YOUTH FROM FRONT

3.0 grade-point average and have been elected to at least two leadership positions in a school, religious or community-sponsored organization.

Today, The Carlisle Mercury is featuring three of those 15 local students. Others will be featured in coming weeks.

• Kyle Andrew Rector is a KYA bill author, a varsity football team player for three years, an all-state academic team member for two years, varsity basketball team for one year, varsity baseball team for one year.

He is a member of the GATE program a KYA member for two years, a KUNA member for two years and FCA member for two years.

He has received academic excellence awards in Spanish I, keyboarding, IPS, humanities and English II. He works at Eaglestone Farm, is a member of the Carlisle Christian Church and a Junior Angus Association member.

Rector plans to attend the University of Kentucky.

• Richard Reid is a junior class treasurer, an FFA sentinel for 200-2001, on the prom committee for 2001, a National Junior Honor Society Vice President, a Bible School teacher and a 4-H Student Leadership Assistant.

He is on the varsity football team where he is academic all-state and a letterman and is on the All-EKU first team.

He is also on the varsity baseball team where he is academic all-state and a letterman; he is also in track and field and a top 10 in the state pole vault. He received a NCAA Student Athlete Excellence Award and a Gifted Education Enrollment.

Rector has academic excellence in humanities and is in the pep club, the FCA, ecology club, principal's club, a 4-H essay winner, received an FFA Greenhand Award and a conservation award.

He authored a bill in the Kentucky Youth Assembly and in Kentucky United Nations Assembly. He is a member of Who's Who Among American High School Students. He is currently undecided on his college plans.

• Lindsay Wilson is a girls varsity cheerleader co-captain, a band section leader and a church musical leader.

She was a boys varsity cheerleader for one year, a girls varsity cheerleader for two years, a 2000 district winner, a 1999 district runner-up, and a 10th region 2000 All-Region Squad.

She is a member of the Kentucky Keyboard Festival with a superior rating, a member of marching band and a three-time state champion.

Wilson is a member of the pep band, concert band, the principal club for three years, homecoming court, Who's Who Among American High School Students.

She is also a Little League Cheerleading Sponsor, a senior citizen volunteer and a mentor. She plans to attend the University of Kentucky and become a physician's assistant.

JURY FROM FRONT

indicted on two counts of first degree trafficking in a controlled substance, when he allegedly committed the crime of selling cocaine on Aug. 26 of last year in Nicholas County.

• Allie Carl Sexton Jr. was indicted on one count of fleeing and evading police, when allegedly, while operating a vehicle, intentionally attempted to elude a police officer and disobeyed directions to stop the vehicle by a person recognized to be a police officer and that he created substantial risk of serious physical injury to persons or property on about the eighth day of April in Nicholas County.

Sexton was also indicted on first degree wanton endangerment, when he allegedly operated a vehicle in such a manner so as to manifest extreme indifference to the value of human life so as to create a substantial danger of death or serious physical injury on or about April 8 in Nicholas County.

The Belgian people are generally divided into two groups: Flemings and Walloons. Flemings live in the north and speak Dutch. Walloons live in the south and speak French.

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Saltwell News

by Mrs. Jeff Mattox

Several members of the Saltwell church enjoyed the Sunday school picnic on Friday night held at Little Switzerland in Cynthiana. Everyone enjoyed a wonderful meal and fellowship together.

Mr. Mike Quinn of Carlisle visited Sunday with Mr. and Mrs. Fred Hollar.

Mrs. Mildred Gifford and Mrs. Phyllis Brady enjoyed the Camargo Church of God Camp meeting on Tuesday and the Mt. Vernon Christian Holiness Camp meeting on Wednesday.

Mr. and Mrs. Ben Glass and Mrs. Phyllis Brady enjoyed a gospel singing performed by three groups at Carl Storey's homestead in Fairview on Friday night. a capacity crowd attended.

Amanda Jonathan, Anna and Jessica Mattox spent Saturday night and Sunday with Mr. and Mrs. Keith Smith and family. Ron Feeback and Nyria Weidle also joined them for lunch and a movie in Winchester on Sunday afternoon.

The Barterville church held Vacation Bible School on Saturday afternoon. A good group of children attended and enjoyed the program, crafts and lunch. They closed with a program and singing on Sunday evening.

Mr. Bob Kenny of Grant County visited with Mrs. Gladys Kenny and also accompanied her to her dentist appointment.

The Headquarters church had a large crowd in attendance for its picnic held at the RECC grounds in Cynthiana on Sunday afternoon. Everyone enjoyed a delicious meal followed by music performed by several individuals.

Mrs. Phyllis Brady and Mrs. Marjorie Fryman were among a large crowd that enjoyed a gospel singing by five groups Saturday night at Whalen's auction building near Cynthiana. The event was held as a benefit for the Baptist Children's Homes.

Mr. and Mrs. Fred Whitson and Mrs. Bobby Brady attended a supper at the home of Carl and Rhonda Whitson, Carly and David of headquarters Road on Sunday evening celebrating the seventh birthday of David Whitson.

Nickie Ritchie, Chrissy White and Amanda Mattox are part of the NCHS cheerleaders that attended a three-day cheerleading camp held at the high school on Thursday, Friday and Saturday.

RED CROSS FROM FRONT

are killed each year by summer heat. In some years, heat is the biggest killer among all types of severe weather. More than 1,250 people died nationwide during the devastating U.S. heat wave of 1980, and 465 heat-related deaths were reported in Chicago during a 16-day period as recently as 1995.

The American Red Cross treats severe heat like any other major emergency. "We go 'on alert' any time the forecast calls for high temperatures," said Skip Batchelor, head of disaster services for the American Red Cross of Greater Chicago. "Our disaster team supports the city agencies as they open cooling centers - providing water, cots and health care if needed. During a particularly dangerous heat wave, our volunteers help officials go door-to-door, checking on elderly or sick residents who cannot leave their homes."

Everyone is at risk when temperatures rise above 90 degrees, but the elderly and the very young are most susceptible to heat and heat-related illnesses. Heat-related illnesses can cause serious injury and even death if unattended. Signs of heat-related illnesses include nausea, dizziness, flushed or pale skin, heavy sweating and headaches. Victims of heat-related illness should be moved to a cool place, given cool water to drink and ice packs or cool wet cloths should be applied to the skin. If a victim refuses water, vomits or loses consciousness, call 911 or your local emergency number immediately.

Red Cross Heat Safety Tips . . .

Dress for the heat. Wear lightweight, light-colored clothing.

Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.

Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.

Eat small meals and eat more often. Avoid high-protein foods, which increase metabolic heat.

Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.

Stay indoors when possible.

Be a good neighbor. During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.

Know What These Heat-Related Terms Mean . . .

Heat cramps: Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

Heat exhaustion: Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

Heat stroke: Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high —sometimes as high as 105 F.

General Care For Heat Emergencies . . .

Cool the Body; Give Fluids; Minimize Shock

Heat cramps/heat exhaustion:

Get the person to a cooler place and have him or her rest in a comfortable position. Give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets.

Heat stroke:

Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

For more information or to enroll in a Red Cross first aid and CPR course, contact your local American Red Cross chapter. To locate your local Red Cross or for more information on disaster preparedness and safety, visit www.redcross.org.

Deaths

Virginia Wells

CARLISLE - Virginia Bradley Wells, 85, of Maysville Road in Carlisle, died Tuesday, Aug. 7 at Nicholas County Hospital.

She was born in Nicholas County to the late Dixon Raymond and Anna Holland Thompson.

She was a retired employee of the Johnson-Mathers Nursing Home and was a member of Shrine of Our Lady of Guadalupe Catholic Church.

Survivors include a son, Jimmy Wells of Carlisle; three grandchildren, Kim Rawlings and Kevin Wells, both of Carlisle, and Vince Wells of Cynthiana; and six great-grandchildren.

She was preceded in death by her husband, William Howard Wells; two sons, William Howard Wells Jr. and Jackie Wells; and two grandsons, Jackie Wells Jr. and Michael Wells.

Funeral services were conducted Thursday, Aug. 9 at 10 a.m. at Shrine of Our Lady of Guadalupe Catholic Church. Burial at Carlisle Cemetery.

Pallbearers: Greg Rawlings, Justin Rawlings, Dylan Rawlings, Kevin Wells, Vince Wells, Jimmy Wells and Colin Wells.

Honorary pallbearers: Lloyd Duncan and Tommy Holland.

Contributions suggested to Johnson-Mathers Nursing Home Activities Fund or Alzheimers Association.

Arrangements made by Mathers-Gaunce Funeral Home.

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ESTATE AUCTION
SATURDAY, AUGUST 11 • 10:00 AM

Located: Six (6) miles south of Flemingsburg, KY. From Flemingsburg, take Hwy. 11 south to Tilton, KY. Turn left onto Hwy 1336. Go 1/2 mile, turn left onto 697. Go 1/2 mile to sale site. Auction signs posted.

HOUSEHOLD ITEMS, FURNITURE, ETC.

Toshiba TV, antique lamp, 3 pc coffee table set, kitchen table & 4 chairs, crocks, hutch, drop-leaf table, (2) couches, cherry round table, cherry bedroom suite (7 pc), quilts, quilt pieces, secretary & chair, Thomas brand radio, porcelain dolls, comforter set, hundreds of Beanie Babies in mint condition, McDonald's Beanie Babies, porcelain bride doll (Ashley Belle), dresser, cabinets (3), video camera, CD collection, large lamp, old teacher's desk, Barbie dolls, end table, curio cabinet, fans, salt & pepper shakers, picture plates, 22-K gold lined china set, Bavaria (Germany) set of china, silver piece, (3) glass pitchers, blue tinted glass made in Italy, miscellaneous glassware, Christmas decorations, large coin collection, VCR, 3 pc. black iron outdoor chair set, Lazy Boy recliner, old lanterns, left-handed golf clubs, iron bean kettle, old sewing machine, gas stove, rocking chair, 20,000 BTU air conditioner (used one year), computer desk, exercise bike, treadmill, small iron bed, camel back trunk, (2) coffee tables w/glass overlay, odd chairs, baskets, picture frames, medicine cabinet, griddle iron, kitchen items and dishes, new jewelry box, set of scales, iron skillets, tins, cigar boxes, utility table, bedroom suite, 19" TV, refrigerator, washer, dehumidifier, wheelchair, (2)briefcases, corn sheller, cattle head gate, weed eater. **Many other items.**

Sellers: Bertie Wallin Estate

Personal Property Terms: Cash or good check day of sale.

All potential bidder should be aware that the broker/auctioneer will be acting as an agent of the seller. Although all information in advertisements is obtained from sources deemed reliable, the auctioneer/broker and owners make no warranty or guarantee actual or implied as to the accuracy of the information. All announcements day of sale take precedence over all advertisements. Not responsible for accidents.

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ABSOLUTE AUCTION
SATURDAY, AUGUST 25 • 10:30 AM

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PERSONAL PROPERTY

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AUCTIONEERS NOTE: Both tracts will be sold individually and then combined. All potential bidders should be aware that the broker/auctioneer will be acting as an agent for the seller. Lead paint could be present in any home built prior to 1978. Make your inspections 30 days prior to the sale date. Buyer will be required to sign a disclosure statement of lead based hazards along with a waiver of a 10-day post sale inspection. Although all information in all advertisements is obtained from sources deemed reliable, the auctioneer/broker and owners make no warranty or guarantee actual or implied as to the accuracy of the information. All announcements day of sale take precedence over all advertisements. Not responsible for accidents.

REAL ESTATE TERMS: 10% of purchase price day of sale, balance due on or before 30 days from sale date.

PERSONAL PROPERTY TERMS: Cash or good check day of sale.

Sellers: Lida Utterback Estate
Betty Perry, Norman Utterback & Calvin Utterback

For inspection prior to sale, contact Chuck Marshall 606-782-0374
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