Accepting and Loving Your Body



Chelsea K. Bicknell **Estill County Extension** Agent for Family and **Consumer Sciences**

Have you ever questioned why are so many of us, in one way or another, are dissatisfied with our bodies? Why our culture puts such an emphasis on an extremely narrow view of physical beauty, and why we buy into such thinking? Our society's obsession with living up to media-portrayed body images is impractical, causing many of us to struggle with an inner critic that too often sends negative messages such as, "You're not good enough," or "You don't quite measure up." When in reality, the majority of the mediaportrayed images are totally reconstructed, giving people a false belief of how they but in the process of achiev- in your body:

'should' look.

far more satisfying atmocolors that each of us come are. One critical step in that in the best possible manner. *** Heart rhythm becomes direction is learning to accept, Saying "Thank you" to more harmonious, positively

cal condition, age, or limita- of gratitude must be truly tions that may challenge you, heartfelt and sincere - a depth your body is an incredible of feeling that, for many of us, machine. Scientists continue may only develop fully with to be astounded at the marvels and complexities of the You may feel silly talking to human body -- from what yourself about how awesome life. we can see every day to the your body is, but it is really amazing organs inside and beneficial. right down to the precisely tuned cellular and atomic author Christiane Northrup levels. There is simply no strongly encourages gratitude question about it- YOU are a of all types. She reminds us, miracle!

It's that our thoughts influence the news, you have the power our physiology. Therefore, within you to create the biodon't carry around negative chemistry of gratitude right thoughts and attitudes about now." Dr. Northrup explains your amazing body; it's bad that when you hold feelings medicine. You may want of thankfulness for at least to make positive lifestyle 15 to 20 seconds, a variety of changes that will improve subtle and beneficial physiand strengthen your body, ological changes take place religion, disability or nation-

ing your goals avoid think-However, together we can ing and speaking negatively create a much healthier and about your body; it's self-defeating on many fronts! As sphere - one where we come you exercise and eat, and also to accept and appreciate all of in your thoughts and words, the different shapes, sizes and treat your body as a dear tem. friend. Accept and love your in, and that we are perfectly body just as it is now, and go okay being just the way we out of your way to care for it

respect, and trust our own your body for all it does is marvelous physical bodies. a wonderful way to express Regardless of your physi- your love, but your feelings time and continued practice.

Well-known physician and 'No matter what's going on well-documented in the world, the economy, or

*** Levels of the stress hormones cortisol and norepinephrine decrease, producing a cascade of beneficial metabolic changes, such as an enhanced immune sys-

*** Coronary arteries relax, thus increasing the blood supply to your heart.

affecting your mood and all bodily organs.

*** Breathing becomes deeper, thus raising the oxygen level of your tissues. So spend some time feeling gratitude for your body, for your family and friends, for all that is wonderful in your

To learn more about becoming more positive and developing a positive body image, come join us at the Estill County Extension Office on Monday, September 21st at 6:00 p.m. for a lesson called "Universe of Possibilities: Skills for Creating Happiness and Blessing Others." Everyone is welcome to attend! Hope to see you there.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, al origin.

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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals T

FDCH ELQN WGUV KL FDUV TLEDW NLBCZN LTVPCGAOK. QLBWZ HLB NDH KOVH DPV WLQGCA GC KOV ZDPU?

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Green, Healthy Lawns



Eric Baker Estill County Extension Agent for Agriculture & Natural Resources

healthy lawn. A healthy spring. Heavy fertilizer use lawn requires a lot of work. during spring and summer One of the key factors for a can actually increase the healthy lawn is proper soil risk of several destructive fertility. the amount of fertilizer or summer patch of Kentucky lime needed. If you have bluegrass. It also reduces not soil tested the lawn in a tolerance of the turf to sumfew years, it is best to take a mer stresses like drought soil sample to the Extension and increases the need for Office for testing and apply only the nutrients recommended. Remember to "test, about lawns or soil testing, not guess" before fertilizing contact the Estill County your lawn. good quality lawn with of the Kentucky Cooperaminimum weeds, nitrogen tive Extension Service serve is one nutrient that is needed every year. Autumn and early winter are the best times ability or national origin. of year to apply fertilizers to cool-season grasses like tall the Cooperative Extension fescue and Kentucky blue- Service serve all people regrass. In response to autumn gardless of race, color, sex, fertilization, the turf devel- religion, disability or naops a better root system and *tional origin*. becomes very dense. Other

advantages to autumn fertilization include better recovery from summer-time diseases and other stresses, better color during the winter, and earlier green-up in the spring.

Apply 1.0 to 1.5 pounds of actual nitrogen per thousand square feet of lawn once or twice during the period from mid-October through late December. If unfamiliar with determining fertilizer rates, contact me or ask for University of Kentucky Extension publication AGR-53, Lawn Fertilization in Kentucky.

You should resist the temptation to fertilize the We all admire a green, lawn as it greens up in the diseases, such as brown Kentucky lawns vary in patch of tall fescue and frequent mowing. For more information Extension Service at 723-To maintain a relatively 4557. Educational programs all people regardless of race, color, age, sex, religion, dis-Educational programs of



Monday, September 21st @ 4:30pm

Estill County Extension Farm Field Day

Estill County Extension Farm Field Day is scheduled for Monday, September 21st. The farm tour will begin at 4:30 p.m. at Austin Rogers Farm 5585 Sand Hill Road (highway 1457). Watch for signs. Transportation is on your own. Tour topics include the value of stockpiling fescue, soil health cost share update, winter feeding tips for cattle, farm tractor safety, and KY Industrial Hemp Pilot Program update. At the conclusion of the tour, participants will meet at the Extension Office for a sponsored meal by Sonny's BBQ.

For those not going on the farm tour, there will be two educational programs at the Extension Office beginning at 6:00 p.m. Family & Consumer Sciences agent Chelsea Bicknell will present a lesson called "Universe of Possibilities: Skills for Creating Happiness and Blessing Others". 4-H Youth Development

agent Isaac Hollon has planned a fun activity for the kids too.

Everyone is invited and we will have door prizes too! Please pre-register for the event by September 17th by calling 723-4557. We encourage you to join us down on the farm!

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Stickeler's Puzzle



OYCE MARCUM REALTY

Alison is older than Magglio and Corin. Corin is older than Richard. Eli is younger than Magglio, but older than Richard. Eli is younger than Corin.

Alison is younger than Mookie.

Who is the second oldest in the group?

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Stickeler's Answer on Page 11



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September 16, 2015								
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— OF THE DAY	— Weekly SUDOKU — Answer							
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	— King Crossword — Answers							
CryptoQuote answer The right to be heard does not automatically include the right to be taken seriously. — Hubert Humphrey CryptoQuip answer Many cows like to make vocal sounds overnight. Would you say they are lowing in the dark?	Solution time: 25 mins. P E A S H O O A G E S O W L H A W K C C O O P M E T A M E R I C A N A P R O U D C A T E S O C K S P A T E S O C K S P A T E S O C K S P A T E B O T S W A N A T R O T A V E S T A B S I O N B E E R S V E T L A N A T R O T A N N U L E T R E M E G E X T O L T O L T O P B A N A N A A A G O E T O P B A N A N A A A G O E T O P B A N A N A V A A A G O E A N E W E B S T E A A							

Bible Trivia Answers Manoah; 6) Solomon 2) Child; 3) Joshua; 4) 63; 5) Casey's trivia book "Know It? ... or Not?" is available from BearManorMedia.com





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