

Harmon warns that struggle is part of change

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phone and he tracked his steps using a Fit Bit.

"I started to track everything and I still use My Fitness Pal to track my calories, carbs, and all my other macronutrients," says Harmon. "The app helped me to understand what I was putting in my body and I decided that I needed to change my diet, not just for a short time, but as a new lifestyle."

Harmon started incorporating more vegetables and lean proteins into his diet while avoiding sugar and carb loaded junk food. He also walked a half-mile around his neighborhood. Harmon knew that taking small steps was important to his long term success.

"You can't do it in a week because any weight you lose in a week can be gained back in a week," says Harmon. "Eat the right things and get some exercise; even if it's just walking, push yourself to get exercise and try doing it outside."

Harmon's nightly walks

started to turn into more than just half-mile strolls. He noticed an increase in his energy and he started looking up workout plans like "couch to 5k" or "12-week half marathon training" regimens. These programs are built to allow individuals to work up to the point where they can complete a 5K or half marathon.

Harmon's success took him down a path of endurance training and he competed in a "Spartan Race" endurance race/obstacle course earlier this year and he also completed a 13.1 mile half marathon.

"The people around you are so important because I was meeting a few friends early in the morning to workout and that really helped me to stay motivated," says Harmon. "My wife has supported me so much and she puts up with my new diet of grilled chicken and broccoli; she's cooking two meals each night and I couldn't have done this without her."

Robbie says the best ad-



Robbie Harmon, director of pupil personnel for the local school district, is enjoying a new, healthy lifestyle.

vice he can give to someone who is looking to lose weight is to be ready for a struggle.

"You're going to be hungry those first few days, but drink water, or try a healthy snack to help deal with that," says Harmon. "But that will not last, you'll notice that after a few weeks you aren't as hungry anymore and you'll feel better. Don't give up when you get hungry."

Harmon is happy with where he is now and says he will continue to train for endurance races to keep him on track with his new lifestyle.

Bailey has focus on health

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hard to go to social events when I know the purpose is to eat, but my small stomach doesn't allow me to overeat."

Jamie says that she does a lot of research on nutrition and it's been liberating for her to stick to a diet.

"Food was always my hardest struggle, it was an emotional connection," says Bailey. "It's still very hard but I have tools now that I didn't have before. Now I see progress, now I know how binge eating affects people and I see that because I've made the changes and seen the results. I feel like I can conquer the world now."

To stay motivated, Jamie follows other people on social media who have had a gastric sleeve operation and are continuing to make progress.

"Seeing people five to eight years after their operation, it motivates me to see those people doing so well," she said. "They're always posting recipes or their

struggles and through all the research and reading I've done, I realize that knowledge is power when it comes to nutrition."

Bailey says her goal is to continue to live by being 'healthy, not skinny' and she has a plan to see that life motto through.

"I've been lifting and going to the gym along with diet and exercise and I think I want to compete in a powerlifting competition in 2018," says Bailey. "I would like to do a sanctioned meet and I just want to push my body to be better, stronger, and healthier than I was in 2017. For me, it's all about being healthy, not skinny."

Jamie Bailey is a 7th grade math teacher at Adair County Middle School and is the high school and middle school volleyball coach. When Bailey isn't teaching, coaching, or working out in the gym, she enjoys being with her friends, family, and being involved in her church.

By Adam Capps
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Mandatory training required for dicamba products



ADAIR COUNTY EXTENSION AGENT
Nick Roy

conjunction with the release of dicamba-tolerant soybean (Roundup Ready2 Xtend soybean varieties).

All three products, which were first available for applications during the 2017 growing season, are now classified by the EPA as restricted use pesticides, meaning that either a commercial or private pesticide certification license must be held by individuals who purchase and apply these products.

One of the significant changes with the revised labels is the requirement that applicators must attend a dicamba-specific training session prior to using these herbicide products.

Furthermore, the revised labels have more detailed restrictions outlining how the products should be applied, including additional record keeping requirements and clarification regarding buffers and what constitutes sensitive areas and crops.

To meet the mandatory dicamba training requirement for applications in Kentucky, individuals must attend a training session

that has been approved by the Kentucky Department of Agriculture.

These training sessions will be presented by University of Kentucky weed scientists or by the registrants who market these dicamba products. After an individual has completed the training the Kentucky Department of Agriculture will issue a 'certification' that will allow the participant to purchase and apply these dicamba products during the 2018 growing season.

For local producers, the nearest dicamba trainings offered by the University of Kentucky include Jan. 16 at noon CT at the Taylor County Cooperative Extension Service or Feb. 26 at noon CT at the Pulaski County Extension Service.

CATTLEMEN'S MEETING

The Adair County Cattleman's Association will have their annual business meeting on Jan. 8 at 6 p.m. at the Adair County Cooperative Extension Service.

UK Beef Specialist Dr. Roy Burriss will serve at the

night's guest speaker. Other activities will include the election of officers, awards for the Cattlemen of the Year and Appreciation award. A chili contest will also be held.

Anyone who would like to participate in the chili contest should bring a crockpot of chili. Each entry will be judged by a panel of three judges. The winner will receive \$100 cash prize. For more information, contact the Adair County Cooperative Extension Service at 270-384-2317.

Health tips

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more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

– Fix Healthy Snacks. Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter

with an apple or banana.
– Get to Know Food Labels. Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

(All individuals should consult with their personal doctor before starting a new diet or exercise plan.)

By Adam Capps
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Adair man arrested on meth charges

The Adair County Sheriff's office arrested an Adair man for possession of methamphetamine following a traffic stop.

Deputy Josh Durbin conducted a traffic stop on Knifley Road early Sunday morning on a 2001 Hyundai

being operated by Justin Bledson, 24, of Columbia.

After a roadside investigation, the sheriff's office says Bledsoe was found to be in possession of methamphetamine and was arrested and charged with no tail lamps, license to be in possession,

possession of drug paraphernalia, and possession of a controlled substance methamphetamine. Bledsoe was lodged in the Adair County regional jail.

Deputy Durbin was in charge of the investigation.

This is Jan.

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