

KCWU-FM Programs & Features Report - 2023 Q3

The following ascertainment spots were played on KCWU-FM during 2023 Q3 to meet FCC Programs and Features requirements. Five topics were featured with five segments per topic. The following report includes the topics, transcription, and runtimes of each segment.

Topic	Run Dates
Fire Safety	July 3rd - July 16th
Water Safety	July 17th - July 30th
Mental Health	July 31st - August 13th
Animal Safety	August 14th - August 27th
Heat Safety	August 28th - September 10th

Topic 1: Fire Safety (July 3rd - 16th)

Segment 1: AA06 - Recreational Fires

Hello CWU and the greater Ellensburg Community. Summer is upon us and that means it's time for 881 The 'Burg's Summer Safety Tips. Starting us off for the summer we have some advice on how to stay safe when it comes to fires. Though in the right context they may be fun, it is important to take some precautions around any sort of flame.

For today's safety broadcast we will be discussing safety around recreational fires. Within the city limits of Ellensburg as well as Urban Growth areas, it is required that all firemakers have a recreational burn permit. These permits are able to be acquired either through stopping in person at Station 29 or online at www.kvfr.org.

The types of burns that are allowed here in Ellensburg city limits are recreational fires that do not exceed a size of 3 x 3 x 2. Agricultural burns, and ceremonial burns. Remember that it is never legal to burn non-organic material. This consists of garbage, plastics, tires, and construction debris. When looking outside of city limits, fires are allowed to reach a size of 4 x 4 x 3 and must be organic material. A few quick tips are:

- Have enough water on site to safely extinguish the fire.
- Always monitor the fire. Do not leave it unattended.
- Ensure the fire is far enough away from all structures. About 25 feet.

- Monitor the wind. If you notice that the wind is greater than 10 MPH. Do not burn.

This has been 881 the burg's summer safety tips where we share with you all the ways to have a fun and safe summer.

Segment 2: AA07 - Wildfires

Hello CWU and the greater Ellensburg Community. Summer is upon us and that means it's time for 881 The 'Burg's Summer Safety Tips. Our first topic for the summer is fire safety. Whether you're enjoying a warm flame on the beach or in your backyard, it's important to keep yourself and your surroundings safe.

For today's announcement, we will be discussing wildfires. Unfortunately for the Ellensburg areas, wildfires are pretty common during hot and dry summers. Which definitely seems to be every summer for us here in Central Washington. According to ArcGIS Online, North Central Washington has been the host to a few of the largest wildfires in Washington State history. But what exactly causes wildfires?

Well I'm glad you asked. Some wildfires are able to be started through natural reasoning such as lightening, however, according to the National park service 85 to 90% of wildfires are caused by humans. Oftentimes, wildfires are started by humans due to unattended recreational fires, malfunction of equipment, neglectful discarding of cigarettes, and of course the intentional act of arson. If you ever are in the situation where you see a wildfire, no matter how small, or suspect there is one, call 911 immediately. Depending on the weather, wildfires spread at an average of 14.27 miles per hour, so even if you see something small, make sure to report it. In the situation that you are caught in the middle of a wildfire, try to move to an area that is clear of vegetation, if possible move to a large body of water, lie face down and cover your body. This has been 881 the burg's summer safety tips where we share with you all the ways to have a fun and safe summer.

Segment 3: AAAA - Fireworks

Hello CWU and the greater Ellensburg Community. Summer is upon us and that means it's time for 881 The 'Burg's Summer Safety Tips. Our first topic for the summer is fire safety. For today's broadcast, we will be discussing fireworks.

Fireworks are a great way to celebrate any holiday. Especially the fourth of July. The loud booms, the awe inducing light and color display, it all seems pretty fun. And though fireworks are considered a major form of entertainment, it's important to ensure that the proper safety measures are taken when handling or being around fireworks.

According to the Utah department of public safety, fireworks start an average of 19,500 fires annually in the U.S. One of the largest impacts a firework can have is igniting a wildfire.

To help stop the possible nature based dangers of fireworks, it's important to follow these rules:

- Know the fire danger level of that day
- Obtain proper permits if you are firing off vast amounts of large fireworks
- Ensure the area you are using is safe and free of flammable materials
- Ensure that all fireworks that are used are completely cold before leaving the area
- Make sure to bring water and other safety tools and keep them nearby

Not only can fireworks harm the environment, they also are able to critically harm people and animals.

According to the consumer product safety commission, on average 180 people go to the emergency room every day around the days of fourth of July with firework related injuries. 44% of those injuries are burns. Of all the places of the body, the hands and fingers are most likely to be harmed. Followed by the legs, eyes, head, torso, and arms.

Here are a few, quick tips:

- Avoid buying fireworks that are wrapped in brown paper, This is a sign that the given firework was made for professional displays.
- Do not try to relight a firework
- Do not ever point a firework at another person or animal
- Don't ever place a part of the body above a firework
- Ensure that the fireworks you are purchasing are legal in your area.
- Always douse the firework with water after it has completed its function.

Here in Kittitas County it is only legal to light off fireworks between the hours of 9 am and 11:59 pm on July fourth. And 9am on December 31st to 1 am on January 1st. All other times it is illegal. If you have any questions about what fireworks are legal in Kittitas county, visit co.kittitas.wa.us to find out more.

Thank you for listening. This has been 881 the burg's summer safety tips where we share with you all the ways to have a fun and safe summer.

Segment 4: 000W - Indoor Fires

Hello CWU and the greater Ellensburg community. Did you know that fire safety not only applies to activities outside, but also inside? For today's broadcast of 881 The 'Burg's Summer Safety tips we will be discussing all about indoor fire safety.

I'm pretty sure all of us remember learning to Stop Drop and Roll in kindergarten, but let's try to beat the issue at the source and not start fires in the first place.

According to a resource center called The Zebra, an estimated 358,500 home fires occur every year. And of this large number, half start in the kitchen.

The Red Cross says that the most common times for house fires are during the months of December and January, however they are able to happen any time of the year. Following this, the most common days for a fire are Saturday and Sunday between the hours of 6 and 7 P.M. So please be careful when you're making that ramen on the stove.

Here are a few quick tips to prevent a fire from occurring:

- Don't leave the kitchen unattended while cooking
- Store all flammable products correctly
- Ensure the wires in your house aren't exposed and are taken care of
- Always keep a fire extinguisher in the home
- Be cautious with open flames

Do you guys remember that episode of the office where Dwight ignites a fire in the office to teach the group how to respond? Okay Dwight's right for most of it, but definitely don't throw a copier out the window like Michal does.

If you are ever in the unfortunate event of a fire, here is what to do.

- If you are able to put out the fire, use an extinguisher to do so
- When using a fire extinguisher remember PASS which stands for Pull the pin, Aim at the base of the fire, squeeze the handle, and finally sweep from side to side.
- If you are unable to put out the fire, try to leave the building immediately by crawling under the smoke.
- Yell fire to inform anyone else in the building
- Before opening a closed door, always check the doorknob for heat. You don't want to open a door to a raging fire.
- Once you are outside, run far away from the building and call 911 immediately.
- If you are trapped inside, try to remain calm and try to cover the cracks in any door of the room you're in with any cloth you can find.
- Cover any vents to help prevent smoke from coming in the room
- Try to capture people's attention by hanging sheets or other items outside of a window.
- Do not try to run through the flames.

Thank you for listening. This has been 881 the burg's summer safety tips where we share with you all the ways to have a fun and safe summer.

Segment 5: A0AA - Burn Safety

Hello CWU and the greater Ellensburg community. To continue our summer safety tips about fire safety, it's important to discuss burn safety. And for this broadcast of 881 The 'Burg's summer safety tips, we will be discussing just that.

According to the CDC, each year, 1.1 million burn injuries require medical attention in the U.S. And of this number 4,500 of the burn victims die.

It's important to know how to prevent bodily burns and how to treat them if an incident occurs. There are three different types of burns. 1st-degree, 2nd-degree, and 3rd-degree. A first-degree burn happens on the outermost layer of skin and usually just causes redness and pain. A second-degree burn happens in the second layer of skin. This burn causes swelling, as well as blisters. A third-degree burn reaches all the way to the fat layer beneath the skin. This type of burn can cause the skin to turn black, brown, or white and nerve damage can occur.

According to the Mayo Clinic, burns are most commonly caused by fire, hot liquid, and hot objects. However, burns can occur due to multiple reasons such as electrical currents, radiation, and chemicals. To help avoid getting burned, it's important to be aware of your surroundings.

Here are a few quick tips:

- Turn pot handles toward the rear of the stove, keep hot liquids out of reach of children and animals
- Unplug hair appliances when not in use
- Always wear protective gear when handling chemicals
- Wear sunscreen
- Set your water heaters temperature to below 120 degrees F to prevent a possible surprise

If you undergo an event where you do get a burn, it's important to know what to do and what to look for. If you undergo a minor burn, you are able to treat it at home. If there is no broken skin, run cool water over the burn for at least five minutes. Do not use ice though, this can cause further harm to the area. Use a moisturizing lotion such as aloe vera once the burn site has cooled. Keep the burned area clean because bacterial infections are common with burns. For a serious burn, get to the hospital immediately so a doctor can assess the situation and give you the proper treatment. At the hospital they will be able to dress the wound and if necessary give you medications, therapy, or in extreme cases surgery. Before arriving at the hospital, remember to not treat a severe burn with water or ointment and do not remove any clothing that may be stuck to the person's skin.

Burn injuries can be very serious, but knowing how to handle a potentially terrible situation is very important. Thank you for listening. This has been 881 the burg's summer safety tips where we share with you all the ways to have a fun and safe summer.

Runtimes:

Fire Safety 1 - 1:44	Fire Safety 2 - 1:49	Fire Safety 3 - 2:36	Fire Safety 4 - 2:26	Fire Safety 5 - 2:28
Fri 07/07/2023	Fri 07/07/2023	Fri 07/07/2023	Fri 07/07/2023	Fri 07/07/2023
12:50am	2:27am	10:32am	12:37pm	10:28pm
4:30pm	6:35pm	2:39pm	6:30am	8:24am
Fri 07/14/2023	Fri 07/14/2023	4:27am	Fri 07/14/2023	Fri 07/14/2023

11:40pm	1:34pm	8:29pm	1:40am	2:35pm
12:30pm	3:38am	Fri 07/14/2023	10:34pm	4:36am
2:40am	7:30pm	10:37am	11:29am	8:33pm
6:34pm	8:37am	12:37am	5:34pm	9:40am
7:33am	Mon 07/03/2023	3:38pm	6:35am	Mon 07/03/2023
Mon 07/03/2023	10:38pm	5:34am	Mon 07/03/2023	6:37pm
10:36am	12:47pm	9:37pm	4:37pm	Mon 07/10/2023
12:36am	Mon 07/10/2023	Mon 07/03/2023	Mon 07/10/2023	11:31am
8:36pm	1:29pm	2:29pm	7:26am	11:34pm
Mon 07/10/2023	3:26pm	Mon 07/10/2023	7:26pm	9:27am
1:45am	3:30am	5:30am	Sat 07/08/2023	9:30pm
Sat 07/08/2023	Sat 07/08/2023	5:36pm	4:40am	Sat 07/08/2023
12:59am	10:24pm	Sat 07/08/2023	Sat 07/15/2023	10:24am
2:20pm	2:29am	3:37am	1:35am	12:31pm
6:25pm	Sat 07/15/2023	4:36pm	11:37am	Sat 07/15/2023
8:45am	1:31pm	6:35am	4:38pm	2:41pm
Sat 07/15/2023	11:34pm	8:24pm	6:38am	4:39am
10:32pm	3:31am	Sat 07/15/2023	9:32pm	7:37pm
12:35pm	6:30pm	10:38am	Sun 07/09/2023	9:37am
2:39am	8:36am	12:39am	6:30pm	Sun 07/09/2023
7:36am	Sun 07/09/2023	3:32pm	6:44am	10:25pm
Sun 07/09/2023	2:40am	5:41am	8:30am	10:42am
12:35pm	2:52pm	8:33pm	Sun 07/16/2023	8:31pm
12:44am	Sun 07/16/2023	Sun 07/09/2023	1:37pm	Sun 07/16/2023
Sun 07/16/2023	3:34pm	4:25pm	11:34pm	11:39am
2:38pm	4:37am	4:36am	2:36am	12:37am
3:35am	8:33pm	Sun 07/16/2023	6:29pm	4:39pm
7:36pm	Thu 07/06/2023	1:38am	Thu 07/06/2023	5:34am
9:38am	2:44am	10:30pm	10:43am	9:38pm
Thu 07/06/2023	4:39pm	12:38pm	8:39pm	Thu 07/06/2023
12:40am	Thu 07/13/2023	5:32pm	8:42am	10:30pm
2:33pm	1:47pm	7:36am	Thu 07/13/2023	12:59pm
Thu 07/13/2023	11:36pm	Thu 07/06/2023	1:37am	Thu 07/13/2023
10:35pm	3:34am	4:39am	11:28am	2:36pm
12:34pm	6:31pm	6:32pm	4:37pm	4:39am
2:37am	8:37am	6:35am	6:38am	7:34pm
5:38pm	Tue 07/04/2023	Thu 07/13/2023	9:27pm	9:37am
7:38am	2:37am	10:34am	Tue 07/04/2023	Tue 07/04/2023
Tue 07/04/2023	4:25pm	12:38am	10:27am	5:47pm
1:35am	Tue 07/11/2023	3:41pm	6:33am	8:44am
2:31pm	2:34pm	5:33am	7:33pm	Tue 07/11/2023

9:41pm	4:37am	8:38pm	Tue 07/11/2023	10:35am
Tue 07/11/2023	7:32pm	Tue 07/04/2023	10:34pm	12:39am
1:37pm	9:39am	11:33pm	12:31pm	3:40pm
11:33pm	Wed 07/05/2023	12:42pm	2:37am	5:40am
3:33am	12:34pm	4:34am	7:35am	8:34pm
6:44pm	2:36am	Tue 07/11/2023	Wed 07/05/2023	Wed 07/05/2023
8:39am	Wed 07/12/2023	1:33am	6:29am	8:39am
Wed 07/05/2023	1:35am	11:32am	6:34pm	8:44pm
10:31am	11:34am	4:36pm	Wed 07/12/2023	Wed 07/12/2023
10:49pm	4:36pm	6:35am	2:39pm	10:33pm
12:37am	6:38am	9:33pm	4:35am	12:34pm
Wed 07/12/2023	9:35pm	Wed 07/05/2023	7:35pm	2:38am
10:39am		2:33pm	9:35am	5:35pm
3:44pm		4:28am		7:39am
5:39am		4:35pm		
8:31pm		Wed 07/12/2023		
		1:35pm		
		11:32pm		
		3:39am		
		6:37pm		
		8:38am		

Topic 2: Water Safety (July 17th - July 30th)

Segment 1: AAA2 River Safety

Hello CWU and the greater Ellensburg area. Summer is upon us and that means it's time for 881 The 'Burg's summer safety tips. Following our advice on fire safety, for the next two weeks we will be discussing how to stay safe around water.

Here in Ellensburg, we are surrounded by some great rivers. Whether you enjoy a good summer swim, want to catch some fish, or enjoy boating, there is definitely a river for you. Right on the side of Ellensburg, the Yakima River flows strong and we're a quick drive to the massive Columbia river. When looking at creeks, Ellensburg is home to Mercer Creek and Wilson Creek just to name a few.

It's important that when you are enjoying a river, you are also staying safe. Oftentimes, people can't tell how strong a river's current is until it's too late. It is always best to research how high the river is and how fast it's moving before jumping in. There are multiple types of currents and a great website to learn more about those is the National Park Service website.

Some of the most common unseen water hazards in both rivers and streams are strong undercurrents, Strainers (which are branches that can trap people and things from crossing), Narrow gaps between rocks, slippery river bottom, and an unstable riverbank.

Here are a few quick tips from the Red Cross:

- Enter any unknown river cautiously
- Only dive into water that is at the very least nine feet deep
- Always swim sober
- Swim with a buddy
- Ensure you are a strong enough swimmer for natural water sources

In the event of an emergency at a river where someone is swept away, do not try to follow them. Instead call 911 immediately and try to keep an eye on the victim and where they are.

If you are the one who gets washed away here is what to do:

- Don't give up
- Don't panic. Try to breath and keep an eye on your surroundings
- Keep your feet up. Don't ever put your feet down, this could cause your feet to get trapped.
- Swim towards shore at a 45 degree angle to the current

This has been 881 The 'Burg's Summer Safety tips where we share with you all the ways to have a fun and safe summer.

Segment 2: AA08 Bacteria

Hello CWU and the greater Ellensburg area. For this segment of 881 The Burg's summer safety tips, we will be discussing all about the bacteria that can be found in our swimming water. From lakes, to ponds, to rivers, there really isn't a single place where you won't find some form of bacteria. And though some bacteria is actually healthy for the human body, some may cause medical concerns. Lakes and ponds are some of the most common places to be exposed to potentially harmful bacteria. This is because unlike a river, lakes and ponds are stagnant which allows for more bacterial breeding to occur.

The type of bacteria to be most on the look out for is E. Coli. E. Coli is a type of bacteria that contaminates water when it is spread through animal fecal matter. E. Coli can cause serious health problems such as food poisoning type symptoms, pneumonia, and even kidney failure. However, most often it causes very mild symptoms and some strains of E. Coli don't do anything at all. The way people can be infected is through swallowing contaminated water. The best ways to stay away from E. Coli are by not going in any water that is posted as being contaminated. It is also best to be weary of swimming in lakes that have had a history of E. Coli. Always shower after swimming in any body of water to help rid yourself of any bacteria before being in your home. If you start to feel symptoms after swimming in any body of water, contact

a doctor and go in for a check-up. Oftentimes, E. Coli will go away on its own, but a doctor may prescribe you antibiotics if necessary.

Some popular Ellensburg lakes and ponds to visit this summer are the ever popular people's pond, Naneum pond, and Mattoon lake.

This has been 881 The 'Burg's Summer safety tips where we share with you all the ways to have a fun and safe summer.

Segment 3: AAA3 Boating Safety

Hello CWU and the Greater Ellensburg community. Boating on a body of water sounds like so much fun. The wind in your face, water spraying up at you, a beautiful view of the area around you, maybe you're casting a rod or jumping in the refreshing cold... and then it all gets ruined because your friend decided to drink a bit too much before driving the boat. Here on 881 The 'Burg's summer safety tips, we're going to tell you how to avoid a tragic accident from occurring while boating. According to the Safe Boating Council, in the year 2021, there were a total of 658 boating fatalities in the U.S. The leading cause... Alcohol. According to their findings, 16% of deaths were related to someone on the boat being under the influence.

We don't all live in an overproduced country song about drinking on a boat. Here in Washington State it is very illegal to drink while operating a boat. Due to open container laws, passengers are still able to enjoy a cold one while out at sea, but captains have to wait until they are back to land.

If someone is caught drinking while operating any type of boat (this includes a kayak), they can be fined up to \$5,000 and up to a year of jail time. This type of illegal act is a gross misdemeanor. If someone is found to be operating and under the influence and a serious injury occurs due to their reckless boating, they may be fined up to \$20,000 and put in jail for up to ten years. A class A felony will be given if a boating accident involving alcohol results in death. This can mean a life in prison and fines up to \$50,000.

Please keep yourself and others safe by not drinking while operating any sort of watercraft.

Here are a few quick tips to keep you and your friends safe while on a boat:

- Ensure there are enough lifejackets on board for everyone
- Take a boating safety course
- Don't text and boat
- Follow all given boating rules and never speed
- Check the weather forecast before heading on the water
- Get a free vessel safety check

Both federal and Washington State law require all boats to have certain safety items on board at all times. These include:

- Life jackets

- A sound device (like a horn or whistle)
- A white navigation light
- And some form of nighttime distress signal (this could be a flare)

Depending on the boat length, state law may also require you to have on board:

- A fire extinguisher
- A Boat/Vessel registration
- A Throwable flotation device
- Washington Boater registration card
- Registration decals
- Navigation lights
- And a carbon monoxide warning sticker

This has been 881 The 'Burg's summer safety tips where we share with you all the ways to have a fun and safe summer.

Segment 4: AOA8 Beach Safety

Hello CWU and the greater Ellensburg community. Summer is here and that means many people will be hitting the local beaches here in Kittitas county. Beach days are a great way to beat the heat and spend time with friends and family. On this broadcast of 881 The 'Burg's summer safety tips, we will be discussing all about how to stay safe at the beach.

Here in Kittitas County, there is no true beach access since we are dead center in the state. However, there are still important ways to stay safe at river and lake beaches.

Here are a few quick tips for these types of bodies of water:

- Never swim alone
- Keep within your swimming capabilities
- Don't swim while drunk
- Be aware of weather conditions

For those of the listeners who are going to be traveling to an actual beach this summer, there are quite a few more things to be thinking about.

Since ocean beaches contain currents and waves, it's important to ensure you and your friends are safe while swimming.

Always be aware of possible hazards such as changing tides, drop-offs, and underwater obstacles just to name a few.

A major safety hazard when enjoying a beach trip is rip currents. A rip current is a strong and narrow current that is capable of pulling swimmers out to sea. If you find yourself stuck in a rip current, stay calm and do not fight the current. Instead swim parallel to the shore until you can feel that you are out of the current, and then swim to shore. If you are unable to swim parallel to the current, then either float on your back or tread water until the rip current is gone, and

then swim to shore. If you notice that someone else is caught in one, find a lifeguard or call 911. Do not attempt to rescue the person yourself, instead try to throw them a flotation device and yell out instructions on how to stay safe. When you are spending time outside of the water, it is still important to remember a few tips:

- Wear sunscreen
- Stay in groups
- Drink lots of water
- And don't leave trash on the beach

When it comes to staying hydrated, it's important to remember that you need to drink more water when you're out in the sun. Always bring plenty of cold water and electrolyte drinks for your beach days.

This has been 881 The 'Burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Segment 5: 00AI Drowning Safety

Hello CWU and the greater Ellensburg community. With hot temperatures and the long days of summer, chilling at the beach is always a great idea. It's a great chance to hang out with friends and enjoy nature all while cooling off. As much fun as it is to swim in the beautiful lakes, ponds, and rivers that Ellensburg has to offer, it's also very important to stay safe.

Here on 881 The 'Burg's Summer Safety Tips, we will be discussing the topic of drownings and how to keep yourself and others safe.

According to the CDC, every year there are an estimated 4,000 fatal unintentional drownings in the U.S. That is about 11 fatal drownings per day. For children ages 1-4, fatal drownings occur more than any other cause of death.

The most important safety precaution to prevent drowning is knowing how to swim. It's important for everyone from children to the elderly to know how to swim. Even then, it is always important for children to be supervised and for everyone to always have a swimming buddy.

Here are a few quick tips to keep yourself and others safe:

- If you have a pool at home, build a fence around it
- Fully understand the risks of natural waters
- Avoid alcohol while swimming
- Understand that medical conditions may increase your risk of drowning
- Be aware of your surroundings and those around you

If you are around in the unfortunate event of someone drowning, it's important to know how to care for them. Taking a CPR class is incredibly beneficial for not only drownings, but for other situations as well. You can take CPR classes in person and online.

In the event that someone has drowned, ensure 911 has been called. Bring the person onto land and lay them on their back.

According to the Red Cross, this is how you should perform CPR on an adult.

- Check the scene for safety, form an initial impression and use personal protective equipment (PPE)
- If the person appears unresponsive, check for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout
- If the person does not respond and is not breathing or only gasping, CALL 9-1-1 and get equipment, or tell someone to do so
- Kneel beside the person. Place the person on their back on a firm, flat surface
- Give 30 chest compressions
- Hand position: Two hands centered on the chest
- Body position: Shoulders directly over hands; elbows locked
- Depth: At least 2 inches
- Rate: 100 to 120 per minute
- Allow chest to return to normal position after each compression
- Give 2 breaths
- Open the airway to a past-neutral position using the head-tilt/chin-lift technique
- Pinch the nose shut, take a normal breath, and make a complete seal over the person’s mouth with your mouth.
- Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath
- Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available! Minimize interruptions to chest compressions to less than 10 seconds.

This has been 881 The ‘Burg’s Summer Safety Tips, where we share with you all the ways to have a fun and safe summer.

Runtimes:

Water Safety 1 - 1:58	Water Safety 2 - 1:40	Water Safety 3 - 2:32	Water Safety 4 - 2:02	Water Safety 5 - 2:43
Fri 07/21/2023	Fri 07/21/2023	Fri 07/21/2023	Fri 07/21/2023	Fri 07/21/2023
2:32pm	12:28am	1:30am	10:37am	11:36pm
4:42am	5:60pm	7:33pm	2:28am	12:37pm
Fri 07/28/2023	6:34am	8:39am	9:34pm	3:31am
10:28am	Fri 07/28/2023	Fri 07/28/2023	Fri 07/28/2023	Fri 07/28/2023
10:31pm	1:35am	1:32pm	2:31pm	3:28pm
12:28am	11:28pm	2:33am	3:29am	4:29am
5:29am	12:32pm	7:29am	8:28pm	9:29pm

5:31pm	6:28pm	7:29pm	8:29am	9:30am
Mon 07/17/2023	6:30am	Mon 07/17/2023	Mon 07/17/2023	Mon 07/17/2023
4:39pm	Mon 07/17/2023	10:37am	10:34pm	2:37pm
6:35am	6:32pm	8:34pm	12:39pm	Mon 07/24/2023
Mon 07/24/2023	Mon 07/24/2023	Mon 07/24/2023	Mon 07/24/2023	1:32am
1:33pm	2:32pm	3:30pm	10:32am	10:32pm
11:31pm	3:27am	4:30am	12:28am	12:32pm
2:33am	7:28pm	8:30pm	4:30pm	6:27am
6:32pm	8:32am	9:26am	5:31am	Sat 07/22/2023
7:30am	Sat 07/22/2023	Sat 07/22/2023	9:34pm	7:31pm
Sat 07/22/2023	1:34pm	3:33pm	Sat 07/22/2023	9:36am
1:37am	11:30pm	5:36am	5:35pm	Sat 07/29/2023
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Sat 07/29/2023	1:30pm	4:30am	10:29am	4:29pm
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Sun 07/23/2023	3:36pm	Sun 07/30/2023	3:39am	Sun 07/30/2023
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	7:32am	8:31am	8:31pm	
			9:30am	

Topic 3: Mental Health (July 31st - August 13th)

Segment 1: 0A00 Depression

Hello CWU and the greater Ellensburg Community. Welcome back to 881 The Burg's summer safety tips. For this broadcast, we will be discussing the topic of depression and how to go about finding help. Depression is known to be one of the most common mental illnesses in adults. According to a study done by Mental Health America, 8% of the adult U.S. population currently is affected by depression. That is about 21 million American adults.

There are many causes for depression including both biological and environmental factors. Depression is directly related to neurotransmitters and if someone has too little or too many of these brain chemicals, then they may fall into depression. Another biological factor is gender. According to Mental Health America, women are much more likely to experience depression than men and it is believed to be due to hormonal changes that women undergo.

When looking at the more environmental side of things, major life events are proven to cause people to fall into a depressive episode. This may include financial problems or a death as well as many other difficult life situations.

When looking at the many different types of depression, we see five major different types. These include major depressive disorder, persistent depressive disorder, postpartum depression, premenstrual dysphoric disorder, and seasonal affective disorder. The main differences in these five different types are what the specific depression is caused by as well as how long it lasts.

If you are concerned that you or a loved one may be dealing with depression, look out for these symptoms given by the Mayo Clinic.

- Feelings of persistent sadness and emptiness
- Angry outbursts
- Loss of interest in once enjoyed hobbies
- Sleep disturbances
- Lack of energy
- Changed eating habits as well as either loss or gain in weight
- Slowed speaking
- Unexplained physical pains
- And trouble thinking and concentrating

If you believe you may have this mental condition, it is recommended to seek medical care from a doctor. If need be, medication can be prescribed and/or psychotherapy. Though depression is a very treatable illness, only a third of those who have it seek treatment according to Mental Health America.

Thank you for listening to 881 The 'Burg's Summer Safety tips where we share with you all the ways to have a fun and safe summer.

Segment 2: 0000 Anxiety

Hello CWU and the greater Ellensburg community. Summer is a great time to focus on health; both physically and mentally. Taking time to take care of yourself mentally is just as important if not more to taking care of yourself physically. For this broadcast of 881 The 'Burg's Summer Safety Tips, we will be discussing anxiety.

In the U.S. Alone, 40 million adults suffer from anxiety disorders according to the Anxiety and Depression Association of America. That is about 19.1% of the U.S. population.

Three of the most common types of anxiety are generalized anxiety disorder, panic disorder, and social anxiety disorder. According to the Anxiety and Depression Association of America, social Anxiety Disorder is the most common with 15 million American adults being affected.

Anxiety disorders can be caused by multiple different factors. Some of these include brain chemistry, genetics, personality, and life events. In the case of many college students, anxiety can arise due to stress. Since stress is a response to a possible threat, anxiety is a direct response to stress.

There are other mental disorders that can trigger anxiety. These may include Obsessive-Compulsive Disorder (Or better known as OCD), Post-Traumatic Stress Disorder (Also known as PTSD), and specific phobias.

Luckily for those who suffer from recurring anxiety, there are options for treatment. Some of these include:

- Therapy
- Medication

- And Complementary and alternative treatments

If you feel that you may be undergoing an anxiety disorder, it's important to know the symptoms. According to the Mayo Clinic, some of the most prominent are:

- Feeling nervous, restless, or tense
- Having a sense of impending danger
- Increased heart rate
- Breathing rapidly
- Feeling weak or tired
- Trouble concentrating on anything other than the worry

It's important to address this mental health disorder if you feel that it is interfering with your day-to-day life. Visiting a doctor can enable you to be given the help you need to feel better. A few on campus resources are available and these are the wellness center and student health services.

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Segment 3: 000Z Loneliness

Hello CWU and the greater Ellensburg community. For those who are in their college journey, making friends while on campus is a big deal for most. Lots of lifelong friendships are made here. However, once summer comes around, oftentimes it's hard to keep in touch with everyone you meet. This lack of social connection to your friends can easily cause you to feel lonely.

On this broadcast of 881 The 'Burg's Summer Safety Tips, we will be discussing the topic of loneliness. According to the CDC, loneliness is defined as the feeling of being alone, regardless of the amount of social contact. Feeling lonely can come from many different places depending on the person. Some people only feel lonely when they are isolated from social interaction, whereas others feel lonely even when they are in social settings but just not around people they have bonds with. According to the CDC, social isolation and loneliness are directly linked to a few health problems. These include:

- Heart Disease
- Type 2 Diabetes
- Depression
- Anxiety
- Suicide
- And addiction

There are many ways to help heal the feelings of loneliness. Maintaining social relationships is the biggest way to do this according to the CDC. Devoting time for those you enjoy being

around, even if it's just a phone call or a few texts. These seemingly small steps can lead to large benefits. In the context of college students on summer break, joining social groups within your hometown is a great opportunity for community building. Another idea is to visit childhood friends and family.

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Segment 4: A0AB Stress

Hello CWU and the greater Ellensburg community. Unfortunately, stress is a part of almost everyone's lives. Whether you're at the point in your life where you're in school, working, taking care of a family, traveling, or anything in between, stress is a large part of adult life. On this broadcast of 881 The 'Burg's Summer Safety Tips, we will be discussing what stress is, what causes it, and how to cope.

According to the World Health Organization, stress can be defined as being a state of worry or mental tension caused by a difficult situation. When looking at our day to day lives, we are oftentimes facing many difficult situations, whether it be turning in homework on time or something as simple as deciding what to make for dinner. Though this is a challenging part of human life, stress is a very natural response and helps us to address challenges within our lives. According to helpguide.org, five of the most common causes of stress are:

- Major life changes
- Work or school problems
- Relationship difficulties
- Financial troubles
- Being too busy
- And children and family.

Though everyone develops and reacts to stress differently, there are a few symptoms that most people are able to recognize during periods of stress. These include:

- Sleep problems
- Fatigue
- Muscle aches and headaches
- Chest pains
- High blood pressure
- And difficulty breathing

If stress becomes chronic, many people develop a weakened immune system which means you may get sick more often. Weight gain as well as anxiety and depression are also linked to chronic stress.

So how do we take care of something that seems to bother us in our day-to-day lives? We need to change habits in our day-to-day lives. According to the Mayo Clinic, changes such as getting active, eating a healthy diet, and getting enough sleep can help ease the symptoms of stress. Another helpful thing to do is to reflect and figure out what exactly is causing you the stress and analyze what you may be able to do to help that situation.

If stress becomes chronic and you are starting to see consistent physical symptoms, seeing a doctor may help as well.

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Segment 5: 001B Substance Use

Hello CWU and the greater Ellensburg community. Mental health is a very large and diverse topic, especially in college. Oftentimes, young adults will turn to specific substances to help cope with mental health disorders as well as difficult life events. On this broadcast of 881 The 'Burg's Summer Safety Tips, we will be discussing the topic of substance use.

According to the National Library of Medicine, the use of alcohol and illicit drugs come to an all time high during college years. In a study done in 2014, one in five college students met the criteria of having alcohol use disorder. Not only does this harm the individual who is drinking, it also puts others at risk. According to the same source, one of the leading causes of death in the college age group is motor vehicle accidents caused by drunk driving.

Binge drinking is a major topic in college communities. Though it may not indicate that someone is an alcoholic, binge drinking does increase the likelihood of addiction later in life. According to Mission Harbor Behavioral Health, binge drinking is when someone drinks a vast amount in a small timeframe. For men, this is five or more drinks in one hour and for women this is four or more drinks in an hour.

When looking at substance use disorders, drug use is also very popular. According to best colleges.com, the use of illicit drugs has decreased since the year 2016, however, marijuana use has stayed the same. Though marijuana is legal in Washington State, it's a good idea to keep your relationship with it healthy and not rely too heavily on its uses.

If you think that your relationship with alcohol or drugs is unhealthy, help is available to you. Therapy is a great way to talk through feelings as well as work through any addictive tendencies. Therapists can be found online and here on campus. These on campus resources are student medical services and student counseling.

Thank you so much for listening to this broadcast of 881 The 'Burg's Summer Safety Tips, where we share with you all the ways to have a fun and safe summer.

Runtimes:

Mental Health 1 - 2:10	Mental Health 2 - 2:15	Mental Health 3 - 1:41	Mental Health 4 - 2:07	Mental Health 5 - 1:50
Fri 08/04/2023	Fri 08/04/2023	Fri 08/04/2023	Fri 08/04/2023	Fri 08/04/2023
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4:22am	12:31pm	10:28am	11:24pm	3:24am
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Fri 08/11/2023	7:28am	5:26pm	Fri 08/11/2023	Fri 08/11/2023
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7:27am	9:26pm	Sat 08/05/2023	9:27am	Sat 08/05/2023
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5:13pm	8:08pm	8:19am	9:18am	9:08pm
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Sun 08/06/2023	12:27am	10:23pm	1:29pm	1:21am
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Topic 4 - Animal Safety (August 14th - August 27th)

Segment 1: AOAD Rattlesnake Safety

Hello CWU and the greater Ellensburg community! Here in Central Washington, we are surrounded by beautiful nature. Whether it be scenic views, beautiful landscapes or jaw dropping wild life, there definitely is an abundance of great nature experiences here. And though all of these experiences are great to see, it's also very important to stay safe around them. For this broadcast of 881 The 'Burg's Summer Safety Tips, we will be discussing safety around rattlesnakes.

According to the Washington department of fish and wildlife, there is one type of rattlesnake here in Central Washington. That is the Western rattlesnake. This snake can be identified as having dark spots, a wide triangular head, a distinct eye stripe, and a rattle at the tip of the tail. Though these snakes are not aggressive, they are able to strike if startled or threatened. A strike may occur if you step on one or right next to one or if you place your hand right next to it. Lucky for us, these snakes like to indicate that they are there by rattling. If you can not see the snake but hear the rattle, it's important to remain calm and locate where the sound is coming from. Once located, move away slowly and ensure to alert anyone else on the whereabouts of the snake. These types of snakes are able to strike at a distance of two-thirds of their body length. For example, a three foot long snake would be able to potentially strike two feet away. And their average strike speed is 6.5 miles per hour.

According to the US Forest service, in the instance where someone is bitten by a rattlesnake, there are a few important things to remember:

- Stay calm
- Call 911 immediately
- If there is soap and water available, wash the bite area gently.
- Remove anything that may constrict swelling
- Immobilize the area
- Keep the bite below the heart if possible
- Transport the person or yourself to the nearest medical facility

Rattlesnake bites usually occur on the hands, feet, and ankles and though rattlesnakes avoid humans, on average there are 7000 to 8000 bites per year in the U.S. According to the CDC, of these bites, only five deaths occur.

Thank you for listening to this broadcast of 881 The 'Burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Segment 2: A0AC Bear Safety

Hello CWU and the greater Ellensburg community. Getting out in nature is a great way to spend the summer, especially in Kittitas County. However, there are a few animals that we need to be aware of, especially because we are entering their home. One of these animals is the bear and on today's broadcast of 881 The 'Burg's Summer Safety Tips we will be discussing all about bear safety. Though Washington is home to both black and grizzly bears, we typically only see black bears here in central Washington. These bears can usually be found in thick forested areas or near a river since their main meals consist of plants and sometimes fish.

Due to where these bears are found, it's important to stay aware when you are hiking through bear territory. Though each bear encounter is different due to the bear and the circumstances, there are a few ways to help lessen the chance of injury.

According to the National Park Service, if you are in the situation where you are around a bear make sure to:

- Identify yourself: Speak softly and stand your ground to show the bear that you are a human and not prey.
- Stay calm: Do not make any sudden movements and do not scream, these can initiate an attack.
- Make yourself look as large as possible.
- If the bear is stationary, move away slowly either walking backwards or at an angle, don't turn your back to the bear.
- Leave the area as soon as you can

Here are a few things to ensure you don't do in this situation:

- Do not scream
- Run
- Climb a tree

And don't allow the bear to access any of your food because this can encourage an attack.

There are a few major differences between how to react around a black bear and a brown/grizzly bear if they begin to attack. When it comes to black bears, do not ever play dead. Try to make yourself as big as possible and escape as soon as possible to a secure place.

When it comes to brown/grizzly bears, you can play dead by laying flat on your stomach with your hands clasped behind your neck. Wait until the bear leaves to get up and leave.

An easy thing to bring to help protect yourself from a possible bear attack is bear spray. This pepper spray type weapon helps to stop an aggressive bear from attacking. This works in the same way that human pepper spray works, but it is much stronger.

Even though bear attacks are fairly uncommon, it's important to always be prepared. Thank you so much for listening to this broadcast of 881 The 'Burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Segment 3: 001D Mosquitoes

Hello CWU and the greater Ellensburg community. There are so many fun outdoor activities to do at night. Whether it be late night picnics, a barbeque, or even just a dip at the lake at dusk. There is no end to the possibilities. However, we do need to be aware of the bugs that lurk around ready for blood... and what I'm talking about is mosquitoes. On this broadcast of 881 The 'Burg's Summer Safety Tips, we will be discussing how to prevent mosquito bites as well as how to keep them out of your yard.

Here in Central Washington, we usually see two different types of mosquitoes. The Northern House Mosquito and the Western Encephalitis mosquito. However, in the entirety of Washington State, there are about 40 different species.

Of these species in the state, we do have a few that are known to carry specific viruses. Some of these viruses are West Nile Virus, western equine encephalitis, and St. Louis encephalitis.

However, a bite will usually only lead to a lot of scratching.

A lot of mosquitoes can be found in certain areas due to standing water. This is because female mosquitoes need water to be able to reproduce. Therefore, if you are trying to eliminate the mosquito population from your yard, try to ensure any standing water is eliminated. This could be in birdbaths, wading pools, pet water bowls, and buckets just to name a few.

Mosquitoes are also known to hide out in overgrown vegetation and they are very attracted to flowering trees. According to Prosite, here are a few things you can do to prevent any issues with mosquitoes:

- Eliminate standing water on your property
- Keep gutters clear
- Fill in low-lying areas in your lawn
- Mow your lawn often and remove overgrowth
- Replace or repair screens over windows and doors
- Avoid going outside when mosquitoes are most active
- And use repellent when possible

A cool fact that not many people know about mosquitoes is that only females bite. Males don't need the protein found in blood but females do to develop eggs. This means that only female mosquitoes spread disease.

Unfortunately for us, mosquito bites are almost impossible to avoid when outside at dusk and dark. However, there are ways to itchininess that comes with these bites. Here are a few ways to treat these at home:

- An oatmeal paste made from oats and water. Oats have special compounds that have anti-irritant qualities.
- Honey
- Aloe Vera

- Baking Soda and water
- Peppermint oil
- Witch hazel
- And even garlic

Thank you so much for listening to this broadcast of 881 The 'Burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Segment 4: OAOH Dogs in Cars

Hello CWU and the greater Ellensburg community. Here in Central Washington we see some pretty toasty weather conditions. Though this summer has been fairly mild so far, we still have some time for our temperatures to rise. While it is important to keep ourselves safe in this heat, it is also important to keep our furry friends in mind. On this broadcast of 881 The 'Burg's Summer Safety tips we will be talking about dog safety in cars.

During the summer time, it's best not to leave your dog in the car under any circumstances. Many believe that even if the temperature outside is in the low 70s, that the dog will be okay. But according to Franklin Ranch Pet Hospital, it only takes 10 minutes for a car to rise to 100 degrees when it is 75 degrees outside.

Since dogs are unable to sweat, they regulate their body temperature through panting. In these situations, dogs will oftentimes begin to face rising anxiety due to the discomfort of the temperature.

According to the American Academy of Pediatrics, the open window myth is not true. Even if you leave your car windows open slightly, there is very little difference in the time it takes for temperature levels to rise.

Here are the ways to tell if your furry friend is potentially undergoing a heat stroke:

- Restlessness and visual discomfort
- Crying or barking
- Trouble breathing
- And confusion or disorientation

If you happen to see a dog left in a car during the warm months and they seem to be in distress, call 911 and wait by the vehicle. Heatstroke can happen within only 15 minutes so it's important to keep an eye out for potential victims.

If you are considering taking your dog with you while you run errands either choose to go to businesses that are pet friendly, bring a friend to play with your dog outside, or leave your pup at home where it's safe and cool. Don't take any chances.

Thank you so much for listening to this broadcast of 881 The Burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Segment 5: A000 Indoor Animals

Hello CWU and the greater Ellensburg Community. The sun is shining, temperatures are rising, and everyone is trying to cool off. Though it's important to take care of ourselves in this heat, it's also important to care for our indoor animal friends who can't do it themselves. Whether you have a dog, cat, fish, or even some type of funky rodent, it's important to ensure they are keeping cool and safe. On this broadcast of 881 The Burg's Summer Safety Tips, we will be discussing indoor animal safety.

Though needs differ between animal to animal, there are a few simple tasks that are useful across the board. These are:

- Limiting exercise on hot days
- Not relying on a fan (Fans aren't very effective on pets)
- Always providing shade and ensure there is always water available
- Possibly giving your pet a cool soak in the tub
- And always being on the lookout for heatstroke

According to the United States Humane Society, in the unfortunate circumstance that your pet is undergoing a heatstroke, move them into a cool area such as shade or an air-conditioned house. Apply ice packs to their neck and chest as well as run cool water over them. Try to get them to drink a small amount of water and get them to the vet immediately.

Something that not many people take into consideration is the humidity. Though humidity is annoying to us humans, it can actually be detrimental to our furry friends. According to Dr. Barbara Hodges of the humane Society Veterinary Medical Association, When animals pant, moisture from their lungs evaporates and helps reduce their body heat. But high humidity conditions cause issues with that process and the ability to cool themselves, and their body temperature can skyrocket rapidly to dangerous or even lethal levels.

Here are a couple of ways to ensure your house is cool enough for your pet:

- Keep curtains closed
- Use coot mats or wet towels for your pets to lie on
- Give your pet ice cubes to lick
- Use fans or air conditioners to circulate the air

Thank you so much for listening to this broadcast of 881 The burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Runtimes:

Animal Safety 1 - 2:03	Animal Safety 2 - 2:12	Animal Safety 3 - 2:13	Animal Safety 4 - 1:55	Animal Safety 5 - 1:58
Fri 08/18/2023	Fri 08/18/2023	Fri 08/18/2023	Fri 08/18/2023	Fri 08/18/2023
10:25pm	1:28pm	2:31pm	3:30pm	1:26am

10:31am		2:28am		3:28am		4:25am		11:23pm
12:21am		7:29pm		8:27pm		9:25pm		12:32pm
5:27am		7:30am		8:29am		9:34am		6:28am
Fri 08/25/2023		Fri 08/25/2023		Fri 08/25/2023		Fri 08/25/2023		6:28pm
1:28pm		3:28pm		10:22pm		1:25am		Fri 08/25/2023
2:27am		4:22am		10:27am		11:23pm		2:27pm
7:27pm		9:20pm		12:26am		12:34pm		3:23am
7:30am		9:28am		5:24am		6:22am		8:26am
Mon 08/14/2023		Mon 08/14/2023		Mon 08/14/2023		6:27pm		8:26pm
1:28pm		3:28pm		10:17am		Mon 08/14/2023		Mon 08/14/2023
11:26pm		8:21pm		4:24pm		10:26pm		2:30pm
2:12am		9:16am		5:08am		12:26pm		7:24pm
6:25pm		Mon 08/21/2023		9:26pm		5:21pm		8:16am
7:18am		1:26am		Mon 08/21/2023		6:15am		Mon 08/21/2023
Mon 08/21/2023		10:25pm		1:30pm		Mon 08/21/2023		10:30am
3:27pm		12:29pm		11:26pm		2:27pm		12:25am
4:23am		5:26pm		2:26am		3:27am		4:31pm
8:29pm		6:25am		6:29pm		7:30pm		5:28am
9:27am		Sat 08/19/2023		7:29am		8:29am		9:24pm
Sat 08/19/2023		10:26am		Sat 08/19/2023		Sat 08/19/2023		Sat 08/19/2023
1:30pm		12:29am		1:27am		10:26pm		2:31pm
11:30pm		3:29pm		11:26am		12:30pm		4:30am
3:24am		5:25am		4:27pm		2:27am		7:27pm
6:30pm		8:24pm		6:26am		5:30pm		9:26am
8:27am		Sat 08/26/2023		9:22pm		7:31am		Sat 08/26/2023
Sat 08/26/2023		10:26pm		Sat 08/26/2023		Sat 08/26/2023		1:21am
10:28am		12:32pm		1:27pm		2:27pm		11:30am
12:25am		2:24am		11:22pm		4:22am		4:28pm
3:27pm		5:27pm		3:21am		7:21pm		6:23am
5:22am		7:27am		6:29pm		9:30am		9:22pm
8:26pm		Sun 08/20/2023		8:30am		Sun 08/20/2023		Sun 08/20/2023
Sun 08/20/2023		1:25am		Sun 08/20/2023		10:26pm		12:26am
1:27pm		3:29pm		11:30am		12:27pm		2:27pm
11:29pm		6:27am		2:28am		3:33am		5:24am
4:27am		8:25pm		4:28pm		5:29pm		7:29pm
6:29pm		Sun 08/27/2023		9:27pm		Sun 08/27/2023		Sun 08/27/2023
Sun 08/27/2023		10:24pm		Sun 08/27/2023		12:25am		11:30am
1:23am		12:28pm		1:33pm		2:28pm		2:21am
3:29pm		3:22am		11:24pm		5:24am		4:29pm
6:25am		5:30pm		4:21am		7:27pm		9:25pm
8:24pm		Thu 08/17/2023		6:28pm		Thu 08/17/2023		Thu 08/17/2023

Thu 08/17/2023		10:29am		Thu 08/17/2023	1:28pm		3:28pm
2:29pm		4:29pm		10:21pm	11:24pm		8:24pm
7:28pm		5:30am		12:32pm	6:27pm		9:29am
8:31am		9:30pm		5:28pm	7:32am		Thu 08/24/2023
Thu 08/24/2023		Thu 08/24/2023		6:41am	Thu 08/24/2023		1:24am
10:26am		1:31pm		Thu 08/24/2023	3:30pm		10:24pm
12:23am		11:27pm		2:28pm	4:22am		12:32pm
4:31pm		2:24am		3:22am	8:22pm		5:28pm
5:22am		6:27pm		7:27pm	9:31am		6:22am
9:23pm		7:27am		8:31am	Tue 08/15/2023		Tue 08/15/2023
Tue 08/15/2023		Tue 08/15/2023		Tue 08/15/2023	2:30pm		10:24am
3:29pm		1:26am		1:30pm	3:24am		12:26am
4:21am		10:15pm		11:19pm	7:18pm		4:27pm
8:13pm		12:32pm		2:22am	8:28am		5:22am
9:25am		5:24pm		6:22pm	Tue 08/22/2023		9:15pm
Tue 08/22/2023		6:22am		7:30am	1:29pm		Tue 08/22/2023
2:28pm		Tue 08/22/2023		Tue 08/22/2023	11:21pm		3:27pm
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8:28am		4:30pm		12:32pm	7:31am		9:29am
Wed 08/16/2023		5:22am		6:25am	Wed 08/16/2023		Wed 08/16/2023
1:19am		9:21pm		Wed 08/16/2023	10:22am		1:27pm
12:34pm		Wed 08/16/2023		3:28pm	12:19am		2:19am
5:23pm		2:28pm		4:18am	4:26pm		6:26pm
6:21am		3:17am		9:23am	5:19am		7:23am
Wed 08/23/2023		8:27am		Wed 08/23/2023	Wed 08/23/2023		Wed 08/23/2023
3:27pm		Wed 08/23/2023		1:30pm	2:26pm		10:27am
4:23am		1:26am		11:23pm	3:24am		12:23am
8:21pm		10:24pm		2:26am	7:21pm		4:31pm
9:29am		12:35pm		6:29pm	8:30am		5:25am
		5:26pm		7:26am			9:25pm
		6:26am					

Topic 5 - Heat Safety (August 28th - September 10th)

Segment 1: 0001 Heatstroke

Hello CWU and the greater Ellensburg community. Here in central Washington, we face a lot of heat during the summer time. It isn't uncommon to see temperatures that reach the hundreds for multiple days straight. One difficult factor that comes with the heat is the possibility of heat

stroke. On this broadcast of 881 The Burg's Summer Safety Tips, we will be discussing how to prevent heatstroke and how to care for someone who is affected by it.

According to the CDC, heat stroke is the most serious heat-related illness and is capable of causing long lasting effects. This illness occurs when the body is unable to control its own temperature and body temperature rises rapidly. This causes sweating to no longer be able to occur and therefore the body can't cool itself down.

According to the Mayo Clinic, heatstroke is usually caused by prolonged exposure to high temperatures and physical exertion in high temperatures. The symptoms of heatstroke include:

- Confusion
- Slurred speech
- Loss of consciousness
- Hot and dry skin
- Profuse sweating
- Seizures
- And high body temperatures

If heatstroke is not treated immediately, lifelong disability and even death may occur.

There are lots of ways to prevent this from occurring though. Some are

- Wearing loose or lightweight clothing while outside
- Drinking plenty of fluids
- Never leave anyone in a parked car
- Be extra cautious if you're at increased risk
- Protect against sunburn
- And take frequent breaks from being outside

Here's what to do if you are with someone who is experiencing heat stroke:

- Call 911 immediately
- Move the person to a shaded and cool area
- Remove the outer layer of clothing
- Pour cold water on them or place cold wet cloths on them
- Circulate the air around the person with something like a fan

Thank you so much for listening to this broadcast of 881 the Burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Segment 2: 00A0 Sunburns

Hello CWU and the greater Ellensburg community. The summer is almost coming to an end, but the heat seems to still be on the rise. And with the hot sun shining down on us, the UV rays are inevitable, however, there are ways to keep your skin safe. On this broadcast of 881 The Burg's

Summer Safety Tips, we will be discussing the topic of sunburns, how to prevent them, and the potential harms of sun exposure.

According to the Mayo Clinic, sunburn is a type of skin burn that is caused by prolonged exposure to the sun. The skin that is affected will usually turn a pinkish/red color and will feel inflamed and hot to the touch.

There are many ways to protect your skin from the harmful UVs from the sun. These include:

- Wearing sunscreen
- Wearing clothes that cover the skin
- Taking frequent breaks from being outside
- Staying in shaded areas

Though there are plenty of ways to prevent sunburns, if you do end up getting one, they are usually treatable at home with time and aloe vera.

However, there are some instances where going to a doctor is necessary. You should see a doctor about a sunburn if:

- You develop large blisters
- Experience swelling
- Show signs of infection
- Experience headache, confusion, nausea, fever or chills
- And have eye pain or vision changes

We should also be protecting ourselves from long lasting effects in the future. Sun exposure is able to take a toll on the human body by potentially causing skin cancer as well as visual skin damage caused by the weakening of connective tissue.

Thank you so much for listening to this broadcast of 881 The Burg's Summer Safety Tips, where we share with you all the ways to have a fun and safe summer.

Segment 3: 0A0I Hydration

Hello CWu and the Greater Ellensburg Community. With the burning heat of Summer in Ellensburg, comes a high need for hydration. Staying hydrated is one of the most important safety precautions when going through the summer months. And on this broadcast of 881 The Burg's Summer Safety Tips, we will be discussing how to stay hydrated.

According to UNL, our bodies are made up of about 60% water and there are many ways we lose water especially on a hot day. Some examples are through our skin, sweating, and even when we breathe. Therefore it's very important to replenish our bodies water through drinking water and getting the proper amount of electrolytes.

Keeping yourself hydrated has many benefits. Including:

- Regulating body temperature
- Lubricating joints

- Producing saliva
- And metabolizing food

Though water is needed by everyone, the amount that you need depends a lot on each person. The amount of water intake is decided by the amount of exercise, gender, time spent outside, and any illnesses. On average, a woman should drink about 11 cups per day and men 16 cups according to UNL. Though it is very rare, there is such a thing as drinking too much water and this can be lethal. So ensure you are listening to your body and not over doing it.

Here are some tips on how to stay hydrated:

- Drink a glass of water first thing in the morning
- Use alarms to remind yourself to drink water
- Focus on your bodies signals
- Drink a glass of water before each meal
- And set a daily goal

Thank you so much for listening to this broadcast of 881 The Burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Segment 4: A0A9 How to Stay Cool

Hello CWU and the greater Ellensburg community! Central Washington is known for its extreme weather conditions. From burning hot in the summer, to freezing cold in the winter. It definitely makes dealing with these extremes more bearable when you have fun activities to do. On this broadcast of 881 the burg's summer safety tips, we will be discussing all about how to stay cool during the hot summer months. One of the best ways to cool off during the summer is visiting a local water source. Whether it be a lake, pond, or river, cooling off in the water is always a great idea. Around Ellensburg there are a few places to consider for a water day. There is Irene Rinehart Riverfront park where you can enjoy the river as well as a lake that locals call People's Pond. Naneum pond is also a popular destination followed by the Columbia river which is just a few miles away from Ellensburg in Vantage.

If being outside isn't necessarily your thing, then there are plenty of indoor options as well. Visiting a local movie theater or hosting a movie night at your house is a great way to pass the time while staying cool. Another idea is hosting an indoor picnic with your friends or having a game night. For those who enjoy getting out into nature and hiking, remember that there are a few ways to protect yourself from the heat while on your adventure. Bringing plenty of water and wearing lightweight clothing is important, as well as taking frequent breaks. Remember to always bring a friend on any hike as well.

Thank you so much for listening to this broadcast of 881 The 'Burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Segment 5: AAAG Dogs and Children in Cars

Hello CWU and the greater Ellensburg community. Taking our children and furry friends on car rides is pretty popular, especially during the summertime. However, leaving anyone in the car while you go into a store or anywhere else can be detrimental. On this broadcast of 881 The 'Burg's Summer Safety tips we will be talking about car safety during the summer.

During the summertime, it's best not to leave your dog or child in the car under any circumstances. Many believe that even if the temperature outside is in the low 70s, that anyone will be okay. But according to Franklin Ranch Pet Hospital, it only takes 10 minutes for a car to rise to 100 degrees when it is 75 degrees outside.

Since dogs are unable to sweat, they regulate their body temperature through panting. In these situations, dogs will oftentimes begin to face rising anxiety due to the discomfort of the temperature. As for children, they may have no way of contacting anyone to help them and they may be so young that they can't communicate their needs.

According to the American Academy of Pediatrics, the open window myth is not true. Even if you leave your car windows open slightly, there is very little difference in the time it takes for temperature levels to rise. If you happen to see a dog or a child left in a car during the warm months and they seem to be in distress, call 911 and wait by the vehicle. Heatstroke can happen within only 15 minutes so it's important to keep an eye out for potential victims.

If you are considering taking your dog or child with you while you run errands either choose to go to businesses that you can bring them into, bring a friend to stay with your dog or child, or leave your child or pup at home with someone where it's safe and cool. Don't take any chances.

Thank you so much for listening to this broadcast of 881 The Burg's Summer Safety Tips where we share with you all the ways to have a fun and safe summer.

Runtimes:

Heat Safety 1 - 1:45	Heat Safety 2 - 1:35	Heat Safety 3 - 1:42	Heat Safety 4 - 1:31	Heat Safety 5 - 1:51
Fri 09/01/2023	Fri 09/01/2023	Fri 09/01/2023	Fri 09/01/2023	Fri 09/01/2023
1:25am	1:28pm	2:29pm	3:32pm	10:22pm
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12:33pm	7:23pm	8:22pm	9:30am	12:22am
6:23am	7:29am	8:28am	Fri 09/08/2023	5:26pm
6:25pm	Fri 09/08/2023	Fri 09/08/2023	1:24am	5:27am
Fri 09/08/2023	3:28pm	10:22pm	11:21pm	Fri 09/08/2023
2:32pm	4:30am	10:30am	12:33pm	1:28pm
3:20am	9:26pm	12:22am	6:23am	2:23am
8:25pm	9:28am	5:24am	7:22pm	7:29am
8:27am	Mon 08/28/2023	5:24pm	Mon 08/28/2023	Mon 08/28/2023

Mon 08/28/2023		1:28pm		Mon 08/28/2023		3:32pm		10:29am
1:20am		11:24pm		2:29pm		8:23pm		4:25pm
10:22pm		6:29pm		7:25pm		9:26am		5:23am
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6:22am		1:22am		1:29pm		3:23am		3:41pm
Mon 09/04/2023		10:24pm		11:21pm		7:28pm		4:26am
10:29am		12:29pm		2:24am		8:29am		8:25pm
12:25am		5:30pm		6:27pm		Sat 09/02/2023		9:27am
4:29pm		6:24am		7:28am		10:23pm		Sat 09/02/2023
5:25am		Sat 09/02/2023		Sat 09/02/2023		12:28pm		1:31pm
9:21pm		10:27am		1:21am		2:22am		11:26pm
Sat 09/02/2023		12:22am		11:29am		5:24pm		3:22am
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4:25am		5:23am		6:24am		Sat 09/09/2023		8:28am
7:23pm		8:24pm		9:23pm		2:33pm		Sat 09/09/2023
9:29am		Sat 09/09/2023		Sat 09/09/2023		4:22am		10:27am
Sat 09/09/2023		10:22pm		1:29pm		Sun 09/03/2023		12:21am
1:21am		12:30pm		11:22pm		10:23pm		3:27pm
11:27am		2:22am		3:23am		12:26pm		5:24am
4:26pm		5:28pm		8:30am		3:20am		Sun 09/03/2023
6:22am		7:29am		9:35pm		5:30pm		1:27pm
Sun 09/03/2023		Sun 09/03/2023		Sun 09/03/2023		Sun 09/10/2023		11:23pm
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2:30pm		3:27pm		2:19am		2:29pm		6:27pm
5:23am		6:21am		4:27pm		5:22am		Sun 09/10/2023
7:24pm		8:21pm		9:26pm		7:27pm		1:25am
Sun 09/10/2023		Sun 09/10/2023		Sun 09/10/2023		Thu 08/31/2023		3:23pm
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Thu 08/31/2023		Thu 08/31/2023		Thu 08/31/2023		7:25am		3:27am
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12:36pm		11:24pm		3:25am		10:21pm		9:20pm

5:31pm		2:22am		7:27pm		12:33pm		Tue 08/29/2023
6:28am		6:29pm		8:27am		5:25pm		1:29pm
Tue 08/29/2023		7:28am		Tue 08/29/2023		6:26am		11:27pm
2:30pm		Tue 08/29/2023		10:27am		Tue 09/05/2023		2:25am
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7:22pm		4:30am		4:28pm		12:23am		7:28am
8:28am		8:21pm		5:25am		4:27pm		Tue 09/05/2023
Tue 09/05/2023		9:31am		9:22pm		5:26am		1:21am
1:28pm		Tue 09/05/2023		Tue 09/05/2023		9:20pm		10:23pm
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6:27pm		7:24pm		8:24pm		12:25am		6:22am
7:29am		8:27am		9:29am		4:29pm		Wed 08/30/2023
Wed 08/30/2023		Wed 08/30/2023		Wed 08/30/2023		5:25am		1:22am
1:30pm		2:29pm		3:25pm		9:21pm		10:26pm
11:23pm		3:24am		4:23am		Wed 09/06/2023		12:29pm
2:22am		7:27pm		8:24pm		1:28pm		5:29pm
6:29pm		8:29am		9:27am		11:23pm		6:26am
7:29am		Wed 09/06/2023		Wed 09/06/2023		2:24am		Wed 09/06/2023
Wed 09/06/2023		10:29am		1:25am		6:25pm		2:27pm
3:27pm		12:22am		10:23pm		7:30am		3:20am
4:24am		4:26pm		12:31pm				7:26pm
8:24pm		5:21am		5:29pm				8:28am
9:28am		9:22pm		6:24am				

News Central Monday-Friday 9-10am

News Central is a weekday news program hosted by Central Washington University students. Each show covers headline, national, local, regional, and world news. University announcements, interviews, and local event calendars are also included in many of these broadcasts. The following grid outlines some of the topics in each show:

Date	Headline	National	Local	Regional or World
9/20	<ul style="list-style-type: none"> ● Fentanyl in Daycare ● Hunter Biden Pleading Not Guilty ● Biden's Climate Corps 	<ul style="list-style-type: none"> ● Senate Dress Code ● Sports ● Stephen Buyer Arrested ● Students for far admissions 	<ul style="list-style-type: none"> ● Weather ● CWU Events ● CWU Sport 	<ul style="list-style-type: none"> ● Washington Litter Crisis ● Children Exposed to Fentanyl ● Washington wildfires

				affecting insurance
9/21	<ul style="list-style-type: none"> • Venezuelan Refugees • India Suspending Canadian Visas • Murdoch Stepping Down 	<ul style="list-style-type: none"> • Triangle Cross Ranch • Migrant Influx at Mexico Border • Sports 	<ul style="list-style-type: none"> • Weather • CWU Events • CWU Sport 	<ul style="list-style-type: none"> • Strict hijab Rules • Indonesia Jails Women
9/22	<ul style="list-style-type: none"> • Update on Daycare Drug Business • Potential Storm Ophelia • Texas Invading Mexico 	<ul style="list-style-type: none"> • Update on F-35B Fighter Jet • Family Sues Google or Death • Sports 	<ul style="list-style-type: none"> • Weather • CWU Events • CWU Sport 	<ul style="list-style-type: none"> • Semi Truck Flip
9/25	<ul style="list-style-type: none"> • Mafia Boss Dies • Florida Train Crash • Philippine Officials Removing Barrier 	<ul style="list-style-type: none"> • Georgia man set Free • El Nino Weather • Sports • WGA Contract to End Hollywood Strike 	<ul style="list-style-type: none"> • Weather • CWU Events • CWU Sport 	<ul style="list-style-type: none"> • Three Envied Suburbs in WA • WA State Patrol Asking Drivers to Slow Down • Selah Man Staying in Dog Kennel
9/26	<ul style="list-style-type: none"> • New Orleans Drinking Water • Possible Government Shutdown • Hunter Biden Suing Rudy Giuliani 	<ul style="list-style-type: none"> • Sports • New Human Trafficking Law in California • Woman and Girl Killed in Brooklyn • Republican Debate 	<ul style="list-style-type: none"> • Weather • CWU Events • CWU Sport 	<ul style="list-style-type: none"> • South Korea Military Parade • Canadian Park Ride Stuck • "Dead" man Appears on Television
9/27	<ul style="list-style-type: none"> • Multi Store Looting in Philly • U.S. Soldier Back in America from North Korea • Sony Hacked 	<ul style="list-style-type: none"> • Biden's Dog Biting Attack • New York Judge Finds Trump Fraud • Bob Mendez in Court 	<ul style="list-style-type: none"> • Weather • CWU Events • CWU Sport 	<ul style="list-style-type: none"> • Woman Drug out to Sea • Best and Worst Drivers in the State • West Nile Virus in WA
9/28	<ul style="list-style-type: none"> • Senate Dress Code 	<ul style="list-style-type: none"> • Suspect Found 	<ul style="list-style-type: none"> • Weather 	<ul style="list-style-type: none"> • Gang

	<p>Update</p> <ul style="list-style-type: none"> • First Biden Hearing on Impeachment • Second Rep. Debate 	<p>for Killing of Teacher</p> <ul style="list-style-type: none"> • New Cali Gun Laws • Ghost Guns found in Daycare 	<ul style="list-style-type: none"> • CWU Events • CWU Sports 	<p>Violence in Sweden</p> <ul style="list-style-type: none"> • Standing Ovation for Ex-Nazi • 100 People Dead in Wedding Fire
9/29	<ul style="list-style-type: none"> • Pakistan Bombings • Gov. Shutdown • Dianne Feinstein Dead at 90 	<ul style="list-style-type: none"> • Musk Visits Border • Florida Shootout • Childcare Funs Ending 	<ul style="list-style-type: none"> • Weather • CWU Events • CWU Sports • Local Man Raises \$70,000 for Domestic Violence 	<ul style="list-style-type: none"> • Seattle Coffee Rankings in U.S. • Portland Longest no Kill Streak • Hybrid Ferry Coming Next Year