

COURT NEWS

Nicholas County District Court Hon. Jay Delaney Jan. 7, 2009

Jason S. Mitchell, MH. 1. Speeding 10 mph over limit. 2. operating on suspended/revoked operators license. Motion to withdraw granted. Order to be submitted.

In RE: Mary Grace Brewer. SETT Taken under advisement.

Estate of Donald C. Cameron II PH. Copy of will admitted to probate on testimony of Patrick Price and affidavit of Mandi Louise Cameron testimony indicating due execution continued existence and contents order entered.

Estate of William C. Campbell. SETT Taken under advisement.

Estate of Margaret E. Fryman. SETT Taken under advisement.

Estate of Joe Ree Graves. SETT Review 3/18/09 at 8:45 a.m. probate notice. Fiduciary for above date find time.

Estate of David Way Lutzinger. PH Will admitted to probate. Order entered.

Estate of Brenda Daley Pollitt. PH Travis Daley appointed administrator. Order entered.

Estate of Mervyn June Sams INV. Probate notice to fiduciary for inventory 2/18/09 at 8:45 a.m.

Estate of Amanda Cloe Terrell. PH. Order entered.

In RE: Ida Marie Stephens. SETT. Probate notice to fiduciary for final settlement 2/18/09 at 8:45 a.m.

In RE: Christian H. Tolliver. SETT Taken under advisement.

Estate of Lois Ockerman. PH Will admitted to probate. Order entered.

Estate of Patsy A. Webb. PH Will admitted for record purposes. Petition to dispense assets. Order Entered.

Asset Acceptance LLC vs. Betty Allison. MH. Def. Judg. Granted in princ. Amount of \$1,308.60, post judg. Int. at 12% and costs.

Equitable Financial vs. Steve Crump. MH. Def. Judg. Granted in princ. Amount of \$890.74 post judg. Int. at 12% and costs.

Hudson & Keyes LLC vs. Sherman R. Evans Jr. MH. Def. Judg. Granted in princ. Amount of \$3,129.38, post judg. Int. at 12% and costs.

Capital One Bank USA, N.A. vs. Michelle Glass. MH. Def. Judg. granted in princ. Amount of \$537.28 post judg. Int. at 12% and costs.

LVNV Funding LLC vs. Irvin Hawkins. MH. Def. Judg. Granted in princ. Amount of \$1,136.45, post judg. Int. at 12% and costs.

Capital One Bank (USA) N.A. vs. Katie Liver. MH. Def. Judg. Granted in princ. Amount of \$632.28, post-judg. Int. at 12% and costs.

LVNV Funding LLC vs. Tracy L. Reece. MH. Def. Judg. Granted in princ. Amount of \$926.90 post-judg int at 12% and costs.

Amelia Wilson vs. Timmy Thornburg. MH. Plaintiff and Defendant appeared. Interrogatories answered.

Hagan, Baker ARR. 1. Speeding 15 mph over limit.

card. MOC die on prof. Michale L. Parvis. ARR. Local city ordinance. ARR. hold N.G. Plea PTC \$409 at 1:00 p.m.

Kayla L. Ring. SUP. 1. Possession of Marijuana. 2. Use possessed drug paraphernalia. 1st offense. Suppression hearing cancelled by agreement. PTC 1/6/10 at 1:00 p.m. to be dia. on cond. 1. 10 hrs. C.S. 2. S.A. assessment and follow treatment received. 3. no sim. offenses.

Tamela D. Smith. ARR. 1. Speeding 25 mph over limit. G.P. Ct. costs & STS. 2. Failure of non-owner operator to maintain req. insurance. 1st offense. PTC 2/4/09 at 1:00.

Edwina E. Fryman. ARR. 1. theft by deception incl cold checks under \$300. 2. Theft by deception, by incl cold checks under \$300. 3. Theft by deception incl cold checks under \$300. 4. Theft by deception incl cold checks under \$300. 5. Theft by deception incl cold checks under \$300. 6. 1. Theft by deception incl cold checks under \$300. 7. 1. Theft by deception incl cold checks under \$300. 8. 1. Theft by deception incl cold checks under \$300. 9. 1. Theft by deception incl cold checks under \$300. 10. 1. Theft by deception incl cold checks under \$300. 11. 1. Theft by deception incl cold checks under \$300. 12. 1. Theft by deception incl cold checks under \$300. 13. 1. Theft by deception incl cold checks under \$300. 14. 1. Theft by deception incl cold checks under \$300. 15. 1. Theft by deception incl cold checks under \$300.

no insurance 1st offense. 4. possess open alcohol beverage container in motor vehicle. Charles R. Jolly. OH. Bonded out.

Tara Sue Jolly. OH. 1. Theft by deception incl cold checks under \$300. 2. 1. Theft by deception incl cold checks under \$300. 3. 1. Theft by deception incl cold checks under \$300. 4. 1. Theft by deception incl cold checks under \$300. 5. 1. Theft by deception incl cold checks under \$300. 6. 1. Theft by deception incl cold checks under \$300. 7. 1. Theft by deception incl cold checks under \$300. 8. 1. Theft by deception incl cold checks under \$300. 9. 1. Theft by deception incl cold checks under \$300. 10. 1. Theft by deception incl cold checks under \$300. 11. 1. Theft by deception incl cold checks under \$300. 12. 1. Theft by deception incl cold checks under \$300. 13. 1. Theft by deception incl cold checks under \$300. 14. 1. Theft by deception incl cold checks under \$300. 15. 1. Theft by deception incl cold checks under \$300.

Pay 70.00 today PTC 2/4/09 at 1:00 p.m.

Danny Ray Dixon. PTC. Fragment. non support. Waive 10/20 PTC 1/28/09 at 1:00.

Elnae Fryman. PTC. 1. Theft by deception incl cold checks under \$300. Brent E. Gausco. PTC. 1. disorderly conduct 2nd degree. 2. resisting arrest. Paid \$100.00 today. PFC 2/11/09 at 1:00 pay another \$100.00.

Brent E. Gausco. PTC. criminal trespassing 3rd agreed order entered.

Jeffrey A. Glass. PTC. Theft by unlawful taking disp. from auto \$300. PTC 1/28/09 at 1:00.

Timothy R. Hopkins. PTC. 1. Disorderly Conduct 2nd degree. 2. improper parking violations 3. possess open alcohol beverage container in a motor vehicle. 4. OP MV under/inflated. 5. possess open alcohol beverage container in a motor vehicle. PTC 2/25/09 at 1:00 p.m. (DUI to be dismissed if lab results not received).

Jodie Morris Howard. PTC. 1. operating on suspended/revoked operators 2. possession of alcohol/drugs, etc. 08 1st off. 5. possess open alcohol beverage container in a motor vehicle. PTC 2/25/09 at 1:00 p.m. (DUI to be dismissed if lab results not received).

Alice Clifford PTC. 1. 1. Theft by deception incl cold checks under \$300. 2. 1. Theft by deception incl cold checks under \$300. 3. 1. Theft by deception incl cold checks under \$300. 4. 1. Theft by deception incl cold checks under \$300. 5. 1. Theft by deception incl cold checks under \$300.

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Nicholas County Opinion Poll

This week's question:

What is your New Year Resolution?

Gladys Scott "To lose weight"

Jackie Howard "I was gonna' try to lose some weight, but I've already been up on that."

Tracey Brown "I don't have one because I always break them, but maybe I can do some painting this year."

William Ritchie "Make some more money."

Two Can Dine For \$10.99

"Just in time for Back To School Expenses."

- Ham & Cheese Omelette
- Western Omelette
- Country Biscuit Breakfast
- Whitefish or Catfish Sandwich Plate
- Cherry's 1/2 lb. Burger Plate
- Country Fried Steak Dinner
- Chicken Liver Dinner
- 8 oz. Chopped Steak Dinner
- Liver & Onions
- Italian Spaghetti
- Clam Dinner

Jerry's One Diner Plate \$5.49

706 N. Myrtleville Mt. Sterling, KY 40353

WORKSHOPS with Bob Ross the Joy of Painting

CERTIFIED INSTRUCTORS

Time: Starts at 8:00 am Date: Jan. 17, 2009

Place: Art Guild Building, Corner of Main and Broadway

www.bobross.com

Canvas, paint and brushes will be furnished, bring paper towels and scissors.

Space is limited, Call Juanita Hunt 859-289-8773

Come Join Us for Peanut butter and Jam Session at the Neal Welcome Center

Sunday, Jan. 18 4:00 to 6:00 p.m.

Old Time Music Crafts for the Children Refreshments

-All Ages Welcome at No Charge-

Sponsored by The Courthouse Square Arts Guild and The Nicholas County Historical Society

REBECCA'S WHOLESALE

Furniture • Clothing Shoes • Bed linens Rugs • Jewelry Window Blinds

Come in and see we will be cheaper than any competitor

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1360 Indian Mount Drive Mt. Sterling 859-498-7797

HOME FOR SALE

Located approximately 3 miles from Interstate 64 this vinyl siding home is situated on a beautiful 2 acre lot. The home features 3 bedrooms, 2 bathrooms, kitchen with spacious oak cabinets, dining area, living room with brick fireplace, laundry room, newly painted rooms, new carpet in one bedroom, large front porch, new landscaping, screened back porch, deck, 2 car detached garage, and geothermal heating and air. Ready to move in! For more details and pricing call

606-674-8354 or 606-336-4277

Today's Menu

Breakfast \$3.89

Daily Lunch Special

1 Meat	- or -
2 Sides	w/Drink
\$5.22	\$4.22

MARATHON 5399 Concrete Rd. • Carlisle 859-289-6118 Deli Open Til 9:00 p.m.

# Living Well With Parkinson's Disease

Managing exercise, diet and medication for an active life

An estimated 1 million Americans live with Parkinson's disease (PD) — an age-related degenerative neurological disorder. Many struggle with tremors, stiffness, slowness of movement and impaired balance. According to the National Parkinson Foundation, although the average age of onset is 60, it is estimated that five to 10 percent of all persons with PD are diagnosed prior to age 40. The cause of PD is unknown, and there is presently no cure; however there are treatment options to help manage the symptoms. Dr. Ramon L. Rodriguez, director of clinical services at the University of Florida's Movement Disorders Center, sees Parkinson's patients on a daily basis. While he is familiar with the challenges they face, Rodriguez believes these patients can experience a fulfilling life.

"Even though there is no cure for Parkinson's," Rodriguez says, "it is possible for patients to learn how to live well through a combination of activities and treatments that can help control the symptoms of the disease."

Depending on the individual patient's history and the progression of the disease, a person's physician may prescribe any of several medical or surgical treatments available — and also will emphasize the importance of an ongoing commitment to regular exercise, rest and proper diet.

There are several medications available to treat Parkinson's disease, including once-daily medications that can help people manage the symptoms of the disease.

Many people living with Parkinson's have found both traditional and creative ways to successfully manage the disease and live their lives to the fullest. According to the National Parkinson Foundation Education Series resource guides, the following are a few tips on managing PD:

- **Exercise Regularly**  
If you have Parkinson's disease, exercise is extremely important. Recent research shows that regular exercise can help people with PD stay more flexible, improve posture and make overall movement easier.
- **Eat Right**  
People with PD are at an increased risk for malnutrition. Yet, with attention to diet, people with PD can feel better, ward off nutrition-related diseases and prevent hospitalization.
- **Find the Right Treatment for You**  
Medical research has revealed us with numerous medications which, when used alone, or more often in proper combination, can provide significant relief of the symptoms of Parkinson's disease. Intelligent use of these medications can enhance a patient's quality of life.
- **Make Time for Rest**  
Sleep plays a vital role in maintaining mental health and performance for all human beings. It is especially important for individuals with PD, who require significant levels of energy to function at their greatest ability.

## Staying Active Longer

(NAPSA)-Today's baby boomers and seniors are determined to outpace their advancing years. Based on discussions with these boomers, though body aches and discomfort are experienced at least weekly by 69 percent of this age group and 59 percent suffer joint dysfunction just as frequently, older Americans defy these issues with a strong desire to stay active and involved.

For that to happen, exercise, good nutrition and daily supplements are all vital, advises top nutritionist Luke R. Bucci, Ph.D., CCN, C/ASCP, CNS, author of "Healing Arthritis the Natural Way" and vice president of research for Schiff Nutrition International. Many seem to be taking his advice.

A recent online poll of 600 nationally represented Americans ages 50+ conducted by Kelton Research

and chondroitin, that actually help support your joint health. With the proper dosage, these supplements start comforting sore joints in four to six weeks or less.

Soper's Drugs carries two a prescription.

for Schiff Nutrition discovered that, when they have joint discomfort, active adults are far more likely to take a supplement than let it sit on the shelf (14 percent).

This vigorous seniors say they stay active and youthful, the survey found, by taking vitamins and supplements (73 percent), getting exercise (57 percent) and learning new things (54 percent). These older Americans say glucosamine plus chondroitin is their top choice for dealing with joint discomfort among those who have tried dietary supplements (66 percent); fish oil comes in second (56 percent); Whether it's a long day on the golf course or simply a busy day of errands, our joints bear the brunt of our day-to-day activities.

For deep-down strength and support, many doctors recommend supplements with glucosamine



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## Soper's Family Drug

"THE ONLY PHARMACY YOUR FAMILY WILL EVER NEED"

Fast, Friendly, Dependable Service You Know And Trust!

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"FULL SERVICE COMMUNITY PHARMACY"

Linda Soper, Registered Pharmacist - "37 Years Experience"

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