

20 DAYS UNTIL CHRISTMAS
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OF MONTGOMERY COUNTY

Montgomery County's oldest locally owned independent newspaper

50¢

CRAWFORDSVILLE, INDIANA

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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.



Wabash College Professor Tim Lake smiles brightly on a beautiful sunny afternoon. Thank you for your smile Tim!

THREE THINGS You Should Know:

1 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. We can't wait to talk with you!

2 Dubliner Shane Gaffney was visiting New York City. It was about 4:00 AM and he hailed a taxi cab. John McDonagh, an Irish American, was at the wheel, according to the Association of Mature American Citizens [AMAC]. Gaffney didn't have enough money for his fare and so he gave McDonagh an IOU, promising two pints of Guinness at his parents' pub if and when the taxi driver might visit Ireland. It all happened in 2013. But nine years later McDonagh showed up at the pub to claim his brews. Gaffney and his mom and dad were waiting for him as were reporters and regulars. And behind the bar was a "massive banner welcoming me," said McDonagh.

3 Linden Depot Museum is open now through Jan. 1 on Friday, Saturday, and Sunday from noon to 5 p.m. The complex is a winter wonderland with 12 lighted Christmas trees outside and six inside. The staff has worked hard to prepare the museum complex for an enjoyable visit. The annual ornament this year is a golden sprike. The museum is located at 520 N. Main Street, Linden, IN 47955. There is no admission cost - join in for the Christmas holidays.

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!



Crawfordsville Mayor Todd Barton

4th

Crawfordsville Mayor Todd Barton, who was first elected to that office when he defeated Democrat incumbent Charlie Coons in 2011, has announced he will run again for a fourth term. If elected, he will be the first four-term mayor in Crawfordsville history, breaking a tie with Glenn Knecht and Phil Michael.

In his last two races he was unopposed. Those are the only two times in the city's history that has happened, according to city records.

\$2,000

Teachers Credit Union (TCU) has awarded the majority of its nearly 800 employees a \$2,000 one-time Inflation Fighter profit sharing bonus. The bonus was provided to full- and parttime employees most impacted by current economic conditions. TCU's decision to provide the bonus reinforces the credit union's commitment to its employees, especially during such an unusual and challenging year.



Montgomery County Community Foundation (MCCF) gathered Tuesday afternoon to award grant checks to 14 grant recipients in the second and final grant cycle of 2022. MCCF Chief Executive Officer, Kelly Taylor welcomed everyone and thanked the nonprofit leaders for the work they do in our community. Fund owners in attendance were also thanked and recognized, for without fund owners, the grants would not be possible.

Sunshine Vans



Sunshine Vans provides ground transportation for Montgomery County Residents who are at least 60 years old and/or disabled. All services are donation based and funds from the United

Way campaign ensure vehicles and staff are in place to run this vital transportation service. Transportation can be used for many things including medical appointments, pharmacy, groceries, or other health and wellness needs. Sunshine Vans has been a part of Montgomery County for over 40 years. Last year they helped over 300 residents, provided over 6,000 round trips, and drove over 20,000 miles to serve our community.

EDITOR'S NOTE:
Live United, Montgomery County! This is a continuing series explaining a little bit about each United Way agency. And please don't forget that the annual fund drive is going on right now. This fund drive helps these agencies, which do so much good work in our county, keep their doors open. If you would be willing to donate, you can do so at www.uwvmontgomery.org. Or you can mail donations to PO Box 247, Crawfordsville IN 47933. And if your employer doesn't offer the ability to donate through work, you can drop off the donation at 221 E Main St, Second floor.

HONEST HOOSIER

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



INSIDE TODAY'S EDITION

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

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.



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!

The Daily Almanac

Sunrise/Sunset
RISE: 7:54 a.m.
SET: 5:22 p.m.



High/Low Temperatures
High: 44 °F
Low: 25 °F



Today is...

- Walt Disney Day
- World Soil Day
- National Blue Jeans Day



What Happened On This Day

- 1766 Christie's hold their first sale
- 1933 End of prohibition in the U.S.
- 1977 Egypt breaks all relations with Arab countries
- 2005 UK's Civil Partnership Act of 2004 comes into force



Births On This Day

- 1901 Walt Disney American animator, director, screenwriter, producer, co-founded The Company
- 1927 Bhumibol Adulyadej Thai king

Deaths On This Day

- 1891 Pedro II of Brazil
- 2012 Dave Brubeck American pianist, composer



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



7 DAY FORECAST

25/44 A.M. SUN, SHOWERS LATE	39/48 CLOUDY, DRIZZLE SHOWERS	45/52 CLOUDY	40/52 RAINY	39/44 RAINY AND WINDY	31/43 PARTLY CLOUDY, SEASONAL	34/45 RAIN CHANCE LATE
MON	TUE	WED	THU	FRI	SAT	SUN

Waiting For My Laundry

It's an odd experience watching someone fold your underwear.

I was thinking this yesterday as I was waiting for my laundry. When my husband, Peter, and I packed to go to Mexico, we knew there would be a wide range of temperatures. San Miguel de Allende is in the mountains, so the days can be quite hot, and the nights can be cold, and the weather changes a lot in November everywhere, so we had to be prepared for anything.

We do not have a washing machine in the little place we rent, so I walk a few blocks to the tiny neighborhood laundry and leave my clothes there.

The truth is I don't need a lot of clothes. I joked during the pandemic that all I wore were pajamas at night and clothes that looked like pajamas during the day. This has not changed significantly. Ninety percent of the time, I am wearing the same uniform.

Yesterday, all the variations on my uniform were dirty, so I went to the laundry.

The laundry service holds two washing machines, two dryers and a constantly changing cast of one to three cheerful women who weigh the laundry, wash it, throw it in the dryer, carefully fold it on top of the two dryers and return it to my laundry bag for approximately three dollars.

If I leave it in the afternoon, I have to wait until the next day to pick it up. But since I don't have that many clothes, I try to get there before noon. They will then tell me to return at three o'clock to pick it up. Three o'clock does not mean precisely three o'clock—I know this by now—so I come a little later. But even so, they were not quite finished when I arrived yesterday.

So I stood on the sidewalk (There is no room for a customer in this tiny place!) and waited while my underwear was folded.

For the record, I don't usually fold my underwear. I'm not sure if that



CARRIE CLASSON
The Postscript

makes me a savage, but I just don't. It doesn't wrinkle, and it doesn't seem to stay folded, so I don't see the point. But the two ladies at the laundry were carefully folding my undies and there was nothing I could say to stop them. They also folded all of Peter's socks and Peter's underwear, and I stood by, helpless, not feeling I deserved—or wanted—quite this much customer service.

The laundry ladies were not in a hurry. They were chatting away, oblivious to the anxious gringo lady standing at the counter on the sidewalk, and I realized I had no reason to be anxious—in either sense of the word. I was not in a hurry and certainly, when it comes to underwear, these ladies had seen it all. So I tried to relax while I waited for my laundry.

And, as I watched them, it occurred to me how little I really need. That small pile of clothes was everything Peter and I had worn for the last two weeks, and we had everything we needed. I thought of all the clothes I have at home and wondered how they earned their keep.

That is, perhaps, one of the greatest gifts this time in Mexico gives us. It's good to be reminded that I have enough clothes and I have enough time. It's good to be reminded that, most of the time, living simply is better. And it's good to remember that it doesn't really matter if someone sees my underwear.

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, 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.

Toliver Hawkins
1863 to 1938
Building caretaker
1918-1920

Tolliver was born on 11 June 1863 in Kentucky to William and Anna Williams Hawkins.

10 December 1886, he married Malinda Allen. The couple resided at 709 Milligan Street and had at least 13 children. Mary, Naomi, Ellen, Helen, Pearl, Lelia, Gladys Marie, and Armen all died before their seventh birthday, some surviving less than one month. The couple's five surviving children included Harvy Hawkins and Hazel Sanders from

Chicago, Austin from Bakersfield, California, Ida Rice, and Laura Kennedy, who stayed in Crawfordsville.

Toliver was a member and officer of the local Colored Masonic Lodge and the Second Baptist Church, where he served as a deacon for several years.

From 1918 through 1920, he served as the Lincoln School for Colored Children's building caretaker and, many years after, as a building caretaker at Wabash College.

Tolliver died on 21 March 1938 from diabetes. Both he and Melinda are buried at Oak Hill Cemetery.



Mary Elizabeth Patterson

Mary Elizabeth Keene Patterson
1872 to 1965
Building caretaker
1920-1922

Elizabeth was born on 19 November 1872 in Crawfordsville to James Upton and Emily Johnson Keene Patterson. Born in Kentucky in slavery in 1824, James spent almost 40 years in bondage, owned by the Talbot family. After serving with Company H 124th United States Colored Infantry during the Civil War, he came to Crawfordsville, becoming well known and well respected by Crawfordsville citizens. James and Emily had a family of at least eight children; Elizabeth was the third born. While not formally educated,

James was a voracious reader, enjoyed discussing politics, and had a broad and sarcastic sense of humor. Elizabeth's mother, Emily, was born in October 1844, also in Kentucky.

Elizabeth married John Nelson Patterson on 14 June 1899 and set up homes on East Wabash Avenue and Pike Street. Her children included Maurice, John L, who served during World War II, eventually promoted to the rank of corporal, Elizabeth Marie, Upton, John Nelson, and Robert. Their daughter Elizabeth Marie died from tuberculosis in 1923, just 19 years old, as did their son Upton in 1921, just 20 years of age. Elizabeth also raised her grandson, John Louis Patterson.

After her work for Lincoln School, Elizabeth served as the cook for the Kappa Sigma Fraternity house at Wabash College. She also cooked for the Flat Rock YMCA camp.

Elizabeth died on 18 November 1965 at age 92 and was buried at Oak Hill Cemetery in Crawfordsville.

George Franklin Patterson
1856 to 1928
Building caretaker
1927 to 1928

George Franklin Patterson was born on 5 March 1856 to Nelson and Mariah Gates Patterson. He alternately went by George, Frank, and Franklin.

In November 1874, the Crawfordsville Weekly Journal reported that Frank, employed as a cook by Mike Zellers, was arrested for two counts of petty theft. Mr. Zellers had been missing money for several months and finally discovered the thief by depositing marked money in the drawer. Nothing more was mentioned in the newspapers, so it

is assumed the situation was resolved quietly.

Frank married Sarah Belle Keene on 12 February 1880 in Fountain County. Making their home on East Franklin Street in Crawfordsville, they had two children, Clinton Earl Nelson and Blanche Marie. Blanche went on to become the first Black podiatrist in Crawfordsville. Frank and Sarah had been married 58 years at the time of his death in 1928.

In January 1883, Luther Monroe stole paint from the Nutt House, which landed him in court. The circuit court expected Luther to attend his hearing, but Luther was nowhere to be found. Unfortunately, Frank Patterson and another Crawfordsville resident, Zach Williams, were Luther's bondsmen and were responsible for Luther's whereabouts and all fines incurred.

1890 was a busy year for the Pattersons.

The Greencastle AME church was dedicated, and Frank, his family, and other residents attended the ceremony. Also, Frank was elected an officer of the Scipio Lodge Grand United Order of the Odd Fellows.

In July 1894, Frank traveled to Camp Gunter in Hammond, Indiana, to replace the company cook, who apparently did not cook well. By August, Frank was back in Crawfordsville. He helped create the Black residents' petition to the school board concerning the state of education of Black children.

Frank was a member of St. Marks Lodge Number 25, F. A. M., chapter number 18, Shriners of the Persian Temple, number 46, and St. Marks Lodge, number 25. He died on 20 November 1928 in Crawfordsville from arteriosclerosis and renal failure.

Safety Tips During Darker Nights This Season

(StatePoint) During the long dark nights of fall and winter, concerns about personal safety may increase. Whether commuting for work or class, getting in an evening run or walking the dog, you likely need to carry out daily activities long after the sun goes down.

To help keep you safe, David Nance, founder of the SABRE Personal Safety Academy, shares six essential tips, along with safety product recommendations:

1. Make a plan before going out. Tell someone you trust your plans and be sure to keep them posted of your whereabouts.
2. Plan for darkness. When it matters most, you don't want to be fumbling around in your bag or on your bedside table for a way to protect yourself. A first-of-its-kind tool, the SABRE Glow in the Dark Pepper

Spray with Quick Release Key Ring is easy to find. Charged for as little as five minutes by any light source, the neon green illuminance can shine for as long as two hours, helping you stay prepared.

3. Use night walking safety rules. Don't walk in the street. Use well-lit sidewalks, avoiding dark areas with lots of shrubbery. Go in the opposite direction of traffic so you can see what's coming and whenever possible, walk with a friend. In a dark parking garage? Be extra alert.

4. Get tech support. Though looking at a smartphone while walking isn't safe, your tech devices can actually help protect you from dangerous situations when used wisely. For example, the free SABRE Personal Safety App sends help alerts to selected contacts with your location when the in-app alert button is

pressed or when SABRE SMART Pepper Spray is deployed.

5. Light your way. Practically speaking, you may not always be able to stick exclusively to well-lit areas, but a multifunctional tool can keep you prepared to protect yourself against threats while also helping you stay aware of your surroundings. Serving double-duty, the SABRE PepperLight includes a maximum strength pepper spray while illuminating any dark area with 750 lumens, visible up to 540 feet. Another illuminating tool is the brand's Personal Alarm With LED Light And Snap Hook, which also features an alarm audible up to 1,250 feet, giving users an additional level of protection.

6. Wear reflective gear. Make yourself visible to cars and cyclists whenever you're running or walking in

the dark with reflective apparel and gear, such as the SABRE Pepper Gel Runner Series with UV Marking Dye. Its adjustable hand strap and reflective logo offer protection and visibility. It's also a good choice as winter winds howl. Unlike pepper spray, pepper gel resists wind blowback.

Products from SABRE are available nationwide at Walmart, Target, Amazon, Dick's Sporting Goods, Lowe's, Menards, Academy and Bass Pro Shops, among other national retailers. While it's legal to carry these safety products in all 50 states, check local laws. For more information and safety tips, visit www.sabred.com.

"While cold dark nights can create a sense of unease, the right tools and safety strategies can give you confidence and peace of mind this season," says Nance.

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2022 Ford Expedition Limited



2022 Lincoln Navigator Black Label



Photos courtesy of Ford



Photos courtesy of Ford

Ford Expedition, Lincoln Navigator Offer Full-Size Family Luxury

All-purpose family wagons do not get much bigger nor more luxurious than the beefy Ford Expedition and its bougie sister, the Lincoln Navigator. In a market dominated by General Motors, Ford makes new strides to keep up and even surpass its rivals with advanced luxury, safety, and autonomous driving.

2022 Ford Expedition Limited

It's a big box, made surprisingly sporty with the Stealth Performance Edition that includes 22" dark alloy wheels, black trim, power running boards, and even...red brake calipers. It has a sport-tuned suspension too – independent in the rear – but it still rumbles over rough pavement like a big truck. At least it looks cool in the parking garage and basketball game.

Family will notice little of that from inside the lush cabin lavished with second-row captain's chairs, panoramic glass roof, three-zone automatic climate control, and active noise cancellation. Heated and ventilated front seats plus a heated

2022 Ford Expedition Limited

Seven-passenger, AWD SUV
Powertrain: 3.5-liter TTV6, 10-spd trans
Output: 400hp/480 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 22"/22" alloy
Brakes f/r: disc/disc
Must-have features: Style, Towing
Towing: 9,200 lbs.
Fuel economy: 16/22 mpg city/hwy
Assembly: Louisville, KY
Base/As-tested price: \$53,875/\$83,000

steering wheel add comforts. Echoing the F-150 Lightning, infotainment is handled through a giant flatscreen. It's a little difficult to scroll through radio stations, but works well enough for Apple and Android connectivity. Charge wirelessly in the console.

The Expedition sallies forth with a 3.5-liter twin-turbo V6 engine delivering 400 horsepower and 480 lb.-ft. of torque – all routed to the all-wheel-drive system through a 10-speed automatic transmission. That's enough power to ramp up freeways or to pull up to 9,200 lbs. of mobile mansion. Fuel economy isn't terrible at 16/22-MPG city/high-

way. Safety is fortified with a full suite of gear that includes automatic emergency braking, adaptive cruise, blind spot warning, lane centering, and reverse auto brake.

Stylish, comfortable, and capacious, the Expedition Limited is only out-classed by Lincoln. Though, a base price of \$53,875 or \$83,000 as-tested is not far behind. If that seems a bit dear, check out the very practical three-row Ford Explorer crossover that starts at \$36,760.

2022 Lincoln Navigator Black Label
 Luxury rises when you trade Ford ovals for a Lincoln Black Label. Beyond an adaptive sus-

2022 Lincoln Navigator Black Label

Seven-passenger, AWD SUV
Powertrain: 3.5-liter TTV6, 10-spd trans
Output: 440hp/510 lb.-ft. torque
Suspension f/r: Elect. Ind/Ind
Wheels f/r: 22"/22" alloy
Brakes f/r: disc/disc
Must-have features: Power, Luxury
Towing: 8,300 lbs.
Fuel economy: 16/20 mpg city/hwy
Assembly: Louisville, KY
Base/As-tested price: \$77,635/\$107,050

pension that previews the road ahead and adjusts proactively, the Navigator looks the part of a luxury SUV with black accents, 22" wheels, tall grille, sleek roofline, and full-width taillamps. Wherever you arrive, people notice.

Inside, soft Black Onyx Venetian Leather with brandy stitching, sueded headliner, piano key shifter, and Revel 28-speakers 3D Audio definitely elevates the traveling experience. Go further with heated and ventilated front/rear seats plus massagers in both rows. And, the chimes you hear? They're from the Detroit Symphony Orchestra. Classy.

The Navigator shares

the Expedition's Turbocharged V6, but increases output to 440 horsepower and 510 lb.-ft. of torque for even more expeditious acceleration when passing on backroads or cruising lazily on the Interstate. Towing is rated 8,300 lbs. while fuel economy drops to 16/20-MPG city/highway. Still, that's pretty impressive for a full-size SUV with that much power and panache.

Our Navigator has Lincoln's Active Glide system that allows for hands-off cruising on designated highways. It's a little unnerving at first, but adds to relaxation on long trips – goes well with seat massag-



CASEY WILLIAMS
Auto Reviews

ers. There's a camera watching you watching the road, so don't get too woozy. Beyond that, safety is enhanced with a head-up display, automatic emergency braking, lane keep assist, and cross traffic alerts. It can even semi-autonomously parallel park itself.

You shouldn't be surprised to learn the Navigator Black Label has a price tag to match the Mercedes-Benz GLS, Cadillac Escalade, BMW X7, Jeep Grand Wagoneer, and Range Rover. Base Navigators start at \$77,635, but ours rose to a lofty \$107,050.

Storm Forward!

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

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Let's Talk About How To Manage Carpal Tunnel Syndrome

I have seen many people who suffered from carpal tunnel syndrome. Carpal tunnel is very common, often a result of repetitive injury at home or in the workplace. It is one of a number of repetitive strain injuries or "RSIs."



JOHN R. ROBERTS, M.D.
Montgomery Medicine

Carpal tunnel symptoms usually include numbness and/or pain in the hand and wrist that may extend up into the arm, shoulder, or even neck. The numbness, tingling, or pain frequently wakes people from sleep.

To understand carpal tunnel, it's helpful to have a lesson in wrist anatomy (see accompanying diagram). There are eight carpal bones that make up the wrist. If you hold your wrist with your palm facing up, these bones form a U-shaped valley. The top of the valley is covered by a piece of connective tissue called the transverse carpal ligament. These structures form the carpal tunnel.

The carpal tunnel is a cramped space with very important structures traversing it. There are nine flexor tendons and the median nerve. The tendons connect the muscles in the palm side of the forearm to the bones in the fingers. When the muscles in your forearm contract, the flexor tendons slide through the tunnel and pull on your finger bones, allowing you to make a fist (finger flexion).

The median nerve runs directly under the transverse carpal ligament and is responsible for the feeling in the thumb,

index, middle, and the thumb side of the ring finger. It also controls the muscles in the thumb that allow you to touch your thumb to your fingers.

Knowing the anatomy makes it easier to understand what leads to the signs and symptoms of carpal tunnel syndrome. Occupations or hobbies requiring repetitive or forced finger flexion (using the flexor tendons) increase the risk for developing carpal tunnel.

Manual laborers, particularly those who encounter heavy vibration when operating machinery like a chain saw or jackhammer, frequently suffer irritation of the median nerve. Keyboard operators may be at some increased risk as well. Typing 60 words per minute will move their flexor tendons in and out of the tunnel 18,000 times per hour!

The constant back and forth movement of the tendons through the tunnel leads to swelling that puts pressure on the median nerve causing inflammation. The space in the tunnel

becomes even more cramped when the wrist is bent toward the palm (flexed) or back (extended), causing additional pressure on the nerve. The nerve inflammation leads to the numbness and pain associated with carpal tunnel syndrome. The fibers that form the median nerve leave the spinal cord in the neck and course down the arm to the wrist. This is why the pain can be found at any point along the path of these fibers.

Diagnosing carpal tunnel is usually fairly straightforward. The history is often all that is needed. There are

some simple physical exam tests that can also be done by a medical provider. The tests increase the pressure in the tunnel or put pressure directly on the nerve. Some cases are more difficult to diagnose and may require specialized electrical nerve testing to confirm involvement of the median nerve.

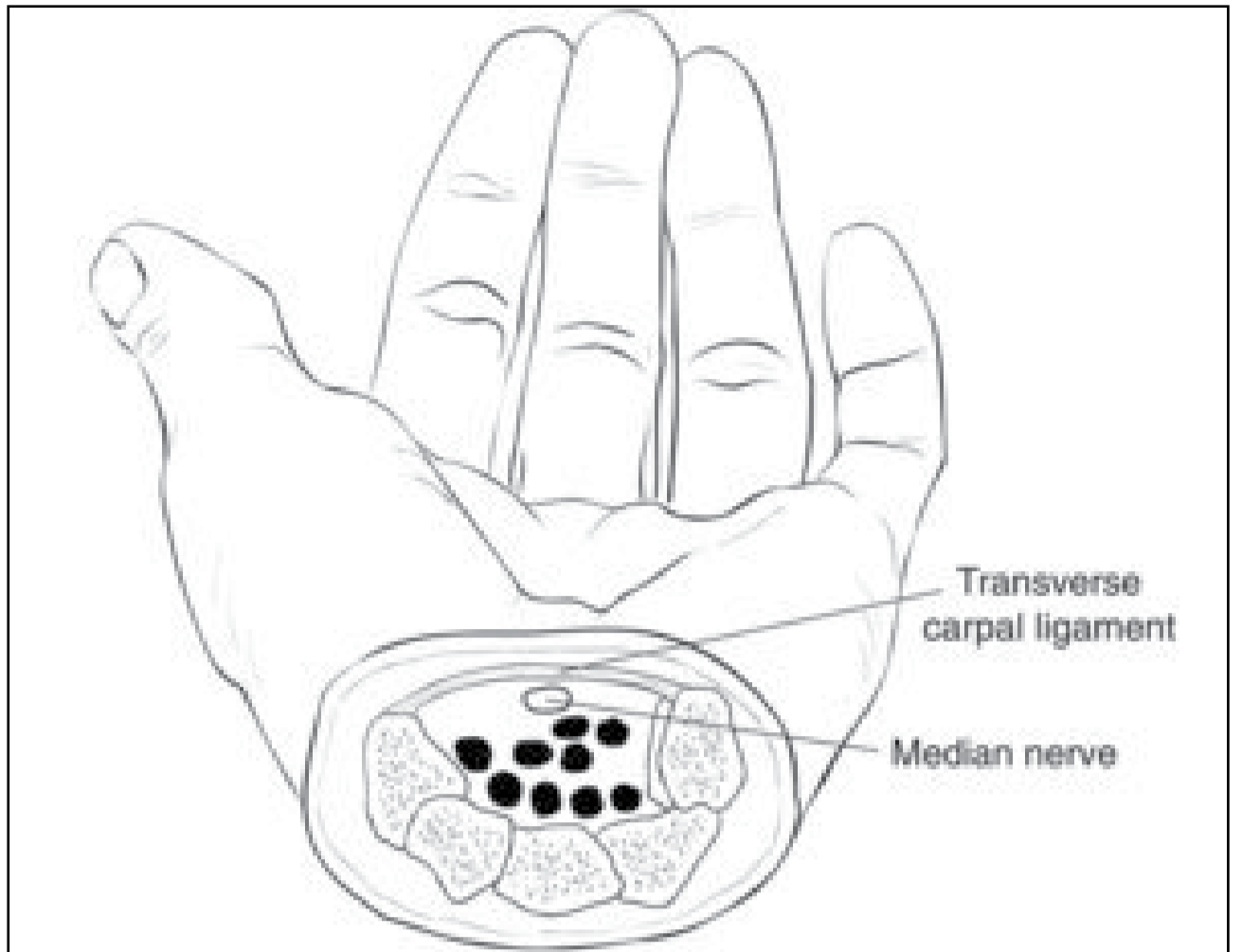
Once the diagnosis is made, the treatment is usually straightforward depending on the severity of the condition. Mild cases usually respond to activity modification by reducing repetitive motion of the fingers, intensity of gripping, or vi-

bration. Splints that keep the wrist in a neutral position (not flexed or extended) can be helpful, particularly when worn at night. Anti-inflammatory medications may help as well. The goals of these treatments are to decrease the pressure in the tunnel and reduce inflammation, allowing the nerve to heal.

People who don't respond to activity modification and splinting may need to consider more invasive treatments such as injecting a steroid into the tunnel. Very severe cases can cause damage to the nerve, resulting in weakness of the muscles

responsible for thumb movement. Patients with pain that is unresponsive to these treatments or who have muscle weakness may need to undergo surgery to relieve the pressure. This is done by cutting the transverse carpal ligament. This is a fairly simple surgery that is usually quite successful if patients follow their post-operative instructions and don't return to activity too soon.

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



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