when an easier way was available. They weren't anti-progress by any means, but they refused to let progress

rob them of skills that gave them autonomy and helped them be better people.

While I think each generation needs to make its own way in the world, I also believe there's a huge benefit to taking old habits and reapplying them in a modern context. Change is a given. So, increasingly, it's what we hold on to from the past that will make us distinct.

Time-Tested Tips for Building a Better Self

Here are some old-fashioned tips that still resonate with me in 2026.

1. Always Keep Your Word

Keeping your promises isn't just the

right thing to do—it will positively shape your life. Not only will you learn to trust yourself, which is powerful in its own right, but the best kind of people will want to have you around.

2. Rise Early and Make Your Bed

I don't wake up early by most people's standards, but I still value jumping right into my day and getting off to a good start. By making my bed, doing some exercise, and spending a few quiet minutes by myself, I find my mornings productive and meaningful.

3. Write Letters by Hand

In a world of fast communication, one easy way to stand out is to take the time to handwrite a note. Often, what you're trying to convey with a note is that you care, and the gesture can matter more than the words themselves.

4. Read 1 Good Book at a Time—Slowly

Screens have largely displaced books for most people, and for those who still read, it seems it's all about how many books you can finish instead of how deeply they affect you. Reading nurtures, educates, and enlivens our minds—a worthwhile pastime to carry on.

5. Save and Give Away Part of Every Dollar You Earn

One act keeps you humble and



cares for those truly in need; the other is an investment in your future self. Both are time-tested habits of good financial stewardship.

6. Take a Daily Walk Whatever the Weather

When people exercise today, it's usually at a gym or with some form of technology. I say whatever gets you moving your body is a great thing, but I also miss the days when going for a walk was the default way to move. For me, there's nothing that beats the slow, methodical rhythm of walking in nature, no matter what the weather looks like that day.

7. Carve Out a Day of Rest

For thousands of years, those who follow the teachings of the Bible have observed the weekly Sabbath in some form. Even for nonbelievers, this weekly ritual can remind us of the wisdom in slowing down and acknowledging the limits of our minds

and bodies.

8. Learn to Fix Rather Than Replace Things

With the arguably higher opportunity cost of our time and the lower cost of replacement, repairing isn't the obvious economic decision it used to be. However, there are benefits to repairing and tending to what we own that go beyond money. The act of fixing takes us out of the purely consumer mindset and turns us back into creators.

9. Make the Evening Meal Around the Table Nonnegotiable

It's always been the case that life is busy, but in the past, that was no excuse to skip dinner around the table. Some of the most formative moments of our family life happen when we're sharing a meal, and it's hard to replicate that kind of togetherness at other times of the day.

10. Spend Time in Silence Each Day

Compared with those in the past, we spend very little time in silence. Most of that is self-imposed. We would rather enjoy the stimulation of a song or podcast while we walk, or flip through a few short videos while we wait. I can't argue that these aren't sometimes nice, but we must not lose the slower, quieter gifts of silence that can't occur in a busy mind.

Adopting a few old-fashioned habits doesn't mean you can't also be interested in technology and progress. In fact, some of the most interesting and well-rounded people I know are a curious mix of the nostalgic and the futuristic in their everyday lives. They may be building the future at work but still attend churches with 1,000-year-old traditions. They own self-driving cars but never miss a home-cooked family dinner. The future is what we make of it, and I think there's wisdom in bringing the best of the past with us.



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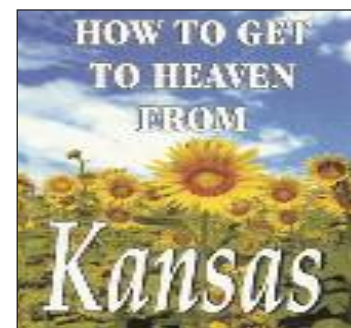
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life,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

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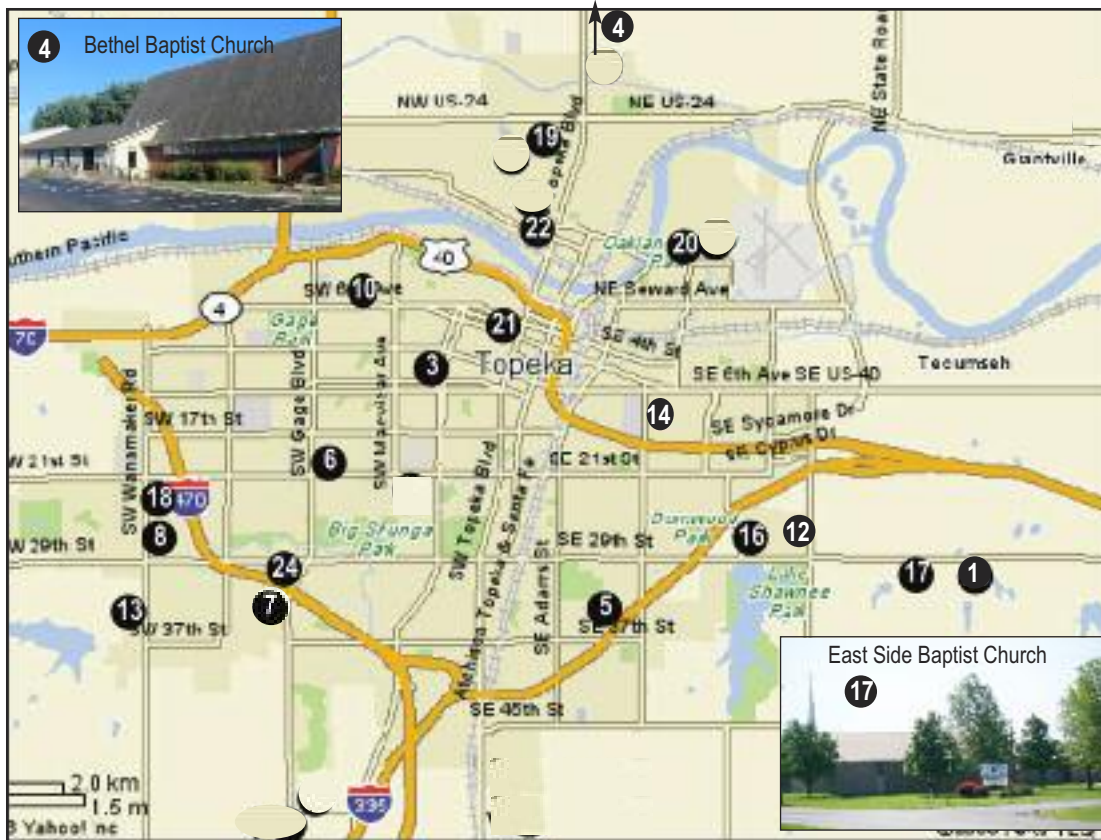
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