

# Remember These Water Safety Recreation Tips

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 swim-

mer. 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](https://www.ndpa.org).

## Many Turning To Pickleball For Exercise

The benefits of exercise for seniors are innumerable. In order to get the physical activity they need, many older adults are turning to pickleball. Pickleball combines elements of tennis, wiffle ball and ping-pong into an ac-

tivity that is drawing new enthusiasts every day. Fans often say that pickleball is the most fun racket sport they have played. With a smaller court than tennis and a lighter ball, pickleball is ideal for seniors who won't

have to worry about the sport being too high-intensity. The Medical University of South Carolina says pickleball is the fastest-growing sport today, particularly among seniors. The 2023 Sports & Fitness Industry Association

Report on Pickleball says pickleball has attracted 8.9 million U.S. players of all ages and fitness levels. The SFIA report notes that the 65+ age group accounts for the second highest number of participants.



## Union County 4-H News

*Submitted by Annette Buckman*

### Union County World's Greatest Baby Shower

If you are an expectant mom, contact the Union County Extension Service to attend the World's Greatest Baby Shower! Lots of great educational information and giveaways will be available! The Baby Shower is Thursday June 6 at Union County Extension Office from 5:30-7:30. To register please call 270-389-1400

### Union County Fair

The Union County Fair will be here before we know it! Mark your calendars for June 23-28. NOW is the time to start on those 4-H exhibits. Although the Fair Book has not yet been released, the Union County 4-H program has the 4-H Project Book printed and available for you. The 4-H Project will be available at the Extension Office. Stop by and pick one up so your child can begin working on a specific project. Call us at 270-389-1400 for more information.

Union County 4-H/FFA Livestock Show will be June 21st. 9:00 a.m.

Union County Fair Rabbit and Poultry Show – 6:00 p.m. (Floral Hall)

### Country Ham Breakfast Saturday June 28th

It is that time of year again! Please be on the lookout for our 2025 Country Ham Project participants to be selling tickets to the 21st Annual Union County 4-H Country Ham Breakfast. Tickets will be sold at \$15.00 each and will help provide funding for the country ham participants to attend and compete at the State Fair in August. You can buy your tickets in advance or at the door the morning of breakfast. The breakfast will take place at the John A. Arnold Convention Center at 8:00am on June 28th.

### Country Ham Scholarships

Offered to any graduating senior who has participated in the Union County Country Ham project and plans to attend an institution of higher education. Applications may be picked up at the Union County Extension Office.

### Never Too Early To Think About 4-H Summer Camp!

The Union County 4-H Camping Program will be June 10-13th! If you are interested in going to camp, please call 270-389-1400. Camper participants must be at least nine years old and no older than 14 on the first day of camp.. Youth between the ages of 15-17 can attend camp as a CIT (Counselor in Training) or Teen Leader. Looking for an adult male volunteer to be a cabin leader for Union county boys to attend camp for 4 days and 3 nights.

### 4-H Summer Activities – Sign up Today!

To sign up for any of the activities listed below please call 270-389-1400 or email: [annettebuckman@uky.edu](mailto:annettebuckman@uky.edu)

Union County Fair 4-H Exhibit Entry Day June 23rd at UC Fairgrounds

Union County Fair June 23-28  
KY State Fair August 14 - 24

### Follow us on Facebook!

To keep up with all the fun events happening in the Union County 4-H Program follow Union County 4H on Facebook for all the latest news, events, and information about 4-H. There you will find interesting articles related to youth/4-H and much more!

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences.

## INSPECTION PERIOD FOR THE 2025 PROPERTY TAX ROLL

The Union County real property tax roll will be opened for inspection Monday through Friday 9:00 A.M. - 3:00 P.M and Saturday 9:00 A.M. – 12:00 P.M. each week from May 5th through May 19th, 2025.

This is the January 1, 2025 assessment on which state, county and school taxes for 2025 will be due about October 1, 2025.

The tax roll is in the office of the property valuation administrator in the Union County Courthouse and may be inspected between the hours of 9:00 am and 3:00 pm Monday-Friday and 9:00 am and 12:00 pm on Saturday. You may also visit [www.unionpva.com](http://www.unionpva.com) to inspect the tax roll.

Any taxpayer desiring to appeal an assessment on real property made by the PVA must first request a conference with the PVA office during the inspection period.

Any taxpayer still aggrieved by an assessment on real property after the conference may appeal to the county board of assessment appeals.

The taxpayer can appeal the assessment by filing in person or written letter stating the reasons for appeal, identifying the property and stating the taxpayer's opinion of the fair cash value of the property.

The appeal must be filed with the county clerk's office no later than one work day (May 20TH) following the conclusion of the inspection period.

Any taxpayer failing to appeal to the county board or failing to appear before the board will not be eligible to appeal to the Kentucky Board of Tax Appeals.

Appeals of personal property assessments shall not be made to the county board of assessment appeals. Personal property taxpayers shall be served notice under the provisions of KRS 132.450(4) and shall have the protest and appeal rights granted under the provisions of KRS 131.110.

The following steps should be taken when a taxpayer does not agree with the assessed value of personal property as determined by the property valuation administrator.

- 1) He must list under protest (for certification) what he believes to be the fair cash value of his property
- 2) He must file a written protest directly with the Department of Revenue, Office of Property Valuation within 30 days from the date of the notice of assessment.
- 3) This protest must be in accordance with KRS 131.110
- 4) The final decision of the Department of Revenue may be appealed to the Kentucky Board of Tax Appeals.

# Clay Wells

Union County PVA