

Boring Day Changes With Surprise Tackle

By Becky Greenwell
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Research has proven that a good belly laugh can trigger an increase in endorphins, the brain chemicals known for their feel-good effect.

The kinds of results that make blood pressure go down and naturally combat stress.

The best ways to get those laughs going is to spend an afternoon with a grandchild or two and there are all kinds of good endorphins bouncing around.

A few years back, there was a Sunday that was becoming a quiet, boring, depressing kind of day for me.

My husband wasn't feeling up to par so he

decided to take a short nap that turned into a four-hour nap. My son came by for a visit. He left to do a few errands and left six-year-old Brady so we could entertain each other.

A six-year-old is usually pretty easy to keep entertained, but that day was different.

After raiding the refrigerator several times, flipping TV channels a dozen times, playing with toys in the middle of the living room floor, I knew he was getting bored.

He had given up computer games for Lent and was taking it very seriously. He hadn't played any computer games and since TV was boring, he was in a predicament.

It wasn't long before he came to me with a board game and asked if I would play with him. He set the game up and before long we were on the living room floor ready to play the game.

I was winning, he was bored, and the next thing I knew the game was put away before it had barely begun. I asked him what was going on and he said he wanted to play something else because that wasn't fun.

He found a dice game called Swipe. You roll the dice and you steal chips from another player or take some from the center pile. He was quick with that game. While I was still reading the cheat-card to decode the

symbols on the dice, he already had my chips swiped up, more from the center pile, and telling me it was my turn.

When I questioned him, he would laugh and say, "I promise I'm telling the truth."

I couldn't prove it, but I knew that after three games and I still didn't have a win in my column something fishy may have been going on. The more I lost the more he laughed.

When his parents came in, we put the game away and then he wanted to show me a trick he learned. "Lay on the floor on your stomach with your arms stretched out like this," he said while he demonstrated the position.

I didn't know what he was going to show me, but knowing he had started wrestling practice, I figured this wasn't going to be

something I would like. I passed on seeing what he had learned.

After insisting I was not going to play along, I stood there and visited with his parents. I halfway heard him saying something about how he could still take me down.

All of a sudden, I felt someone run into the back of my knees, turn me around, and before I knew it, I had done a 360-degree turn, bounced off the side of the recliner and was lying flat on my back on the floor with my arms stretched out. He was doing a touchdown dance!

Everybody looked around and asked what had just happened. I had no idea.

Brady was laughing so hard and was saying it was a certain kind of tackle. I don't know what kind of tackle he

said, but to me a tackle is a tackle even with a fancy name.

After the surprise, and no injuries, we were all laughing and he was cheering.

His dad had to switch into parent mode and tell him all the reasons why you don't surprise someone of my age by coming up and flipping them around and tackling them like that. Someone could really get hurt. I still don't know how he did it.

It was a little difficult to reprimand when he was having such a good laugh at my expense.

It made for an exciting afternoon and when my husband got up later, he was disappointed he had missed out on all the excitement. It would also have been a perfect chance to get the grand prize on The Funniest Home Videos.

COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

By

ANNETTE BUCKMAN

COUNTY EXTENSION AGENT FOR 4-H

Celebrate Kentucky Tradition at the 21st Annual 4-H Country Ham Breakfast and Auction!

Country Ham is a unique culinary tradition rooted in Kentucky and the Southeastern United States. Since the late 1990s, the Kentucky 4-H Country Ham Project has grown from just 40 participants to over 1,000 4-Hers from counties across the Commonwealth. Beginning in January and concluding at the Kentucky State Fair in August, this project teaches youth where their food comes from while preserving Kentucky's proud food heritage.

Locally, Union County 4-H members invite you to the 21st Annual 4-H Country Ham Breakfast and Ham Auction on Saturday, June 28, 2025, at 8:00 a.m. at the Union County Fairgrounds.

Tickets are \$15.00 and can be purchased from 4-H Country Ham participants or at the Union County Extension Office, 1938 US Hwy 60 W, Morganfield, KY 42437.

Prior to breakfast, participants will present a 3–5-minute speech sharing their experiences and knowledge gained through the project. All hams will be on display during the County Fair, and winners will be announced at the breakfast.

Country Ham Scholarships?Country ham scholarships are available to graduating seniors who have participated in the Union County 4-H Country Ham Project and plan to attend college or another institution of higher learning. Applications can be picked up at the Union County Extension Office.

Union County Fair – June 23–28, 2025

The Union County Fair is fast approaching! Be sure to stop by the Extension Office to pick up a Fair Book so your child can get started on their project today!

4-H/FFA Livestock Show - Saturday, June 21, 2025?Union County Fairgrounds

Come support our hardworking 4-H and

FFA youth as they showcase their livestock projects at the annual Livestock Show!

For more information:

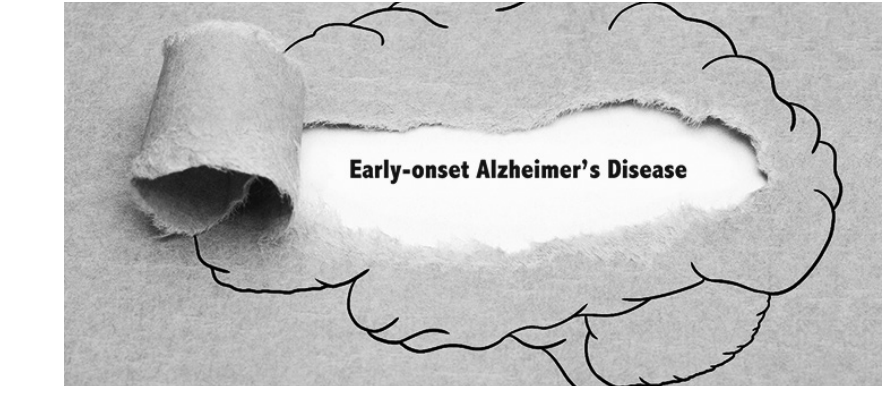
- Check out the Union County Fair Book
- Visit kyagr.com/marketing/show-and-fair

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.



What Is Early On-Set Alzheimers?

Alzheimer's disease is often viewed as a condition that predominantly affects the aging population. But for a specific subset of people, Alzheimer's disease may be diagnosed long before retirement. The Alzheimer's Association says younger-onset Alzheimer's disease, also known as early-onset Alzheimer's, affects people who are under the age of 65. A small number of individuals experience early-onset AD, many of them when they are in their 40s and 50s. Early-onset AD is the most common cause of early-onset neurodegenerative dementia, according to the National Institutes of Health.

Experts aren't quite sure what causes early-onset Alzheimer's. Johns Hopkins Medicine says doctors suspect that two proteins damage and kill nerve cells. Fragments of a protein called beta-amyloid build up and cause plaque to develop in the brain. Tau, another protein, twists and forms tangles. While just about everyone develops plaques and tangles as they age, those with AD and early-onset AD develop a greater number. These tangles and plaques damage the memory areas of the

brain first, and later affect additional areas.

Characteristics of early-onset AD may differ from AD that occurs later in life. Many people with early-onset Alzheimer's don't have significant memory loss initially, says Indiana University School of Medicine. Visual symptoms like "tunnel vision" often is the first indication of early-onset Alzheimer's. An inability to recognize faces and impaired speech or difficulty coming up with words in conversation also can affect people with early-onset AD. Because these symptoms are atypical from AD, patients may not get a correct diagnosis or get the care they need. Early-onset AD often progresses much faster than late-onset, so diagnosis and prompt treatment

is essential.

Very few single-site research studies have been conducted on early-onset AD, which means that it is difficult to pinpoint if a certain group is more susceptible to it than another. Family history of the disease is the only known risk factor at this time.

Being diagnosed with AD at any age is life-changing. Healthcare providers have found success in helping some people maintain mental function, control behavior and slow progression of the disease when caught early. Any abnormalities in memory, sight, speech, and behavior should be addressed with a doctor as soon as possible to rule out conditions like early-onset AD.

PUBLIC NOTICE

THE FOLLOWING ESTATE HAVE BEEN PROBATED IN UNION DISTRICT COURT. PERSONS HAVING CLAIMS TO FILE AGAINST SAID ESTATES MUST FILE SAME NOT LATER THAN SIX MONTHS FROM THE DATE OF THE APPOINTMENT OF THE FIDUCIARY.

Estate of Thomas Allen Willett, 12949 State Route 141-South, Morganfield, KY 42437. Executor Laura W. Wilson, P.O. Box 726, Eddyville, KY 42038. Date of appointment June 12, 2025. Attorney Marvin Lee Wilson, P.O. Box 460, Eddyville, KY 42038.

Estate of Dorothy Willett, 12949 State Route 141-South, Morganfield, KY 42437. Executor Laura W. Wilson, P.O. Box 726, Eddyville, KY 42038. Date of appointment June 12, 2025. Attorney Marvin Lee Wilson, P.O. Box 460, Eddyville, KY 42038.

Estate of Howard Malcolm Wheatley, Jr., 831 State Route 760, Waverly, KY 42462. Executor Edward A. Wheatley, 2280, State Route 1179, Uniontown, KY 42461. Date of appointment June 12, 2025. Attorney Stephen M. Arnett, P.O. Box 419, Morganfield, KY 42437.

PUBLIC NOTICE

A request for proposal for a Project 25 Public Safety Radio System will be received by the Union County Fiscal Court at the Union County Judges Office,100 West Main Street, Morganfield, Kentucky 42437, until 8:30 a.m. Central Standard Time on Thursday July 10, 2025, at which time they will be opened in the county courtroom located on the 2nd floor of the courthouse and publicly read aloud.

The Contract Documents, including technical specifications and drawings, may be examined at the following locations:
Union County Judges Office,
100 West Main Street
Morganfield, KY 42437

Copies of the Contract Documents may be obtained at the office of Union County Judge's Office, 100 West Main Street Morganfield, Kentucky 42437 or by emailing Jill Hunley at jill.hunley@unioncountky.gov.

The Union County Fiscal Court shall reserve the right to waive informalities and to reject any or all RFPs.

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PUBLIC NOTICE

DEPARTMENT OF HOMELAND SECURITY
FEDERAL EMERGENCY MANAGEMENT AGENCY
Proposed Flood Hazard Determinations for the City of Uniontown, Union County, Kentucky, Case No. 24-04-3544P. The Department of Homeland Security's Federal Emergency Management Agency (FEMA) solicits technical information or comments on proposed flood hazard determinations for the Flood Insurance Rate Map (FIRM), and where applicable, the Flood Insurance Study (FIS) report for your community. These flood hazard determinations may include the addition or modification of Base Flood Elevations, base flood depths, Special Flood Hazard Area boundaries or zone designations, or the regulatory floodway. The FIRM and, if applicable, the FIS report have been revised to reflect these flood hazard determinations through issuance of a Letter of Map Revision (LOMR), in accordance with Title 44, Part 65 of the Code of Federal Regulations. These determinations are the basis for the floodplain management measures that your community is required to adopt or show evidence of having in effect to qualify or remain qualified for participation in the National Flood Insurance Program. For more information on the proposed flood hazard determinations and information on the statutory 90-day period provided for appeals, please visit FEMA's website at https://www.floodmaps.fema.gov/fhm/BFE_Status/bfe_main.asp, or call the FEMA Mapping and Insurance eXchange (FMIX) toll free at 1-877-FEMA MAP (1-877-336-2627).

PUBLIC NOTICE

The Union County Fiscal Court is accepting applications for a part-time Museum Events position.

Applications can be picked up and turned in at the Union County Judge/Executive's Office located at 100 West Main St., Morganfield, KY 42437. They may be obtained via email by emailing ill.hunley@unioncountky.gov or on the County's website at www.unioncountky.org. Applications will be accepted until June 20, 2025.

The Union County Fiscal Court is an Equal Opportunity Employer: All applicants are considered for employment without regard to race, color, national origin, religion, sex, age, veteran status, or disability.

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Thank You

We sincerely appreciate everyone's support after the May 16th, 2025 tornado. Your outpouring of love, prayers, effort, time, and resources has been overwhelming and humbling.

The tragic event only confirmed how important our family, friends, and local partners are - and how lucky we are to call this community our HOME.

Thank you for all you've done and all you continue to do for us.

Bill and Janet Robertson