

# Carlisle Local Weather

| WEDNESDAY<br>9/26 | THURSDAY<br>9/27 | FRIDAY<br>9/28 | SATURDAY<br>9/29 | SUNDAY<br>9/30 |
|-------------------|------------------|----------------|------------------|----------------|
|                   |                  |                |                  |                |

Mostly sunny. Highs in the upper 60s. Light west wind. Lows in the mid 40s.

Sunny. Highs near 70. Lows in the mid 40s.

Sunny. Highs in the mid 60s.

Clear. Lows in the upper 40s. Highs in the upper 60s.

Mostly clear. Lows in the upper 40s and highs in the lower 70s.

NWS Forecast 62001 AmeriCor Profile Hometown Content

To Sponsor the Weather Contact Brad, Shirley, or Dianna at 606-784-4116

**DISABLED FROM FRONT**

Increased numbers of students with learning disabilities are members of the regular classroom. At the same time more emphasis is being placed on the writing process in the classroom. Difficulty with writing can cause students with learning disabilities to fall behind. Teachers are looking for ways to encourage student independence and real learning in this environment. Some very simple software solutions, such as word processors, talking dictation programs, and more motivated, have increased productivity and lead to increased self-esteem.

In order to learn more about how Assistive Technology can help a student with a learning disability contact the local Director of Special Education, or call toll-free 1-888-499-9398.

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### TRIPS FROM FRONT



The Nicholas County Blue Jackets dropped a one-point contest to visiting Louisville Holy Cross last week. They play at Lexington Christian this week.

Denver Brown photo

In the final quarter, and down by a touchdown, head coach Greg Letcher's Jackets drove and found the endzone on Richard Reid's 10-yard run. And then the decision.

A successful kick would have tied things, but the Jackets went for two, and the lead. The pass play fell incomplete and Nicholas couldn't score again - and Holy Cross didn't have to. The players didn't make any excuses.

"We just need to work harder," Rector said. "They were bigger than us, but every team has been bigger than us. We just need to work hard and get in the weight room more."

Letcher's troops travel to Lexington Christian this week for tomorrow's 7:30 p.m. matchup. Homecoming for Nicholas County is scheduled for Friday, Oct. 12 versus Berea.

### SCOUTS FROM FRONT

She is not only my leader, but also my friend."

In addition to becoming a troop leader, there are also many other opportunities available in Girl Scouting. Other positions include being a mentor, teaching a special skill, planning special events, becoming a trainer, or keeping track of troop finances. Girl Scouting provides an opportunity for an adult and child to become involved with a project that benefits the community, while feeling a sense of satisfaction in achieving a goal together.

Girl Scouts of the USA is the world's preeminent organization for girls, with a membership of more than 3.6 million girls and adults. Today, as when founded in 1912, GSNUSA helps cultivate values, social conscience and self-esteem in young girls, while also teaching them critical life skills that will enable them to succeed as adults.

To learn more about becoming a Girl Scout leader in Central or Eastern Kentucky, contact the Lexington office at (859) 293-

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# Deaths Diagnosing, treating common lung diseases

**Deaths**

**Mayme B. Wagoner** CARLISLE - Mayme B. Wagoner, 64, of Calcutta Road in Carlisle, died Sunday, Sept. 23 at Johnson-Mathers Nursing Home.

She was born in Nicholas County to the late James Riley and Lillian Barbee Fryman.

She was a retired employee of Jockey International and was a member of Blue Lick Christian Church.

Survivors include her husband, Edward Wagoner, a son, John (Leah) Wagoner of Carlisle; two daughters, Virgie (Larry) Hunter and Charlotte (Robert) Hopkins, both of Carlisle; three brothers, Stanley Warren (Margaret) Fryman, Lowell Thomas (Bonnie) Fryman and Allen Douglas (Nina) Fryman, all of Carlisle; four sisters, Anna Mae Whalen of Millersburg; Catherine (Claude) Curtis, Josephine (Bobby) Hughes and Juanita (Larry) Hunt, all of Carlisle; four grandchildren, Olivia Hunter, Crista Snapp, John Dalton and Darby Malach Wagoner; two step-grandchildren, Wesley and McKenzie Hughes; and several nieces and nephews. She was preceded in death by two brothers, John W. and James Donald Fryman.

Funeral services were conducted Tuesday, Sept. 25 at Mathers-Gaunce Funeral Home with the Rev. James Gaunce officiating. Burial at Carlisle Cemetery.

Palbearers: Johnny Clem, Wayne Fryman, Tip Fryman, Gary Hughes, Jason Hunt, Eric Hunt, David Whalen and Doug Whalen.

Honorary pallbearers were nephews Cecil Curtis, Fryman, Steven Fryman, Wendell Fryman, Wayne Fryman, Tip Fryman, Gary Hughes, Jason Hunt, Eric Hunt, David Whalen and Doug Whalen.

Contributions are suggested to Hospice of the Bluegrass.

Most people take breathing for granted, never giving this essential function of our bodies a second thought.

But for 30 million Americans - including 15 million who don't even recognize they have a problem - chronic obstructive pulmonary disease (COPD) is robbing them of their ability to breathe properly.

"COPD is the fourth leading cause of death - and it's the most common chronic health problem faced by our population, killing 110,000 Americans every year," said Dennis Doherty, M.D., chief of pulmonary and critical care medicine at the University of Kentucky Chandler Medical Center.

"COPD is a group of diseases that includes chronic bronchitis, emphysema and asthmatic bronchitis. These diseases share a common characteristic: an obstruction to airflow out of the lungs. Shortness of breath is the most common symptom.

Unlike many diseases, COPD is easily prevented by the United States, 90 percent of COPD is attributable to smoking.

"Many people who smoke aren't able to make it to the 18th hole on the golf course, or walk to the next store in the mall, but what they might not recognize is that the cause may very well be COPD," Doherty said.

"A key sign of COPD is the feeling of not being able to get enough air," he said. "At first, you might just notice it when exercising or exerting yourself, but later you might feel it all the time, even when resting."

A cough after waking in the morning, wheezing and chronic mucus production are other common symptoms which often are minimized or ignored. But these symptoms are present earlier in the disease, before disability and a need for oxygen set in.

Even if the individual isn't showing signs, they still might have COPD because it can be silent in its early stages.

That prevents further damage, and your rate of lung capacity loss will return to that of a non-smoker, Doherty said.

"Smoking accelerates your normal yearly loss of lung function," he said. "You cannot completely undo the damage smoking has caused because you don't regrow. So it's vital that you start now to preserve the lung function you have."

People with COPD need clean air, so they should avoid smokers, heating appliances that put out fumes and polluted air. Many medications are available to help people with COPD breathe easier and stop smoking.

For information on UK studies involving COPD, call (859) 323-6176. For more information about COPD, visit the National Lung Health Education Program website at [www.nhlb.org](http://www.nhlb.org).

**COMMONWEALTH OF KENTUCKY**  
**NICHOLAS CIRCUIT COURT**  
**CASE NO. 01-CI-00012**

COUNTRYWIDE HOME LOANS, INC. dba AMERICA'S WHOLESALE LENDER  
VS.  
SHELLA R. GILVIN  
BANK ONE, N.A.

PLAINTIFF  
DEFENDANTS

By virtue of a Default Judgment and Order of Sale of the Nicholas Circuit Court entered in the above styled action on September 6, 2001, and to make enough money to satisfy said judgment ten and costs in the amount of \$54,008.32 as of April 22, 2001, plus additional interest of \$10,411 per dem thereafter, costs, including cost of sale, and any sums expended by Plaintiff for insurance, ad valorem property taxes or for preservation of sub-jacent real estate until date of sale, all as provided in said judgment, the undersigned Master Commissioner will on the 29<sup>th</sup> day of September, 2001, at or about the hour of 9:00 a.m., at the Nicholas County Courthouse door in Carlisle, Kentucky, offer for sale to the highest and best bidder that property in Nicholas County, Kentucky, more particularly described as follows:

"A certain tract or parcel of land located in Nicholas County, Kentucky, and more particularly described as follows, to-wit:

"Beginning at a point in the center of the Pleasant Springs Road, a corner to Harold Letton, thence running with the center of said road North 53 Degrees & 00 Minutes East 99.1 feet to a corner to G.W. Sexton, thence running South and running with the line of Sexton North 40 Degrees & 04 Minutes West 342.7 feet to a post; thence South 42 Degrees & 21 Minutes West 98.9 feet to a post in the line of Harold Letton; thence with the line of Letton South 39 Degrees & 33 Minutes East 324.6 feet to a point of beginning, and containing 0.75 acres, more or less."

Being the same property conveyed to Shella R. Gilvin, single, by deed dated May 22, 1996, and of record in Deed Book 94, Page 510, Nicholas County Clerk's Office.

Upon the sale of the above described property, the purchase price shall be payable as follows: In cash or by deposit of one-third (1/3) of the purchase price with the balance on credit of thirty (30) days. If the purchase price is not paid in full, the successful bidder shall give a bond with good and sufficient surety, thereon for the remaining part of the purchase price; said bond to have the same force and effect as a judgment and to be a lien on said property and to bear interest at the rate of ten percent (10%) per annum from the date of sale until paid, which bond and accrued interest can be paid before maturity.

Said tract of said property shall be sold as a whole "as is" and free and clear of all liens, encumbrances and interests of the parties herein but shall be sold subject to:

(a) 2001 and subsequent ad valorem property taxes which shall be paid by the purchaser;

(b) Easements, restrictions and stipulations of record affecting said property, and all governmental laws and regulations affecting same.

(c) Assessments for public improvements levied against the property.

(d) Any state of facts that could be disclosed by an accurate survey or inspection of the property.

(e) Any right of redemption which may exist.

The Court and the Master Commissioner shall not be deemed to have warranted title to any purchaser. Possession of the property and deed will be delivered to the purchaser upon full payment of the purchase price and confirmation of the sale and approval of the deed by the Court.

Following sale of the above described property, the Master Commissioner shall promptly report same to the Court, and said report shall be held over for a period of ten (10) days for confirmation or exceptions. Anyone desiring to object or except to the sale shall do so by that time or be forever barred.

Joseph H. Conley, Master Commissioner, Nicholas Circuit Court

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