



Smoking is a proven detriment to one’s health. (Photo by Andres Siimon/Unsplash)

Avoid smoking for heart health

BY PETER HAIGH, M.D.
University of Kentucky

We have known for decades that smoking tobacco is bad for your health. Quitting smoking is probably the single best change a person can make not only for prevention of heart disease, but for their overall health. Smoking is likely the cause of one out of four deaths from heart disease, and plays a major role in the development of atherosclerosis (plaque formation and hardening of the arteries). Smoking also is a major risk factor for over a dozen cancers and is the cause of nine out of 10 cases of lung cancer.

BESIDES HEART DISEASE AND CANCER, SMOKING ALSO CAN CAUSE:

- Chronic lung disease
- Osteoporosis
- Infertility and sexual

health dysfunction

- Insulin resistance
- Stomach ulcers
- Kidney failure
- Vision loss
- Gum disease,
- Impaired wound healing
- Secondhand smoke affects non-smokers in the same way as smokers through inhaling the chemicals in the air. Smoking is harming not only people that choose to smoke but also those in their environment.

SMOKING’S EFFECT ON THE BODY

Smoking causes damage and inflammation in the walls of the arteries through a process called atherosclerosis, a term that describes plaque formation and hardening of the arteries.

When plaques form in the arteries of the heart, blood flow to the heart muscle is reduced. This can lead to angina (chest pain), heart failure or even heart attacks

in the case of a major blockage.

Smoking causes atherosclerosis and plaque formation in all of the arteries of the body, not just those found in the heart. Plaque build-up elsewhere can lead to strokes, kidney disease, digestive issues and pain in the legs due to poor circulation.

Long term inflammation and damage from smoking can lead to many health problems include heart disease, cancer, high blood pressure, and more. These problems lead to decreased longevity and impaired quality of life.

WHY – AND HOW – TO QUIT SMOKING

Its never too late to quit smoking! Within one year after quitting, a person’s risk of heart disease decreases by half. That risk reduction is stronger than just about any other single medication or intervention available.

Within one year, people typically experience an improvement in lung-related symptoms such as shortness of breath. In addition to cardiovascular disease benefits of quitting, stopping smoking also reduces the risk of over a dozen types of cancer — not just lung cancer.

Quitting smoking can seem overwhelming—or even impossible, but it is truly the best thing one can do for their health. You owe it to yourself to try. The steps to quit are: SET, CHOOSE, DECIDE, PREPARE, and QUIT.

- **SET:** Select a date when you will begin quitting.
- **CHOOSE:** Select a method of quitting. Will you quit completely at once (“cold turkey”) or gradually reduce your smoking before totally quitting
- **DECIDE:** If you need help from a health care professional. People quit smoking with more

success if they get help from their doctor and use nicotine replacement medications (gum, patches or lozenges) in combination with medications that reduce cravings.

- **PREPARE:** Remove all tobacco products from your home, car or any other location where they’re used. Make a plan for what you’ll do to distract yourself when nicotine cravings kick in. Some people use nicotine gum or another alternative, but you might be able to fight your craving by focusing on a favorite or new hobby.
- **QUIT:** On the day you’ve decided to quit (or reduce your smoking), do it! And don’t get discouraged if you restart smoking again. All of those days or weeks without cigarettes were not wasted. Remember all of the incredible health benefits you will experience through sustained quitting.

Public Notices

Public Notices

PUBLIC NOTICE
CASE NUMBER 25-P-201

NOTICE is hereby given that John R. Fritz Jr. has qualified as Administrator of the estate of Eugene C. Beard, deceased of Jessamine County, Kentucky on June 26, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid John R. Fritz Jr., 1622 Woods Rd., Nicholasville, KY 40356 not later than December 26, 2025.

Doug Fain
Jessamine County Circuit Clerk

Jessamine Journal:
July 17, 2025
EST/BEARD, E.

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PUBLIC NOTICE
CASE NUMBER 25-P-00206

NOTICE is hereby given that Nida Lasaca Carter has qualified as Executrix of the estate of Daren Ray Carter, deceased of Jessamine County, Kentucky on June 26, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Nida Lasaca Carter, 105 Tugger Trail, Nicholasville, KY 40356 or to her, attorney, T. Renee Mussetter, 1021 Majestic Drive, Suite 130, Lexington, KY 40513 not later than December 26, 2025.

Doug Fain
Jessamine County Circuit Clerk

Jessamine Journal:
July 17, 2025
EST/CARTER, D.

PUBLIC NOTICE
CASE NUMBER 25-P-205

NOTICE is hereby given that Mark Allen Cox has qualified as Executor of the estate of Mary Frances Cox, deceased of Jessamine County, Kentucky on June 26, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Mark Allen Cox, 132 Vanderbilt Drive, Lexington, KY 40517 or to his, attorney, Kevin Johns, 2250 W. Main Street, Suite 1600, Lexington, KY 40507 not later than December 26, 2025.

Doug Fain
Jessamine County Circuit Clerk

Jessamine Journal:
July 17, 2025
EST/COX, M.

Public Notices

PUBLIC NOTICE
CASE NUMBER 25-P-200

NOTICE is hereby given that Thomas L. Clark has qualified as Executor of the estate of Helen Kathryn Gentry, deceased of Jessamine County, Kentucky on June 26, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Thomas L. Clark, 345 Blueberry Rd., Lexington, KY 40503 not later than December 26, 2025.

Doug Fain
Jessamine County Circuit Clerk

Jessamine Journal:
July 17, 2025
EST/GENTRY, H.

PUBLIC NOTICE
CASE NUMBER 25-P-214

NOTICE is hereby given that Gregory Edward Higgins has qualified as Administrator of the estate of William Edward Higgins, deceased of Jessamine County, Kentucky on June 26, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Gregory Edward Higgins, 4545 Willman Way, Lexington, KY 40509 or to his, attorney, Heather Warren, 108 West Maple St., Nicholasville, KY 40356 not later than December 26, 2025.

Doug Fain
Jessamine County Circuit Clerk

Jessamine Journal:
July 17, 2025
EST/HIGGINS, W.

PUBLIC NOTICE
CASE NUMBER 25-P-192

NOTICE is hereby given that Lester A. Jones, Jr. has qualified as Administrator of the estate of Carl Davis Jones, deceased of Jessamine County, Kentucky on June 26, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Lester A. Jones, Jr., 217 Applegrove Drive, Nicholasville, KY 40356 or to his attorney, David Thomas, 400 S. Main St., Suite 102, Nicholasville, KY 40356 not later than December 26, 2025.

Doug Fain
Jessamine County Circuit Clerk

Jessamine Journal:
July 17, 2025
EST/JONES, C.

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PUBLIC NOTICE
CASE NUMBER 25-P-202

NOTICE is hereby given that Kelly Reynolds Wilson has qualified as Executrix of the estate of Walter Thomas Perrin, deceased of Jessamine County, Kentucky on June 26, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Kelly Reynolds Wilson, 1036 Kissing Ridge Rd., Nicholasville, KY 40356 not later than December 26, 2025.

Doug Fain
Jessamine County Circuit Clerk

Jessamine Journal:
July 17, 2025
EST/PERRIN, W.

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PUBLIC NOTICE
CASE NUMBER 25-P-212

NOTICE is hereby given that Jimmie Neal and Zoe Williams have qualified as Co-Executors of the estate of Robert B. Williams, deceased of Jessamine County, Kentucky on June 26, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Jimmie Neal, 2001 Ash Grove Rd., Nicholasville, KY 40356 and Zoe Williams, 628 Hoolu St., Kailua, HI 96734 or to their, attorney, Phillip Grogan, 1058

Public Notices

U.S. 31-W Bypass, Suite 101, Bowling Green, KY 42101 not later than December 26, 2025.

Doug Fain
Jessamine County Circuit Clerk

Jessamine Journal:
July 17, 2025
EST/ WILLIAMS, R.

PUBLIC NOTICE
MASTER COMMISSIONER’S SALE

FRIDAY, JULY 18, 2025, AT 10:00 A.M. JESSAMINE COUNTY COURTHOUSE, SECOND FLOOR COURTROOM 101 NORTH MAIN STREET, NICHOLASVILLE, KY

In order to comply with the orders of the Jessamine Circuit Court, the Master Commissioner will sell the property described below in the Jessamine County Courthouse, Second Floor, 101 North Main Street, Nicholasville, Kentucky. Said property shall be sold to raise the amounts set forth below plus interest and other costs as stated in the actions referenced. The sale of said property will be subject to the following terms and conditions: At the time of sale the successful bidder shall either pay full cash or make a deposit of 10% of the purchase price with the balance on credit for 30 days. If the purchase price is not paid in full, successful bidder shall be required to execute a bond at the time of sale with sufficient surety approved by the Master Commissioner prior to the sale to secure the unpaid balance of the purchase price. The bond shall be for the unpaid balance of the purchase price

Public Notices

and bear interest at the rate the judgment bears, from the date of the sale until paid, and shall have the force and effect of a judgment. If the purchaser fails to pay the deposit or post a sufficient bond, the property will immediately be resold. The purchaser shall be required to assume and pay all taxes and assessments upon the property for the current tax year and all subsequent years. The sale of the real estate shall be made subject to such right of redemption as may exist in favor of the United States of America or the defendant(s), and all zoning and building regulations, restrictions, ordinances, easements, covenants, and rights-of-way, of record, or otherwise. The property shall be sold “As Is” “Where Is” and without warranty. Risk of loss shall pass to the purchaser upon execution of bond of sale or payment of the purchase price in full whichever occurs first. Possession of the real property will be given to the purchaser upon confirmation of the report of sale by the Jessamine Circuit Court, full payment of the purchase price plus any interest due, and delivery of a Commissioner’s Deed to the purchaser. The property addresses contained herein are for convenience only. All properties will be sold pursuant to the legal description contained in the actions referenced herein. Further information regarding these sales, past sales, upcoming sales and FAQs can be found at www.JessamineMC.com.

SALE 1 – 2470 Pollard Pike, Nicholasville, 24-CI-17, Judgment amt. \$170,839.54, Parcel # 085-00-00-007.03

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SALE 2 – 210 Foxwood Drive, Nicholasville, 25-CI-64, Judgment amt. \$139,904.03, Parcel # 058-40-01-008.00

SALE 3 – 200 Crestridge Trail, Nicholasville, 23-CI-522 Judgment amt. \$504,223.97, Parcel # 021-00-00-028.4

SALE 4 – 128 Kurtzland Drive, Nicholasville, 24-CI-84, Judgment amt. \$169,272.65 & \$95,392.53, Parcel # 060-30-06-013.00

Ellen L. Miller,
Master Commissioner
102 West Maple Street
Nicholasville, KY 40356
859-885-1550

Jessamine Journal:
July 10 and 17, 2025
JULY 2025 COMM SALE

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