

TODAY'S VERSE
Isaiah 43:1-3 *Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. For I am the LORD thy God.*

FACES OF MONTGOMERY
People who call our community their own.



Paul Barajas was all smiles at China Inn. He shared one with of The Paper's roving photographers, thanks Paul!

THREE THINGS You Should Know:
1 Looking for a part-time job that doesn't involve the words: Would You Like Fries With That? The Paper of Montgomery County offers jobs that include pagination and page design, basic clerical and some photography and writing. We're looking for bright and eager people to join our winning team! This could be the perfect job for part-time students all the way up to Baby Boomers looking for something to do. Let us know you are interested by sending an e-mail with your resume and a note telling us what you love about newspapers to jobs@thepaper24-7.com.

2 R.P. Home & Harvest will host a free Santa Claus event from 10 a.m. - 2 p.m. on Saturday, Dec. 10, 2022. Area children are welcome to bring their wish list and tell Saint Nick why they should be on his "nice list" this year. This is a free event, and parents and guardians are encouraged to bring their cameras to capture the magic. For more information, visit www.homeand-harvest.com or call your local store.

3 There's your birthday age and there's your lifestyle age, according to the senior advocacy organization, the Association of Mature American Citizens. AMAC cites Ray Ruschel as proof that you are only as old as you feel. Not only did he go back to school at the age of 49, when he enrolled in the North Dakota State College of Science he signed up to play football to boot. But the single father of two grown children who has served for 20 years in the U.S. Army in Afghanistan and Jordan and the National Guard also works the overnight shift at the Minn-Dak Farmers' Cooperative, one of the largest sugar beet producers in North Dakota and Minnesota, according to the Associated Press. The AP reports that he "fits in a couple of hours at the gym after he gets off at 8 a.m. each day ... After a few hours of schoolwork online at his apartment near campus, Ruschel grabs some rest before afternoon practice, which runs until about 7 p.m. Then it's back to his apartment, where Ruschel showers and eats before lying down for whatever rest he can get before it all begins again with his overnight shift."

The Paper

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Red Kettle Campaign Kickoff



Photo courtesy of the Salvation Army

Mayor Todd Barton (left) and County Administrator Tom Klein (right) kicked off the Salvation Army of Montgomery County's annual Red Kettle Campaign by being the first to ring the bell this season. Donations received in the red kettles are used to provide assistance to those in need in our community throughout 2023. Volunteers are needed to ring the bell at both Walmart and Kroger from 10 a.m. to 8 p.m. Ringers are asked to commit to ringing for two hours. Businesses, churches, community organizations, school groups, individuals, and families who want to make a difference in Montgomery County are encouraged to ring the bell. Those who want to ring the bell can sign up by contacting Clay Adams at 765-376-7194 or by registering online at www.registertoring.com.



Photo courtesy of Athens Arts

Art On Thursday – Lino Prints

Linoleum (lino) cut or lino print is a print making technique in which a sheet of lino block is used for a relief surface. A design is cut into the block and then inked with a roller (brayer) and then the block is pressing onto paper or fabric. Printed fabric can be made into clothing or prints on towels. Printed paper can be used in art or in cards. Uses are limited only to your imagination. Linoleum was invented in 1860 by a British rubber manufacturer. It didn't take long for an artist to experiment with the lino and decide it was a cheap and easy material for print making and an art form was created. The teacher will provide each student with a pink lino 4" x 6" block they will learn to carve. We will print on paper and fabric to give everyone the

experience of print making. Our classes are easy and interesting and we always have fun. Class will be on Thursday, Dec. 8. Choose either an afternoon session (1 - 3 p.m.) or an evening session (6 - 8 p.m.). Class is open to anyone 12 years and older. Cost is \$35. Classes meet at Athens Arts, 216 E. Main Street, Crawfordsville, IN. To reserve a spot, stop by Athens Arts, Wednesday, Thursdays and Fridays 10 a.m. - 6 p.m. or on Saturday from 10 a.m. - 2 p.m. or call 765.362.7455 during business hours to pay via credit card. This project in part is made possible through funds from The Arts Federation (TAF) via the Biden-Harris Administration's American Rescue Plan (ARP) allocation to the National Endowment for the Arts (NEA).



Photo courtesy of Crawfordsville District Public Library

1,000 Books Read Before Kindergarten

Madison Nichols, age 2, has completed the Crawfordsville District Public Library program, "1000 Books Before Kindergarten". She is the daughter of Tyler and Mindy Nichols. Madison's favorite book is Baby Beluga By Raffi Cavoukian. Mom said, "The reading program has been so much fun. We love ending our days together reading in our favorite spots."

HONEST HOOSIER

It's Thanksgiving week! Tell someone you know how thankful you are for them, won't you please?



INSIDE TODAY'S EDITION

Carrie Classon.....A2
Casey Williams.....A3
John Roberts.....A4

TODAY'S HEALTH TIP

Treat burns by immediately soaking the area in cold water for at least five minutes and cover any open areas with antibiotic ointment. 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.



THE MONTGOMERY MINUTE

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TODAY'S QUOTE

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."
Marcel Proust

TODAY'S JOKE

Why's Thanksgiving soup so expensive?
It has 24 carrots!



Sunrise/Sunset
RISE: 7:36 a.m.
SET: 5:24 p.m.



High/Low Temperatures
High: 46 °F
Low: 22 °F



Today is...

- Pumpkin Pie Day
- National Stuffing Day
- World Television Day
- World Hello Day



What Happened On This Day

- 1941 Tweety Bird makes its debut
- 1962 War between China and India ends
- 1979 Mob burns down US embassy in Pakistan
- 1964 Verrazano Narrows Bridge opens in NYC



Births On This Day

- 1969 Ken Griffey, Jr. American baseball player
- 1965 Björk Icelandic singer-songwriter, producer, actress

Deaths On This Day

- 1899 Garret Hobart American lawyer, politician, 24th Vice President of the United States
- 1996 Abdus Salam Pakistani physicist, Nobel Prize laureate



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



7 DAY FORECAST

| | | | | | | |
|----------------------------------|--------------------------------------|------------------------------|---|-----------------------|------------------------------|------------------------------|
| 22/46 WINDY AND BREEZY MON | 25/51 SUNNY, HOT AS A CALD TUE | 29/55 MOSTLY SUNNY WED | 36/56 MILD, LATE A.M. DRIZZLE THU | 35/46 SUNNY FRI | 32/49 A.M. DRIZZLE SAT | 32/52 MAINLY SUNNY SUN |
|----------------------------------|--------------------------------------|------------------------------|---|-----------------------|------------------------------|------------------------------|

Loved And Lost

We thought we would miss the festivities, which just shows how much we still have to learn about Mexico.

My husband, Peter, and I arrived in San Miguel de Allende on the 2nd of November.

"It's too bad we'll miss the Day of the Dead," I told Peter when he made reservations. I knew a little about the Day of the Dead. I'd seen the elaborate skeleton costumes and the cemeteries filled with flowers and families. I figured it would be all over.

But when we arrived, the streets were festooned with streamers, and there were bright orange Mexican marigolds decorating every doorway. It did not appear the party was over yet.

My former sister-in-law, who is Catholic, explained it to me later.

"Oh! It's All Souls' Day!" she said. All Souls' Day follows All Saints' Day which, in Mexico, is the Day of the Dead.

There were long lines of booths where people were having their faces painted to look like skeletons in an infinite variety of styles. Everyone on the street was dressed in elaborate costumes—adults and children and even a few dogs. One little dog was dressed in festive local fabric in a vivid shade of pink.

"Aren't you cute?" Peter said. The little dog lunged at Peter and barked. It's hard to look vicious when you're all decked out in pink.

There was a man carrying a brightly colored iguana on his shoulder.

"Is it your pet?" I asked his daughter. She nodded.

"Is it nice or dangerous?" I asked. She laughed.

A mariachi band played in the square and a woman sang songs that it seemed everyone knew except me and, finally, there was a parade with carriages pulled by giant draft horses in fancy harnesses, and enormous skeletons walking on stilts, and more bands, and police officers in dress uniforms riding in their jeeps and on their motorcycles, most of them with painted skeleton faces as well. It was marvelous.

But most memorable



CARRIE CLASSON
The Postscript

of all were the "ofrendas," the altars put up all around the square to honor the dead.

Some were quite large, and they were decorated with brilliant orange marigolds, photos of the dead, food, tequila, and other remembrances of things the deceased had loved. Some honored many family members. One was for victims of domestic violence. One was for men who had died on motorcycles. One was for a beloved nun. Most of them, we could only guess.

There was a framed photo of a beautiful woman that looked as if it had been taken several years ago. "Brave heart," the sign below her said. Peter, who lost two sisters to cancer in the last two years, was deeply touched.

Because, beneath all the festivities, there was a serious side to this wonderful celebration. It was a day to remember the souls of people loved and lost. It was a time set aside to remember how short life is and how we miss those who have left us. It was a day to honor them and remember them and feel their presence more keenly than most days of the year. We wish them well. We hope they wish the same for us.

Peter and I had dinner in a restaurant after the parade had passed and the light was growing dim. There would be fireworks later on, as there is for every celebration. The restaurant was filled with people in beautiful, colorful costumes that all, in some way, reminded us that we should enjoy this sweet day and celebrate the dead—before we, too, join their ranks.

Till next time,
Carrie

Photos from the column and other fun stuff can be found at CarrieClasson.com.

The Lincoln School For Colored Children

EDITOR'S NOTE: In 1881 Crawfordsville School Trustees ordered a school be built at the southwest corner of Spring and North Walnut Streets to serve black students in grades 1-8. Once graduated, the students attended the integrated Crawfordsville High School. This site accommodated the vast majority of black families living in Crawfordsville's north end. Trustees purchased the lot in September 1881 for \$2,000. On Dec. 3, 1881, Hinckley and Norris won the contract to build the building for \$6,400. The architects designed a plain two-story red brick structure with playgrounds for all the black children who resided in that area. Lincoln School officially opened in September 1882 with 42 students. When the black population moved to the east end to work in the factories, Linclon Building 1 was renovated into Horace Mann, and Linclon Build 2 was opened on East Wabash Avenue. That building became Lincoln Rec Center and was demolished in 1981. This project began as a project historical research project to honor all those individuals who went to school in separate and unequal facilities as the law dictated.

Clara Freeze Coleman

1895- 1858
Educator 1914-1930

Clara was the longest-serving teacher at Lincoln School for Colored Children, teaching grades one through four from 1914 to 1930.

Clara was born on 27 June 1895 in Noblesville, Indiana, to Francis and Mary (Mamie) Emma Lyons Freeze. The entire family, including Walter, Katherine, Emeline, and Earnest, attended and was active in the Noblesville Bethel AME Church. Clara graduated from Noblesville High School on 2 June 1913 in a class of 30 students. She had accumulated an astounding 35.5 credits. Her senior quote was, "I look upon indolence as a form of suicide."

Clara had quite a sense of humor when, at a church service, she recited from Paul Laurence Dunbar in a very amusing manner, "When Mamie Says the Blessing (In the Morning)." The audience rewarded her reading with a standing



Clara Freeze Coleman

ovation, and she quoted "Nevermind Miss Lucy (Discovered)" as her encore.

By 1914, she was teaching at the Lincoln Colored School for Children, grades one through four, and music. The Noblesville Ledger kept close tabs on Clara, whom the newspaper called "Our Pride."

Crawfordsville resident Francis Wooden remembered Clara as her first teacher. "Miss Freeze belonged to some of the local organizations, she went to our church, and she did little things like visiting the homes of the kids. While she was here in Crawfordsville, she stayed with Nathaniel and Mattie Davis on Jefferson Street. She intermingled just like she belonged here."

In January 1929, Clara's life took a dramatic turn. Lucian Albert Coleman of Indianapolis began to court her. They married that same year and were blessed with one daughter, Mary Frances (Hollis), born on 18 September 1931. Unfortunately for Crawfordsville, these events marked the end of her teaching career.

Clara's husband, Lucian, was born on 26 February 1889 in Russellville, Kentucky. He achieved an elementary

education and worked as a hotel porter, a chauffeur, and for the Allison Division of General Motors in Indianapolis. He also served in the United States Army during World War I. He served as a chairman of the Board of Trustees at the AME Church and a commander of the Colored American Legion Post.

By 1946, Clara had opened her own business at her home on Route 1 Noblesville, selling the Charis Corsetiere, a company that allowed women to personalize corsets.

Tragically, Clara was mortally wounded in an automobile accident on 16 November 1957. The car in which she as a passenger collided with an oncoming vehicle that had turned out of the proper traffic lane. Both her hips and right wrist were shattered. She was taken to General Hospital in Indianapolis and stayed an agonizing 50 days, finally dying on 5 February 1958. She was buried in Riverside Cemetery. Lucian died on 18 December 1966 at the West 10th Street Veteran's Administration Hospital. Even though he had remarried Genevieve Brown in 1960 after Clara's death, he was buried next to Clara at Riverside Cemetery.

Clemmie Melvin Purcell

1900 to 1966
Building caretaker

1917 to 1918

Clemmie Purcell was born on 26 July 1900 in Freedom/Glasgow, Kentucky, to Elmer and Ruby Johnson Purcell. By 1917, Clemmie and his younger brother Leonard had made their

way to Crawfordsville to live with his sister Mattie Whitney and her husband, John. The family attended the Baptist Church in Crawfordsville.

Clemmie's first job was building caretaker and maintenance for the Lincoln School. On 12 September 1918, Clemmie registered for the World War I draft. His military papers described him as slender, medium height, with black hair and eyes, and employed by Purdue University as a cook. By 1920, he began working as a newsboy.

Clemmie married Fannie M in September 1929, but marriage details are unclear. In the 1930 census, Clemmie and Fannie lived in Frankfort, Indiana, where he worked as a mechanic. The couple was listed in the 1934 directory but not after, apparently divorcing before 1937.

By June 1929, Clemmie had purchased a 1929 Ford touring car from a Ford dealer in Indianapolis. Newspapers said they hoped "he gets the first 1000 miles on it before tearing it up".

In June 1937, he married Mary Jane Lewis, a local sales clerk. The family grew as children Terry, Joe, Dennis, Betty, Janet, and Cynthia were born.

When he retired, he had been a 30-year employee of the Ford Garage in Frankfort, Indiana, where he worked as an automobile mechanic and body man. Clemmie died of liver cancer on 5 June 1966 in Frankfort. His wife, Mary died on 24 October 1998.

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Photos courtesy of Mercedes

2022 Mercedes EQB Circuits Electricity For A Better Compact Crossover

There's a certain feel to a Mercedes. They're smooth, sure, but with a heaviness that imbues a sense of quality and safety. Styling evolves over time so one generation doesn't completely obsolete the previous one. Interiors provide the technology and authentic touches upscale buyers appreciate. Mercedes could have delivered an entirely different type of vehicle when it contemplated a compact electric crossover, but the 2022 EQB300 is a proud Mercedes.

Unlike Tesla, which had a clean slate to create electric vehicles, Mercedes must build EVs and gas-powered models for now. So, the EQB looks much like the gas-powered GLB. That means the mini GLS styling connects it to Mercedes' larger crossover family with rounded upright forms, but cues like the flush front

facia, streamlined 18" wheels, full-width rear lightbar, and EQS300 badging tell you this one goes without fossils.

Interior design riffs on the best hits from Mercedes, including round air vents from the '80s SL and twin screens for instruments and infotainment. A touchpad in the console can be used to swipe through menus for navigation, media, radio, and vehicle settings, but I prefer to use the screen itself. Apple CarPlay, Android Auto, and navigation with EV optimization add convenience - as do heated front seats, automatic climate control, power liftgate, and rain-sensing wipers.

There are many cool details like pixelated lighting on the dashboard, MB Tex seats, and faux suede that honor Mercedes' larger environmentally-conscious buyers. It's beautiful, but keeps trees towering and cows

grazing. A panoramic glass roof and changeable ambient lighting brightens the bunker. Safety, long a Mercedes strength, includes automatic emergency braking, blind spot warning, and rear cross path detection. It should have included adaptive cruise too.

Underway, lithium-ion batteries and twin motors deliver 225 horsepower and 288 lb.-ft. of torque to the all-wheel-drive system. Charging takes over 7.5 hours on a home or commercial 240-volt charger or can replenish 10-80% in 32 minutes on a DC fast charger. That provides 243 miles driving range. It's not the fastest, requiring 7 seconds to wisp from 0-60 mph, but accelerating onto fast freeways is easy. If you want to compare economy to your gas-powered car, it's rated 104/98-MPGe city/highway.

But, those are just the

2022 Mercedes EQB300

Five-passenger, AWD Crossover
Powertrain: Li-Ion batteries/motor
Output: 402hp/487 lb.-ft.
Suspension f/r: Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: regen disc/disc
Must-have features: Style, Safety
Driving range: 226 miles
0-60 mph: 4.5s
Recharge (10-80%): 37m
Economy (combined): 87 mpg-e
Assembly: Ghent, Belgium
Base/as-tested price: \$55,300/60,540

numbers. During nearly 200 miles of city and highway driving yesterday, I discovered how much I like driving the EQB. It has that iron sponge feel of wafting down the highway that was such a hallmark of classic Mercedes combined with smooth, instant acceleration when desired. The Dynamic Select configure accelerator sensitivity and steering feel from Sport

to Comfort and Eco. One pedal driving kicks in the regenerative braking upon lifting off. It's all very pleasant whether driving through the city to work or getting a weekend away.

I've been in and around Mercedes for nearly a half-century, so I was especially curious about the EQB300. I knew it would quiet, comfortable, and easy to plug in, perfect for those



CASEY WILLIAMS
Auto Reviews

wanting a smaller luxury crossover, but it's also a good Mercedes. It's a little pricey given excellent competitors, and range could improve, but there's much to like in everyday driving. A base price of \$54,500 - \$61,650 as-tested - puts the EQB300 against the Tesla Model Y, Cadillac LYRIQ, Audi Q4 e-tron, Genesis GV60, and Volvo XC40 Recharge. Storm Forward!

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

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Systemic Lupus Erythematosus

Thanks to Jill who asked me to write about lupus. Lupus is the common name for Systemic Lupus Erythematosus. It is an autoimmune disease first described by the physician Rogerius in the 12th Century. The origin of the name is uncertain, but one of the most popular is that many lupus sufferers have a rash on their faces resembling a wolf's face. Lupus is Latin for wolf.

Autoimmune diseases are a group of illnesses caused by the immune system attacking a person's own tissues. The clinical manifestations of lupus are caused by the immune system producing antibodies against proteins in the nuclei of cells, the part of the cell where DNA is located. Lupus sufferers likely have an underlying genetic predisposition to the disease. There is no single "lupus gene." Like most genetic diseases, it appears to involve problems with multiple genes as well as environmental factors.

These environmental factors are felt to trigger damage to cells that exposes nuclear proteins to the immune system. These factors include ultraviolet light, stress, and some medications. Infections, likely by viruses, are also hypothesized to be instigators. Medication-induced lupus usually goes away when the offending drug is stopped.

It is estimated between 270,000 and 1.5 million people in the United States have lupus. It is ten times more likely to affect women than men, particularly young women. It is usually diagnosed between the ages of 16 and 55 and is also more common in African, Hispanic, Asian, and Native American populations. Other risk factors include being related to someone with it (5 to 12 percent chance), smoking, sun sensitivity, and post-menopausal estrogen replacement therapy.

Lupus is known as the "great imitator" because it can present with signs and symptoms found in many other diseases. This is because the antibodies attack many different tissues of the body. This makes it difficult to diagnose, accounting for an average delay of five years between symptom onset and diagnosis. It is often characterized by flare-ups of disease activity followed by remissions.

The most common signs and symptoms of lupus include joint pain (especially the hands, wrists and knees), fever, rashes, muscle pain, fatigue, and weight loss. Some women report flares after ovulation and improvement with menstruation.

Since lupus involves an immune response, it can affect every organ system in the body. The most commonly affect-



JOHN R. ROBERTS, M.D.
Montgomery Medicine

ed include the heart, joints, skin, lungs, blood vessels, kidneys, and nervous system. Some people develop severe inflammation of the heart, kidneys or lungs. Joint involvement is present in about 90 percent of patients. The typical lupus rash is found on the cheeks and nose but can also present with scaling lesions elsewhere.

Diagnosing lupus can be very difficult. A patient has to have at least four of eleven symptom criteria either together, or over time. Each of the eleven criteria has varying specificity (if present the disease is likely) and sensitivity (if absent the disease is unlikely) for diagnosing lupus.

There are also laboratory tests that can help confirm the diagnosis. The most common is the ANA or Antinuclear Antibody test that looks for the antibodies that attack nuclear proteins. The likelihood of lupus is very low if the ANA is negative. If it is positive, additional confirmatory tests that look more specifically for antibodies to proteins in the nucleus are often done.

There is no cure for lupus, so the goal of treatment is to prevent flares and shorten the duration and severity of symptoms. There are many types of medications used to treat the disease. First line drugs are non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and Aleve. If those fail, or more severe symptoms develop, stronger medications can be used to suppress the immune system.

There are also lifestyle changes that can reduce symptoms or limit flares. Patients should avoid direct sunlight and wear a high SPF sunscreen. Smokers should quit and those who are obese should lose weight to reduce stress on their joints.

The prognosis for lupus patients has improved dramatically. In the 1950s almost all patients died within five years of diagnosis. Patients can now expect to live five years 95 percent of the time. Infections from damaged organs and immune suppression from medications are the most common causes of death for lupus sufferers.

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

Alzheimer's Association Offers Six Essential Terms Every Alzheimer's And Dementia Caregiver Needs To Know

During National Family Caregivers and National Alzheimer's Disease Awareness Month in November, the Alzheimer's Association is highlighting six essential terms that are important for Alzheimer's and dementia caregivers to know. Currently, there are more than 216,000 caregivers in Indiana providing care to more than 110,000 living with Alzheimer's.

"Nearly half of all caregivers who provide help to older adults do so for someone with Alzheimer's or another dementia," said Natalie Sutton, executive director, Alzheimer's Association Greater Indiana Chapter. "There are six essential terms that are commonly used by professional dementia caregivers that we think family caregivers should understand as well. These terms can help empower family caregivers during their journey caring for a loved one living with the disease."

Six Essential Terms Alzheimer's and Dementia Caregivers Need to Know

1. **Person-centered care** – Most often associated with professional caregivers in long-term care settings, person-centered care offers important guidance for family caregivers as well. It requires understanding the world from the perspective of the individual living with dementia. It encourages caregivers to take into account a person's interests, abilities, history and personality to inform interactions and care decisions.

2. **Dementia-related behaviors** – The term is used to describe wide-ranging behavioral symptoms associated with Alzheimer's and other dementia. While most people associate Alzheimer's and dementia with memory loss due to changes in the brain, there are several other challenging behaviors that can accompany an Alzheimer's or dementia diagnosis, including:

- Aggression and anger
- Anxiety and agitation
- Depression
- Sleep disturbances and sundowning
- Wandering
- Suspicions and delusions

Underlying medical conditions, environmental influences and some medications can impact these behaviors or make them worse. The Alzheimer's Association offers tips and strategies to help caregivers address these and other disease-related behaviors.

3. **Caregiver Burnout** – Caring for someone

living with Alzheimer's or another dementia can be exhausting – mentally, physically and emotionally. In fact, according to the Alzheimer's

Association 2022 Alzheimer's Disease Facts and Figures report, Alzheimer's caregivers report experiencing higher levels of stress than non-dementia caregivers, including:

- 59% of Alzheimer's caregivers report their emotional stress as high or very high (non-Alzheimer's caregivers – 41%)
- 35% report declining health because of caregiving (non-Alzheimer's caregivers – 19%)

□ A recent national poll found 27% of caregivers for people with dementia delayed or did not do things they should for their own health.

The Alzheimer's Association offers Caregiver Stress Check to help caregivers identify and avoid caregiver burnout.

4. **Respite Care** – Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's continues to receive care in a safe environment. It can be provided at home – by a friend, other family member, volunteer or paid service – or in a care setting, such as adult day care or long-term care community. Using respite services can support and strengthen family members' abilities to be a caregiver.

5. **Care Consultations** – A care consultation can help family members work through tough decisions, anticipate future challenges, develop an effective care plan. The Alzheimer's Association offers free care consultations through its 24/7 Helpline (800.272.3900). During these consultations, master-level clinicians work with families to discuss wide-ranging,

disease-related issues, including disease progression, care and living options and referrals to local support services.

In addition, Medicare covers care planning for individuals with cognitive impairment. Many family caregivers overlook or are not aware of this valuable benefit, which reimburses health professionals to provide affected individuals and their caregivers with information about medical and non-medical treatments, clinical trials and support services available in the community – all of which can contribute to a higher quality of life. The Alzheimer's Association encourages caregivers caring for someone covered by Medicare to ask their health provider about this important benefit.

6. **Treatment Pipeline** – Currently, there are more than 100 disease-modifying Alzheimer's treatments in clinical trials – researchers often refer to this as the treatment pipeline. Earlier this fall, positive topline results from phase 3 clinical

trials for the treatment of early-stage Alzheimer's disease were announced. These are the most encouraging results in clinical trials treating the underlying cause of Alzheimer's to date.

While these new treatments will not provide a cure to Alzheimer's and other dementia, the Alzheimer's Association is hopeful these new treatments will address the underlying biology of the disease in new ways to help slow the progression of Alzheimer's disease. This could mean more time for individuals to actively participate in daily life, have sustained independence and hold on to memories longer. Alzheimer's Association recent statement on latest treatment.

Caregivers are encouraged to stay abreast of these and other potential treatments as they move forward. In addition, caregivers and individuals living with Alzheimer's or another dementia can play an active role in helping advance potential new treatments by enrolling in a clinical trial.



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