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➔ TODAY'S VERSE
John 10:10 *The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.*



➔ FACES OF MONTGOMERY
People who call our community their own. Alana and Haley have that happy smile volunteers get since they helped Southmont FCCLA build over 300 toiletry kits and deliver them to local facilities.

➔ THREE THINGS You Should Know:
1 The Indiana Department of Transportation announces lane restrictions on I-70 eastbound for pavement patching. Beginning on or after Monday, November 27, a series of restrictions in 7 locations from about 4 miles east of the Clay/Putnam County line to just under 4 miles east of U.S. 231 will take place to complete this work. There will be a 45-mile-per-hour speed limit in this work zone. Crews are expected to finish this work by the end of the year, weather permitting. INDOT encourages all drivers to follow the 45-mile-per-hour work zone speed limit and avoid distracted driving, in an effort to keep workers and drivers safe. All work is weather dependent and subject to change.

2 VMHMC is looking for volunteers for the Downtown Party Night TONIGHT!. They will be located on the second floor of Fusion 54 from 6 p.m. to 8 p.m. Feel free to drop off a donation, get a free candy cane and check out some reindeer games for the kids as well! For more information, please visit; vmhmc.org!

3 MCCF will award the final round of grants for 2023 on Thursday, November 30, 4 p.m., here at our building, second floor. We invite you to attend. I will have a press release ready that day listing the fifteen awards. We appreciate all you do to promote the good work of the grant recipients and the generosity of our donors.

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper 50¢

CRAWFORDSVILLE, INDIANA WWW.THEPAPER24-7.COM

Boomer Bits

Ask Rusty – About The Fairness Of “WEP” And “GPO”

Dear Rusty: I was married to my ex-husband for 30 years. For 14 of those years, I was an unemployed mom and community volunteer. After my sons were grown, I began teaching in California and earned a teacher pension. That teacher pension eliminates ALL the spousal benefits my husband paid for. How can that be justified? I, like a number of my retired friends, rent out rooms in my house to be able to live on a small teacher's pension and get none of my earned spousal benefits. Signed: Frustrated Teacher

Dear Frustrated Teacher: I can only say that your frustration is shared by many retirees from public service in States which do not participate in the federal Social Security program – that is, neither the employee nor the State contribute to the federal Social Security program. There are about 26 states (including California) which exempt at least some of their employees (and themselves)

ASK Rusty
Social Security Advisor

Social Security Matters
This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

from paying Social Security payroll taxes, but those states are obligated to provide retirement benefits robust enough to offset the loss of Social Security benefits which will occur later in life after the employee retires. As controversial as these laws - the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO) - are, they have withstood legal challenges since they were enacted four decades ago.

Because you have a “non-covered” pension from your state employment, WEP reduces any personal Social Security retirement benefit you may have earned elsewhere and, to your specific point, the

GPO has eliminated the spousal benefit you might otherwise have been entitled to from your ex-husband. Like you, many who are affected believe this to be unfair, but Congress has steadfastly failed to enact legislation to repeal these provisions, or even to soften their impact. The likely reason is that Congress has evaluated the fundamental premise of the provisions and concluded they appropriately equalize the way benefits are paid to all Social Security beneficiaries.

It might help to think of it this way: in normal circumstances, if one spouse has a per-

What You Need To Know About Cholesterol

Stay in control to help prevent heart disease, heart attack and stroke

(Family Features) Understanding and improving cholesterol is important for people of all ages, including children and teens. Maintaining healthy cholesterol levels can help keep your heart healthy and lower your chances of getting heart disease or having a stroke.

High cholesterol usually has no symptoms. In fact, about 38% of adults in the United States are diagnosed with high cholesterol, according to the American Heart Association. Understanding what cholesterol is, the role it plays, when to get screened and how to manage it are important aspects of protecting your overall health and prevent a heart attack or stroke.

kind. Too much of the “bad” kind, or not enough of the “good,” increases the risk of cholesterol slowly building up in the inner walls of the arteries that feed the heart and brain.

Cholesterol can join with other substances to form a thick, hard deposit on the inside of the arteries called plaque. This can narrow the arteries and make them less flexible - a condition known as atherosclerosis. If a blood clot forms, it may be more likely to get stuck in one of these narrowed arteries, resulting in a heart attack or stroke.

Understanding Cholesterol
A waxy, fat-like substance created by the liver and consumed from meat, poultry and dairy products, cholesterol isn't inherently bad for you. In fact, your body needs it to build cells and make vitamins and other hormones. However, too much cholesterol circulating in the blood can pose a problem.

The two types of cholesterol are low-density lipoprotein (LDL), which is considered “bad,” and high-density lipoprotein (HDL), which can be thought of as “good” chole-

Understanding Risk
Your body naturally produces all the LDL it needs. An unhealthy lifestyle can make your body produce more LDL than required. Behaviors that may negatively affect your cholesterol levels include lack of physical activity, obesity, eating an unhealthy diet and smoking or exposure to tobacco smoke.

In addition to unhealthy habits, which are the cause of high LDL cholesterol for most people, some people inherit genes from their parents or grandparents - called familial hypercholesterolemia (FH) - that cause

5 Things We Learned About Alzheimer's Disease In 2023

(StatePoint) 2023 was a landmark year for Alzheimer's disease research, including advancements in treatment, risk factors and diagnosis. Here are five significant discoveries made this year:

There are three new approved treatments for Alzheimer's, with a fourth on the way.

In July, the U.S. Food and Drug Administration (FDA) granted traditional approval for Leqembi for mild cognitive impairment due to Alzheimer's and mild Alzheimer's dementia. This treatment slows cognitive decline and can help people with early Alzheimer's maintain their independence.

In June 2021, the FDA granted accelerated approval to Aduhelm for the same purpose. At the Alzheimer's Association International Conference (AAIC) in July 2023, Lilly reported positive results for a third similar treatment: donanemab. The company expects FDA action in early 2024.

In May, the FDA approved the first treatment for agitation in people with Alzheimer's — brexpiprazole.

Hearing aids could slow cognitive decline for at-risk older

The Daily Almanac

Sunrise/Sunset
RISE: 7:42 a.m.
SET: 5:26 p.m.

+

-

High/Low Temperatures
High: 43 °F
Low: 25 °F

Today is....

- Blasé Day
- Small Business Saturday
- National Parfait Day

What Happened On This Day

- **1952** Agatha Christie's *The Mousetrap* opens at London's West End. The longest running show in history, the play began as a radio play called *Three Blind Mice*. It is based on the death of Dennis O'Neill, who died while in foster care.
- **1950** “Storm of the century” hits eastern US. Also known as the Appalachian Storm, the storm reached blizzard conditions and dumped nearly 60 inches of snow in the Appalachian area. It brought unseasonal temperatures to the region and caused widespread damage to property. About 150 people were thought to have been killed as a result of it.
- **1936** Nazi Germany and Japan sign the Anti-Comintern Pact. The treaty was directed towards the Soviet Union and stipulated that in case of Soviet aggression towards either country, the other would consider it as an act of aggression towards it as well. The pact was later signed by other countries including Italy, Romania, Spain, and Turkey.

Births On This Day

- **1914** Joe DiMaggio American baseball player
- **1844** Karl Benz German engineer, businessman, founded Mercedes-Benz

Deaths On This Day

- **1974** Nick Drake English singer-songwriter, musician
- **1944** Kenesaw Mountain Landis American judge

➔ HONEST HOOSIER
Welcome to Party Night, Crawfordsville style!

➔ INSIDE TODAY'S EDITION

Service Directory...A6
Faith.....A3, A4, A5
Classifieds.....A5

➔ THE MONTGOMERY MINUTE
Small Business Saturday:
Don't forget that it is Small Business Saturday and show our community that you care not only about small businesses but about the growth of our community as a whole! See you out there!

➔ TODAY'S HEALTH TIP
Grandma's advice not to put anything smaller than your elbow in your ear was right - that includes Q-tips. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com.

➔ TODAY'S QUOTE
In celebration of our beginning our 20th year as a media company, we're sharing some famous quotations about newspapers this month.

“Everybody who talks to a newspaper has a motive. That's just a given. And good reporters always, repeat always, probe to find out what that motive is.”
-Ben Bradlee

➔ TODAY'S JOKE
The boss went to a garage sale and bought a box of newspapers from the 1950s. They may be old, but they're news to him!

➔ OBITUARIES
Nancy Carol (Gibson) Ammerman

The Paper appreciates all our customers. Today, we'd like to personally thank **GEOFFREY ROBINSON** for subscribing!



7 DAY FORECAST

42 SUNNY AND BREEZY	25/43 SUNNY	28/38 RAIN / SNOW SHOWERS	25/33 WINDY, COLD	18/35 SINGLE DIGIT WIND CHILLS	25/41 BREEZY, SUNNY	25/45 SUNNY
FRI	SAT	SUN	MON	TUE	WED	THU

OBITUARIES

Nancy Carol (Gibson) Ammerman

September 24, 1940, Tuesday, November 21, 2023

Nancy Carol (Gibson) Ammerman, age 83 of Waveland, went to be with her Lord and Savior on Tuesday, November 21, 2023. She was born in Roachdale, Indiana on September 24, 1940 to the late Earl & Mary Roxie (Whitaker) Gibson.



She worked at Sommer Metal Craft in Crawfordsville for 30 years. She loved dancing, singing, working in her flower beds, and reading. She was a member of Browns Valley Christian Church.

She is survived by her loving husband of 63 years, Harry Ammerman of Waveland; three sons, Kenny (Rose) Ammerman of Tennessee, Jeff (Lori) Ammerman of North Carolina and Matt Ammerman of Crawfordsville; 8 grandchildren; and several nieces and nephews.

She was preceded in death by her parents; a son, Anthony Wayne Ammerman; a brother, Donald Lee Gibson; and two sisters, Louise Mantooth and Phyllis Wheeler.

Visitation will be at Browns Valley Christian Church, 9011 S State Road 47, in Crawfordsville, Indiana on Tuesday, November 28, 2023 from 11:00am till the time of the funeral service at 12:00pm with Pastor Jeff Korhorn officiating. Burial will follow at Indian Creek Hill Cemetery.

In lieu of flowers, memorial donations may be given to Browns Valley Christian Church. Sanders Priebe Funeral Care entrusted with care. Share memories and condolences online at www.SandersFuneralCare.com.

Meeting Notes

Board Of Public Works And Public Safety Meeting

November 22 at 10 a.m.

I. Approval of the minutes from November 15, 2023.

II. Approval of the claims for the week of November 20, 2023.

III. Old Business

A. Discuss bids for the Pedestrian Crossings at Elmore Street and Wabash Avenue project

B. Discuss bids for the Milligan Park Project

IV. New Business

A. Darrin Hutson, Service Master, request-

ing to place a dumpster at 309 E. Wabash for 2 days beginning December 7th

B. 2024 Trash Service Budget

C. 2024 Central Garage Budget

D. 2024 Storm Water Budget

E. 2024 Wastewater Budget

F. Agreement with Banning Engineering for design services related to Shelley Drain reconstruction

V. Departments Heads VI. Adjournment

Second Annual Russellville Small Business Market Holiday Showcase

This year the Russellville Community Center is proud to host its Second Annual Russellville Small Business Market Holiday Showcase on Saturday, Dec. 9 from 10 a.m. to 4 p.m. There will be more than 50 vendors offering a variety of fiber and yarn crafts including stuffed animals, toys and blankets.

Various wood items including wood crafts, custom laser engraving, farmhouse tables, cutting boards and laundry basket racks. Vendors will have

handmade jewelry, custom tumblers and apparel, primitive decor and floral arrangements, hand-drawn greeting cards and resin art pieces. Don't miss out on quilted placemats and aprons, handmade soy candles, wax melts and car freshies.

Also featured will be homemade baked goods: pies, breads, fudge, cookies, jams, jellies and honey!

Local businesses will be there promoting photography, an Edward Jones

financial advisor, Young Living essential oils, Juice Plus and Tower Gardens and Double D Cattle Farm with Wagyu beef sample bundles, tallow lotion and genuine leather items.

There will be a return visit from Putnam County Llama and Alpaca club members, a kids area set up with \$1 face painting, free make-and-take Christmas ornaments and crafts and Santa will make an appearance and be available for photos from 2 to 4 p.m. with 4x6 prints

available for immediate purchase for only \$5!

Cinnamon rolls, muffins and coffee will be available for purchase for a late breakfast or mid-morning pick-me-up. Lunch options include hamburgers, fish sandwich, french fries and potato soup, with pie and brownies for dessert and various drinks as well.

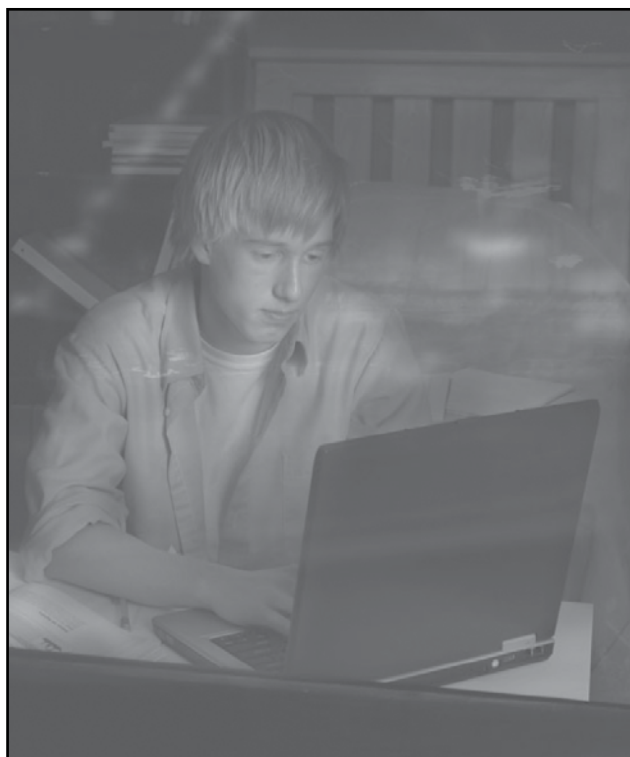
Plan to stop by with friends or family to check out the amazing local artisans and check a few people off your Christmas shopping list!

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Lawmakers Out Of Sync With Voters; Does It Matter?



BRIAN HOWEY
POLITICS

Hoosier families will gather this week for Thanksgiving, and while politics is a strictly forbidden topic at some tables, for others there will be discussions on whether a loved one should launch a campaign for the General Assembly. The filing process for primary elections begins on Jan. 10 and ends at noon (Indianapolis time) Feb. 9.

This deliberative process is likely to be enhanced as 2023 rolls into 2024, because the policies on two issues - abortion and cannabis legalization - reveal that the current political establishment is out of whack with public opinion.

On abortion, the 2022 Hoosier Survey by Ball State University's Bowen Center found that a majority of Hoosiers surveyed (56.7%) believe abortion should be legal in all or most cases. Most Hoosiers — more than 76% — find abortion to be an important or at least somewhat important issue. This survey occurred after the Republican super majorities passed the nation's most far-reaching abortion restrictions that previous August.

On cannabis legalization, according to the 2022 BSU Hoosier survey of 600 Hoosier adults, 85% said marijuana should be legal in some form or another (29% said they were for medical marijuana only, while 56% said they were for marijuana for personal use).

The opinion of a majority of Hoosier voters are similar to those sentiments in other Republican or "red" states.

Earlier this month, Ohio voters passed Issue 2 (the legalization of recreational cannabis) by a 57% to 43%. Other cannabis referendums have passed in conservative states such as Montana with 52%. In 2018 Michigan voters passed recreational cannabis with 56%. In 2020, the Illinois General Assembly legalized recreational marijuana.

According to the National Conference of

State Legislatures, 23 states, two territories, and the District of Columbia have legalized small amounts of cannabis for adult recreational use. Most recently, Rhode Island and Connecticut legalized the recreational use of cannabis. On April 7, 2021, Virginia's legislature accepted the governor's recommended amendments for a significantly speedier implementation window for HB 2312 which would legalize recreational cannabis use in Virginia and establish a regulated commercial market. New York legalized cannabis its 2021 session, as did New Mexico.

Voters have also been voting to preserve abortion rights, even in the most conservative states. Earlier this month, Ohio voters by a 56.6% to 43.4% verdict to amend the state's constitution to give individuals the "right to make and carry out one's own reproductive decisions," including on abortion.

Kansas voters passed by 59% guaranteeing abortion rights in 2022, just weeks after the U.S. Supreme Court negated Roe v. Wade. In other red states like Kentucky and Montana, 52% of voters backed similar measures.

Results earlier this week from a Wall Street Journal-NORC poll show Americans' support for abortion access "is at one of the highest levels on record since nonpartisan researchers began tracking it in the 1970s." The WSJ reported that some 55% of respondents say it should be possible for a pregnant woman to obtain a legal abortion if she wants it for any reason. Nearly nine in 10 poll respondents support abortion access in the event of rape or incest, or when a woman's health is seriously endangered by the pregnancy.

Currently Indiana is dominated by Republicans. Not a single Republican who voted for restricting abortions lost in 2022, three months after the new law was signed by Gov. Eric Holcomb. Democrats picked up only one seat in the House, increasing their number of seats to 30, but in the combined popular vote for House candi-

dates, Republicans won 66%. Republicans have also blocked all cannabis reform bills.

In the secretary of state's race that year, Republican Diego Morales defeated Democrat Destiny Wells by 14%. Wells is now challenging Republican Attorney General Todd Rokita, who has been an ardent pro-life defender. He was recently sanctioned by the Indiana Supreme Court for comments he made on the case of a 10-year-old Ohio rape victim who successfully sought an abortion in Indiana while the procedure was still legal here. Rokita had said on Fox News his office would investigate Dr. Caitlin Bernard, who provided the abortion. The Disciplinary Commission of the Indiana Supreme Court claimed that Rokita violated various portions of the Indiana Rule of Professional Conduct when he spoke about the pending investigation into Bernard.

Rokita was found by the Supreme Court to have engaged in "attorney misconduct" earlier this month.

"We believe the population does not have the time for this side show," Wells said in kicking off her campaign earlier this week. "We want to get back to serving Hoosiers."

Rokita shrugged off the Supreme Court sanctions, saying, "First things first, I deny and was not found to have violated anyone's confidentiality or any laws. I was not fined. And I will continue as Indiana's duly elected attorney general."

In 1986, House Speaker J. Roberts Dailey was upset for reelection, in part due to his opposition to a state lottery. In a referendum two years later, voters passed the lottery issue with more than 60% of the vote.

In order to change the dynamic at the Statehouse, someone is going to have to lose a general election. Until that occurs, nothing will change, no matter what the public sentiment is.

-Brian Howey is senior writer and columnist for Hoosier Politics Indiana/State Affairs. Find Howey on Facebook and Twitter @hwypol.

Indiana Abortions Drop Steeply After Ban Goes Into Effect — But Don't Hit Zero

By Leslie Bonilla Muniz
Indiana Capital Chronicle

Indiana abortions plummeted to low double-digits after a near-total ban went into effect over the summer, according to data from the state's health department.

Abortion clinics stopped providing the procedures August 1, although the ban officially took hold on August 21. The law, which strips clinics of their licenses, includes several narrow exceptions: for the mother's life or physical health, fatal fetal anomalies, and victims of rape or incest.

Only hospitals or hospital-owned surgical centers can perform abortions. Many hospitals are religiously affiliated and don't offer abortions at all.

IDOH received 355 terminated pregnancy reports in August. That's a 66% decrease from the 1,046 filings in August 2022, according to an IDOH annual report.

Under state law, a Hoosier health care provider must file a terminated pregnancy report within 30 days of performing abortion, or within three days if the patient is under 16 years old. That means many of the August reports were for abortions that occurred in July.

The number of filings dropped further after providers filed their last pre-ban terminated pregnancy reports.

IDOH received just 13 filings in September and 12 in October — 98% and 97% decreases from the 737 and 447 reports filed during those months last year.

But abortions didn't hit zero, in contrast to a widely cited study this month by the Guttmacher Institute, an organization that supports access to the procedures.

The institute estimated a 100% drop in abortions to zero in Indiana, but at a 50% uncertainty interval. To generate the estimates, the institute uses a statistical model that combines information from samples of providers with historical data.

"While Terminated Pregnancy reports are not medically necessary, they do reveal what we know to be true: exemptions are a right in name only," said Rebecca Gibron, CEO of Planned Parenthood of Indiana.

"This threat to our access to health care underscores the importance of Planned Parenthood and Women's Med currently blocked from providing — safe spaces where patients can get accurate information to make informed choices, unbiased by ideology or fear of political consequences," Gibron continued. "It's imperative that patients have options when they are turned away in their most vulnerable moments of need."

Anti-abortion group Indiana Right to Life didn't immediately return a request for comment.

When a full quarterly report is issued in late December, Hoosiers will be able to see what exceptions providers cite to perform the procedures, where they're occurring and more.

Two lawsuits against the ban are ongoing.

One relies on Indiana's Religious Freedom Restoration Act and several plaintiffs who argue their religions allow or even require abortions in some cases. A federal judge last month dismissed a separate attempt to use that law against the ban.

The other — an amended complaint — draws on the state's constitution to argue the law's wording is impermissibly strict and the ban on clinics is unnecessary. A hearing has been set for May.

"The current hospital requirement makes abortion even more inaccessible because only a few hospitals currently provide abortion care, they are concentrated in the Indianapolis region, and they typically do so at much higher costs than abortion clinics, where nearly all abortions occurred before the ban," said Gibron, whose organization is a plaintiff in the case.

"This can mean patients have increased travel times, harmful delays, even more expensive care, and in dire cases, even death. We also know that patients who meet exemptions allowed under the ban are being turned away from hospitals," she added. "This is barbaric."

- Indiana Capital Chronicle is part of States Newsroom, a network of news bureaus supported by grants and a coalition of donors as a 501c(3) public charity. Indiana Capital Chronicle maintains editorial independence. Follow Indiana Capital Chronicle on facebook.com/IndianaCapitalChronicle and twitter.com/INCapChronicle

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Sunday School/Growth Groups: 9:00 AM
Worship Service: 10:30 AM
Youth Group Wednesday at 6:30
You can watch us on YouTube and Facebook
Watch Sunday Mornings

CHRIST'S UNITED METHODIST CHURCH
909 E. Main Street • Crawfordsville
Coffee Fellowship @ 10:45 a.m.
Worship @ 11 a.m.
Dr. David Boyd
A community still committed to the UMC
765-362-2383
christsumc@mymetronet.net
View live and archived services on our FB page.

ThePaper24-7.com

FAITH

INCLUDE YOUR INFORMATION The Paper of Montgomery County is asking churches to send us church news by noon on Thursday. Information can be e-mailed to: news@thepaper24-7.com

The following is a listing of church services and various programs that organizations around Montgomery County have sent The Paper. If you would like to have your church information included in this free listing, simply e-mail it to news@thepaper24-7.com by Monday for the Wednesday Print Edition.

FAITH BAPTIST CHURCH

Sunday's schedule will include Sunday School at 9:30 and morning worship at 10:30 followed by a pitch-in dinner. After dinner there will be a special service in which Pastor Roe will step aside and Bro. Keith Harris will become the pastor. Meetings will continue with the Danfords Monday through Thursday at 7 each evening.

The public is invited to all the services anytime but especially during our revival with the Danfords. The location is 5113 S 200 W, Crawfordsville. Or just five miles south of Crawfordsville on State Highway 47. For more information call 866-1273 or visit www.faithbaptistcville.com.

NEW MARKET CHRISTIAN CHURCH

THE SANCTUARY AS WELL AS THE DRIVE-IN PARKING LOT ARE OPEN FOR WORSHIP HELD AT 10:00 AM. TONY THOMAS WILL SPEAK ON "PREPARE FOR OPPOSITION". HIS TEXT IS FROM 1 PETER 3:13-22, 4:12-19.

SUNDAY SCHOOL BEGINS AT 9:00 AM. COFFEE & DONUT FELLOWSHIP IS AT 8:30 AM THE FIRST SUNDAY OF EACH MONTH. THE NEXT FELLOWSHIP IS DECEMBER 3.

THE WORSHIP SERVICE AND SUNDAY SCHOOL ARE OPEN TO EVERYONE.

NEW MARKET FIRST BAPTIST

FIRST BAPTIST OF NEW MARKET WILL WORSHIP GOD THIS SUNDAY AT 10:00 A.M. HOLY GROUNDS WILL BEGIN AT 8:30 A.M WITH COFFEE AND HOME MADE TREATS. AT 9:00 A.M. SUNDAY SCHOOL CLASSES ARE OFFERED FOR ALL AGES. THEN AT 10:00 A.M. WE WILL WORSHIP IN SONG AND MESSAGE. WE WELCOME ALL TO JOIN US THIS SUNDAY! WE ARE LOCATED AT 200 S. FIRST ST. IN NEW MARKET.

YOUNG'S CHAPEL CHRISTIAN CHURCH

If contemporary worship is not your preference, then you might want to visit us. A small country Bible based church made up of very friendly, compassionate, loving people. A church where everyone knows everyone's name. You will be warmly welcomed here. Why not try us out? 4527 North 200 East, Crawfordsville Bible Study 9:30 a.m. Worship 10:30 am.

FIRST CHRISTIAN CHURCH

Sundays: Worship (Casual Traditional/Family Friendly/Childcare) - 10:15 am, Adult Faith Learning/Sunday School - 9:15 am, Good News Cafe - 9:15 am, Wednesdays: WOW! - Mid-week Youth Program (Grades 1-12) - 4:30 - 7 pm, Faith Learning and Dinner, Rev. Darla Goodrich, We are located at: 211 S. Walnut St. Crawfordsville IN 47933 Telephone: 765-362-4812

WOODLAND HEIGHTS CHRISTIAN CHURCH

468 N Woodland Heights Drive
Crawfordsville IN 47933-9689
Telephone Number: 765-362-5284
Fax Number: 765-362-6641

Lead Minister: Tim Lueking
Worship Minister: Wayne Wilkinson
Youth Minister: Bryson Feese

Worship Service Times for Sunday:
Worship Service Times for Sunday:

Traditional service at 8:15a.m. & Contemporary service at 10:30a.m. All Sunday School classes at 9:30a.m., Children's classes for birth to 5th grade at 10:30a.m. All services will be streamed live on our live whcc.us platform, Facebook, YouTube, and Twitter.
Growing in Gratitude "Practicing the Pursuit of Gratitude"
Luke 17:11-19

Tim Lueking

NEW MARKET UNITED METHODIST CHURCH

Reverend William "Bill" Pike Office: 765-866-0703 email: bill.pike@inumc.org. Please come join our small town church for a friendly church service using hymnals and the rituals of church that you grew up with.

101 East Main Street, P.O. Box 326, New Market, IN 47965.
Office Phone: 765-866-0703 www.newmarketumc.org
Facebook.com New Market United Methodist Church Indiana
Open Hearts--Open Minds--Open Doors Sunday School 9:30 and
Worship Service 10:45



Southside Church of Christ

153 E 300 South • Crawfordsville
southsidechurchofchristindiana.com

Sundays:

Worship at 10:30 am

Wednesday Night Bible Study 7 pm



One Way Pentecostal Apostolic Church

802 Mill St. • Crawfordsville

*Pastor Steve Lee and his wife, Tamara,
invite you all to their spirit-filled church*

Services

Sunday at 2 pm

Wednesday Evening Bible Study
7 pm

Saturday evening
(speaking spanish service)
at 7 pm

Hickory Bible Church

104 Wabash • New Richmond

Sunday Services:

Breakfast and Bible - 9:30

Church - 10:30

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**Dr. Curtis Brouwer, Pastor
765-918-4949**



Service times:

10:02 am on Sundays

Wednesday night prayer meeting
at 6:30 pm.

vinechurchlife.org

A family for everyone



New Market Christian Church

300 S. Third Street • New Market
(765) 866-0421

Dr. Gary Snowden, Minister

Sunday Worship at 10:00 am
in the Family Life Center
(Masks Encouraged)
or in the Parking Lot Tuned to 91.5 FM
No Sunday School at This Time

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people to
follow Jesus
and love
everybody!*

2746 S US Highway 231
Crawfordsville

Services:

Thursday night at 6:30
Sunday mornings at 10:30

Both services are streamed



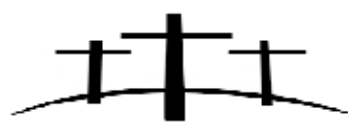
Church Service at 10 am

124 West Elm Street • Ladoga

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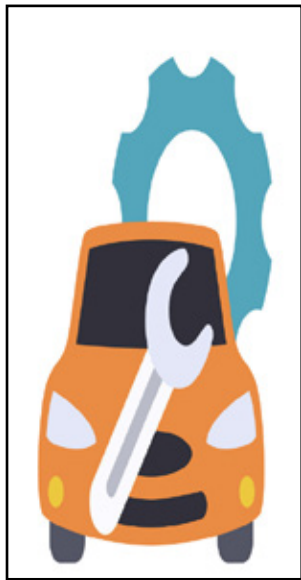
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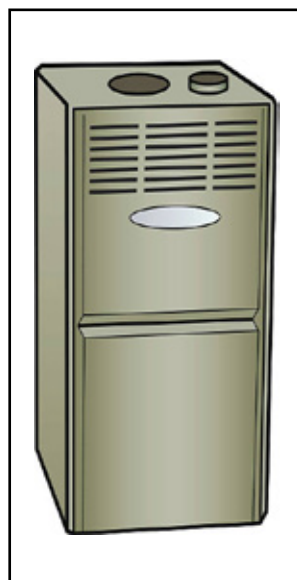
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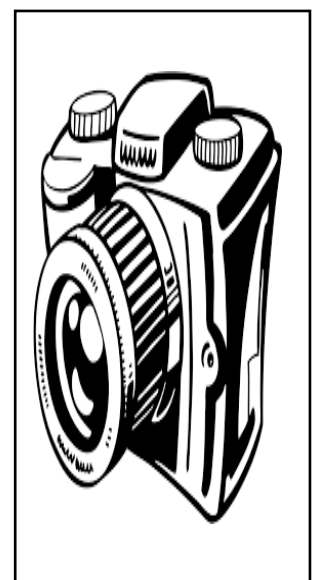
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DISEASE From Page A1

adults. In the largest clinical trial to investigate whether a hearing loss treatment can reduce risk of cognitive decline, researchers found that older adults with hearing loss cut their cognitive decline in half by using hearing aids for three years.

The intervention included hearing aids, a hearing “toolkit,” and ongoing instruction and counseling. Though the positive results were in a subgroup of the total study population, they are encouraging and merit further investigation.

Blood tests for Alzheimer’s are coming soon.

Blood tests show promise for improving how Alzheimer’s is diagnosed. Advancements reported for the first time at AAIC 2023 demonstrate the simplicity and value to doctors of blood-based markers for Alzheimer’s.

Blood tests are already being implemented in Alzheimer’s drug trials. And they are incorporated into proposed new diagnostic criteria for the disease.

Blood tests — once verified and approved by the FDA — would offer a noninvasive and cost-effective option for identifying the disease.

First-ever U.S. county-level Alzheimer’s prevalence estimates.

The first-ever county-level estimates of the prevalence of Alzheimer’s dementia — in all 3,142 U.S. counties — were reported at AAIC 2023. For counties with a population of more than 10,000 people age 65 and older, the highest Alzheimer’s prevalence rates are in:

- Miami-Dade County, Fla. (16.6%)
- Baltimore City, Md.

- (16.6%)
- Bronx County, N.Y. (16.6%)
- Prince George’s County, Md. (16.1%)
- Hinds County, Miss. (15.5%)

Certain characteristics of these counties may explain the higher prevalence, including older age and a higher percentage of Black and Hispanic residents, which are communities disproportionately impacted by Alzheimer’s disease. According to the Alzheimer’s Association, these statistics can help officials determine the burden on the health care system, and pinpoint areas for culturally-sensitive caregiver training.

Chronic constipation is associated with poor cognitive function.

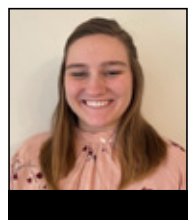
Approximately 16% of the world’s population struggles with constipation. This year, researchers reported that less frequent bowel movements were associated with significantly worse cognitive function.

People in the study with bowel movements every three days or more had worse memory and thinking equal to three years of cognitive aging. These results stress the importance of clinicians discussing gut health with their older patients.

To learn more about Alzheimer’s and dementia research, plus available care and support — and to join the cause or make a donation — visit the Alzheimer’s Association at www.alz.org.

While there is still much to learn about Alzheimer’s, 2023 was a year of discovery, giving researchers and families impacted by the disease hope for the year ahead.

A Conscientious Christmas



TRICIA HERR
Purdue Extension Office



Let’s talk about the waste at the holidays.

According to Stanford University, from Thanksgiving to New Year’s, the average American household waste increases by more than 25%. That increase in waste comes in the forms of food, shopping bags, packaging, wrapping paper, bows, and ribbons. How much is 25% more waste? That is an additional 1 million tons of waste headed to landfills weekly during the holiday season. What can we do to curb this kind of waste?

If you search for “sustainable Christmas gifts” you will find a wide range of items. A lot of eco-friendly sites and bloggers will share their gift-giving guides with specific items, from eco-friendly companies and/or made up of eco-friendly materials. Most items are beauty or skin-care-related, touting sustainable or “clean” ingredients. Some are candies, some are food subscriptions. I have to laugh at some of the items suggested at times, because never ever did I ever think, “Wow! Tooth-flosser picks made out of cornstarch, what a great gift for my mom!”

What makes a gift sustainable? Is it how it is made, or is it decided by who it is made by? Is it the materials of the product? Is it because of how materials are sourced? Or is it how and how far the good is transported? Is it because it comes in a recyclable container or a reusable one? Is it compostable, or commercially compostable? Is it biodegradable, or is a made with a bioplastic?

Do a percentage of the profits go to a good cause, are the artists getting a fair amount of the sale? Is the company environmentally conscious? Do they use solar or wind energy for production, or do they buy carbon offsets?

I bet you didn’t know so many questions could be rattled on like that about gift-giving. It can get complicated, fast, this word “sustainable”. Which answers are most important?

The best thing I can do is give you a guide of self-guided questions in order of importance to help you gift-give “sustainably”.

In order of importance, questions to ask before purchasing a gift, with the assumption that you can afford it.

1. Does this have waste?
 - a. Does it need to be wrapped?
 - b. Can I use a recycled or recyclable wrapping paper or a reusable option?
2. Will it get used?
3. Does it bring joy?
4. Is it long-lasting?
5. Who benefits/profits from the sale?
 - a. Is that a good company/person? (worker protection, fair wages)
 - b. Is it a local person/company?

To see my sustainable and sentimental gift swaps to make, check out Purdue Extension – Montgomery County on Facebook in the month of December. Happy Holidays!

— Tricia Herr is the Agriculture and Natural Resources Educator for the Montgomery County Purdue Extension Office. She can be reached at triciherr@purdue.edu.

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NEED From Page A1

them to have too much cholesterol and can lead to premature atherosclerotic heart disease. If you have a family history of FH or problems related to high cholesterol, it’s important to get your levels checked.

Getting Cholesterol Checked

Adults age 20 and older should have their cholesterol and other traditional risk factors checked every 4-6 years as long as their risk remains low. After age 40, your health care professional will use an equation to calculate your 10-year risk of heart attack or stroke. People with cardiovascular disease, and those at elevated risk, may need their cholesterol and other risk factors assessed more often.

Managing Cholesterol

If you have high cholesterol, understanding your risk for heart disease and stroke is one of the most important things you can do, along with taking steps to lower your cholesterol.

Often, simply changing certain behaviors can help bring your numbers into line. Eating a heart-healthy diet that emphasizes fruits, vegetables, whole grains, lean or

plant-based protein, fish and nuts while limiting red and processed meats, sodium and sugar-sweetened foods and beverages is one of the best ways to lower your cholesterol. While grocery shopping, look for the American Heart Association’s Heart-Check mark to help identify foods that can be part of an overall healthy eating pattern.

Other lifestyle changes include losing weight, quitting smoking and becoming more physically active, as a sedentary lifestyle can lower HDL. To help lower both cholesterol and high blood pressure, experts recommend at least 150 minutes of moderate-intensity aerobic exercise a week, such as walking, biking or swimming.

For some people, lifestyle changes may prevent or manage unhealthy cholesterol levels. For others, medication may also be needed.

Work with your doctor to develop a treatment plan that’s right for you. If medication is required, be sure to take it as prescribed.

Controlling your cholesterol may be easier than you think. Learn more about managing your cholesterol at heart.org/cholesterol.

RUSTY From Page A1

sonally earned Social Security retirement benefit which is more than 50% of their partner’s full retirement age (FRA) amount, no spousal benefit is paid (the spouse benefit is offset by the recipient’s own SS retirement benefit). The GPO (the provision which affects SS spousal and survivor benefits) applies that same logic for a spouse who has a “non-covered” pension earned outside of the Social Security program, their spousal benefit is offset by the amount of the person’s own “non-covered” retirement pension. The one difference is that the GPO offset is actually a bit smaller (2/3rds of the non-covered pension vs. 100% offset for a spouse with their own SS retirement benefit).

Both WEP (which reduces SS retirement benefits) and the GPO (which reduces spousal

or survivor benefits) are consequences of working for a State which has chosen to not participate in the federal Social Security program, and those states are obligated to inform their employees of those consequences. I know that doesn’t make your situation any less frustrating, but Congress “justifies” these provisions as being necessary to equalize how benefits are paid to all Social Security beneficiaries. There are about 2 million beneficiaries affected by WEP and over 700,000 affected by the GPO, most of whom share your displeasure. Nevertheless, Congress has so far maintained both these provisions as originally enacted. If you wish to add your voice to those who believe WEP and GPO are unfair, you may wish to contact your federal Congressional Representatives to express that point.

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BBB Tip: A Parental Guide To Safe And Efficient Holiday Shopping From CARU.

To ensure a safe and secure online holiday shopping experience, the Children’s Advertising Review Unit (CARU) has crafted a set of recommendations for parents and guardians to make informed purchasing decisions this season.

Creating a thoughtful shopping list. Every year, major retailers compile their lists of the hottest toys and gifts for the season. However, consumers should approach lists like the “Hottest Toys of 2023” with a critical eye. Stores and online retailers create these lists based on their expectations of what will sell well. What’s important to note is what these lists don’t reveal. For instance, the inclusion of a connected toy on such a list does not imply an endorsement of the toy’s safety or its privacy and data collection practices.

To help you select a toy with data collection and privacy practices that align with your comfort level, it’s essential to read the company’s privacy policy. A robust privacy policy should:

- 1) Clearly outline what information the toy collects from its users, including children.
- 2) Specify who is responsible for collecting or accessing the gathered data.
- 3) Describe how this information is stored.
- 4) Explain the purpose and manner in which this information is used.

5) Detail the parental rights you have in terms of reviewing or removing this information.

6) Depending on the data collected from children, some connected toys may require parental consent before children can use the toy.

The simplest way to find apps and connected toys that comply with the federal privacy law, the Children’s Online Privacy Protection Act (COPPA), is to find a company affiliated with an FTC-approved Safe Harbor program, such as CARU’s COPPA Safe Harbor. If you encounter a website or app displaying the CARU seal, rest assured that its privacy practices adhere to the COPPA Rule.

Distinguishing between naughty and nice purchases. Online shopping hinges on the accuracy and accessibility of product information available online. Therefore, it’s crucial to review product details, thoroughly understand how the product works and what is included and learn what you might still need to purchase. Be attentive to accessories that must be purchased separately, such as batteries or clothing for dolls. CARU also recommends you consider the safety and appropriateness of the toy with your child in mind.

We recommend reviewing the product packaging for details and operating specifications that may be inadvertently omitted from

the website. Since online depictions of products may not always be clear, many online shoppers find it beneficial to read reviews or watch videos for a closer look. It’s essential to be aware that reviewers, influencers, bloggers, and others might receive compensation or free products in exchange for posting reviews.

Part of CARU’s mission is to protect children from deceptive or inappropriate advertising, including product labeling and paid promotional online reviews. Keep an eye out for advertising disclosures and use this as an opportunity to educate your children about potential material connections and how they may affect the credibility of the review.

Good things come in age-appropriate packages. Age recommendations may not be as readily apparent when shopping online, so it’s crucial for parents to look closely for them. Toys designed for teenagers might be unsafe for younger children or require adult supervision.

Moreover, connected toys meant for older children and teens may collect personal information, such as audio and video, without obtaining parental consent. The companion apps for connected toys may also have unsuitable information privacy and data collection practices for children, including tracking and behavioral advertising, or they may

link to sites unsuitable for children, such as social media.

Bah! Humbug! Even in secure payment and transaction environments, purchasing gifts online may expose your personal and financial information to cybercriminals. Be cautious about a website’s security if you plan to share your personal information.

You better watch out... While waiting for your special deliveries, be aware that phishing attacks have been on the rise. Exercise caution when opening emails that appear to be from stores or resemble tracking information. Verify the legitimacy of the email addresses before clicking any links. If you feel nervous or suspicious about an email, refrain from clicking on anything within it. Instead, refer to the original order confirmation email or visit the company’s website to check the order status. During the holiday season, it’s also a good practice to monitor your credit card statements for any suspicious activity.

For more information and to learn how to protect yourself, Google “BBB 10 Steps to Avoid Scams”. If you spot a scam, whether you have lost money or not, report it to BBB’s Scam Tracker at BBB.org/ScamTracker and the FTC at ReportFraud.ftc.gov. Your story can help protect consumers from similar scams.

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