

RESCUE,

— Continued from Page One

Dam.”

“Due to the location and severity of the fall, a technical rescue was required to safely remove the patient from the barge,” a report from Russell County Search & Rescue said. “Rescuers utilized the

barge’s multi-ton crane to lift both the patient and a rescuer from the barge up to the road-way, where an awaiting ambulance transferred care. The patient was then flown by helicopter to UK for further treatment.”

Russell County EMS, the Jamestown Volunteer Fire Department, American Bridge Company, Air Methods, and Russell County 911 were all praised for “their strong teamwork and rapid response.”

ENGLAND,

— Continued from Page One

The announcement was among those made August 28 as Gov. Beshear made appointments to several state boards and commissions.

“I am truly honored and deeply grateful for the opportunity to serve on the Kentucky State Advisory Council for Gifted and Talented Education,” England said. “Being selected to serve on this council is both a tremendous privilege and a meaningful responsibility, and I am excited for the opportunity to help advocate for gifted and talented students and the educators who serve them across the Commonwealth.”

England, who is known for her caring and compassionate approach, is looking forward to her involvement on the state council.

“As a member of the council, I am grateful to have a voice in discussions and recommendations that help shape the educational services and opportunities available to gifted and talented learners throughout Kentucky,” she said. “I am especially honored to represent Russell County and to bring the perspectives and experiences of our students, families, and educators to the table.”

The Gifted & Talented

program is close to England’s heart.

“Gifted & Talented education is incredibly important to me, and I am committed to doing my very best to serve with dedication, integrity, and a genuine desire to help ensure that gifted learners throughout Kentucky have the support, resources, and opportunities they need to reach their full potential,” she said. “I am incredibly proud to represent Russell County in this capacity and am truly thankful for the confidence placed in me to serve.”

England’s term on the state council runs through June 30, 2029.



Extension Notes

extension.ca.uky.edu
Family & Consumer Sciences
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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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Upcoming FCS Extension Programs: Call 270-866-4477 to register - Space is limited!

Cooking through the Calendar – Bean Salad – September 14th, Noon, at the Russell County Extension Office. Please register by September 7th.



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