

➔ TODAY'S VERSE

John 1:12 *But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name.*

➔ FACES OF MONTGOMERY

People who call our community their own.



Pam Kellison smiles brightly while helping customers on a beautiful afternoon. Thank you for your smile, Pam

➔ THREE THINGS You Should Know:

1 Purdue University is gearing up for Homecoming 2022 – themed “Giant Leaps Home” – with festivities scheduled for Sept. 23 and 24. “We look forward to welcoming our alumni and friends back to campus,” said Matt Folk, president and CEO of the Purdue for Life Foundation. “After hosting virtual events the past two years, we are especially excited to celebrate in person with our extended Boilermaker family.” Homecoming weekend will feature reunions and activities for Purdue fans of all ages, leading up to the Sept. 24 football game against Florida Atlantic.

2 DuJuan McCoy, Owner, President, and CEO of Circle City Broadcasting (parent company of WISH-TV and MyINDY-TV 23), today announced that former Indianapolis Colts Head Coach Chuck Pagano will join WISH-TV Sports Director Anthony Calhoun and the Emmy award-winning Sports 8 team as a Colts Analyst for the 2022 NFL season.

3 It gets hot and humid in New York City come summertime but the city's most prolific inhabitants -- its squirrels -- have found a way to keep cool, according to the Association of Mature American Citizens [AMAC]. It's called “splooting.” There they are on their stomachs on the cool ground, limbs spread out in the coolest possible position. Lest you think the words “sploot” and “splooting” are the result of someone's overactive imagination, check out the definition at Dictionary.com: “Sploot” is slang for the pose four-legged animals make when lying down in that position. It makes for a good snapshot and New Yorkers have been flooding online social media sites with iPhone pictures of splooting squirrels all summer long.

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OF MONTGOMERY COUNTY

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BTN By The Numbers, a look at what's in the news . . . by the numbers. These are just numbers, not suggestions that they mean more or less than what they are. We do not suggest that one number is connected to another. These are simply facts with no extraneous details, bias or slanted reporting. To borrow (and perhaps mangle a bit) a quote from legendary fictional detective Joe Friday, it's just the numbers, ma'am!

\$100,000
The Duke Energy Foundation is awarding nearly \$100,000 in grants to local food pantries and community organizations to help put food on the table for Hoosier families in need. The grants will support the purchase of canned goods, fresh produce and essential supplies to address food insecurity across the company's Indiana service territory.



CollegeChoice 529*
DIRECT SAVINGS PLAN

\$10,000
One Hoosier with a CollegeChoice Savings Plan will win a \$10,000 deposit from a state sweepstakes this month, part of a state effort to encourage Hoosiers to save for higher education.

57 More Indiana high schoolers than ever before can earn up to a year of general education, college-level courses in high school, as 57 additional high schools and eight postsecondary providers are now able to offer the Indiana College Core (the Core).

5 The Indiana Small Business Development Center (SBDC) recognized five small businesses from across the state for completing the Export Indiana Accelerator Program (EIAP). The EIAP is a free, 12-week, annual program offering Hoosier small businesses professional export guidance and leading research resources to create an executable, proactive export business plan.

\$2.5 billion
Indiana's 12 casinos raked in \$2.5 billion from July 2021 through June 2022 and sent \$700 million of that haul to the state in taxes, according to an Indiana Gaming Commission annual report released this month. Higher-than-expected gambling collections previously bolstered the state's rosy July revenue report

\$10 The Witham Health Services Volunteer Organization hosts annual Fall Mum Sale. The mum sale will be held at the main entrance of the hospital on Witham's main campus located in Lebanon on Thursday, Sept. 15 from the hours of 10:30 a.m. – 4 p.m. (while supplies last). This year's sale will offer an assortment of mums and kale in a variety of colors, for \$10.00 each.



\$75,000
The Dollar General Literacy Foundation (DGLF) announced the award of more than \$75,000 in youth literacy grants to Indiana non-profit organizations, libraries and schools. The funds are part of more than \$3 million recently awarded across the country and aim to narrow the gap between learners' needs and programs' financial resources by providing books, technology, equipment or materials to youth education programs.



Sunrise/Sunset
RISE: 7:26 a.m.
SET: 8:01 p.m.

High/Low Temperatures
High: 72 °F
Low: 58 °F

Today is...

- Make Your Bed Day
- National Grandparents Day

What Happened On This Day

- 2007 Russia Tests Father of All Bombs
- 2001 September 11 Attacks in the United States

Births On This Day

- 1965 Moby American singer-songwriter, DJ
- 1885 D. H. Lawrence English novelist

Deaths On This Day

- 1987 Peter Tosh Jamaican singer-songwriter, guitarist
- 1973 Salvador Allende Chilean physician, politician

➔ HONEST HOOSIER

OK, I apologize for mentioning Christmas in September. I just figured if stores were advertising Halloween in August, it was fair game.



➔ TODAY'S HEALTH TIP

Chronic sinus and nose problems can often be solved by using a salt water nasal irrigator like a neti pot or Sinus Rinse®. Today's health tip was brought to you by Dr. John Roberts. Catch his column each week in The Paper and online at www.thepaper24-7.com.



➔ INSIDE TODAY'S EDITION

- Obituaries.....A2
- Gwynn Wills.....A2
- Carrie Classon.....A2
- Casey Williams.....A3
- John Roberts.....A4

➔ THE MONTGOMERY MINUTE

Want TO GO?
The Crawfordsville Investment Club will meet Tuesday at 6:30 p.m., at the Crawfordsville District Public Library. The program is "Comparing Mutual Funds." The Crawfordsville Investment Club meets for educational purposes only. Visitors are welcome. For more information call (765) 362-2826.

➔ TODAY'S QUOTE

"On the first day of college you will worry about how you will do inside the college. And on the last day of college you will wonder what will you do outside the college."
Amit Kalantri

➔ TODAY'S JOKE

You're in the apple library. How are you supposed to talk?
With your in-cider voice!



The Paper appreciates all our customers. Today, we'd like to personally thank Ashlee Vinyard for subscribing!



7 DAY FORECAST

84 WARMER, SUNNY	66/82 ISOLATED SHOWERS	65/77 SCATTERED ISOLATED SHOWERS	58/72 BREEZY, COOL, SPOTTY SHOWERS	55/73 BREEZY, MAINLY DRY	56/80 SUNNY AND WARMER	57/82 SUNNY AND PLEASANT
FRI	SAT	SUN	MON	TUE	WED	THU

Gwynn Talks What Jimmy Missed

Jimmy, who lived six doors down from me on Pike Street, died when he was seven years old. He rode past my house once on a red Schwinn bike with his little brother trailing behind. When my Grandma Dorothy saw Jimmy, she whispered, I thought he was sick. He looked puffy to me — like a pasty, white marshmallow. I ran out to the sidewalk to greet both boys. The younger of the two, John, was in my kindergarten class at school. I recently moved back to reside with my grandparents, Jack and Dorothy Foster, in Crawfordsville, Indiana. Living in Illinois with my mom and stepdad wasn't working out for me, so I started at Mills School mid-year. I was thrilled at the thought of having some neighborhood kids to play with.

Jimmy stopped and planted his feet on either side of his bike while John took off, spinning the pedals so hard his training wheels almost came off the ground. I think we played together that day and I hope Jimmy remembered having fun. I hope he carried that memory with him wherever he landed. I hope I shouted, "We can play again tomorrow."

I never saw Jimmy again, but I learned two things from a boy I only saw once. I learned a word that haunted me most of my childhood; Leukemia. I didn't know what it meant, except Jimmy stopped coming out to play. I also learned that a little kid, almost the same age as me, could die and miss out on life.

About three years after his death, I remember going to visit Grandma Luddy, my Grandpa Jack's mother, who lived across the street from the cemetery where Jimmy was buried. I walked around the rows of stones trying to read the inscriptions. And then, I happened upon Jimmy's grave. He was immortalized in a black and white photo, dressed in a white shirt with suspenders. He sported a crew cut and a closed mouth smile. Beneath the photo was the inscription:



GWYNN WILLS
A Better Word

James Donald Ball
Son of Margaret and Steve

1949-1956
Seeing his picture on that block of granite took my breath away. I turned and ran back across the street to Grandma Luddy's as fast as I could.

Around the Pike Street neighborhood, I still played with the surviving brother, John. He would often come out and mingle with the all us kids as we charged around the block on foot or bicycle. On Sunday mornings, he walked with his mom, dad and sister past our house towards town to attend church. I wonder if he thought about Jimmy? I wonder if he missed him? I am still haunted by Jimmy's memory and the sadness I feel when I think about what he missed.

What Jimmy Missed
1956-1961

- Playing "Capture the Flag" with the rest of the neighborhood kids. Looking into the doll house where I kept my collection of praying mantises

- Holding grasshoppers while they spit brown tobacco juice in our cupped hands and not getting grossed out.

- Joining kids from all over town at the Community Rec Center right across the street from our houses.

- Jumping on the trampoline or making crafts in the room off of the side stairs with Ms. Frances Wooden, my first in-person encounter with a woman of color.

- Buying pretzel rods for a penny from a tall glass jar.

Back in 1962, my grandparents built the first four-level home in the Pleasant Meadows subdivision. The white split-level stood

at the front edge of an immense cornfield on a little rise. It had a sunken family room and a small apartment attached to the side of the house. This is where Great Grandma Luddy would live and die a few months after she moved in with us.

I went to a new school and made new friends. My Aunt Carolyn and Uncle Tom moved into Grandma Luddy's old house so I still visited the cemetery where Jimmy was buried. I always across the street to check on Jimmy's grave. It made me think about what he was missing.

What Jimmy Missed
1962-1964

- Crouching under a desk at school while practicing an air raid drill.

- Securing a place in the basement and designating it as a bomb shelter stocked with canned foods and boxes of mac and cheese and candy.

- Wondering how many pigs lived in that Bay in Cuba and why America and Russia were fighting about it.

- Watching John Glenn, the first American to orbit the earth three times in four hours and fifty-five minutes, on a little black and white television set.

- Longing to grow up and be an astronaut so you could ride a spaceship to the moon.

- Hearing an announcement over the PA while in school on November 22, 1963 that President John F. Kennedy had been shot in Dallas, Texas.

- Staying glued to the same Admiral TV set in the family room for three days as every-one watched the events of the tragedy unfold.

In the summer before seventh grade, my grandparents made the decision to move back to our house on Pike Street. When I saw John, he hadn't changed much. Seeing him again reminded me of Jimmy's picture. If Jimmy was alive, he would have been starting his junior year in high school. There were so many things he was going to miss.

What Jimmy Missed

1965-1970 and beyond

- Picking tassels off corn for Dekalb as a teenage rite of passage in Indiana.

- Taking Driver's Ed with Coach Knecht joking the whole time you are trying to drive.

- "Bombing" around the "Dog" and the "Diner" on Friday and Saturday nights to see and be seen.

- Graduating from Crawfordsville High School in 1967 then heading to Colorado to drive a snow plow or work on the ski lift for the sake of getting a "Rocky Mountain High."

- Missing a chance of dying in a war not many people understood, few people wanted and nobody won.

- Suffering with the effects of Agent Orange or Post Traumatic Stress Disorder well into his adulthood; maybe the rest of his life.

- Hippies, Flower Power, psychedelic mushrooms, tripping on acid, Beate Mania and a purple haze

- Marriage, children and growing old

One day, not long ago, I took a walk up Grant Avenue. I passed Grandma Luddy's old house with its new paint job and flower garden. I crossed the street and stopped at my grandparent's headstones. I kept walking up around the gravel drive in the middle of the cemetery. When I almost reached the end, a sense of déjà vu came over me. I turned to see the photo of a little boy with a closed mouth smile. It was Jimmy's grave and I almost missed it.

This article in its entirety appeared in the online journal, <https://www.monthstoyears.org> Summer 2022 edition. Names have been changed but the memories are real.

Gwynn Wills is a former speech therapist, certified Amherst Writers and Artists workshop Affiliate and Leader and founder of The Calliope Writers Group. After growing up in Crawfordsville, her and her husband returned several years ago.

The Redhead And Cat

Here's the thing: I'm not superstitious.

It all started when I was still in Mexico, visiting a gallery, and I saw a painting across the room. The composition was striking. The bottom third was black and the top two-thirds were filled with a deep blue sky and great white clouds rising from the horizon. There was a bare tree on the right side and on the left was a full moon. I felt pulled into the gallery and across the room to see the picture, and that's when the figures in the foreground became clear.

Standing beside the tree were a woman and a cat. The woman had brilliant red hair. The cat was small and gray, and I felt something in me stir.

"The Redhead and Cat," the painting was called.

My best girlfriend, Angel, my biggest support to me when I started writing, had been a redhead, and my cat, Lucy, my muse every step of the way, was a small gray cat. They were both now long dead, but there they were, in front of this blue sky with the rising moon in the background.

I'm not superstitious, but having those two looking over me as I wrote seemed like a good idea. I brought the painting home to the U.S., and I got around to hanging it up just the other day.

That's when funny things started happening.

I've been grumpy. It's nothing big. It's nothing important. It's just the usual stuff that adds up like paper cuts. Working with no apparent progress. Feeling alone. Wondering if I am on the right track. Wondering if there is a track at all. That sort of thing.

It wears at the soul—when hopefulness starts to fray, and instead of facing the day with excitement, I just feel tired.

As I hung the painting, I tipped my head back and lost my balance. My favorite reading glasses slipped off my head and onto the floor just in time for me to catch myself and step on them. Crunch.

I grumbled. They were prescription glasses.



CARRIE CLASSON
The Postscript

Grumble.

The next day, I was still grumpy. I sat down at my computer and, to my surprise, found I had typed:

] am rrtuyijng rto
"What the heck?!" I tried again.

] am rrtuyijng rto
I unplugged my keyboard and plugged it in again. I got the same results. The keyboard was unusable. I grumbled again. I reached for a pen to take notes. My hand felt wet. The pen had exploded, and my hand was covered in ink.

It wasn't until then I remembered the painting on my wall.

Honestly, I am not superstitious. But I did ask them, after all. Directly or indirectly, I asked my two loyal companions to help me, to both encourage me and, I guess, show me the error of my ways when I got lost—when I was grumpy, or failed to remember what matters.

What matters is the glorious journey. What matters is this wonderful day. Sure, it's corny, and it's been said so many times that sometimes it loses meaning, but that doesn't make it any less true.

This time, sitting at my desk, this time is sacred. It is short. It is precious. And I am a fool not to rejoice in the little time I have.

So Angel and Lucy are watching over me. They might be doing no more than that. But perhaps, from time to time, they may take a more active hand and provide me with a much-needed reminder of what a great fool I can be.

Till next time,
Carrie

Photos from the column and a link to YouTube videos can be found at CarrieClasson.com.



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Photos courtesy of Lincoln

2022 Lincoln Corsair Trades Elvis For McConaughey

I know, I know, Matthew McConaughey drives a Lincoln. So did Elvis Presley, who owned a Mark III and gave away Mark IVs like party favors. The King made them cool, but McConaughey is making them relevant. His commercials highlight the fact Lincoln has transformed from building block-long plush-mobiles to offering all versions of SUVs without losing its American spirit. Drive the 2022 Corsair Reserve and you just might prefer it to its rivals.

There's a certain flash American flair to the Corsair's big mesh grille and long nose, but also hints of Range Rover in the sleek sheetmetal and shooting brake roofline. Its basic architecture is shared with the Ford Escape, but it presents as a larger and more substantial vehicle riding

on 20" alloy wheels and exhausting through twin chrome outlets. A full raft of LED lights, including a wide strip across the power liftgate, add distinction.

Moving inside, stylists blended traditional Lincoln elements with a more European flair. Soft leather and woodgrain dash trim meet heated and ventilated seats that can have right and left sides of their bottom cushions independently adjusted. Rear seats and the steering wheel are also heated. Add to that dual-zone automatic climate control, panoramic sunroof, and rain-sensing wipers. Everything feels expensive, but also posh with a thick slice of technology.

Tap into the intuitive touchscreen infotainment (with actual volume/tuning knobs) to control the smooth Revel audio sys-

tem and connect devices via Apple CarPlay and wireless charging. Driving is made easier with a reconfigurable flatscreen instrument display and widescreen head-up display that shows speed and navigation hovering over the hood. Safety is further enhanced by blind spot warning, lane keep assist, rear cross traffic alert, and adaptive cruise control systems.

I assure you no Lincoln from the '70s can match the Corsair's performance. Where it once took gigantic V8s to shove Elvis' rides down-road, the Corsair Reserve ravages left lanes with its 2.3-liter turbocharged four-cylinder making 295 horsepower and 310 lb.-ft. of torque - all routed to the all-wheel-drive system through an eight-speed automatic transmission. Select drive modes to configure the power-

2022 Lincoln Corsair Reserve
Five-passenger, AWD Crossover
Powertrain: 2.3-liter T4, 8-spd trans
Output: 295hp/310 lb.-ft. torque
Suspension f/r: Elect Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: disc/disc
Must-have features: Style, Simplicity
Fuel economy: 21/28 mpg city/hwy
Assembly: Louisville, KY
Base/As-tested price: \$36,580/\$58,505

train from sedate to sassy. Fuel economy rates 21/28-MPG city/highway, which would wholly embarrass any classic Lincoln.

So would its handling. An electronic adaptive suspension system provides a comfortable ride on the highway and on city streets, but tightens up near instantly and automatically when tossing through corners or planting a landing

off of a bridge or ramp. No bouncing allowed. Heavy steering adds to the feeling the Corsair is much larger than it seems from the outside.

You may be surprised given all of the luxury compacts I've driven that the Lincoln Corsair is one of my favorites. Lincoln embraces its American heritage, but translates it for today's drivers. I especially like the luxury features



CASEY WILLIAMS
Auto Reviews

plus a comprehensive infotainment system that couldn't be easier to use. The turbo-four is a delight. It does it all, beginning at \$36,580 and rising to \$58,505 as tested. Competitors include the Acura RDX, Mercedes-Benz GLB, Cadillac XT4, Infiniti QX50, GMC Terrain Denali, and Lexus NX. Storm Forward!

Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ AutoCasey.

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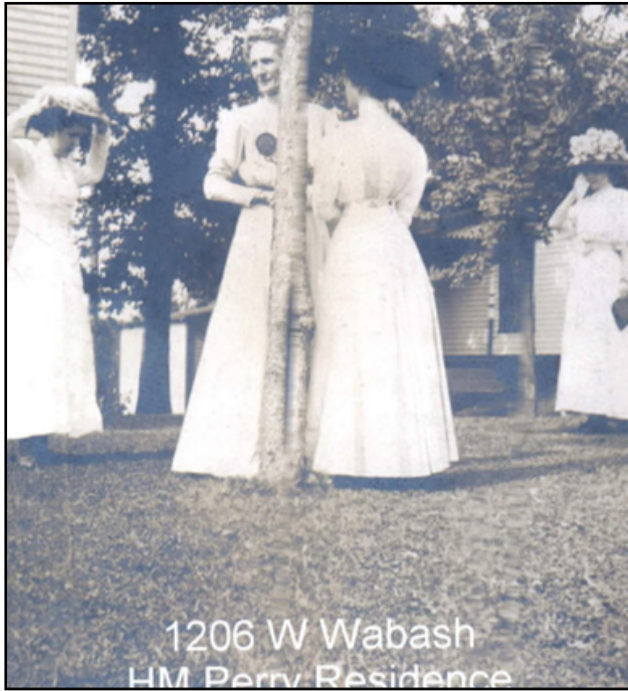


Photo courtesy of Becky Green Gorman

Lillian Elinor Britton Perry

Lincoln School For Colored Children

Phoebe Lulu Warbritton Brown
1862 to 1942
Educator from 1883 to 1884

Lulu was born on 5 August 1862 near New Market, Indiana, to parents Samuel and Amelia Seaman Warbritton. The couple attended and was active in the New Market Christian Church, became one of the most prominent farmers in Scott Township, and grew the family to 13 children. Samuel received a minimal education at Ladoga Grade School but taught himself to read. He assembled an extensive library and, elected in 1862, served as Montgomery County Justice of the Peace.

Lulu earned her teaching degree from the Ladoga Normal School. In 1882 and 1883, she sat for her teacher examinations in Crawfordsville, Indiana, attaining an average of approximately 80% each time, allowing her to become a pioneer teacher in the Montgomery County schools.

On 19 September 1888, Lulu married James Andrew Brown, born on 1 March 1865 to Thomas and Mary Vancleave Brown. James started his career as a furniture clerk and finished as a well-known local merchant. Lulu and James had three children, Merle, Helen, and Fred.

Lulu died on 17

February 1942 in New Market; James died on 27 September 1930. They are buried at Indian Creek Hill Cemetery near New Market.

Lillian Elinor Britton Perry
1858 to 1923

Educator from 1884 to 1887

Lillian was born on 8 February 1858 to Edward and Mary Ann Ball Britton as the oldest of three daughters. The family lived and farmed in Tipton, Indiana, when Lillian's sisters, Mary and Clare, were born. In 1864, Lillian's parents divorced, and the girls grew up with their mother in Crawfordsville at the home of their maternal grandparents, Solomon and Lucetta Crane Ball. Mary died before the 1870 census. Clare became a teacher, married, and had three children. Unfortunately, by 1894 Clare and her husband died of tuberculosis, leaving their three children orphans. Lillian stepped in to help raise them.

Lillian suffered "deafness and many other illnesses throughout her life but was always cheerful and uncomplaining." This did not hinder her teaching in the Montgomery County schools after she completed her 1877 teacher's license exam that included a 955-word essay about David Copperfield. She either was assigned or

volunteered to teach the lower elementary grades at the Lincoln School for Colored Children alongside E B Allen, who taught the upper elementary grades. Coincidentally, Lillian's uncle, Zephaniah Mitchel Ball, was commissioned a lieutenant in the United States 49th Colored Infantry during the Civil War, which may have influenced Lillian's decision to work at Lincoln School.

In November 1885, Lillian married Henry Perry, born 30 June 1848 in Ohio to Richard and Nancy McNeice Perry, both born on the East Coast. Henry enlisted in the Civil War on 30 January 1864 at the rank of private. He became part of Company B 120th Infantry, mustering out on 8 January 1866. By 1869 Henry was a student at Wabash College studying law.

Lillian and Henry made their home at 1206 Wabash Avenue. Henry built his law practice while Lillian stayed home with their three children. Unfortunately, Henry died on 23 May 1906 in Indianapolis at the Insane Hospital from acute mania and exhaustion.

After Henry's death, Lillian managed to collect the funds to send her children to college; her daughters went to Northwestern, and her son went to Wabash.

Son Pierce, a confirmed bachelor, helped build the Hoover Dam, served in World Wars I and II, and became a chemist. While serving in World War I, he became a flight instructor. In February 1919, Lillian received telegrams from a Longacre surgeon notifying her that Pierce had been in an airplane crash at Kelly Field and suffered from shock and bruises, a brain concussion, and an injured spine; he did recover. Daughter Pauline married Virgil Green, had several children, and kept house on Whitlock Avenue. Daughter Lois was admitted to Central Indiana Hospital in Indianapolis in September 1913, did not leave until June 1916, and died young in 1927 of pernicious anemia.

Lillian continued to live at her Wabash Avenue home and be involved in Crawfordsville community activities, especially as an active member of the Presbyterian Church. Lillian died on 20 July 1923 from breast cancer.

Thanks to Becky Green Gorman, descendant, for excellent information and pictures about Lillian.

Shannon Hudson is a science teacher at Crawfordsville Middle School. She is continuing research on the Lincoln School for Colored Children.

What You Should Know About Cold Sores

I saw a patient with a rather large "cold sore" on his upper lip the other day and he asked me to write a column on this unsightly condition.

People use the term "cold sore" to describe different types of lesions that occur on the lips or inside the mouth. I have not been able to locate the origin of the term, but I presume that it came into being to describe sores that sometimes appear when a person has an illness like the common cold.

I want to focus on one particular type of infection, herpes simplex. If you think this condition is caused by a herpes virus, give yourself a gold star; this family of viruses has appeared in this column before. If you recall, a particular type of herpes virus causes chicken pox and shingles.

There are two distinct types of herpes simplex viruses, HSV-1 and HSV-2. Lesions on the lips are caused by HSV-1 about 80 percent of the time. The remaining 20 percent of infections are found in the genital area. Conversely, HSV-2 causes about 80 percent of genital infections and 20 percent of oral infections. In adolescents, about 30-40 percent of genital infections are caused by HSV-1, probably due to the rise of oral sex in this age group.

Most adults (about 80



JOHN R. ROBERTS, M.D.
Montgomery Medicine

percent) have antibodies to HSV-1 in their bloodstreams meaning they were infected by HSV-1 at some point in their lifetimes. Most initial infections occur in children aged six months to three years. Despite the high rate of infection, only about 30 percent of people show any outward signs of infection. Antibodies to HSV-2 are found in about 20 percent of adults.

HSV is spread through respiratory droplets, saliva or from skin-to-skin contact. The viruses can't invade intact skin, so there must be breach in the skin barrier for them to enter the body. The virus can also invade mucous membranes that are found inside the mouth and in the genital area and can also enter through abraded skin which is why HSV infection is found frequently in wrestlers.

Most initial or "primary" HSV infections

in people with intact immune systems are mild and often without symptoms. The incubation period from exposure to lesion appearance averages about four days.

HSV lesions start with some tingling, itching, or burning at the site of infection. This is usually followed by swelling a day or so later and the formation of small blisters or vesicles. The virus causes skin cell death so often the lesions become dark or even black. They eventually scab over and the cycle repeats itself at some point in the future.

Just as with other herpes infections, once the primary infection is over the virus enters a dormant phase inside nerve cells, waiting to re-emerge at some later date.

There are various stimuli or triggers that can cause reactivation of herpes simplex. These include fever, physical or emotional stress, ultraviolet light exposure, suppression of the immune system, and nerve injury. Recurrent infections tend to be less severe because the body usually mounts an immune response more rapidly.

For some people, particularly those with weakened immune systems, HSV infection can be very serious. It can lead to brain infections (encephalitis) and can also spread through-

out the body infecting various organs. Herpes encephalitis kills 60 to 80 percent of its victims. Infections in newborns can be very serious.

HSV infections can be treated with oral antiviral medications like Zovirax® (acyclovir), Famvir® (famciclovir) and Valtrex® (valacyclovir). There is also a topical drug available called Abreva®. The drugs stop the reproduction cycle of the virus by inhibiting the replication of viral DNA. Despite treating the infection, there is no cure to rid the body of the virus.

Most physicians recommend starting an oral antiviral at the first sign of a recurrence. This often shortens the duration of the infection and may prevent it from progressing altogether. Some people who have frequent recurrences may need to take daily antiviral medication to prevent outbreaks.

Sufferers of recurrent herpes simplex should avoid triggers. Probably the most effective preventative measure is to stay out of the sun or at least use a lip balm containing a high SPF sunscreen. People with active infections should avoid kissing others and abstain from oral sex.

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine.



Dine With A Doc®

Senior Education Ministries, Inc. has scheduled Dine with a Doc®- Greencastle: the 4th Monday of every month from 10a-12pm to take place at the Putnam County Hospital located at 1542 S. Bloomington St. Greencastle, Indiana.

Dine with a Doc® is a FREE community based program that welcomes the local senior public to getting to hear an educational topic while enjoying a complimentary lunch. No need to bring any money! Just bring a questioning mind, an appetite and perhaps a friend.

This program is a community effort of a doctor, a lunch sponsor, the senior citizens, local churches and area businesses coming together for the good of all to serve the senior citizens.

Each doctor has graciously donated this time in effort to listen, hear, and answer your medical questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing complimentary lunch for you to enjoy and learn about ways they may help you as well.

The Dine with a Doc® program was designed to allow the seniors to get out of their homes, fellowship with their peers, extend their available financial resources, promote enhanced living, and educate them (from a preventative standpoint) with the goal of improving their quality of life and providing them with the resources and information to make an informed choice about their healthcare.

This month we are excited to present: Franciscan Physician Network Indiana Health Physicians-Greencastle Office 1542 S. Bloomington St. Greencastle IN 46135

Phone: (800) 992.2081/ (812) 893-1900

Putnam County Hospital offers comprehensive heart care in a comfortable and convenient setting for patients and their families. Franciscan Health is renowned for providing outstanding advanced heart care, landmark research and innovative heart treatments. Together, both Putnam County Hospital and Franciscan Health are making access to heart care easier and more convenient with board-certified cardiologists seeing patients five days a week.

To make an appointment with one of the board-certified physicians, Monday through

Friday, please call (800) 992-2081.

Come and learn about ways to improve your quality of life. A question/answer period will follow his discussion. A complimentary Lunch will be courtesy of Putnam County Hospital delivers services to patients and customers in a high quality, efficient, appropriate and caring manner on a daily basis. The Continuous Quality Improvement program of Putnam County Hospital is on an organizational wide quest to continuously improve the quality of services offered, expand professional knowledge, and exceed the expectations of our customers.

Their everyday values are:

- Improving the health care status of individuals in the Hospital's service area.
- Respectful, courteous, professional inter-actions with all customers.
- Offering the highest quality services possible with efficient use of available resources.
- Pride, ownership, and enthusiasm in all endeavors.

Putnam County Hospital holds Accreditation with:

- Healthcare Facilities Accreditation Program (HFAP)
- American College of Surgeons
- College of American Pathologists (CAP)
- Indiana State Board of Health

The hospital provides ongoing support and educational classes to meet the needs of the community. They are very pleased to be partnering with Senior Education

Ministries to serve the seniors in the Putnam County area through the Dine with a Doc® program.

There will be an opening prayer and Veterans in attendance will be recognized for their service and dedication to our country followed by the Pledge of Allegiance to start off the program. There will be various Health Care Providers present to share information about their services and provide Door prizes for participants to win.

Hickory Creek at Sunset will offer a complimentary wellness clinic (blood pressure screening).

If you'd like more information about this event, or to schedule an interview with Lori Aplin RN, please call to Senior Education Ministries, Inc. (812) 917-4970 or email to loriaplina@gmail.com.