

Fun in the sun: Safety tips for the water

Fun in the sun often involves playing in the water. Whether you're soaking up some rays in a backyard pool, catching some ocean waves on a surfboard or sliding your way across a Slip 'N Slide, there's no shortage of ways to incorporate water into warm weather recreation. Water-based recreation makes especially warm days more comfortable, but caution must reign supreme when engaging in water play. The National Drowning Prevention Alliance offers the following safety tips to lower the risk of water recreation accidents.

- Brush up on your swimming skills. The NDPA reports that learning how to swim can reduce drowning risk by 88 percent. Adults and children alike are urged to go over the basics of swimming before getting in the water to ensure their skills are up to the task. If possible, practice the basics in the shallow end of a pool to reacclimate your body to swimming. Parents can keep a watchful eye on their young swimmers to ensure they haven't forgotten how to swim since last season.
- Never swim alone. Swimming with a partner is a fun way to stay safe. The buddy system ensures someone is there to look after swimmers and offer help if a swimmer is struggling. A buddy also can call for help by alerting a lifeguard when swimming in a public place such as a beach, lake or community swimming pool.
- Stick to designated swimming areas. The flag system is often employed at parks, beaches and lakes to indicate when and where it's safe to swim. A red flag typically symbolizes swimming is unsafe, whereas a green flag means conditions are welcoming for swimmers. Stick

to areas designated as safe. The NDPA notes it's always preferable to swim under the supervision of a lifeguard.

- Err on the side of caution. The NDPA notes it's best to get out when in doubt. If water conditions don't feel right, exit the water. Falling rain, rough currents, muscle cramps, and/or physical fatigue can quickly transform a fun swimming session into a dangerous situation. Get out of the water at the first sign of doubt. You can always return later if your physical condition and/or the conditions in the water change.
- Be an educated swimmer. Savvy swimmers know to check the local forecast, including water conditions, before getting their toes wet. The NDPA notes it's unsafe to swim in the rain, particularly if there is thunder and lightning. That's true whether you're swimming in an ocean, a lake or a backyard pool. A wetsuit can help keep the body warm when water temperatures are low, but the NDPA notes such swimming sessions should be brief. In addition, the NDPA notes that swimming in a wetsuit when water temperatures are between 75 and 80 degrees could lead to heat exhaustion.
- Don't swim after consuming alcohol. Swimming and alcohol are a bad mix, as the NDPA notes that alcohol impairs balance and coordination, each of which are vital for swimming. Alcohol also increases the likelihood of risky behavior, which can be hazardous when in the water.

Water-based recreation helps make warm weather seasons even more fun. But safety must be the utmost priority when having fun in the water. Additional water safety strategies can be found at [ndpa.org](#).

Softball Development



Green County American Legion Park Board hosted the first of four Off-Season Development Opportunity on July 8. League softball had mutiple rain-outs during the spring league season, so the development practices were created for 10U and 12U softball participants. Other dates include July 22 and July 29. For more information, visit the American Legion Park Facebook page or contact and Park Board member.

A few health benefits of tennis

Tennis is a wildly popular sport across the globe. Even though popular tennis stars Serena Williams and Roger Federer recently traded in their racquets for retirement, the sport continues to surge on a global scale. Sponsorships recently increased by 40 percent, according to the sports and entertainment research platform SponsorUnited. And since tennis is one of the rare sports played nearly year-round, it attracts a global and diverse fan base.

Tennis tournaments are entertaining and often draw celebrities, but the sport is even more exciting to play. Tennis also offers several health benefits. Explore these reasons to hit a tennis court near you.

Better your brain: Playing tennis may help improve critical thinking, mental alertness and tactical thinking by fostering connections in the brain. According to Elite Clubs, tennis also might help regulate serotonin, a brain chemical linked to body functions like appetite and sleep cycle.

Improve balance: Tennis requires agility, balance and coordination. By getting on the courts regularly, players can hone these skills.

Help the heart: The Better Health Channel in Australia reports tennis can be a great cardiovascular workout that increases aerobic capacities, reduces resting heart rate, lowers blood pressure, and improves metabolic functions. Playing tennis also can help burn calories, so it may help you lose weight, which also is beneficial for the heart.

Get social: Tennis is played in doubles or singles, meaning there will be at least one other person on the court with you. That provides an opportunity to socialize and build new relationships.

Build stronger bones: The United States Tennis Association advises that tennis can

help build muscle and strengthen bones, which can be advantageous for older adults who are worried about bone loss. The USTA also reports one long-term study found playing tennis added 9.7 years to players' lives compared to sedentary individuals. Tennis offers a wide range of benefits that make it an ideal activity for players of all ages.

1	2	3	4		5	6	7		8	9	10	11
12				13		14			15			
16					17		18			19		
20						21			22			
			23		24				25			
26	27	28	29				30					
31							32					
33								34	35	36	37	38
				39	40	41		42	43			
			44	45				46				
			47					48				
49					50			51		52	53	54
56					57			58				
59					60				61			
62					63					64		

CLUES ACROSS

1. 50 percent
5. Records electric currents
8. Charlize Theron flick “__ Flux”
12. More frosty
14. Disfigure
15. Sky color
16. A thoroughfare in a town or city
18. Actress de Armas
19. Spend time in a relaxed way
20. California peak
21. Lodging option
22. Small amount of a thing
23. Expresses sorrow
26. Keeps an ear warm
30. Babies (Spanish)
31. A conceited and self-centered person
32. No seats available
33. Pouches
34. Hip joints
39. A place to bathe
42. Evading
44. Minute, one-celled unit
46. Losing one's hair
47. A country in W Africa
49. One point north of northeast
50. Pointed end of a pen
51. Extreme
56. Norse personification of old age
57. Doctors' group
58. Member of U.S. Navy
59. Mens' fashion accessories
60. A way to allow
61. Gloomy
62. Grads wear one
63. Between south and southeast
64. Jaguarundi cat

CLUES DOWN

1. Snakes do it
2. Hormone
3. The standard monetary unit of Turkey
4. Fixed charges
5. Electronic communication
6. Artilleries
7. “Strangers on a Train” actor Farley
8. Burning
9. Makes ecstatically happy
10. Greek liqueurs
11. Tropical Old World tree
13. Someone who takes vengeance
17. Style of cuisine
24. Select
25. Immunized against disease
26. Old world, new
27. Honorable title (Turkish)
28. Court case: __ v. Wade
29. Supervises interstate commerce
35. Not divisible by two
36. Twelve
37. Commentator Coulter
38. Encouragement
40. Plumbing fixtures
41. Early
42. One point north of due east
43. King of Thebes
44. Short-tailed martens
45. Impose a penalty on
47. Consort of Poseidon
48. A way to lessen
49. Brooklyn hoops team
52. Female of a horse
53. Do as one is told
54. A way to prepare meat
55. Unit of measurement

SUDOKU

		1				6	4	7
4						1	3	
							5	
			9	1		2		8
	3						6	
			8					
	8				4			
		2		5				
1	5			3	9			

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

9	8	7	6	3	2	4	5	1
3	1	6	9	8	5	7	2	4
5	4	2	5	9	3	8	6	7
2	1	7	8	6	5	4	3	9
8	3	9	7	2	4	5	6	1
6	4	5	9	1	3	2	7	8
3	2	6	1	4	7	8	5	9
4	7	8	5	9	6	1	3	2
5	9	1	3	8	2	6	4	7

ANSWER:

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!