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The Carlisle Mercury/Roxanna Jolly Photo
A counselor at Camp ECHO (Encouraging Children's Healing Opportunities), helps children make a collage during Sunday's activities. The camp at the North Central 4-H Center on Lake Road helps children ages six to 12 learn to cope with the loss of a loved one or family member.

Camp helping children cope with loss and grief

By Roxanna Jolly
Staff Writer

It's a place where children go to learn to grieve and cope.

Camp ECHO (Encouraging Children's Healing Opportunities) was held last weekend at the North Central 4-H Camp in Nicholas County.

The camp is for children who have experienced the death of a family member. Approximately 50 children, aged 6 to 12, attended the second annual camp. Many from Nicholas, Fayette and Fleming Counties, some as far away as Ohio.

It is sponsored by Hospice of the Bluegrass, Hospice of Jessamine County and Hospice of Hope in Mayesville.

"This is a very neat experience for the children and the adults involved," said Director, Steve Dawson from Hospice of Jessamine County.

hiker. But mixed in are grief support groups which allow the children to express themselves.

On the last day of camp, the children hold a play for their parents, showing the ways people deal with grief.

Amy Child, age 6 to 12, who has experienced a death in the family within 20 months may attend Camp ECHO, said director Whitney Clay, from Hospice of the Bluegrass.

Often they are referred by area hospices who provided care for the deceased family member or by school counselors.

"Grieving children often feel very alone," Clay said. "Most of their friends do not understand how it feels when someone in their family dies."

Clay said the drive is to provide a safe environment for a child to share feelings and to understand that grief is normal. Hopefully the child walks away with the skills to cope with grief.

At Camp ECHO, children are able to express their feelings of grief without having to worry about the reactions of others," said Steve Dawson.

Born to ride Riding second nature for Carlisle teenager

By Roxanna Jolly
Staff Writer

The lights, the ribbons and the center of attention ... just for a brief moment.

This is what one 16 year old Nicholas County boy and his horse are beginning to love.

James McFarland and his wild mustang horse, Nevada are becoming regulars at many equestrian events in the area.

The catch is, said James' mother, Tami McFarland, is that her son just got involved with horses this year.

"James had never been around a horse in his life," she said. "I had been involved with horse all my life, so we bought a wild mustang at an auction for \$300."

"James and Nevada" immediately took to each other, it was really weird. The people who had owned her before said they couldn't even hardly get near her, they barely got her in the trailer to take her to the sales."

The McFarlands own three horses: two wild mustangs, Nevada and Chesenne, and one thoroughbred, Easy boy. Nevada gets her name from the state where she was cap-

tured. Tami said wild mustangs are captured in Nevada and Wyoming.

"We usually go to Tennessee and adopt these horses for about \$125 and then in one year you can receive a title," said Tami.

"Eventually if these horses aren't adopted they are sent to slaughter. Approximately 4,000 per year are put down."

James and Nevada's companionship are taking them to shows throughout Central Kentucky. His first was a Fun show at the Kentucky Horse Park in May.

He then traveled to Ewing to compete. He entered four classes and received ribbons for second and third place and some cash.

He brought home three ribbons - second, third, and fourth place - at Bourbon County's kids 4-H horse show.

The Arabian show at the Kentucky Horse Park got him three ribbons and an invitation to the Equitina Expo, a world-wide expo held every two years in Europe and United States.

The Equitina demonstrates

horses from all over the world. The next expo is to be held in Ireland.

James received the award for most consistent winner in the Southeast Wildhorse Expo held at the Kentucky Horse Park.

At that show, he competed in 14 or 15 different classes and took home ribbons in every class but one.

Tami said her son's ambitions are to attend college after high school to become a veterinarian and specialize in equine care.

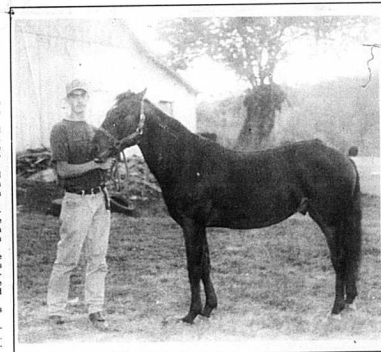
He hopes one day to have a special care facility at his home for mares who are foaling and need special care. He also wants to buy more wild mustangs to break and sell.

James' immediate goals involves Nevada.

He hopes to win the Southeast regional competition. He also wants to start competing in barrel racing.

He will compete at the Kentucky Horse Park this fall in the last Fun show of the season.

"James and Nevada will probably be the only mustang team there," said Tami.



The Carlisle Mercury/Roxanna Jolly Photo
James McFarland shows off the family's mustang, Chesenne. The Carlisle teen has been bringing home ribbons at regional horse shows with the family's other mustang, Nevada. This is the first year that McFarland has competed in the shows. His family adopted the wild horses through a program that captures the animals in Nevada and Wyoming.



Tamara Sturgeon

Student of the week

Tamara Sturgeon, 15, of the Nicholas County High School was selected student of the week by the staff.

Tamara is the daughter of Brenda and Charlie Fryman of Carlisle. She is Sophomore and Nicholas County.

Sturgeons interest are softball and hanging out with friends. Her extracurricular activities include Foreign Language including Spanish and Latin.

The reasons she was chosen by the staff

are, she always has her work done on time, is able to work independently, takes initiative in helping other students when they have questions and seems to enjoy class.

The Carlisle Mercury will profile one student each week, chosen by the faculty of their respective school. Watch this space in future issues.