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➔ TODAY'S VERSE

2 Corinthians 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

➔ FACES OF MONTGOMERY

People who call our community their own.



One of our roving photographers caught Cameron and Cooper outside and having fun and the boys were nice enough to offer a smile! Got a great photo of your loved one? E-mail it to news@thepaper24-7.com along with the pertinent info (and your contact information so we can reach you if we have questions).

➔ THREE THINGS You Should Know:

1 Looking for something to do on Dec. 9? Then you might want to head over to Russellville for the Second Annual Russellville Small Business Market Holiday Showcase. Things kick off at 10 a.m. and wrap up around 4 p.m. There will be more than 50 vendors offering a variety of items, as well as plenty of things to do for both grown-ups and little ones. Santa will even make an appearance and photo prints will be available for a low price.

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

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

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BTN

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

260 Acres

Indiana has lost more than 260 acres of wetlands in the two years since a new state law made Hoosier lands more vulnerable to flooding and environmental damage, according to a group of environmental organizations.

350 Acres

IDEM issued permits — or determined a permit was not needed — to build on nearly 350 acres of wetlands in the state. Only 85 of those acres — about a quarter — required mitigation, meaning building would have to take place elsewhere.

800,000 Acres

Indiana is home to more than 800,000 acres of wetlands, equal to about 3.5% of the state's geography.

2 Year, \$4 Million Project

The Indiana Diaper Bank, based in central Indiana, will helm the 2-year, \$4 million project, which will distribute 200 diapers every other month to qualifying families.

30,000 To 171,000 Diapers

"We know this is probably not enough. It sounds like a lot of money but diapers are not cheap," Ashley Burns, the president and CEO of the Indiana Diaper Bank told the Indiana Capital Chronicle. Burns reported that her small nonprofit had quadrupled the number of diapers it distributed in the last year — from 30,000 in May 2022 to 171,000 in May of 2023 — signifying the ongoing and outstanding need.

250 Percent

Products would be dispensed in the parking lots of various Women, Infant and Children (WIC) offices, providing a direct connection to hundreds of Indiana residents whose gross monthly income is at or below 250% of the Federal Poverty Level — or \$6,250 for a family of four — which is the cutoff for eligibility.

\$54.4 Million

Indiana regularly receives hundreds of millions of dollars in TANF funding, or Temporary Assistance for Needy Families, from the federal government to alleviate poverty. States have spending discretion and Indiana routinely holds back monies — such as \$54.4 million earlier this year.

\$75 Million To \$150 Million

The state's public health investment was around \$6.9 million, compared to the 2024 commitment of \$75 million followed by \$150 million in 2025.

The Daily Almanac

Sunrise/Sunset
RISE: 7:44 a.m.
SET: 5:25 p.m.



High/Low Temperatures
High: 33 °F
Low: 24 °F



- Today is...**
- Cyber Monday
 - National Craft Jerky Day
 - Pie in the Face Day



What Happened On This Day

- **2001** Hubble detects the first planetary atmosphere outside the Solar System. The space telescope detected sodium on HD 209458 b, an exoplanet also known as Osiris. Belonging to a class of planets called hot Jupiter, because they are similar in size to Jupiter.
 - **1978** Harvey Milk and George Moscone are assassinated. Milk was the first openly-gay person to be elected in local government in California.
 - **1895** Alfred Nobel signs his last will. Alfred Nobel signed his last will which called for his estate and fortune that he made as the inventor of dynamite to be used for creating awards for those who contributed to the benefit of mankind.
- Births On This Day**
- **1955** Bill Nye American engineer, educator, television host
 - **1940** Bruce Lee American actor, martial artist
- Deaths On This Day**
- **1978** Harvey Milk American lieutenant, politician, activist
 - **1895** Alexandre Dumas, fils French author

➔ HONEST HOOSIER

The Chamber's Christmas Parade is Sunday! Can't wait!



➔ INSIDE TODAY'S EDITION

Casey Williams.....A3
Classifieds.....A3
Carrie Classon.....A4

➔ THE MONTGOMERY MINUTE

Say Cheese!

Are you a proud parent or grandparent? Got a great photo of your loved one? E-mail it to news@thepaper24-7.com along with the pertinent info (and your contact information so we can reach you if we have questions). C'mon, let's show off as many bright and smiling faces as we can and make clear exactly why Montgomery County is such a great place to raise a family!

➔ TODAY'S HEALTH TIP

Chronic sinus and nose problems can often be solved by using a salt water nasal irrigator like a neti pot or Sinus Rinse®.

Today's health tip was brought to you by Dr. John Roberts. Catch his column each week in The Paper and online at www.thepaper24-7.com.



➔ TODAY'S QUOTE

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

"It is usually known that newspapers do not say the truth. But it is also known that they cannot tell whoppers."
-George Orwell

➔ TODAY'S JOKE

A sad story told about a dozen people who had been killed in a twister. The boss looked at the story and shook his head. "I don't think they're playing it right."

➔ OBITUARIES

NONE

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



13 WTHR 7 DAY FORECAST

40 WINTY MIX	24/33 WINDY, COLD	20/34 SINGLE DIGIT WIND CHILLS	24/46 SUNNY, HOT AS COLD	28/51 SUNNY, SEASONAL	38/50 RAIN RETURNS	38/47 COOLER
SUN	MON	TUE	WED	THU	FRI	SAT

'Tis The Season For Our Christmas Story Contest!

Chestnuts roasting . . . sleigh bells ring . . . dreaming of a white Christmas? Well, stop hearing the songs in your head and start writing your own Christmas story!

We're having our first-ever Christmas story writing contest. The rules are pretty simple – write a story about something Christmasy and be sure to connect it to Montgomery County somehow. It could be a touching story from your childhood and a special memory. It could be a complete work of fiction where you go for a ride on Santa's sleigh? Hey, maybe someone will write that Santa spends his summers baling hay on a Montgomery County farm?

What you write and where your story goes is up to you.

If you want a chance to be published and want to tell your very own tale of Christmas, write it up and

About The Contest

1. E-mail entries to ttimmons@thepaper24-7.com. Please copy and paste the story in the body of the e-mail. (We cannot accept attachments.)
2. We will gather the entries and get them to our panel of judges.
3. 750-1,000 word limit
4. Story must have a Montgomery County connection
5. Writer's name and contact information must be included
6. The work must be original and all rights must be owned by the writer – and the writer grants permission to The Paper of Montgomery County to publish the work
7. Winners will be notified and will be asked to submit a photo and brief bio to run with the story.
8. All decisions by judges final

send it to us. And keep an eye on The Paper of Montgomery County as the holidays draw closer and we publish the top entries – as judged by our expert panel of top-notch judges!

Give Your Holiday Guests 'Pumpkin' To Talk About

(StatePoint) Nothing evokes the spirit of the holidays more powerfully than the hearty aroma of seasonal dishes and treats.

To help you share in the joy, nostalgia and tastes of the season, while making meaningful new memories, the McCormick brand is putting twists on classic favorites with its recent release of a limited-edition collection of holiday-themed doughnut bites in partnership with Dough Doughnuts. As part of this reinvention of classic holiday dishes, they're sharing their Pumpkin Pie Spice Doughnut recipe inspired by the collection, so you can give guests "pumpkin" to talk about. Incorporating McCormick Pumpkin Pie Spice into the dough and filling, these homemade doughnuts are topped with a pumpkin glaze and mouthwatering cinnamon pecan streusel for an extra-sweet finish.

Prep Time: 20 minutes
 Cook Time: 25 minutes
 Servings: 24

Ingredients:

- Dough:**
- 3 cups all-purpose flour
 - 1/3 cup sugar
 - 1/2 teaspoon salt
 - 2 teaspoons instant yeast

- 1 tablespoon McCormick Pumpkin Pie Spice
- 1 egg
- 3/4 cup milk
- 4 tablespoons butter, melted
- 1 teaspoon McCormick All Natural Pure Vanilla Extract
- 6 cups peanut oil or vegetable shortening, for frying

Filling:

- 1 cup pumpkin puree
- 1/2 cup canned vanilla frosting
- 1 teaspoon McCormick Pumpkin Pie Spice
- 1/8 teaspoon salt

Glaze:

- 3 tablespoons pumpkin puree
- 2 cups confectioners' sugar
- 1 tablespoon water

Topping:

- 1 cup finely chopped pecans
- 2 tablespoons light brown sugar
- 1 teaspoon McCormick Ground Cinnamon

Instructions:

1. For the dough, whisk flour, sugar, salt, yeast and pumpkin pie spice in a large bowl. In a separate bowl, whisk egg, milk, melted butter and vanilla. Add wet ingredients to flour mixture, mixing until dough comes

together. Mix until well blended and dough begins to pull away from bowl. Cover with plastic wrap and let rest 5 minutes. Turn dough out onto lightly-floured surface. Knead 6 to 8 minutes until dough forms a smooth, soft ball. (Or use stand mixer on low speed 6-8 minutes.)

2. Spray large bowl with no-stick cooking spray. Place dough ball in bowl. Spray lightly with no-stick cooking spray. Cover with plastic wrap. Store in warm, draft-free place to rise until doubled in size, about 1.5-2 hours.

3. Meanwhile, whisk all filling ingredients in medium bowl until well blended. Transfer to piping bag fitted with small tip. Refrigerate until ready to fill doughnuts.

4. Whisk all glaze ingredients in small bowl until smooth; set aside. Mix all topping ingredients in separate small bowl; set aside.

5. Once dough has doubled in size, transfer to lightly-floured surface. Knead 2 minutes to work out large air bubbles, sprinkling with additional flour as needed if dough is sticky. Roll out dough into large circle, about 1/2-inch thick. Cut out doughnut shapes using

a 2-inch round cutter, re-rolling scraps as needed. Place doughnuts on lightly-floured rimmed baking sheet. Spray plastic wrap with no-stick cooking spray and cover doughnuts. Return doughnuts to a warm, draft-free place to rise 30 minutes to 1 hour, or until dough is proofed and puffy.

6. Meanwhile, fill large, deep skillet with 2 inches of oil. Heat to 350 degrees F. Working in batches of four to six, carefully place doughnuts in hot oil. Fry 2 minutes per side, until golden brown and puffed. Remove with tongs or slotted spoon; place on wire rack lined with paper towels. Cool completely.

7. Poke a hole in the side of each doughnut, using a wooden skewer or small paring knife, being careful not to poke all the way through. Pipe filling into opening, dividing evenly among doughnuts. Dip top of each doughnut in glaze, allowing excess to drip off, then immediately dip in pecan topping. Turn right side up and place on wire rack to set. Serve immediately.

This holiday season, let flavor and spice bring family and friends together, and transform your ordinary moments into extraordinary memories.



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Photos courtesy of Lincoln

Lincoln Navigator Reserve Strives To Earn Its Lofty Six-Figure Window Sticker

I'm going to do something I've never done before – give you the price tag of our fly whip up front: \$107,390. That's for a regular length 2023 Lincoln Navigator with the Reserve package. That's pretty heady pricing against the Cadillac Escalade, Mercedes-Benz GLS, Jeep Grand Wagoneer, and Lexus LX, but is it worth it? Let's find out.

Brightly Styled

A walk around suggests a vehicle of high prestige and price. It starts with a large chrome mesh grille wearing a lighted ornament and flanked by curve-following LED projector headlamps. Keep walking to see 22" wheels swallowed by giant fenders and broad sheet-metal expanses. It's all quite sleek and elegant, if a bit large, preserved by power running boards and highlighted by narrow horizontal taillamps. You definitely won't miss its exuberant American style outside...or inside.

Although the Navigator goes without curved glass infotainment, it finds a welcoming mid-century vibe glittered with technology. Genuine wood trim, arm pads that echo classic Eames chairs, and front seats that heat, ventilate, massage, and adjust 24 ways are delectable. Middle row chairs get their own temperature and massagers. Tri-zone automatic climate control and panoramic sunroof are also nice, but operating the latter with white icons on a plethora of beige buttons is frustrating – should have seen me fumbling for the shade retractor.

It may not be quite the art show, but I like the Navigator's flatscreen gauge cluster and large infotainment touchscreen that's super intuitive to operate audio, phones, and navigation. Skip the joywheel controllers – not needed here. Proper volume and tuning knobs plus redundant physical climate controls made me smile.

2023 Jeep Grand Cherokee L Six-passenger, AWD Crossover

Powertrain: 3.6-liter V6, 8-spd trans
Output: 293hp/260 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Towing: 6,200 lbs.
Fuel economy: 18/25 mpg city/hwy
Assembly: Detroit, MI
Base/as-tested price: \$36,495/54,565

Connect devices through Bluetooth, Apple CarPlay, Android Auto, and wireless console charging. Pump tunes through the crisp saturating 28-speaker Revel audio system.

Beyond all that, drivers will appreciate the wide head-up display that projects speed, navigation, and safety systems above the hood. Going one better, our Navigator comes with

LIKES

- Upscale style
- Comfortable interior
- Intuitive touchscreen

the Lincoln Blue Cruise hands-off system that monitors your eyes for attention, but lets you relax on over 130,000 miles of highway. Safety is further enhanced by automatic emergency braking, lane keep assist, and blind spot warning.

Twin-turbo Performance

Moving this largesse along is a 3.5-liter twin-turbo V6 delivering a robust 440 horsepower and 510 lb.-ft. of torque. That's enough to move three rows of passengers with ease or tow up to 8,300 lbs. of RV or speed yacht when properly equipped. It all routes to the electronic all-wheel-drive system through a nearly imperceptible 10-speed automatic transmission. Given its size

DISLIKES

- Cumbersome device connections
- Basic stereo
- Tight third-row

and power, fuel economy ratings of 16/22-MPG city/highway seem quite reasonable.

There's no denying the Navigator is a big truck, but it doesn't drive like one – at least not in regular length. Steering is tight and cameras plus sensors provide all-around vision for maneuvering. Out on the road, the adaptive suspension keeps the wagon from leaning excessively in corners while providing a mostly comfortable ride, though it seems to meet its match when trying to quell roughness from the 22" wheels over broken pavement or heaving bridge joints. That said, I'd gladly drive one a thousand miles without hesitation.

So, has the Navigator



CASEY WILLIAMS
Auto Reviews

Reserve earned its window sticker? Mostly, yeah. It's a half-step behind top competitors in technology and refinement, but if somebody dropped it in my driveway, I'd be delighted to own it. And, if you don't want to pay the aspirational \$107k, and I may not, there are less special Navigators available from \$82,765.

Storm Forward!

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

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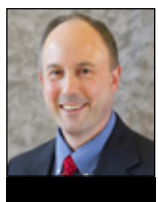


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Autoimmune Disease Systemic Lupus Erythematosus, Or Lupus



JOHN R. ROBERTS, M.D.
Montgomery
Medicine

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 explanations 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 cells. 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 such as ultraviolet light, stress, and some medications are felt to trigger damage to cells that exposes nuclear proteins to the immune system. Infections, likely by viruses, are also hypothesized to be a cause. 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 females, 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 increased risk), 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 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 affected 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 more likely) and sensitivity (if absent the disease is less likely) for diagnosing lupus.

There are also laboratory tests that can help confirm the diagnosis. The most common is the ANA or Antinuclear Antibody test to look 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 may be performed looking specifically for antibodies to proteins in the nucleus.

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

A Thanksgiving Prayer



CARRIE CLASSON
The Postscript

I have always liked Thanksgiving.

I know its origins are dubious. I cringe a little when

I think about the construction paper American Indian costumes and the happy story I learned as a child about that first Thanksgiving. I cringe a little more when I read about people missing their holiday meal so they can work at retail jobs where customers trample one another at the store's entrance to get in and buy things. I don't understand this. I have to confess. I have never been in such a hurry to buy anything in my life.

But even if the mythology of Thanksgiving is a little suspect and the current traditions can be a little crass, I like Thanksgiving because I cannot dislike a day dedicated to feeling thankful.

My first Thanksgivings were spent at the farmhouse where my mother grew up. If I had to put my finger on the moment that made it Thanksgiving, I would say it happened in the stillness—after all the food had been piled onto the big dining room table, and grandma (for just a moment) had her apron off, and the cousins (for just a moment) had been herded

together into some sort of group, and everyone (for the one and only time all day) had fallen more or less quiet. Then we would sing the blessing. My mother's family had a lot of good singers in it, sisters who played the piano and sang harmony in church. And so someone, an aunt I am sure, would begin:

"Be present at our table, Lord." We didn't ask for help, or intercession or forgiveness. We just asked the God we believed in to be there with us.

"Be here and everywhere adored." And not just with us. We asked for God's presence to be everywhere it was welcomed.

"These mercies bless and grant that we..." We asked for all this abundance to be blessed—everything on our table and in our hearts, and everyone standing there beside us, singing in the farmhouse. Then, in my family, we concluded:

"May strengthened for Thy service be." I have since learned there are several ways to finish this prayer. The more common ending is: "May live in fellowship with Thee." Some families sing, "May feast in Paradise with Thee."

But my mother's family was a Swedish farming family, and we asked for strength to keep on working. Feasting in Paradise might have been fine for some, but that was

a little more than any of us could imagine. Asking for strength so we could keep on doing what we had been doing seemed like a pretty safe bet and, perhaps, not too much to ask.

Then we sang "Amen," and we ate. There were many more people than chairs, so the cousins sat on the stairway, and the aunts squeezed side by side on the couch, and some uncles ate standing up—despite my grandmother's repeated warnings that this would lead to fat feet. And the table would be filled with enough pies to nearly cover its surface, served with whipped cream and weak coffee. And a cold wind would rattle the last stubborn leaves hanging on the trees, reminding us that colder days were ahead.

And so, even though I am many miles away from my family and years away from that farmhouse, I am going to sing today.

"Be present at our table, Lord,
Be here and everywhere adored.

These mercies bless and grant that we
May strengthened for Thy service be."
Because it's a simple request, and a good one.
Till next time,
Carrie

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



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