

➔ TODAY'S VERSE

Philippians 3:13 "Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (NIV)

➔ FACES OF MONTGOMERY

People who call our community their own.



Gary Behling smiles brightly during a Kiwanis meeting and a beautiful act of charity. Thank you for your smile Gary!

➔ THREE THINGS You Should Know:

1 You don't want a judge throwing this book at you; it's the world's biggest book ever -- 7 feet tall, 11 feet wide and weighing in at 496 pounds, reports the Association of Mature American Citizens [AMAC]. It has the appropriate title, I Am Texas, and was authored by 1,000 "great state" elementary and high school students. It was the brainchild of the Literacy nonprofit iWRITE and The Bryan Museum in Galveston, TX.

2 Sagamore News Media is looking for talented sales people. Whether you sell by phone or in person, we want to talk with you. Hourly rates begin at \$15 per hour and only go up from there. If you have good sales skills, this might be the job you have been looking for. There is no cap on earnings and multiple people in the past have earned \$50,000, \$60,000 and beyond -- all the way into six figures. Sagamore News Media owns newspapers in Noblesville and Crawfordsville and feature award-winning work every day. Come be part of our team! Apply today by e-mailing resume to jobs@thepaper24-7.com.

3 Some folks are already tired of seeing Christmas displays in store, several of which have been up for almost a month now. According to the travel experts at Family Destinations Guide, their survey shows that Hoosiers think Dec. 3 is the first day of the holiday season that really feels like Christmas is beginning. Indiana's neighbors, Ohio, Michigan, Illinois and Kentucky, all chose a day later, Dec. 4. The very first date in the survey was New Mexico's Dec. 1 and the latest was Rhode Island's Dec. 14. The survey, done by Google, has 3,000 participants.

The Paper

OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

WWW.THEPAPER24-7.COM

Carnegie Museum To Host "Photos With Santa"

The Carnegie Museum of Montgomery County is pleased to announce that Santa Claus will be visiting the museum for "Photos with Santa" on Saturday Dec. 3, 2022, from 2:30 - 4:30 p.m.

Bring your camera and take pictures with Santa. This time with Santa is not only for kids; it can be a great time to bring the whole family together for a photo with Santa and his sleigh. Winter-themed craft stations will be available throughout the museum. All ages are welcome. This event is free and open to the public.

In addition to Santa visiting the museum on Dec. 3, the Carnegie Museum will offer additional activities throughout the month. On Saturday,

Dec. 10, visit hourly from 11 a.m. - 4 p.m. to make Santa Slime to take home. On Saturday, Dec. 17, families can explore North Pole Ice Orbs and create Santa Stomp Rockets from 10 a.m. - 5 p.m. Stomp rockets will continue Dec. 21-23 from 10 a.m. - 5 p.m. Winter backdrops and photo props will also be available all month long for additional holiday photo opportunities.

The Carnegie Museum is located at 222 S. Washington Street, Crawfordsville. Admission is free, and the Museum is wheelchair and stroller accessible. Open Wednesday-Saturday, 10 a.m. - 5 p.m. The museum will be closed Saturday Dec. 24 and 31.

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.

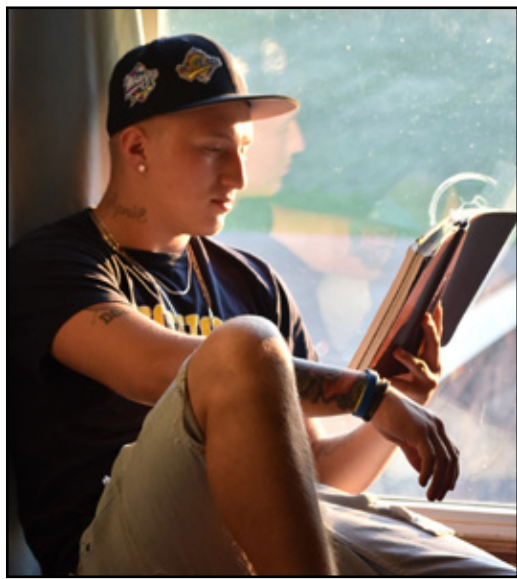
The teacher will provide each student with a pink lino

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 for the Dec. 8 class, 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.

Trinity Life Ministry



Trinity Life Ministry is a redemptive community that gives hope to those in addiction. This is done by transforming men and reconciling

their families through the power of Jesus Christ. Trinity offers a 12-month residential addictions program for adult men and operates two thrift stores. One store is based in Lafayette and the other is in Crawfordsville. These stores help to support the residential program.

United Way in Montgomery County funds are used to support the Family Ministry in whatever ways they need.



Photo courtesy of CDPL

2,000 Books Read Before Kindergarten

Catherine Miller, age 2 1/2, has completed The Crawfordsville District Public Library program "1000 Books Before Kindergarten" for the second time. Along with her parents, Justin and Anne Miller and all of her siblings, she has read 2000 books. Catherine's favorite book is The Good Night Book by Lynn and Mandy Wells. This book was her Mommy's book when she was a baby!

Mom said, "This 1000 Books program is motivating. Some of my children who have been through this program are now readers, and I notice that they are reading to Catherine! Catherine loves to sit with a book, point at the pages and make her own sounds as if she is reading!"



Sunrise/Sunset
RISE: 7:48 a.m.
SET: 5:24 p.m.



High/Low
Temperatures
High: 46 °F
Low: 37 °F



Today is...

- Cyber Monday
- Letter Writing Day
- Turkey Leftover Day
- French Toast Day
- Red Planet Day



What Happened
On This Day

- 1967 First pulsar observed
- 1964 NASA launches Mariner 4
- 1991 South Ossetia declares independence
- 1975 East Timor independence



Births On This Day

- 1962 Jon Stewart American comedian, actor, television host
- 1628 John Bunyan English preacher, author

Deaths On This Day

- 1680 Gian Lorenzo Bernini Italian sculptor, painter
- 1954 Enrico Fermi Italian physicist, Nobel Prize laureate

➔ HONEST HOOSIER

Happy early birthday to an Indiana star and sports media personality Sage Steele! The extraordinarily talented TV personality turns 50 Monday!



➔ TODAY'S HEALTH TIP

If you want to get more exercise, consider getting a dog and walk it regularly.. 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

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

➔ THE MONTGOMERY MINUTE

Join The Team!

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.

➔ TODAY'S QUOTE

"Luck is a dividend of sweat. The more you sweat, the luckier you get." Ray Kroc

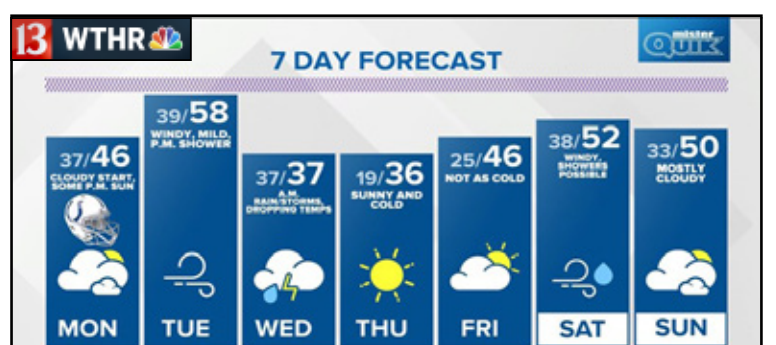
➔ TODAY'S JOKE

Cyber Monday! The day you can get a great deal on the item you didn't want yesterday!



8 51246 00100 5

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



We're All Newcomers

My husband, Peter, and I feel like social butterflies.

We certainly are not. But it feels as if we are, because we are staying in a new city and finding it is easier to make new friends than any time since we were children.

When Peter and I moved back to Minnesota to be closer to our family, we missed our old routines and the friends we used to spend time with. Moving to a new city did not bring with it a lot of new friends. Everyone already had friends. Peter and I saw a lot more of our families, which was wonderful. But except for the friends we still had from when we lived here as teenagers, we didn't see a lot of new people.

This is not the way it works when we are in Mexico.

"Can we have brunch with Karina and Rick on Friday?" I asked.

"We're going to dinner with Joel and Chené on Friday."

"I thought we could do brunch."

"We're having brunch with Raul and Nathan."

"Oh."

I realized I had something scheduled every day this week. This is not like me.

Somehow, spending time with people who are all new to this place—leaving what is familiar and trying something new—something about this pulls us together. I realized it's because we're all newcomers.

As newcomers, we're eager to share our newcomer energy, to hear where other newcomers have been and where they're going next.

Almost all the newcomers I meet are making changes, going to new places, trying something new. And, because they are newcomers, they all are excited (and a little nervous) to tell others about it.

"I started painting during the pandemic," Rosalie told us. She claims she is not an experienced painter, yet all her work has been eagerly taken by friends who have it hanging in their homes.

"I'm working on a memoir."

"I've taken up yoga."

"I'd like to write a novel."

"I'm fostering a dog."



CARRIE CLASSON
The Postscript

The thing we newcomers all share is the opportunity to look at this new place with fresh eyes and apply that fresh perspective to our lives. I am amazed how few people I meet are trying to replicate the lives they have in the U.S. or Canada. Instead, they are figuring out how to do things differently in this very different place—where fireworks go off every night and occasionally at six in the morning, where roosters are constantly crowing, and dogs barking, and the streets are paved with cobblestones, and a lot of the shoes we brought do not work at all.

"Oh, my gosh! I nearly killed myself trying to walk in platform sandals last night!"

"I know. Platforms do not work!"

I love hearing stories about changing course, trying new things, getting off the beaten track.

Meanwhile, I keep working on my new project, getting my first novel ready to sell. My agent tells me we're almost ready. It will be a long process, she says, and there are no guarantees. I'm OK with that. I know I'm a newcomer to this as well.

Spending time with newcomers in Mexico has made me realize that most of us aren't attached to a particular outcome. We like what we are doing right now—and we like doing it together.

"It's about enjoying life while we're living it—and not worrying about when it's going to end," Karina, another newcomer, said over dinner last night.

I like that. And I think there might be time to squeeze in one more coffee this week.

Till next time,
Carrie

Carrie Classon is a freelance writer and author and lives in New Mexico. Her columns appear each week.

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, Lincoln Building 1 was renovated into Horace Mann, and Lincoln 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.



Dr. Robert Anthony

Dr. Robert Anthony 1866 to 1841 Educator from 1918-1931

Robert L. Anthony was born on 28 November 1866 in Fairfield, Ohio, to Mark and Melissa Young Anthony, both natives of Mississippi. Mark was a barber, and Melissa was a homemaker.

Robert had two brothers and two sisters, and the family spent the children's childhood living in Ohio and Illinois.

Robert graduated



Photo courtesy of Shannon Hudson

from Iowa State Normal School, Wilberforce University, Cornell University, and Eastman College. After graduation, he was a principal at schools in Olmsted, Illinois, Cairo, Illinois, and Indianapolis, Indiana. He eventually taught in the Business Department of Simmons College of Kentucky in Louisville.

On 28 June 1893, Robert married Carrie B. Gaddie of Louisville, Kentucky, daughter of Reverend Daniel Abraham Gaddie and Julia Pearce Gaddie. By 1900 the couple was living in Southeastern Illinois with three children, Frank, Julia, and Esther. Both Robert and Carrie taught school. On 27 March 1906, Robert and Carrie lost their 12-year-old son Frank to septicemia, and on 23 August 1913, lost their 14-year-old daughter Esther to tuberculosis.

Robert's teaching career then took the family to Vincennes, Indiana, and to Knox, Indiana. While there, three additional children, Naomi, Robert, and Helen, were born. By 1920 the family had made their way to Louisville, Kentucky, and were living at 939 Clay Street. While there, they added daughter Minnie to the family.

Bethel AME Church history suggests that Robert migrated to Crawfordsville with his mother, Melissa. Listed as a podiatrist, he envisioned establishing the Roosevelt Memorial Hospital for Spanish-American War veterans and Black residents that were not allowed in city hospitals. In 1920, he purchased the large frame house

at 304 Covington Street and searched for funding from the Bethel AME Church and local Black social lodges who agreed to furnish the rooms. Local White doctors agreed to see patients until the hospital got on its feet. The hospital did not turn a profit, but stakeholders hoped it would become self-sustaining. By 1921, according to the school's yearbook, Crawfordsville High School's Sunshine Society members were delivering cheer baskets to Roosevelt and Culver Hospitals. Roosevelt Memorial Hospital disappeared from city directories after 1928. Culver Union Hospital was treating Black patients by 1929 when it became a public hospital. Unfortunately, Robert's mother died, and so did his vision. Once Roosevelt closed, Bethel AME Church history suggests Robert converted the home into apartments.

Robert taught grades five through eight at Lincoln School from 1918 through 1931. Students claimed "he fell asleep often in class, giving us plenty of opportunity for noiseless mischief." Crawfordsville resident Jerry Eubank remembered Robert exceptionally well as he "wore a blazer with candy in his pocket which he handed out to students as he walked around. Students were expected to say 'good afternoon Dr. Anthony' or something of the sort, and he would give them a piece of candy." Jerry recalled when Robert taught sixth grade, "boys would be boys and were clowning and carrying on, so he told us one day, 'I'm

here to teach you guys. So if you don't get it, it's all your own fault". According to other former students, Robert could "sit and recite Shakespeare without opening a book, line for line. He had a remarkable remembrance. I can still see him stomping around; he was lame, reciting The Charge of the Light Brigade. You could sit there with your book open, and he wouldn't miss a word. How he could remember all of it, I'll never know."

Former student Maxine Burdette remembered that Robert was one of the few teachers who lived in Crawfordsville. She recalled, "Anthony looked more Indian than he did anything else. He was copper colored and heavyset. He was a very good teacher and a very smart man, but he would let the kids go out for recess, and if you wanted to come in, he just sat and took a nap. Dr. Anthony didn't have supervised playgrounds. He was a very good teacher, but when we went to junior high school, we had a real hard time in some subjects because he had not taught us the things we should've known to enter the 'White school'."

Robert's name disappears from all Crawfordsville school records after the 1930-1931 school year. The 1940 census indicates that Robert and Carrie were back together at the Clay Street home in Louisville, Kentucky, where Robert again became a professor.

On 9 May 1941, Robert died of diabetes. Carrie died on 18 December 1946 of arteriosclerosis.

Butch Buys Old Firearms
Retired Sheriff and Licensed FFL

I will buy your old guns: Winchester, Colt, H&R, Ruger, Savage, Browning, Smith & Wesson, Marlin, & others
Call me anytime for a free estimate !!

John "Butch" Dale (765) 404-1354

exp REALTY

FOR SALE

Clark Dale
765.918.1773
william.dale@exprealty.com

AFFORDABLE

AUTO SERVICE


765-307-2255

FULL SERVICE REPAIR FACILITY!

Monday - Friday
8:30 AM - 5:30 PM

419 Lafayette Avenue
Crawfordsville

Thank You for Reading The Paper!



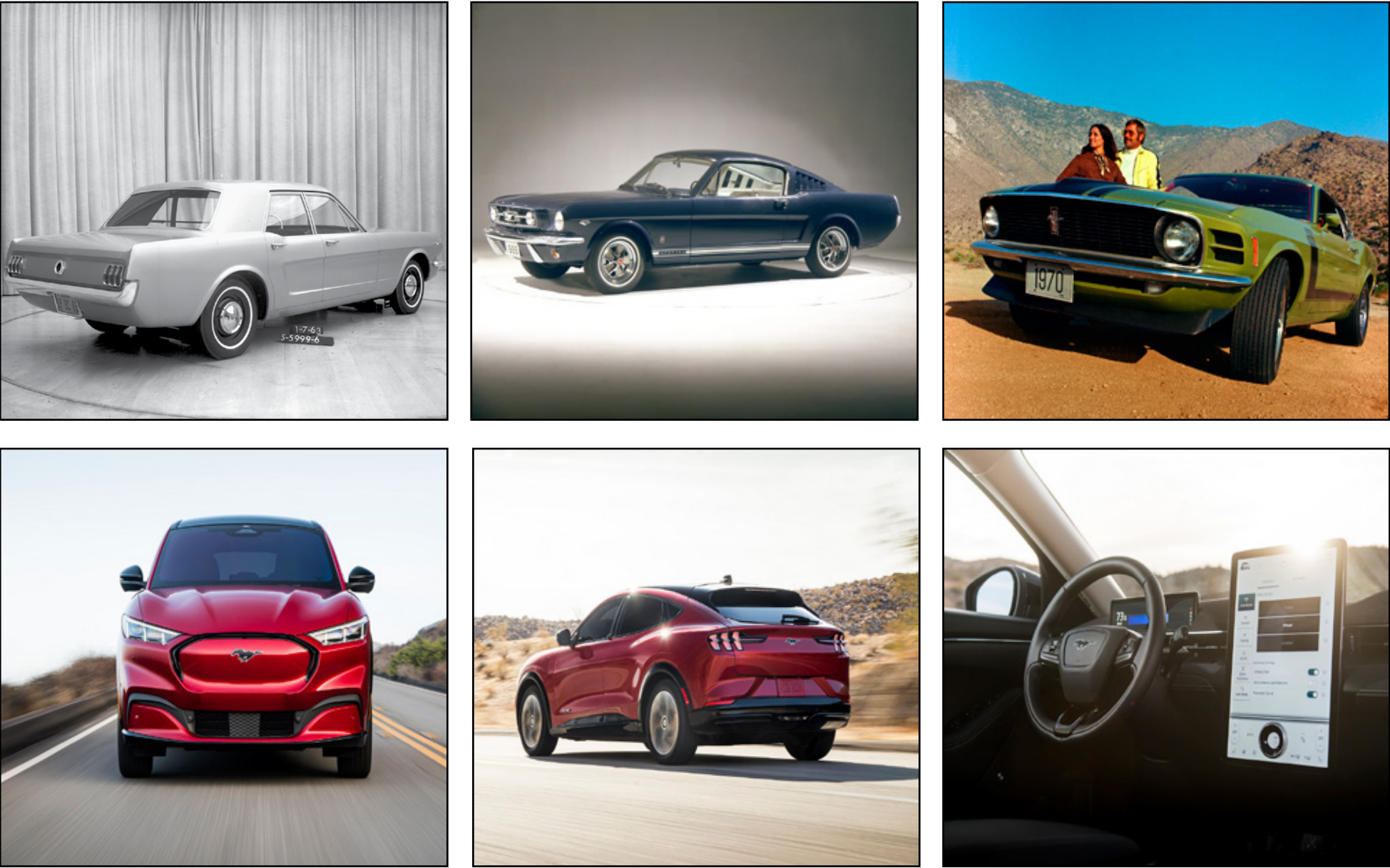
www.thepaper24-7.com

The PAPER of Montgomery County

Visit us online:

thepaper24-7.com





Photos courtesy of Ford

2022 Ford Mach-E Is The Mustang For Electric Crossover Lovers

For some of you, the idea of a five-door Ford Mustang galloping with electricity may be sacrilegious. For others, they may welcome the ability to carry kids, get through snow, and not spend a dime on gasoline. I fall in the latter and think many of the former will eventually join me in welcoming all that is the 2022 Ford Mustang Mach-E.

I've driven many Mustangs, but never has my daughter just hopped in the backseat while I powered open the hatch to throw in all my...and her...gear. With split/fold rear seats, you carry all of your camping gear or IKEA haul. It's nice having a sporty car in which you can live a normal life. Besides, the Mach-E is not the first Mustang to stray from the long-honored formula of a two-door convertible or coupe. Ford created design studies of a wagon and sedan in the '60s.

Five doors, jacked up ride and all, the Mach-E looks like a Mustang. Sure, there's a plastic panel where a grille normally resides, but its Mustang logo leads squinty LED headlamps, flared hood forms, tightly-drawn fenders, muscular rear fender kick-ups, and fastback roofline that connect the Mach-E to other Mustangs. Around back, a wide stance and triple-barrel taillamps could be on no other vehicle. Put it all over 19" wheels and you have a practical crossover that channels its heritage fully.

Inside, all eyes focus on the large tablet in the center dash for controlling navigation, media, B&O audio, heated seats, heated steering wheel, and dual-zone automatic climate control. Connect with Apple CarPlay and Android Auto; charge wirelessly in the console. A fixed panoramic glass roof lets

in all the light. Safety is enhanced with automatic emergency braking, lane keep assist, cross traffic alert, and blind spot warning.

Riding on the highway, with hands off the steering wheel, it's obvious this is a different breed of Mustang. Ford's Blue Cruise adaptive cruise control allows the car to essentially drive itself on 130,000 miles of pre-approved roads. There's a camera on the steering column making sure drivers are alert, so no reading allowed. Relaxing with a soft drink or a cup of java is fine, however.

Beyond that, the electric powertrain is quite advanced. Even the base version with extended-range battery delivers a whopping 346 horsepower and 428 lb.-ft. of torque to whisk onto freeways with ease. Think 0-60 mph in 4.8 seconds. Fully charged and lightly accelerated,

Ford claims 290 miles range. Charging is relatively quick. Go 10-80% in 45 minutes on a DC fast charger or fully charged overnight on a 240v home unit. Plugging into a household plug takes days.

Beyond slipping through traffic silently, the Mach-E provides a driving experience like no Mustang before. Battery weight is kept low in a chassis that's tuned for a balance of handling and

comfort. Strafing some of my favorite two-lane backroads, it handled corners expertly, stayed settled over crests, and zapped slow-moving farm trucks. All that, and all-wheel-drive provides an additional level of security on slick and snowy roads.

There is a deep well of love for Mustang. I've talked to many people who respect the car's muscular American

heritage, but say they need room for kids, want to carry their stuff, are worried about driving through snow, or don't want to spend so much for gas. For all of them, the Mach-E is a better Mustang. A base price of \$46,895 or \$56,200 puts it against the Tesla Model Y, Volkswagen ID.4, Kia EV6, Nissan Ariya, and upcoming Chevy Blazer EV.

Storm Forward!

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

2022 Ford Mustang Mach-E
Five-passenger, AWD Crossover
Powertrain: Li-Ion batteries/motors
Output: 346hp/428 lb.-ft.
Suspension f/r: Ind/Ind Wheels f/r: 19"/19" alloy Brakes f/r: regen disc/disc Must-have features: Heritage, Driving
Driving range: 290 miles
0-60 mph: 4.8s
Recharge (10-80%): 45m
Economy (city/hwy): 96/84 mpg-e
Assembly: Cuautitlán, Mexico
Base/as-tested price: \$46,895/56,200

CASEY WILLIAMS
Auto Reviews

Classifieds

765-361-0100 ext. 15 | class@thepaper24-7.com
Monday - Friday 9 a.m. to 4 p.m.

Deadlines for next-day publication:
Line ads: 1 p.m. | Display ads 11 a.m.

2, 3 and 4 bedroom homes, Contract Sales, Hooks (765) 918-8700, (765) 362-0185 www.hookshomesindiana.com

need a job?
Find one in the classifieds. 765.361.8888

Portable Oxygen Concentrator May be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 877-930-3271

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-551-9764

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-977-7069

High-Speed Internet. We instantly compare speed, pricing, availability to find the best service for your needs. Starting at \$39.99/month! Quickly compare offers from top providers. Call 1-844-961-0666

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 1-877-327-0930

Smart Home Installations? Geeks on Site will install your WIFI, Doorbells, Cameras, Home Theater Systems & Gaming Consoles. \$20 OFF coupon 42537! (Restrictions apply) 855-668-0067

LIVE PAIN FREE with CBD products from AceWellness. We guarantee highest quality, most competitive pricing on CBD products. Softgels, Oils, Skincare, Vape & more. Coupon Code: PRINT20 Call Now 833-226-3105

SERIOUSLY INJURED in an AUTO ACCIDENT? Let us fight for you! Our network has recovered millions for clients! Call today for a FREE consultation! 844-517-6414

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-965-4916

New Starting Base Pay - .60 cpm w/ option to make .70 cpm for Class A CDL Flatbed Drivers, Excellent Benefits, Home Weekends, Call 800-648-9915 or www.boydandsons.com

DONATE YOUR CAR TO CHARITY! FAST FREE PICK-UP-24 HR RESPONSE! Help Children in Need, Support Breast Cancer Education/Prevention or Veterans. Tax Deduction 844-820-9099

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award. NO Obligation, NO risk! We've recovered millions. Let us help you!! Call 24/7, 844-284-4920

Looking to SELL your Home? Save time & money, connect with the Top Agents in your area to get more MONEY and close FASTER! Call 317-854-9781

Wesley Financial Group, LLC - Timeshare Cancellation Experts - Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-329-1207

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF 2 FREE Months! 1-855-408-3894

COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 86407! Restrictions apply. 888-715-8176

Need Help with Family Law? Can't Afford a \$5,000 Retainer? www.familycourtdirect.com/Family/Law - Low Cost Legal Services - Pay As You Go - As low as \$750-\$1,500 - Get Legal Help Now! Call 1-888-417-4602 Mon-Fri 7am to 4 pm PCT

Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-855-995-4758

Thinking about installing a new shower? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-855-475-0534 today to see how you can save \$1,000 on installation, or visit www.newshowerdeal.com/hoosier

AT&T TV - The Best of Live & On-Demand On All Your Favorite Screens. CHOICE Package, \$84.99/mo for 12 months. Stream on 20 devices at once in your home. HBO Max FREE for 1 yr (w/CHOICE Package or higher.) Call for more details today! (some restrictions apply) Call IVS 1-844-412-9997

Guaranteed Life Insurance! (Ages 50 to 80). No medical exam. Affordable premiums never increase. Benefits never decrease. Policy will only be cancelled for non-payment. 833-535-1043

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-888-965-1444 or visit <http://dorranceinfo.com/hoosier>

DIRECTV for \$69.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. One year of HBO Max FREE. Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Call for more details! (some restrictions apply) Call 1-888-885-8931

Answering Questions About Ovarian Cancer

I’ve had some questions recently about cancer of the ovaries so I’ll try and tackle this complex subject. Ovarian cancer is frightening because it is often very advanced before a woman receives a diagnosis. Most women present with stage III disease meaning the cancer has spread outside the ovary into the abdominal cavity and/or lymph nodes. This results in less than half of women surviving five years after diagnosis.

Ovarian cancer cases in the U.S. in 2021 numbered about 21,000 and approximately 14,000 died from the disease. It accounts for less than three percent of all female cancers. It is the fifth leading cause of cancer deaths in women following breast, lung, colorectal, and uterine cancers.

The chance of developing ovarian cancer increases with age and peaks in the late 70s with an average age of 63. Fortunately, the prevalence of ovarian cancer is relatively low with about a 1.3 percent lifetime risk of developing it. Also, the incidence has been trending downward since the late 1980s.

Women have an increased risk of ovarian cancer with increasing age, infertility, endometriosis, polycystic ovarian syndrome, cigarette smoking, estrogen use, obesity, or a family history of breast or ovarian cancer (especially those



JOHN R. ROBERTS, M.D.
Montgomery Medicine

who test positive for one or both of the BRCA1 or BRCA2 genes).

Women with one first-degree relative (mother or sister) with ovarian cancer have an increased risk of about 4 to 5 percent while those with two first-degree relatives have about a 7 percent risk. Women have a decreased risk if they have had a previous pregnancy, have breastfed, taken oral contraceptives, used an intrauterine device, or had a tubal ligation.

Signs and symptoms of ovarian cancer may be quite subtle or absent entirely. The most common symptoms, described by about half of women, are bloating or enlargement of the abdomen and abdominal or pelvic pain. Decreased appetite, a feeling of getting full quickly, urinary urgency and/or frequency, and a change in bowel habits, particularly constipation, may also be present.

Like most cancers, diagnosing ovarian cancer at earlier stages leads to

improved survival. However, there is no evidence that supports a benefit of routine screening of average risk, asymptomatic women. All screening strategies in this group are associated with a high rate of false-positive tests that can cause psychological stress and, more importantly, carry a risk of harm from invasive testing and surgery.

The disease is occasionally detected on routine pelvic exam, often when it is in an advanced stage. Women who are at increased risk for ovarian cancer or who have persistent, unexplained pelvic or abdominal symptoms, may benefit from a combination of pelvic examination, pelvic ultrasound and a blood test called CA-125.

The CA-125 blood test has been touted in social media posts as a screening tool for ovarian cancer. Some readers may have even received an e-mail describing the benefits of having a yearly CA-125 blood test to screen for ovarian cancer. Various versions of this e-mail have been circulating since 1998. The message states that if you don’t have the test done regularly, you may be putting your life in danger. It also accuses the medical community and insurance companies of intentionally withholding the test from women.

While the CA-125 test is useful for following women with diagnosed ovarian cancer in order

to gauge their response to treatment, ongoing studies looking at the utility of the test as a screening tool continue to confirm its poor performance. Screening with CA-125 has never been shown to improve survival from ovarian cancer.

The test is not very sensitive since it’s only elevated in about half of women with ovarian cancer and it frequently doesn’t become elevated until the cancer has already spread. In other words, a negative test does not mean a woman doesn’t have ovarian cancer.

The test is also very non-specific. It can be elevated for a number of reasons including normal menses, endometriosis, pregnancy and benign tumors of the uterus. It can also be elevated with pancreatitis, appendicitis and other cancers such as breast, lung and colon.

So, when should a woman be concerned? If she has any of the symptoms mentioned above for more than a few weeks, she should consult her care provider to provide her medical history and undergo a pelvic examination. Her provider may then recommend additional testing based on her overall risk and physical findings.

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

Cut The Stress Out Of Holiday Travel Planning

(StatePoint) The holiday travel season is just around the corner, and experts are expecting it to be a busy and expensive one, with airline ticket prices for the winter holidays increasing nearly 30% since last year. While travel experts recommend you start organizing trips at least three months in advance, do not fret if you’re a last-minute planner. There are still a few ways to maximize your travel plans and save a few dollars while you’re at it.

Hit the Highway: For those planning on taking a road trip this season, make sure your vehicle is up to date on all registrations and maintenance so you don’t experience any road bumps. If you’re planning a road trip and you’re a T-Mobile customer, you get a year of AAA membership for free with all Magenta plans. This means you can get from point A to point B with the confidence and safety of 24/7 roadside assistance, if you need it. Plus, T-Mobile customers also save \$0.10 per gallon of gas from Shell via the T-Mobile Tuesdays App.

Opt for Low Traffic Travel Days: When booking airline travel, CheapAir.com recommends avoiding Thursdays-Sundays. Instead, book airline travel on Tuesdays or Wednesdays if possible, as those are the slowest travel days of the week. According to CheapAir.com, traveling on actual holidays like Thanksgiving Day or Black Friday can save you \$75-\$90 in flight ticket prices. Christmas Eve and Christmas Day are also expecting lower airfare prices this year.

Check the Cancellation Rules: Make sure you can cancel your hotel, airline, or car rental reserva-

tions if you need to, and understand what additional fees you may be subject to if you do need to adjust your trip. Plans can change at the drop of a hat, especially in the post-COVID world.

Use Those Travel Perks: Many credit card companies offer benefits like points and frequent flier miles, which you can redeem on flights, hotels and more. If you’re a T-Mobile customer, you can save up to 40% on select hotels and car rentals by booking through T-MobileTravel.com. Most come with free, flexible cancellations. You can also save your travel perks to use for your holiday travel plans and save even more.

Stay Connected: The internet can be hit or miss when traveling abroad, so make sure you’re well-versed in the details of your data plan before logging on. Luckily, T-Mobile customers with Magenta MAX plans can get 5GB of free high-speed data worldwide in more than 215 countries and destinations, plus free in-flight Wi-Fi and streaming all flight long on four of the biggest U.S. airlines. Visit <https://www.t-mobile.com/travel> to learn more about T-Mobile’s travel benefits.

Pack Smarter: Make sure all your tech items are within arm’s reach during your trip. Pack charging cables, headphones and tablets to keep children entertained on trips. Packing a portable charger in your carry-on is a game-changer when all the outlets at the airport are in use.

Holiday travel can be stressful, but it doesn’t have to be. Do your research, take advantage of deals and you’ll cut out the hassle of planning your upcoming travels.

WANT MORE? VISIT

WWW.THEPAPER24-7.COM

Are you facing challenges in your business?

Are you looking for help from EXPERTS that have found ways to make businesses successful?

Then....

TAG
we're it!

Contact
Timmons Advisory Group
& let our experienced staff help with

Strategic Directions
Operations
Personnel
P&L Management
Competitive Strategies
Marketing
Communications

Whether it's finding ways to get better or making sure practices line up with bottom-line goals, TAG can help make that happen!

www.tagtimmons.com

THE MASONIC
Cornerstone
GRAND HALL & EVENT CENTER

FESTIVAL of TREES
2022

November 26, 4-9 pm

December 2, 11am-9 pm

Santa is here! 6-9 pm

December 3, 4-9 pm

December 4, 11am-7 pm

December 9, 11am-9 pm

December 10, 11am-9 pm

Ticket prices:

Teens & Adults \$8

Seniors (65+) \$5

Kids (3-10 yrs) \$5

Kids (under 2 yrs) free

Purchase tickets at the door or online at

www.themasonniccornerstone.com