



Extension Notes

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Family & Consumer Sciences

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Russell County Extension Office

Use These Simple Clothing Tips for Sun Protection

The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin.

When properly applied, sunscreen can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). In addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor).

Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays. UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:

• 50+ UPF = Excellent

protection (less than 2% of UV rays can pass through)

• 30 UPF = Good protection (about 3% of UV rays can pass through)

• 15 UPF = Minimum protection (about 7% of UV rays can pass through)

In addition to the UPF rating, consider these other clothing characteristics:

• Darker, vivid-colored clothing offers more protection. Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.

• Look for denser or more tightly woven or knit fabrics.

These fabrics limit the amount of light that can pass through.

• Garments made with synthetic fibers such as polyester or nylon are more likely to reflect UV rays. Untreated natural fibers – such as cotton – absorb UV rays.

• Avoid clothing that is too tight or that stretches. Gaps in the fabric may allow UV rays to pass through.

• Wet clothing offers less protection. Changing clothing for activities that involve water may be beneficial. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing.

• Follow the care label's laundering instructions for optimal results. If the care label is illegible, try these basic tips: rinse UPF bathing suits after each use; wash in cool water, by hand, or on a delicate machine cycle; use mild detergent; and dry on low or air dry while avoiding direct sunlight.

Contact your local Russell County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.

Source: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles and Household Equipment

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The Russell County Extension Office will be closed July 3 in observance of Independence Day

Upcoming FCS Extension Programs: Call 270-866-4477 to register - Space is limited!

Cooking through the Calendar – Succotash, July 13, Noon, at the Russell County Extension Office.

Canning Bread & Butter Pickles - Learn how to make bread and butter pickles through boiling water bath canning! Thursday, July 16th, from 10 AM to 2 PM CDT. This class is free, but space is limited.

Fourth of July party tips

More than 332 million people live in the United States, according to the most recent data from the U.S. Census Bureau. There's a good chance that, come July 4th, a considerable number of those individuals will be hosting or attending parties to celebrate American independence.

This year those planning on a July 4th fête can consider these tips as they prepare to celebrate with family and friends.

• Borrow a second grill. Those tasked with grilling often find themselves standing there for hours over hot flames. Cut down on time at the grill by adding an extra cooking surface. That's easily achieved by having more than one grill going simultaneously. Cook fast-cooking items like hamburgers and hot dog on one grill, and reserve the other for sausages and chicken, which may need more time to reach safe levels of doneness.

• Stop peeking. Resist any urge to check the food too often. Every time you flip, press or move the meats, you compromise flavor and could make the food dry out.

• Lure insects away. Bees are attracted to sweet smells, but wasps and hornets are drawn to meats. Put a saucer of very sweet soda and some chicken scraps in a far corner of your yard to attract yellow jackets and other stinging insects to that area, drawing their attention away from guests and their meals.

• Hire a lifeguard. If your party will involve time spent in a pool, consider hiring a

lifeguard or designate someone to observe pool activities. Party hosts may be distracted by other duties, and one can't count on guests to watch what is going on in the pool. For safety's sake, a dedicated set of eyes on swimmers can prevent injuries and accidents.

• Give neighbors a heads-up. Parties and barbecues on July 4th are largely expected, but you can offer a courtesy to neighbors by informing them of your plans, including the start time and proposed ending

time. If you are close with neighbors, consider inviting them to participate.

• Skip the fireworks. Even if fireworks are permitted where you live, it's best to avoid the potential safety hazards and leave fireworks displays to the professionals. Shooting off fireworks in neighborhoods causes debris to rain down on guests or land in pools, and it may even be ingested by pets or wildlife. Even sparklers can be dangerous, as they burn at 2,000 F. In fact, the U.S. Consumer Product

Safety Commission says sparklers account for around 60 percent of injuries among children under five during summer festivities.

• Create a patriotic playlist. Use your favorite music streaming service to curate a music list that features America-specific songs, songs about summer and general party tunes. Be sure the music is in the background and does not overpower the conversation.

July 4th plans are heating up. When hosting a party or barbecue, keep it simple and safe.

Section 00100 Advertisement For Bids

US 127 Pump Station Rehabilitation City of Jamestown/Russell County, Kentucky

Separate Sealed BIDS for the US 127 Pump Station Rehabilitation will be received by the City of Jamestown, 112 North Main Street, Jamestown, KY 42629 until 11:00 A.M. local time, July 14, 2026, and then publicly opened and read aloud.

This contract consists of replacing existing pumps and valves and installing variable frequency drives and all necessary appurtenances.

The CONTRACT DOCUMENTS may be examined at the following locations:

City of Jamestown, 112 North Main Street, Jamestown, KY 42629
Kenvirons, LLC, 770 Wilkinson Blvd., Frankfort, KY 40601

Copies of the CONTRACT DOCUMENTS may be obtained from Lynn Imaging, 328 Old Vine Street, Lexington, KY 40507 (859-226-5850) and www.lynnimaging.com upon payment of a nonrefundable price of \$175.00 for each set plus any shipping charges.

Each Bidder must accompany his/her bid with a Bid Bond in amount of not less than five (5) percent of the base bid. No Bidder may withdraw his/her bid for a period 90 days. The Bidder awarded the contract shall execute a 100% Performance Bond and a 100% Payment Bond and shall furnish insurance as required, in the General Conditions. This contract shall be completed within 45 calendar days after the date of authorization to start work. Liquidated damages will be \$1,000 per calendar day.

Bidders must comply with Section 3, Section 109, Title VI of the Civil Rights Act of 1964, the Anti-Kickback Act and the contract Work Hours Standard Act. Bidders must certify that they do not, and will not, maintain or provide for their employees any facilities that are segregated on a basis of race, color, creed, or national origin.

Any bid that is obviously unbalanced may be rejected. The City of Jamestown reserves the right to reject any and all bids and waive informalities. Bidders must have experience with similar types of projects in tank construction. A list of references will be requested and thoroughly reviewed.

Small, minority and women's businesses and labor surplus area firms are encouraged to bid this project.

By: Regena Hinton, Mayor, City of Jamestown

Community Calendar

Thomas Reunion

The annual Thomas family and friends reunion will be held on Saturday, July 4th at 11:00 CT at Kendall Recreation Area at Wolf Creek Dam in Jamestown, KY. Please bring your favorite dish or dishes!! Meat and drinks are provided. If you need any information or directions, please call Sharon at 270-566-2360. Thanks.

WMU Meeting

Russell Springs First Baptist Church will host the Russell County Southern Baptist Association WMU meeting Thursday, July 2, 6:00 p.m. in their new fellowship hall. New socks and underwear are being collected as a mission project for children and youth. Everyone is welcome to attend.

Jack Lawless Cemetery

Jack Lawless Cemetery is located on Lawless Cemetery Road in Jamestown, KY. For upkeep of cemetery grounds, donations can be made to Tammy Johnson 1547 Hwy. 379, Russell Springs, KY 42642 (270-566-2686); or Donnie Knight 1375 Warriner Ridge Rd., Jamestown, KY 42629 (270-507-9402).

Donations Needed at Coffeys Chapel

Coffeys Chapel Community Church Cemetery in Eli is in need of donations. Please mail your checks to 3946 S. Hwy 76 Russell Springs, KY 42642.

Aquatic Exercise Classes

Aquatic Exercise Classes sponsored by Russell County Hospital Physical Therapy are held: Mondays/Wednesdays/Fridays, 9:00 - 10:00 AM May through September at the Russell County schools Natatorium \$1 per class and June through August at Russell Springs City Park FREE.

Senior Community Service Employment Program

Accepting applications for part-time positions in Adair, Clinton, Cumberland, Laurel, McCreary, Pulaski, Rockcastle, Russell, Wayne, and Whitley. Must be 55+ years of age, meet limited income guidelines, be unemployed and looking for employment. Call Connie Foster at 606-210-1129 or Jolene Aleman at 270-566-5316 or visit www.goodwill.org/SCSEP Let us help you re-enter the workforce!

D.A.V. Meeting

The D.A.V. meets the 4th Monday of each month at 6:00 P.M. CST at 155 Owentown School Road Russell Springs, KY

TOPS

Take Off Pounds Sensibly is a weight loss support program whose goal is to help men/ women/youth to become healthier by losing weight in a sensible manner. The local chapter, TOPS 396 Russell Springs meets Mondays at 5pm at Liberty Baptist Church, 215 Wilson Street in Russell Springs. Online memberships and virtual chapter memberships are also available. Yearly membership dues are less than \$50, first visit is free. Questions? Text/ call Bonnie, chapter leader, 270-566-1284 or visit TOPS.Club.org

God's Food Pantry of Russell County

God's Food Pantry of Russell County God's Food Pantry of Russell County is open Monday-Wednesday-Friday from 12:00-4:00 PM. The pantry is located at 101 Brian Walters Dr. In Russell Springs. Call for information 270-866-7992.

Alcoholics Anonymous(AA) Men

Monday nights at SPARC(Sobriety, Peace, Awareness, and Recovery) 270-585-5377 at 6:00 PM

Celebrate Recovery

Tuesday nights at 6:00 PM, First Baptist Church, Russell Springs, KY. Thursday nights at 5:30 P.M., The Springs, 226 Jamestown St., Russell Springs. Monday nights at 6:00 P.M. Solid Rock Church 189 West Drive Russell Springs.