

# KCWU-FM Programs & Features Report – 2022 Q3

The following ascertainment spots were played on KCWU-FM during 2022 Q3 to meet FCC Programs and Features requirements. Five topics were featured with five segments per topic. The following report includes the topics, the transcription of each segment, and the runtimes of each file.

Topics:

Hiking and Outdoors - July 1-17  
Fire Safety - July 18-31  
Heat Safety - August 1-21

Try a Sport - August 22-Sept 4  
Mental Health - September 5-18

## Topic 1: Hiking and Outdoors (July 1-17)

### Segment 1: A0A2 – Hiking Safety 1

Hiking season's upon us and 88.1 The Burg would like to remind you to stay safe on the trails. Here's some tips and information from the National Forest Service to make sure that you stay safe this hiking season. The 1st reminder is to know your limit. Have an understanding of your hiking experience level before each hike. How much weight can you carry along the journey and who are you going to hike with? If you prefer the solitude of hiking alone, be sure to be prepared for any unforeseen circumstances that may affect your traverse. Secondly, make sure to plan your hike, leave a trip plan. Complete a trip plan that details where you will be walking or hiking, your contact information, when you plan to arrive and return and who is coming with you, leave this information with a trusted friend or family member that is not going to be going on the trip with you. The details of this document can be very helpful to search and rescue teams in case of an emergency. Have an emergency plan. Develop an emergency plan for what to do if you or your hiking companions get lost or injured. Consider learning CPR and Basic Wilderness first aid, especially if you're planning to hike in the back country. Monitor for park alerts. Find out about trail closures, wildland fire risks or other hazards that are in that area. Before any hike, be sure to check the day's weather forecast to be prepared for what the weather could bring. Have a flashlight available for when it is too dark to see and a map to navigate, should you get lost on the trail. With these tips, you can stay safe while hiking on the trails this summer. If you'd like to find out more information, you can visit the National Park Services website at [www.nps.gov](http://www.nps.gov). Once again, that's [www.nps.gov](http://www.nps.gov).

Runtimes (Date, Time):

22-07-01, 6:33:13	22-07-03, 12:41:30	22-07-05, 18:37:38	22-07-07, 15:35:05
22-07-01, 11:24:48	22-07-03, 17:36:17	22-07-06, 4:37:55	22-07-07, 20:27:01
22-07-01, 17:46:57	22-07-04, 7:35:33	22-07-06, 9:33:57	22-07-08, 1:38:40
22-07-02, 7:32:40	22-07-04, 12:35:12	22-07-06, 15:32:40	22-07-08, 6:32:18
22-07-02, 12:40:26	22-07-04, 17:34:52	22-07-06, 20:37:33	22-07-08, 11:25:38
22-07-02, 17:34:03	22-07-05, 7:32:23	22-07-07, 5:34:06	22-07-08, 17:29:13
22-07-03, 7:38:19	22-07-05, 13:38:07	22-07-07, 10:38:52	22-07-08, 22:40:37

22-07-09, 3:33:16	22-07-11, 5:34:01	22-07-13, 18:41:13	22-07-15, 22:39:06
22-07-09, 8:32:51	22-07-11, 10:40:50	22-07-13, 23:37:09	22-07-16, 3:31:46
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22-07-09, 18:40:27	22-07-11, 21:38:20	22-07-14, 13:32:43	22-07-16, 13:38:45
22-07-09, 23:37:05	22-07-12, 6:30:09	22-07-14, 18:39:52	22-07-16, 18:41:52
22-07-10, 0:34:37	22-07-12, 11:23:35	22-07-14, 23:35:49	22-07-16, 23:38:30
22-07-10, 5:38:36	22-07-12, 17:34:23	22-07-15, 2:35:27	22-07-17, 4:36:05
22-07-10, 10:30:38	22-07-12, 22:36:06	22-07-15, 7:31:40	22-07-17, 9:34:27
22-07-10, 15:38:27	22-07-13, 7:31:45	22-07-15, 12:36:21	22-07-17, 14:34:54
22-07-10, 20:37:50	22-07-13, 13:26:09	22-07-15, 17:32:47	22-07-17, 19:36:20

## Segment 2: A0A3 – Hiking Safety 2

Hiking season is upon us, 88.1 The Burg would like to remind you to stay safe on the trails. Here is a list of some items you should carry with you on your next hiking trip, according to the National Park Service. Make sure to bring plenty of food and water with you. In the case of an emergency, it's always better to pack more than what you think you might need. When you're going hiking, make sure you have the proper footwear. A good quality pair of hiking shoes will help you with many things like keeping your feet warm, taking away moisture from your feet and protecting you from the terrain. Having the proper shoes will help you enjoy your hike more, especially because you're on your feet the whole time. Navigation can be important on the trail so it's always good to make sure that you have a map, compass, or GPS system. Make sure that you know where you are at all times. Protect yourself from the elements. Sunglasses for your eyes. Sunscreen for your skin. And a hat to protect both your eyes and the rest of your body from any weather or difficulties in the terrain. Make sure you bring clothes for all elements. Higher elevations can result in weather that you might not expect this time of year, if you prepare accordingly, it shouldn't be a problem. It can get dark fast while you're hiking on the trails, so make sure you bring a flashlight, lantern, or headlamp. Also, be sure to have a first aid kit as it's important to have in the event of an injury. Other things to bring with you are items to help start a fire. If you plan on or get stuck on the trail, being able to create a fire is important for your safety, especially when temperatures start to cool off and it's getting dark outside. Having a repair kit and tools can always be handy, such as duct tape, a knife, screwdriver, and scissors. And in the case of an emergency, even if you aren't planning on an overnight trip, having a tent with blankets can be very handy. With these tips you can be sure to stay safe and have fun while hiking this summer. If you'd like to find out more, you can visit the National Park Services website at [www.nps.gov](http://www.nps.gov). Once again, that's [www.nps.gov](http://www.nps.gov).

### Runtimes (Date, Time):

22-07-01, 7:30:31	22-07-02, 13:32:31	22-07-03, 18:36:46	22-07-05, 8:33:25
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22-07-01, 18:35:39	22-07-03, 8:34:16	22-07-04, 13:31:34	22-07-06, 5:38:27
22-07-02, 8:32:24	22-07-03, 13:36:07	22-07-04, 18:41:28	22-07-06, 10:38:55

22-07-06, 16:35:25	22-07-09, 9:28:47	22-07-12, 13:38:41	22-07-15, 13:37:06
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22-07-07, 16:30:32	22-07-10, 6:35:49	22-07-13, 14:27:14	22-07-16, 9:34:52
22-07-07, 21:34:45	22-07-10, 11:32:48	22-07-13, 19:32:57	22-07-16, 14:32:37
22-07-08, 2:33:14	22-07-10, 16:37:19	22-07-14, 4:45:55	22-07-16, 19:35:02
22-07-08, 7:32:25	22-07-10, 21:37:55	22-07-14, 9:35:03	22-07-17, 0:36:34
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22-07-08, 18:38:29	22-07-11, 11:25:14	22-07-14, 19:36:08	22-07-17, 10:36:16
22-07-08, 23:33:37	22-07-11, 22:33:30	22-07-15, 3:32:11	22-07-17, 15:34:39
22-07-09, 4:38:15	22-07-12, 7:33:49	22-07-15, 8:35:11	22-07-17, 20:35:00

### Segment 3: AA00 – Hiking Safety 3

Summer is upon us, and that means hiking season is here. Hiking can be a great way to explore the great outdoors in Washington. But if done carelessly, it can lead to trouble for the hiker, the wildlife or the environment. There are many things that hikers should keep in mind while out exploring the trails, as well as many precautions that should be taken beforehand that can potentially save them if something were to go wrong. That's why 88.1 the Burg wants to make sure that you're staying safe while hiking this summer. Make sure to have a map available. You can download a PDF map from the Department of Natural Resources, or they also offer the events and maps app to find your location as you enjoy the 1200 miles of trail on the DNR managed landscapes. Even without cell service, the maps will continue to work using your phone's GPS chip. To be safe, it's always best to have a backup printed map. Make sure to watch out for wilderness and know more about the dirt you're on. Wet and muddy trails make for a more dangerous trip than dry trails. Make sure to ask a ranger. Stop by the visitor center or ask a ranger about conditions in the park before you head out for your hike. There may be park closures or alerts that are in effect. Be aware of wildlife and wilderness. You might see some wildlife while you're out exploring. Check out the parks website to learn more about the animals and educate yourself on responsibly watching wildlife. Store your food properly and do not wear strong scents. With these tips and tricks. You can hopefully stay safe while still having fun out on the trails. For more information you can visit the Department of Natural Resources website at [www.dnr.wa.gov](http://www.dnr.wa.gov) again that's [www.dnr.wa.gov](http://www.dnr.wa.gov).

#### Runtimes (Date, Time):

22-07-01, 4:35:05	22-07-02, 15:32:38	22-07-04, 10:35:52	22-07-06, 7:30:33
22-07-01, 9:33:20	22-07-03, 5:38:10	22-07-04, 15:35:03	22-07-06, 13:34:56
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22-07-02, 5:32:34	22-07-03, 15:32:14	22-07-05, 10:40:26	22-07-06, 23:32:48
22-07-02, 10:36:17	22-07-04, 5:32:23	22-07-05, 16:34:28	22-07-07, 8:35:16

22-07-07, 13:34:05	22-07-10, 3:35:18	22-07-13, 5:32:06	22-07-15, 20:36:45
22-07-07, 18:40:34	22-07-10, 8:38:35	22-07-13, 10:38:36	22-07-16, 1:37:06
22-07-07, 23:41:44	22-07-10, 13:39:16	22-07-13, 16:29:00	22-07-16, 6:36:57
22-07-08, 4:38:11	22-07-10, 18:39:02	22-07-13, 21:32:56	22-07-16, 16:34:57
22-07-08, 9:33:09	22-07-10, 23:33:01	22-07-14, 6:31:50	22-07-16, 21:35:02
22-07-08, 15:32:57	22-07-11, 8:34:36	22-07-14, 11:42:43	22-07-17, 2:35:36
22-07-08, 20:34:04	22-07-11, 14:33:42	22-07-14, 16:33:25	22-07-17, 7:33:13
22-07-09, 1:38:32	22-07-11, 19:34:03	22-07-14, 21:33:16	22-07-17, 12:30:29
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22-07-09, 11:34:47	22-07-12, 9:35:32	22-07-15, 5:33:05	22-07-17, 22:35:47
22-07-09, 16:38:19	22-07-12, 15:35:18	22-07-15, 10:36:47	
22-07-09, 21:31:34	22-07-12, 20:53:53	22-07-15, 15:35:09	

#### **Segment 4: OA0A – Hiking Safety 4**

Summer is upon us. And that means hiking season is here. Hiking can be a great way to explore the great outdoors in Washington, but if done carelessly, it can lead to trouble for the hiker, the wildlife or the environment. There are many things that hikers should keep in mind while out exploring the trails as well as many precautions that should be taken beforehand, that can potentially save them, if something were to go wrong. That's why 88.1 The Burg wants to make sure that you're staying safe while hiking this summer. Part of enjoying the outdoors is making sure you have a discover pass. The Discover Pass gives you access to millions of acres of state recreation lands in Washington. With access to trails, comes a responsibility to do your part to stay safe. Make sure to know the right of way. Check signage for the trail that you're hiking and follow the correct right of way yields. Signs may vary from park to park, but here are some general guidelines of yielding on the trail. Hikers coming uphill have the right of way. If you are descending the trail step aside and give some space to the people climbing up. Hikers yield to horses and other pack stock. Slowly and calmly step off to the downhill side of the trail. If you approach from behind, calmly announce your presence and intentions. This and other pack stock can frighten easily so avoid sudden movements or loud noises. Bicyclists yield to hikers, horses, or other pack stock. Come to a full stop and step to the side and give the right of way. Be mindful of the plants or animals that are near the trail, if you must step off the trail. Bicyclists should always ride within their abilities. Before your visit, check individual part regulations to see if biking is allowed. When you encounter other hikers, offer a friendly hello or a simple head nod. This helps create a friendly atmosphere on the trail. If you approach another trail user from behind, announce yourself in a friendly, calm tone and let them know you want to pass. Don't step off the trail unless you absolutely must, when yielding. Going off trail can damage or kill certain plant or animal species and can hurt the ecosystem that surrounds the trail. Always practice, leave no trace principles. Leave rocks, vegetation, and artifacts where you find them for others to enjoy. Keep your distance from the wildlife you encounter. Some parks require you to stay a certain distance from wildlife, so check park regulations before your visit. Never leave the trail to try to get a closer look at an animal, because it can hurt the habitat the animal and put yourself in danger. Be mindful of trail conditions. If a trail is too wet and muddy, turn back and save the hike for another day

using a muddy trail can be dangerous, damage the trail's condition, and damage the ecosystems that surround the trail. When hiking in the great outdoors, let nature do all the talking. Be respectful of both nature and other people. Keep the noise from electronic devices at bay. Not only will other visitors appreciate the peace and quiet, but so will the wildlife. Many wildlife species rely on natural sounds for communication purposes and disrupting those sounds can be hurtful for their chances of survival. Always be aware of your surroundings when hiking in our national parks. It will help keep you and others safe and it will help keep the wildlife and habitats safe and healthy. With these tips and tricks, 88.1 the Burg hopes that you can enjoy your summer while staying safe on the trails. If you'd like to find out more, you can visit the National Parks and Forests webpage at [www.nps.gov](http://www.nps.gov). Once again, that's [www.nps.gov](http://www.nps.gov).

#### Runtimes (Date, Time):

22-07-01, 5:31:28	22-07-06, 19:37:10	22-07-10, 14:32:53	22-07-15, 1:35:59
22-07-01, 10:40:51	22-07-07, 4:37:31	22-07-10, 19:33:14	22-07-15, 6:27:40
22-07-01, 16:35:29	22-07-07, 9:35:24	22-07-11, 4:39:19	22-07-15, 11:36:42
22-07-02, 6:36:32	22-07-07, 14:37:49	22-07-11, 9:34:01	22-07-15, 16:35:49
22-07-02, 11:33:35	22-07-07, 19:57:38	22-07-11, 15:32:37	22-07-15, 21:36:34
22-07-02, 16:32:13	22-07-08, 0:33:29	22-07-11, 20:34:44	22-07-16, 2:32:52
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22-07-03, 11:37:48	22-07-08, 10:40:22	22-07-12, 10:41:52	22-07-16, 12:38:21
22-07-03, 16:32:32	22-07-08, 16:31:56	22-07-12, 16:32:03	22-07-16, 17:34:48
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22-07-05, 17:37:38	22-07-09, 22:34:01	22-07-14, 12:30:56	22-07-17, 23:33:50
22-07-06, 8:34:05	22-07-10, 4:38:14	22-07-14, 17:35:19	
22-07-06, 14:36:48	22-07-10, 9:33:34	22-07-14, 22:34:07	

#### Segment 5: 00AE – Hiking Safety 5

Summer is upon us, and that means hiking season is here. Hiking can be a great way to explore the great outdoors in Washington, but if done carelessly, it can lead to trouble for the hiker, the wildlife or the environment. There are many things that hikers should keep in mind while out exploring the trails as well as many precautions that could be taken beforehand that can potentially save them if something were to go wrong. That's why 88.1 The Burg wants to make sure that you're staying safe while hiking this summer. Hiking is a great source of exercise and no matter what type of trail you're exploring; hiking is a great full body workout. This type of exercise can result in building stronger muscles. Hiking

the trails can also improve your sense of balance and improve your heart health, which can decrease the risk of certain respiratory problems. So, whether you find yourself scrambling up a steep incline, or walking on a winding dirt path hiking in our national parks is the perfect opportunity to get a workout. Hiking can also help improve your mental health, being nature can boost your mood, reduce stress, comma, calm anxiety and lead to a lower risk of depression, according to a study done at Stanford University. In addition to having mental health benefits, being outdoors opens up your senses to your surroundings and improves your sensory perception. Taking in the sights, smells, and feelings of nature has so many health benefits, it can even be prescribed by a doctor. If you'd like more information on why hiking is not only a fun summer activity but can have great health benefits. You can visit the national Parks and Forest page at [www.nps.gov](http://www.nps.gov). Again that's, [www.nps.gov](http://www.nps.gov).

#### Runtimes (Date, Time):

22-07-01, 8:31:44	22-07-06, 22:31:04	22-07-10, 17:32:38	22-07-15, 4:38:22
22-07-01, 14:34:14	22-07-07, 7:29:28	22-07-10, 22:36:56	22-07-15, 9:33:38
22-07-02, 4:40:02	22-07-07, 12:33:29	22-07-11, 7:33:35	22-07-15, 14:38:24
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22-07-03, 4:39:56	22-07-08, 3:32:33	22-07-11, 23:35:47	22-07-16, 5:32:56
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22-07-06, 17:35:25	22-07-10, 12:44:57	22-07-14, 20:37:33	

## Topic 2: Fire Safety (July 18-31)

### Segment 1: A0A4 – Fire Safety 1

The summer not only brings more sunshine, but the hotter temperatures also lead to dryer climates. These conditions make for the perfect storm for fires to start and quickly spread. With this in mind, it's essential to have people remain aware of starting fires as even one spark could turn into a fire that burns acres of forests or forces people from their homes. It's vital to do your part to prevent fires and know how to react if you encounter one. That's why 88.1 the Burg wants to ensure that you're practicing

proper fire safety techniques and keeping yourself and others safe from fires. It's important to recognize that there are different kinds of fires, ranging from Class A to class K. Electrical fires are categorized as Class C. These fires can originate from damage to wiring, overused electrical outlets, and devices that have been overcharged. There is a risk for a class C fire whenever electricity is used. To prevent electrical fires in the future, be sure to monitor plugs, outlets, and ports to see if anything looks flawed. Faulty wiring and damaged cables may cause problems down the line. Familiarize yourself with the electrical capacity of what you use. If the fuses or electrical box in your home are constantly blowing, it may be a sign that you need to find a professional electrician to help check your electrical circuit to see what changes can be made. The first thing to do when dealing with a class C fire is to unplug or turn off the defective device if it's safe to do so. One of the larger challenges of an electrical fire may be safely reaching and deactivating the source of the fire. The moment the electrical source that started the fire's unplugged the blaze is no longer an electrical fire. It is important to note that water cannot be used to fight class C fires, since water is highly conductive. A fire extinguisher is the best tool for Class C fires if the power source cannot be reached. Class C fire extinguishers are designed to separate elements of an electrical fire into fuel, heat, and oxygen. Class C extinguishers use deionized water which will not conduct electricity, develop an understanding of where Class C fire extinguishers are located in case danger unfolds. For more information on how to stay safe from fires and other hazards, be sure to check out the National Safety Council at [www.nsc.org](http://www.nsc.org). Once again, that's [www.nsc.org](http://www.nsc.org).

Runtimes (Date, Time):

22-07-18, 4:44:21	22-07-22, 4:38:46	22-07-25, 14:31:27	22-07-29, 9:35:08
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22-07-21, 14:32:59	22-07-24, 23:37:04	22-07-28, 21:32:41	
22-07-21, 19:37:09	22-07-25, 8:31:16	22-07-29, 4:36:07	

## Segment 2: 0A0D – Fire Safety 2

The summer not only brings more sunshine, but the hotter temperatures also lead to drier climates. These conditions make for the perfect storm for fires to start and quickly spread. With this in mind, it's essential that people remain aware of starting fires as even one spark could turn into a fire that burns acres of forests or forces people from their homes. It's vital to do your part to prevent fires and know how to react if you encounter one. That's why 88.1 the Burg wants to ensure that you're practicing proper fire safety techniques and keeping yourself and others safe from fires. Cooking can be an enjoyable activity by yourself or with friends and family. However, it needs to be done safely. When it comes to house fires, one of the most common causes is cooking. Unattended food on the stove is the most common reason for house fires inside the kitchen. Make sure to set a timer and do not leave your food unattended. According to a recent study, 118,700 house fires originate from cooking equipment. This includes an average of 250 deaths and 3880 injuries from cooking fires every year. Cooking fires can come from many different origins such as leaving food that is being cooked neglected or having combustible items close to the heat source. Fires can also start by simply forgetting to turn off the stovetop or another. The Tufts department of safety says that the number one cause of college campus fire injuries is cooking accidents. To prevent cooking fires in the future, be sure not to neglect cooking food on a stove top or in the oven. When cooking it's advisable to wear short sleeves so a heat source won't catch your clothing on fire. When using an oven mitt, be sure that the oven mitt is not wet, for scalding can occur with a damp mitt. If a fire were to unfold, the response would depend on what type of cooking fire it is. If a grease fire starts in a pan, after putting on an oven mitt, grab a pot lid and use the lid to smother the flames. Follow it up by turning off the burner, once the lid is cool, it is safe to remove the lid. Do not dump water on a grease fire, because the water would start spattering, thus spreading the fire further. If an oven fire starts, you should first turn off the oven, but make sure to do it safely. Leave the oven door closed so more air does not feed the fire. If the fire does not burn out, evacuate the house and call 911. In the event of a microwave fire, the approach remains the same. Unplug the microwave and leave the door closed until the fire burns out. Ensure that your cooking appliances are up to date, so you do not run into a dangerous situation while cooking. For more information on how you can stay safe from fires and other hazards, be sure to check out The National Safety Council at [www.nsc.org](http://www.nsc.org). Once again that's [www.nsc.org](http://www.nsc.org).

### Runtimes (Date, Time):

22-07-18, 5:30:28	22-07-20, 18:43:45	22-07-22, 20:36:58	22-07-25, 4:39:20
22-07-18, 10:39:53	22-07-20, 23:43:02	22-07-23, 2:34:45	22-07-25, 9:34:43
22-07-18, 16:35:21	22-07-21, 5:35:01	22-07-23, 7:32:05	22-07-25, 15:37:59
22-07-18, 21:37:02	22-07-21, 10:39:40	22-07-23, 12:40:58	22-07-25, 20:33:56
22-07-19, 6:32:57	22-07-21, 15:31:38	22-07-23, 17:28:59	22-07-26, 5:30:28
22-07-19, 11:49:31	22-07-21, 20:36:31	22-07-23, 22:34:50	22-07-26, 10:37:34
22-07-19, 17:38:31	22-07-22, 0:33:06	22-07-24, 4:40:09	22-07-26, 16:31:58
22-07-19, 22:33:18	22-07-22, 5:31:04	22-07-24, 9:33:23	22-07-26, 21:36:12
22-07-20, 7:34:47	22-07-22, 10:36:03	22-07-24, 14:32:26	22-07-27, 6:33:23
22-07-20, 13:36:21	22-07-22, 15:32:28	22-07-24, 19:38:43	22-07-27, 11:25:11



22-07-27, 22:37:35	22-07-29, 0:36:47	22-07-30, 1:38:51	22-07-31, 2:35:12
22-07-28, 7:29:48	22-07-29, 5:27:38	22-07-30, 6:33:05	22-07-31, 7:37:28
22-07-28, 12:44:51	22-07-29, 10:31:42	22-07-30, 11:41:45	22-07-31, 12:32:14
22-07-28, 17:32:55	22-07-29, 15:32:53	22-07-30, 16:35:01	22-07-31, 17:32:35
22-07-28, 22:37:00	22-07-29, 20:31:12	22-07-30, 21:37:23	22-07-31, 22:34:06

### Segment 3: AA03 – Fire Safety 3

The summer not only brings more sunshine, but the hotter temperatures also lead to drier climates. These conditions make for the perfect storm for fires to start and quickly spread. With this in mind, it's essential that people remain aware of starting fires as even one spark could turn into a fire that burns acres of forests or forces people from their homes. It's vital to do your part to prevent fires and know how to react if you encounter one. That's why 88.1 the Burg wants to ensure that you're practicing proper fire safety techniques and keeping yourself and others safe from fires. Fire extinguishers can save lives and property, but it is recommended that they're only used by adults who have been trained on, how and when to properly use them. The safest thing you can do during a fire is get outside of the house safely. Different types of fires require different types of extinguishers for your home, it's recommended to have an ABC fire extinguisher. ABC fire extinguishers use a dry chemical powder to extinguish the most typical home fires. These dry chemicals put out the fire by coating the flames with a thin dust layer, blocking the source's flammable oxygen supply. Here are some tips when selecting fire extinguisher for your home. Make sure to get a fire extinguisher that is large enough to effectively put out a small fire, but not so heavy that it's difficult to handle. The most common and recommended extinguishers are the ABC fire extinguishers. Your fire extinguishers should be near exits so you can easily escape if the fire gets out of control or if the room fills with smoke. Only use a fire extinguisher if you have been trained to do so. Fire extinguishers should only be used on small, contained fires. Ensure the other people in the house have exited and the fire department has been called before attempting to use a fire extinguisher. Do not attempt to use a fire extinguisher in a room where smoke is already accumulating. Here are some ways to make sure that you properly check and maintain your fire extinguisher. First, visually inspect your fire extinguisher regularly to ensure that the pressure is at the recommended level. Fire extinguisher exteriors must not have any damage, dents, or rust. The hoses and nozzles should also be checked regularly to ensure that they are not damaged and are free of holes. Also ensure your fire extinguisher is still easily accessible and has not become blocked by furniture or other items. If anything appears damaged or flawed, immediately replace the extinguisher. For more information on how to stay safe from fires and other hazards, be sure to check out the National Safety Council at [www.nsc.org](http://www.nsc.org), again that's [www.nsc.org](http://www.nsc.org).

#### Runtimes (Date, Time):

22-07-18, 6:32:35	22-07-19, 13:37:20	22-07-20, 19:32:44	22-07-22, 1:38:07
22-07-18, 11:47:29	22-07-19, 18:36:08	22-07-21, 6:33:15	22-07-22, 6:36:46
22-07-18, 17:37:41	22-07-19, 23:41:17	22-07-21, 11:48:03	22-07-22, 11:36:32
22-07-18, 22:35:56	22-07-20, 8:34:03	22-07-21, 16:32:39	22-07-22, 16:32:24
22-07-19, 7:37:44	22-07-20, 14:32:27	22-07-21, 21:35:13	22-07-22, 21:35:39

22-07-23, 3:36:01	22-07-25, 10:37:19	22-07-28, 8:31:09	22-07-30, 12:32:53
22-07-23, 8:31:00	22-07-25, 16:31:49	22-07-28, 13:38:09	22-07-30, 17:27:16
22-07-23, 13:27:44	22-07-25, 21:36:46	22-07-28, 18:39:49	22-07-30, 22:36:26
22-07-23, 18:40:07	22-07-26, 6:33:54	22-07-28, 23:35:50	22-07-31, 3:36:25
22-07-23, 23:36:44	22-07-26, 11:26:20	22-07-29, 1:31:42	22-07-31, 8:30:51
22-07-24, 0:31:57	22-07-26, 17:31:51	22-07-29, 6:32:40	22-07-31, 13:31:11
22-07-24, 5:35:22	22-07-26, 22:39:24	22-07-29, 11:40:25	22-07-31, 18:39:06
22-07-24, 10:34:41	22-07-27, 7:31:29	22-07-29, 16:32:34	22-07-31, 23:35:41
22-07-24, 15:29:22	22-07-27, 13:37:52	22-07-29, 21:37:15	
22-07-24, 20:43:05	22-07-27, 18:34:33	22-07-30, 2:36:28	
22-07-25, 5:35:30	22-07-27, 23:32:05	22-07-30, 7:34:36	

#### Segment 4: 00AF – Fire Safety 4

The summer not only brings more sunshine, but the hotter temperatures also lead to drier climates. These conditions make for the perfect storm for fires to start and quickly spread. With this in mind, it's essential that people remain aware of starting fires as even one spark could turn into a fire that burns acres of forests or forces people from their homes. It's vital to do your part to prevent fires and know how to react if you encounter one. That's why 88.1 the Burg wants to ensure that you're practicing proper fire safety techniques and keeping yourself and others safe from fires. It is essential to recognize that there are different kinds of fires, ranging from Class A to class K. When ordinary combustible materials catch fire, this blaze falls under the category of Class A. To understand the nature of class A fires, it is crucial to know how Class A fires start. The main culprits are firewood, furnishings, cloth, plastics, and paper. When a Class A fire starts, the flames will continue as long as it has access to oxygen, heat and a fuel source promoting the fire. When encountering a fire, find out what material is burning to see if it falls under Class A. These are the most common types of fires and can be eliminated by reducing either oxygen heat, or both. When looking to reduce the heat level in a Class A fire, water is an effective deterrent. Water can only be used against Class A fires and pressurized water can be found in many fire extinguishers. Fire extinguishers use carbon dioxide to combat the flames and decrease the oxygen level in the fire. Both water and fire extinguishers are essential when a Class A fire needs to be put out. If a fire starts to get out of control, reach for help by calling to your local fire department or 911. The best way to prevent Class A fires from starting is to move materials that may be close to igniting. Examples include placing wood and plastics away from areas where they may begin to burn and catch fires such as portable heaters, fireplaces, and candles. Most class A fires start by leaving belongings unattended near a heat source. For more information on how to stay safe from fires and other hazards. Be sure to check out the National Safety Council's website at [www.nsc.org](http://www.nsc.org). Once again, that's [www.nsc.org](http://www.nsc.org).

#### Runtimes (Date, Time):

22-07-18, 7:32:29	22-07-18, 23:33:26	22-07-19, 19:22:47	22-07-20, 15:36:42
22-07-18, 13:31:08	22-07-19, 8:33:25	22-07-20, 4:38:32	22-07-20, 20:36:07
22-07-18, 18:39:48	22-07-19, 14:33:40	22-07-20, 9:32:53	22-07-21, 7:33:52

22-07-21, 12:47:25	22-07-24, 1:35:51	22-07-26, 23:35:44	22-07-29, 22:36:11
22-07-21, 17:34:03	22-07-24, 6:37:10	22-07-27, 8:32:08	22-07-30, 3:36:44
22-07-21, 22:35:42	22-07-24, 11:30:56	22-07-27, 14:33:37	22-07-30, 8:34:03
22-07-22, 2:39:30	22-07-24, 16:31:57	22-07-27, 19:32:35	22-07-30, 13:30:42
22-07-22, 7:31:01	22-07-24, 21:36:07	22-07-28, 4:43:48	22-07-30, 18:40:11
22-07-22, 12:44:11	22-07-25, 6:27:50	22-07-28, 9:32:36	22-07-30, 23:36:35
22-07-22, 17:30:46	22-07-25, 11:30:55	22-07-28, 14:31:21	22-07-31, 4:40:02
22-07-22, 22:36:32	22-07-25, 17:34:18	22-07-28, 19:29:53	22-07-31, 9:34:42
22-07-23, 4:37:30	22-07-25, 22:37:03	22-07-29, 2:36:53	22-07-31, 14:29:29
22-07-23, 9:30:47	22-07-26, 7:32:59	22-07-29, 7:36:07	22-07-31, 19:31:22
22-07-23, 14:29:54	22-07-26, 13:32:26	22-07-29, 12:44:02	
22-07-23, 19:31:30	22-07-26, 18:36:37	22-07-29, 17:32:03	

## Segment 5: OAA0 – Fire Safety 5

The summer not only brings more sunshine, but the hotter temperatures also lead to drier climates. These conditions make for the perfect storm for fires to start and quickly spread. With this in mind, it's essential that people remain aware of starting fires as even one spark could turn into a fire that burns acres of forests or forces people from their homes. It's vital to do your part to prevent fires and know how to react if you encounter one. That's why 88.1 the Burg wants to ensure that you're practicing proper fire safety techniques and keeping yourself and others safe from fires. Make sure you don't burn anything outside unless you have a permit. Permits are valid for 90 days, free and can be picked up at City Hall. Inside the city of Ellensburg recreational burning is the only type of outside fire allowed, which means only campfires inside a fire pit. You cannot burn disposal of yard waste. In Ellensburg only clean fire is allowed to be burned. This means you cannot burn construction debris from your DIY project. Ellensburg is known for its wind, so stay safe and make sure that you don't burn where there's an inversion or if it's windy. Make sure to let your neighbors know that you're burning ahead of time to avoid a call from the fire department. If your neighbors complain, the fire department may instruct you to put it out. However, letting them know that you're burning ahead of time avoids all confrontation. If you're burning illegally, you may be cited and charged for a response from the fire department. When putting out a fire, make sure to do it properly. Always thoroughly soak ashes, run your hands through the ashes after, to ensure that there is no heat. Go back and check it the next day. Don't leave anything combustible near the fire location after extinguishing. If you run into a situation where an outside fire is out of control, make sure to call 911 right away. If an out-of-control fire starts outside, after calling the fire department, stay safe and out of the way of the flames to avoid injury. If possible, move vehicles out of the path of the fire. Evacuate if you were told to by a fire or law enforcement, the best plan is to plan ahead and limit vegetation next to structures to keep the outdoor fire from jumping to structures. For more information on how to stay safe from fires and other hazards, be sure to check out the National Safety Council's website at [www.nsc.org](http://www.nsc.org). Once again, that's [www.nsc.org](http://www.nsc.org).

Runtimes (Date, Time):

22-07-18, 8:33:27	22-07-22, 3:35:29	22-07-25, 13:29:40	22-07-29, 8:34:00
22-07-18, 14:32:58	22-07-22, 8:33:53	22-07-25, 18:37:39	22-07-29, 13:34:52
22-07-18, 19:34:42	22-07-22, 13:34:31	22-07-25, 23:31:50	22-07-29, 18:39:42
22-07-19, 4:42:33	22-07-22, 18:35:46	22-07-26, 8:35:24	22-07-29, 23:33:15
22-07-19, 9:34:13	22-07-22, 23:37:16	22-07-26, 14:32:39	22-07-30, 4:39:22
22-07-19, 15:38:56	22-07-23, 0:34:20	22-07-26, 19:31:36	22-07-30, 9:30:45
22-07-19, 20:57:36	22-07-23, 5:34:33	22-07-27, 4:33:57	22-07-30, 14:34:32
22-07-20, 5:35:11	22-07-23, 15:30:13	22-07-27, 9:31:44	22-07-30, 19:36:35
22-07-20, 10:40:54	22-07-23, 20:37:36	22-07-27, 15:41:07	22-07-31, 0:34:22
22-07-20, 16:33:50	22-07-24, 2:37:04	22-07-27, 20:31:40	22-07-31, 5:34:35
22-07-20, 21:33:50	22-07-24, 7:34:43	22-07-28, 5:30:34	22-07-31, 10:35:37
22-07-21, 8:33:49	22-07-24, 12:29:08	22-07-28, 10:31:30	22-07-31, 15:34:08
22-07-21, 13:32:10	22-07-24, 17:33:53	22-07-28, 15:32:07	22-07-31, 20:36:05
22-07-21, 18:36:36	22-07-24, 22:35:39	22-07-28, 20:38:54	
22-07-21, 23:38:37	22-07-25, 7:35:11	22-07-29, 3:38:33	

## Topic 3: Heat Safety (August 1-21)

### Segment 1: A0A5 – Heat Safety 1

The summer is here, and with it comes hotter temperatures. The warmer weather can be nice but can also expose people to more inconveniences from being outside, if the proper precautions aren't taken. Whether you're in the heat working, playing, or hanging out with friends and family, it is always important to make sure that you're preparing for whatever weather conditions you will be exposed to. That's why 88.1 The Burg wants to help you make sure that you're staying safe so you can enjoy the weather this summer. One of the biggest threats to people during the summer is heat exhaustion. Though it may not be as commonly known as heat stroke, maybe. The two are very different and have different precautions that you should take if you or someone that you know is affected by one of them. Though it may be less dangerous than heat stroke, heat exhaustion can often lead to heat stroke, if a person does not take the proper steps after exhibiting symptoms. The best way to fight heat related illnesses is to prevent them from becoming a problem in the first place. This can be done by not overexerting yourself, wearing the proper clothing for the conditions, drinking plenty of water and always being cognizant of potential symptoms that you may be feeling. It is also very important to avoid drinking too much alcohol outdoors. As not only will alcohol dehydrate you but becoming impaired can make it so that you don't feel the effects of heat related illnesses. If you do choose to drink outdoors, make sure that you're staying more hydrated than usual and make sure that you are regularly cooling off. If a person is affected by heat exhaustion, they may experience nausea, dizziness, a headache, becoming pale or have a weak pulse. If these symptoms are prevalent, it is advised that you take yourself or the affected person into a cooler area. Get them water to stay hydrated and wear cooler or even wet clothes to bring the person's body temperature down. After doing this a person should begin

to feel better once they take some time to cool down and rehydrate. In some extreme cases, seeking medical attention is necessary. If a person is experiencing really bad symptoms. If a person faints from being out in the heat for too long, it is advised to follow the steps mentioned earlier while seeking the help of a medical professional. If someone is taking the steps to combat heat exhaustion and their symptoms get worse or last longer than one hour, seek medical attention to make sure that things don't continue to get worse and harm the individual. By taking the proper precautions, you can make sure that you and those you are around are staying safe this summer. To find about more you can visit the CDC's website at [www.cdc.gov](http://www.cdc.gov). And type extreme heat into the search bar. Once again, that's at [www.cdc.gov](http://www.cdc.gov) and type extreme heat in the search bar.

**Runtimes (Date, Time):**

22-08-01, 7:32:03	22-08-06, 15:31:23	22-08-12, 9:31:09	22-08-18, 7:33:51
22-08-01, 13:36:35	22-08-06, 20:33:15	22-08-12, 14:36:30	22-08-18, 12:49:54
22-08-01, 18:36:56	22-08-07, 1:37:39	22-08-12, 19:31:22	22-08-18, 17:33:41
22-08-01, 23:34:47	22-08-07, 6:36:44	22-08-13, 3:36:23	22-08-18, 22:34:10
22-08-02, 5:29:53	22-08-07, 11:35:21	22-08-13, 8:35:45	22-08-19, 1:35:57
22-08-02, 10:31:19	22-08-07, 16:34:25	22-08-13, 13:30:46	22-08-19, 6:32:50
22-08-02, 16:26:34	22-08-07, 21:34:08	22-08-13, 18:37:34	22-08-19, 11:34:12
22-08-02, 21:34:10	22-08-08, 5:32:50	22-08-13, 23:31:30	22-08-19, 16:35:09
22-08-03, 6:32:55	22-08-08, 10:28:37	22-08-14, 4:35:19	22-08-19, 21:36:48
22-08-03, 11:30:15	22-08-08, 16:38:41	22-08-14, 9:37:11	22-08-20, 2:33:31
22-08-03, 17:30:06	22-08-08, 21:35:27	22-08-14, 14:30:51	22-08-20, 7:34:19
22-08-03, 22:33:34	22-08-09, 6:34:29	22-08-14, 19:37:16	22-08-20, 12:31:22
22-08-04, 7:32:07	22-08-09, 11:27:10	22-08-15, 4:36:38	22-08-20, 17:32:38
22-08-04, 12:44:23	22-08-09, 22:35:52	22-08-15, 9:32:23	22-08-20, 22:36:00
22-08-04, 17:35:54	22-08-10, 8:34:22	22-08-15, 20:29:37	22-08-21, 3:32:31
22-08-04, 22:35:38	22-08-10, 14:32:09	22-08-16, 5:28:47	22-08-21, 8:35:27
22-08-05, 4:41:01	22-08-10, 19:37:07	22-08-16, 10:33:45	22-08-21, 13:31:10
22-08-05, 9:36:13	22-08-11, 4:37:08	22-08-16, 16:31:02	22-08-21, 18:38:13
22-08-05, 14:30:56	22-08-11, 9:30:37	22-08-16, 21:34:05	22-08-21, 23:36:39
22-08-05, 19:34:07	22-08-11, 14:33:30	22-08-17, 6:36:29	
22-08-06, 0:34:56	22-08-11, 19:34:44	22-08-17, 11:27:31	
22-08-06, 5:34:12	22-08-12, 4:44:19	22-08-17, 22:36:52	

**Segment 2: OAA1 – Heat Safety 2**

The summer is here, and with it comes hotter temperatures. The warmer weather can be nice but can also expose people to more inconveniences from being outside, if the proper precautions aren't taken.

Whether you're in the heat working, playing, or hanging out with friends and family, it is always important to make sure that you're preparing for whatever weather conditions you will be exposed to. That's why 88.1 The Burg wants to help you make sure that you're staying safe so you can enjoy the weather this summer. Being indoors during the summer can help protect against the harsh UV rays of the sun but can also lead to some dangers while you're trying to stay cool. Sometimes your efforts to cool down the house can leave you exposed to different threats or nuisances. One of the dangers to protecting against the heat this summer can be leaving your windows open. If you're leaving windows open to cool down your house, it is always smart to have a protective screen on it to defend against bugs. Bees, flies, and mosquitoes are especially common this time of year. So, to keep anything that's not welcomed in your home out, it is always smart to make sure that you have a screen on your windows to keep a barrier between them and your home. To combat mosquitoes in particular scrub anything holding water outdoors regularly or cover puddles as mosquitoes like to lay eggs in standing water. These screens can protect against bugs; however, they may not protect against more serious threats. For those with small children, window screens may seem like a decent preventative measure against kids flying out of windows, but they actually provide a false sense of security as over 85% of children who fall out of windows first fall through a screen. So, if you have small kids placing window guards, keeping windows closed in rooms where children play, and moving furniture away from any windowsills is generally advised. For those without AC, it may be tempting to leave the windows open while you're out and about so that your house will be a little bit cooler when you return home, but this can expose your home to more dangers than heat. Burglaries occur more frequently during the summer months because things are left outside, and windows were left open. According to ADT, 25% of burglaries are done by climbing in the first or second story windows and 22% walk through the back door. If you're leaving your home, it's usually smart to ensure that all windows and sliding doors are closed and locked to prevent people from breaking in. If the mesh on your window can't stop a kid from getting out, it definitely won't be able to stop a burglar from breaking in. If you insist on leaving your second story windows open, to cool down the house, make sure that you move all ladders or things burglars can climb to a safe place where they are locked away. With these tips, you can ensure that your house and those living in it can stay safe this summer. If you would like to find out more, you can visit [www.lifespan.org](http://www.lifespan.org). Once again, that's [www.lifespan.org](http://www.lifespan.org).

#### Runtimes (Date, Time):

22-08-01, 8:32:57	22-08-04, 8:31:46	22-08-06, 16:38:45	22-08-09, 7:34:07
22-08-01, 14:31:44	22-08-04, 13:31:29	22-08-06, 21:32:17	22-08-09, 13:34:25
22-08-01, 19:38:48	22-08-04, 18:36:10	22-08-07, 2:31:43	22-08-09, 18:39:19
22-08-02, 6:32:21	22-08-04, 23:36:42	22-08-07, 7:36:19	22-08-09, 23:34:48
22-08-02, 11:27:23	22-08-05, 0:33:11	22-08-07, 12:35:14	22-08-10, 4:33:35
22-08-02, 17:35:54	22-08-05, 5:35:43	22-08-07, 17:33:21	22-08-10, 9:32:47
22-08-02, 22:34:51	22-08-05, 10:35:57	22-08-07, 22:35:10	22-08-10, 15:29:32
22-08-03, 7:36:41	22-08-05, 15:40:03	22-08-08, 6:32:44	22-08-10, 20:36:40
22-08-03, 13:31:42	22-08-05, 20:33:02	22-08-08, 11:24:54	22-08-11, 5:34:18
22-08-03, 18:40:46	22-08-06, 1:34:56	22-08-08, 17:36:13	22-08-11, 10:31:52
22-08-03, 23:34:40	22-08-06, 6:34:06	22-08-08, 22:33:56	22-08-11, 15:31:54

22-08-11, 20:39:10	22-08-14, 10:31:53	22-08-17, 13:31:43	22-08-19, 22:36:28
22-08-12, 0:34:23	22-08-14, 15:32:13	22-08-17, 18:41:04	22-08-20, 3:32:32
22-08-12, 5:34:53	22-08-14, 20:36:49	22-08-17, 23:32:22	22-08-20, 8:35:02
22-08-12, 10:34:05	22-08-15, 5:32:42	22-08-18, 8:32:24	22-08-20, 13:32:46
22-08-12, 15:33:15	22-08-15, 10:33:55	22-08-18, 13:34:01	22-08-20, 18:39:56
22-08-12, 20:34:59	22-08-15, 21:36:02	22-08-18, 18:37:58	22-08-20, 23:37:29
22-08-13, 4:44:47	22-08-16, 6:29:35	22-08-18, 23:32:04	22-08-21, 4:40:42
22-08-13, 14:33:30	22-08-16, 11:27:15	22-08-19, 2:38:30	22-08-21, 9:34:25
22-08-13, 19:35:09	22-08-16, 17:33:29	22-08-19, 7:31:00	22-08-21, 14:33:09
22-08-14, 0:34:26	22-08-16, 22:36:45	22-08-19, 12:51:36	22-08-21, 19:34:16
22-08-14, 5:34:48	22-08-17, 7:32:06	22-08-19, 17:33:06	

### Segment 3: A00A – Heat Safety 3

The summer is here, and with it comes hotter temperatures. The warmer weather can be nice but can also expose people to more inconveniences from being outside, if the proper precautions aren't taken. Whether you're in the heat working, playing, or hanging out with friends and family, it is always important to make sure that you're preparing for whatever weather conditions you will be exposed to. That's why 88.1 The Burg wants to help you make sure that you're staying safe so you can enjoy the weather this summer. Many activities outdoors in the summer can lead to heat related illnesses. But one of the most dangerous can be working; many work-related cases occur in the first few days of starting a job outside because the body needs to adjust to the climate. Because of this, it is important to begin by knowing your limits. By knowing what your body can and can't handle, you can avoid putting yourself in danger. This means it can take into consideration factors such as pre-existing medical conditions, whether you are out of shape, as well as medications you may be taking. If any of these risk factors affect you, it is incredibly important to monitor yourself as you were. Don't push yourself through a job and hope that the symptoms will go away if you begin to feel them. It is advised that you drink plenty of water, take more frequent breaks and work shorter shifts. Prolonged exposure to heat related illnesses can lead to you suffering serious consequences that can put you out of commission for longer than a quick 15-to-30-minute break that could have prevented it. Be like you are at more risk while working. Bringing along tools to help monitor your condition may be helpful. Sometimes having a heart rate monitor to make sure that your pulse is OK or bringing a thermometer to occasionally check your body temperature can be beneficial. You may not feel the effects of heat related illnesses until it's too late so these tools can help you know when it's time to slow down or take a break before you hit your limit. Constantly be in communication with your supervisor to make sure that you're staying safe on the job. When temperatures get harsher on workers, one of the primary concerns should become worker safety. If you feel that your employer is pushing, you and your fellow workers beyond a reasonable level for the heat. You can contact the Occupational Safety and Health Administration or OSHA and make a report. With these tips you can stay safe while working outside this summer. If you'd like to find out more, you can visit OSHA's website at [www.osha.gov](http://www.osha.gov). Insert heat exposure in the search bar. Again that's [www.O-S-H-A.gov](http://www.O-S-H-A.gov) and search heat exposure in the search bar.

#### Runtimes (Date, Time):

22-08-01, 4:39:08	22-08-06, 17:40:17	22-08-12, 1:35:54	22-08-17, 14:34:42
22-08-01, 9:29:45	22-08-06, 22:35:17	22-08-12, 6:34:52	22-08-17, 19:33:25
22-08-01, 15:33:29	22-08-07, 3:36:52	22-08-12, 11:46:09	22-08-18, 4:39:23
22-08-01, 20:32:21	22-08-07, 8:35:37	22-08-12, 16:33:04	22-08-18, 9:29:26
22-08-02, 7:30:45	22-08-07, 13:34:25	22-08-12, 21:37:44	22-08-18, 14:35:43
22-08-02, 13:33:36	22-08-07, 18:37:01	22-08-13, 0:39:44	22-08-18, 19:38:43
22-08-02, 18:39:07	22-08-07, 23:36:56	22-08-13, 5:30:51	22-08-19, 3:34:20
22-08-02, 23:36:42	22-08-08, 7:37:12	22-08-13, 15:32:53	22-08-19, 8:34:11
22-08-03, 8:30:51	22-08-08, 13:33:27	22-08-13, 20:34:28	22-08-19, 13:33:36
22-08-03, 14:28:48	22-08-08, 18:37:14	22-08-14, 1:38:03	22-08-19, 18:41:37
22-08-03, 19:37:07	22-08-08, 23:37:15	22-08-14, 6:38:46	22-08-19, 23:33:22
22-08-04, 4:38:46	22-08-09, 8:34:54	22-08-14, 11:33:20	22-08-20, 4:37:58
22-08-04, 9:35:00	22-08-09, 14:34:01	22-08-14, 16:33:20	22-08-20, 9:34:56
22-08-04, 14:33:03	22-08-09, 19:33:29	22-08-14, 21:38:50	22-08-20, 14:30:25
22-08-05, 1:32:08	22-08-10, 5:28:47	22-08-15, 6:32:12	22-08-20, 19:42:03
22-08-05, 6:37:41	22-08-10, 10:30:46	22-08-15, 11:29:04	22-08-21, 0:34:37
22-08-05, 11:44:41	22-08-10, 16:33:48	22-08-15, 22:36:24	22-08-21, 5:35:52
22-08-05, 16:38:54	22-08-10, 21:33:43	22-08-16, 7:33:10	22-08-21, 10:30:00
22-08-05, 21:33:50	22-08-11, 6:36:15	22-08-16, 13:26:52	22-08-21, 15:30:02
22-08-06, 2:29:58	22-08-11, 11:49:47	22-08-16, 18:32:54	22-08-21, 20:33:35
22-08-06, 7:34:26	22-08-11, 16:33:41	22-08-16, 23:36:48	
22-08-06, 12:34:00	22-08-11, 21:34:32	22-08-17, 8:31:58	

#### Segment 4: OAOE – Heat Safety 4

The summer is here, and with it comes hotter temperatures. The warmer weather can be nice, but can also expose people to more inconveniences from being outside, if the proper precautions aren't taken. Whether you're in the heat working, playing, or hanging out with friends and family, it is always important to make sure that you're preparing for whatever weather conditions you will be exposed to. That's why 88.1 The Burg wants to help you make sure that you're staying safe so you can enjoy the weather this summer. Heat stroke is a life-threatening condition that can lead to serious medical complications or death if not treated properly. The term heat stroke is often used to describe heat exhaustion, but the two are very different in the way that you and those around you should react to help someone who is affected. Most important thing is to discern which of the two you are dealing with, both heat related illnesses have similar symptoms such as dizziness, nausea and headaches, but there are some symptoms that can help you tell the two apart. Exhaustion will cause cold pale skin and a



slowed pulse, while heatstroke will cause the skin to become red and hot with a strong, fast pulse, the person will also likely have a temperature above 103 degrees if affected by heat stroke, so checking their temperature can be very important to assessing the situation. If you believe that someone is affected by heat stroke, much like heat exhaustion, you will want to move the person to a cooler location and help lower the temperature by either applying cool cloths or putting them in a cool bath. With heat stroke however, it is important not to force someone to drink anything, this is because they will likely have an altered level of consciousness and giving them something to drink could be harmful and cause them to choke. If the person seems conscious and responsive and you can offer them colder water or a sports drink to help them rehydrate, refrain from any drinks with caffeine or alcohol as this can make the situation worse. While the person is being helped make sure that you or somebody else is seeking help from a medical professional, usually by calling 911. Heatstroke is a medical emergency, so even if you believe someone will pull through without medical help, it is better to be safe than put someone's life in risk even further. If the person loses consciousness or shows no signs of circulation such as breathing, coughing or movement, have someone begin performing CPR. The best way to avoid the negatives of heat stroke is to avoid getting it, to prevent yourself from getting heatstroke, always dress appropriately for the weather, drink plenty of water, and don't push yourself beyond your limits. To find out more you can visit the CDC's website at [www.cdc.gov](http://www.cdc.gov) and type extreme heat in the search bar. Once again, that's [www.cdc.gov](http://www.cdc.gov) and type extreme heat in the search bar.

#### Runtimes (Date, Time):

22-08-01, 6:34:06	22-08-05, 23:37:07	22-08-10, 18:36:59	22-08-14, 18:37:06
22-08-01, 11:46:57	22-08-06, 4:37:01	22-08-10, 23:31:40	22-08-14, 23:34:26
22-08-01, 17:33:54	22-08-06, 14:34:42	22-08-11, 8:31:59	22-08-15, 8:29:57
22-08-01, 22:36:51	22-08-06, 19:42:10	22-08-11, 13:32:24	22-08-15, 14:31:21
22-08-02, 4:41:32	22-08-07, 0:34:02	22-08-11, 18:39:15	22-08-15, 19:39:15
22-08-02, 9:33:18	22-08-07, 5:33:57	22-08-11, 23:37:18	22-08-16, 4:39:59
22-08-02, 15:35:49	22-08-07, 10:32:38	22-08-12, 3:35:03	22-08-16, 9:31:56
22-08-03, 5:32:22	22-08-07, 15:33:56	22-08-12, 8:31:48	22-08-16, 15:31:43
22-08-03, 10:34:34	22-08-07, 20:33:43	22-08-12, 13:35:54	22-08-16, 20:56:32
22-08-03, 16:31:01	22-08-08, 4:38:48	22-08-12, 18:38:41	22-08-17, 5:34:31
22-08-03, 21:38:37	22-08-08, 9:32:52	22-08-12, 23:34:10	22-08-17, 10:32:58
22-08-04, 6:30:23	22-08-08, 15:32:20	22-08-13, 2:41:25	22-08-17, 16:32:12
22-08-04, 11:42:49	22-08-08, 20:35:55	22-08-13, 7:36:13	22-08-17, 21:33:47
22-08-04, 16:32:50	22-08-09, 5:31:06	22-08-13, 12:32:40	22-08-18, 6:32:32
22-08-04, 21:32:45	22-08-09, 10:34:09	22-08-13, 17:32:26	22-08-18, 11:49:11
22-08-05, 3:37:01	22-08-09, 16:32:05	22-08-13, 22:34:10	22-08-18, 16:34:01
22-08-05, 8:33:11	22-08-09, 21:34:26	22-08-14, 3:36:59	22-08-18, 21:36:42
22-08-05, 13:34:58	22-08-10, 7:30:43	22-08-14, 8:34:34	22-08-19, 0:38:09
22-08-05, 18:38:12	22-08-10, 13:33:06	22-08-14, 13:34:02	22-08-19, 5:28:16

22-08-19, 10:29:16	22-08-20, 6:32:53	22-08-21, 2:37:04	22-08-21, 22:35:46
22-08-19, 15:31:00	22-08-20, 11:31:58	22-08-21, 7:30:24	
22-08-19, 20:35:55	22-08-20, 16:33:58	22-08-21, 12:29:48	
22-08-20, 1:31:08	22-08-20, 21:36:34	22-08-21, 17:34:08	

## Segment 5: AAA0 – Heat Safety 5

While out and about this summer, one of the easiest things to do that can create a hazard is leaving things in a hot car, though in other times of the year it may not seem like a huge threat during the summer this can be extremely dangerous and result in serious damage to your belongings, your vehicle, or any pets or children you may have left inside. Because of this, it's always best to know the risk factors so you can keep yourself and others safe. Even if the weather is warm but not incredibly hot, cars will still heat up incredibly fast, if it is 70 degrees outside, a car can get to 89 degrees in just 10 minutes and pass 100 after a half an hour. Dogs are OK in 85-degree weather with proper shade and water but leaving them in a hot car for 10 minutes or more can make them extremely uncomfortable or even put them in danger of heatstroke. In Ellensburg, the average temperature during July and August is around 85 degrees. In these temperatures, cars can get up to 104 degrees in just 10 minutes, and 120 in a half hour. At these temperatures, leaving electronics in the car can be extremely damaging to them and even cause them to stop working. Plastic water bottles can also be bad to leave in cars as the hot temperatures cause for an increased release of BPA in the bottle into the water. They can also act as a magnifying glass if exposed to the sun and light things on fire. Children and dogs can be in extreme risk of a heat stroke in these temperatures, so it's advised not to leave them in the car even for a few minutes. At 90 to 95 degrees, a car can jump to 110 degrees in just 10 minutes and reach temperatures as high as 133 degrees in just half an hour. During these weather conditions, leaving almost anything in your car may not be best, and leaving children or dogs in there could be deadly in a short amount of time. Leaving a dog in the car where they could be killed or harmed by the heat is a Class 2 civil infraction in Washington, so sometimes leaving them at home while you are out is the best option. Window guards, shade, and keeping windows cracked may seem like they keep things safe in the car, but ultimately, they will not keep the car from heating up to potentially dangerous temperatures. If you encounter a car with a dog that looks to be in distress, it's not legal to break the windows to help the dog. Instead, it's better to call 911 and let the police handle it, and if possible, go into the store and ask the employees to make an announcement to find the owner to help remedy this situation sooner. If you would like to find out more, you can visit Insider's website at [www.insider.com](http://www.insider.com) and type hot cars in the search bar. Once again that's [www.insider.com](http://www.insider.com) and type hot cars in the search bar.

### Runtimes (Date, Time):

22-08-01, 5:33:16	22-08-02, 19:50:34	22-08-04, 10:33:02	22-08-05, 17:37:13
22-08-01, 10:31:29	22-08-03, 4:39:48	22-08-04, 15:32:37	22-08-05, 22:43:39
22-08-01, 16:33:59	22-08-03, 9:33:47	22-08-04, 20:44:53	22-08-06, 3:36:42
22-08-01, 21:36:02	22-08-03, 15:34:34	22-08-05, 2:31:36	22-08-06, 8:35:09
22-08-02, 8:33:04	22-08-03, 20:37:32	22-08-05, 7:36:24	22-08-06, 13:38:33
22-08-02, 14:33:02	22-08-04, 5:32:34	22-08-05, 12:46:04	22-08-06, 18:37:54

22-08-06, 23:35:09	22-08-11, 7:31:56	22-08-14, 17:35:11	22-08-19, 4:40:06
22-08-07, 4:46:07	22-08-11, 12:53:33	22-08-14, 22:34:16	22-08-19, 9:31:09
22-08-07, 9:35:14	22-08-11, 17:34:01	22-08-15, 7:30:35	22-08-19, 14:32:16
22-08-07, 14:36:21	22-08-11, 22:36:12	22-08-15, 13:31:46	22-08-19, 19:33:14
22-08-07, 19:32:06	22-08-12, 2:30:32	22-08-15, 18:38:25	22-08-20, 0:37:33
22-08-08, 8:31:37	22-08-12, 7:32:25	22-08-15, 23:33:45	22-08-20, 5:31:10
22-08-08, 14:32:51	22-08-12, 12:46:35	22-08-16, 8:31:37	22-08-20, 10:29:16
22-08-08, 19:39:06	22-08-12, 17:28:33	22-08-16, 14:33:58	22-08-20, 15:33:18
22-08-09, 4:40:15	22-08-12, 22:35:24	22-08-17, 4:39:05	22-08-20, 20:33:37
22-08-09, 9:33:09	22-08-13, 1:34:01	22-08-17, 9:33:45	22-08-21, 1:32:34
22-08-09, 15:34:43	22-08-13, 6:34:57	22-08-17, 15:30:41	22-08-21, 6:36:13
22-08-09, 20:32:50	22-08-13, 16:32:57	22-08-17, 20:32:45	22-08-21, 11:34:09
22-08-10, 6:30:42	22-08-13, 21:38:12	22-08-18, 5:30:41	22-08-21, 16:30:09
22-08-10, 11:36:27	22-08-14, 2:33:48	22-08-18, 10:31:20	22-08-21, 21:39:50
22-08-10, 17:34:16	22-08-14, 7:31:22	22-08-18, 15:31:16	
22-08-10, 22:40:26	22-08-14, 12:34:05	22-08-18, 20:34:15	

## Topic 4: Try a Sport (August 22-September 4)

### Segment 1: A0A6 – Try a Sport 1

With warmer temperatures and activity friendly conditions in Ellensburg now is a great time to try out a new sport. The benefits of sports according to Active Norfolk span from helping mental health and physical welfare. In regard to mental health, sports are a great avenue in promoting a positive mood, improved concentration, and decreases in both stress and depression while also improving leadership skills and building confidence. On the physical side, sports are great for improving sleep quality and staying within a desired weight. That's why 88.1 the Burg would like to help you explore some of the activities that you can do this summer. Golf is a great game to handle adversity while having leisurely productive exercise. Golf rounds traditionally include 18 holes of golf and the goal of the game is simple to put the ball in the cup. Golf is one of the few sports where one person is exclusively responsible for their score or performance, with the sport being played outside, this leads to plenty of opportunities for improving health. A round of golf will include walking around the course, carrying a golf bag, exerting energy from a golf swing. Golf requires plenty of steps because of size of the course, according to a study done by the Mayo Clinic, a round of golf on average amounts to nearly 12,000 steps per round, this more than exceeds the recommended weight loss target of 10,000 steps per day, which amounts to nearly four miles of distance traveled. The study goes on to say that golf helps promote a higher heart rate while helping blood flow, this helps make the heart healthier, the brain more effectively stimulated, and improves balance. Another benefit of golf is enjoying the fresh air, which promotes long and healthy periods of sleep. Additionally, golf teaches mental discipline and memory to create the same swing motion again and again. Golf leads to more creative thinking and lowers a person's level of anxiety. The

mental challenge that comes when golfing amidst obstacles on the course is a great example of how to handle challenges outside of the course. Golf can lead to a higher quality of life by decreasing the risk of cancer, helping the body absorb calcium which avoids bone loss and also boost your immune system. If you'd like to find out more, you can visit The United States Golf Association website at [www.usga.org](http://www.usga.org). Again, that's [www.usga.org](http://www.usga.org).

#### Runtimes (Date, Time):

22-08-22, 4:38:25	22-08-25, 22:37:10	22-08-29, 5:33:55	22-09-02, 0:32:00
22-08-22, 9:29:18	22-08-26, 3:31:49	22-08-29, 10:31:35	22-09-02, 5:28:30
22-08-22, 15:33:14	22-08-26, 8:29:47	22-08-29, 16:34:18	22-09-02, 10:28:37
22-08-22, 20:32:24	22-08-26, 13:35:11	22-08-29, 21:34:14	22-09-02, 15:32:45
22-08-23, 5:28:27	22-08-26, 18:36:27	22-08-30, 6:32:30	22-09-02, 20:39:16
22-08-23, 10:36:03	22-08-26, 23:35:10	22-08-30, 11:48:29	22-09-03, 3:35:03
22-08-23, 16:33:52	22-08-27, 4:39:36	22-08-30, 17:31:53	22-09-03, 8:31:17
22-08-23, 21:38:19	22-08-27, 9:35:07	22-08-30, 22:30:56	22-09-03, 13:31:53
22-08-24, 6:33:24	22-08-27, 14:32:54	22-08-31, 8:29:53	22-09-03, 18:40:51
22-08-24, 11:46:57	22-08-27, 19:35:45	22-08-31, 14:34:45	22-09-03, 23:35:01
22-08-24, 17:31:32	22-08-28, 0:34:29	22-08-31, 19:36:27	22-09-04, 4:42:43
22-08-24, 22:42:42	22-08-28, 5:34:56	22-09-01, 4:40:27	22-09-04, 9:38:31
22-08-25, 7:30:17	22-08-28, 10:32:10	22-09-01, 9:32:22	22-09-04, 14:30:39
22-08-25, 12:52:41	22-08-28, 15:30:49	22-09-01, 14:32:55	22-09-04, 19:35:37
22-08-25, 17:34:37	22-08-28, 20:34:49	22-09-01, 19:39:43	

## Segment 2: 0A0F – Try a Sport 2

With warmer temperatures and activity friendly conditions in Ellensburg now is a great time to try out a new sport. The benefits of sports according to Active Norfolk span from helping mental health and physical welfare. In regard to mental health, sports are a great avenue in promoting a positive mood, improve concentration and decrease stress and depression also while improving leadership skills and building confidence. On the physical side, Sports are great for improving sleep quality. That's why 88.1 the Burg would like to help you explore some of the activities that you can do this summer. The Mayo Clinic proceedings conducted a study to determine which sport would lead to the most years added to a person's life, one sport emerged as the clear winner. A study showed that active tennis players add on an average of 9.7 years to their life, the late Doctor Ralph Paffenbarger said that those who played tennis at a moderately intense level, sliced in half their risk of death for any cause in terms of the mental side, tennis players proved to show higher degrees of optimism and self-esteem. Tennis also helps the brain with its necessity for being alert and forcing quick thinking. This has a potential to make the nerves in the brain find new ways to communicate and further develop the brain. For burning calories, Tennis is a great sport for that cause as an average singles match burns an average of 254 calories every 30 minutes. A great sport for those trying to shed a few pounds. Tennis brings coordination to a new level

from the quick starts and stops during play, which help promote balance and flexibility. To play it is important to find the proper racket to play with and find the right tennis balls to use during play. Most tennis in the United States is played on hard concrete courts. But around the world, primarily in Europe, tennis is also played on clay and grass surfaces. For more information on the game of tennis or places to play, you can search the United States Tennis Association website at [www.usta.com](http://www.usta.com) once again that's [www.usta.com](http://www.usta.com).

#### Runtimes (Date, Time):

22-08-22, 5:34:24	22-08-25, 23:33:15	22-08-29, 11:46:24	22-09-02, 1:35:52
22-08-22, 10:32:44	22-08-26, 4:39:12	22-08-29, 17:35:15	22-09-02, 6:33:32
22-08-22, 16:30:44	22-08-26, 9:31:55	22-08-29, 22:37:49	22-09-02, 11:49:03
22-08-22, 21:33:32	22-08-26, 14:32:38	22-08-30, 7:34:24	22-09-02, 16:28:40
22-08-23, 6:33:14	22-08-26, 19:33:18	22-08-30, 13:34:31	22-09-02, 21:38:39
22-08-23, 11:19:20	22-08-27, 0:32:45	22-08-30, 18:37:08	22-09-03, 4:44:50
22-08-23, 17:32:03	22-08-27, 5:34:06	22-08-30, 23:39:44	22-09-03, 14:30:15
22-08-23, 22:32:58	22-08-27, 15:29:53	22-08-31, 4:36:56	22-09-03, 19:34:57
22-08-24, 7:30:38	22-08-27, 20:35:01	22-08-31, 9:30:12	22-09-04, 0:34:26
22-08-24, 13:29:31	22-08-28, 1:33:30	22-08-31, 15:32:22	22-09-04, 5:35:13
22-08-24, 18:37:01	22-08-28, 6:38:08	22-08-31, 20:33:18	22-09-04, 10:32:04
22-08-24, 23:36:33	22-08-28, 11:32:02	22-09-01, 5:30:19	22-09-04, 15:33:38
22-08-25, 8:32:08	22-08-28, 16:28:03	22-09-01, 10:31:29	22-09-04, 20:33:37
22-08-25, 13:34:36	22-08-28, 21:37:46	22-09-01, 15:33:30	
22-08-25, 18:39:41	22-08-29, 6:30:55	22-09-01, 20:34:22	

### Segment 3: AA04 – Try a Sport 3

With warmer temperatures and activity friendly conditions in Ellensburg now is a great time to try out a new sport. The benefits of sports according to Active Norfolk span from helping mental health and physical welfare. In regard to mental health, sports are a great avenue in promoting a positive mood, improve concentration and decrease stress and depression also while improving leadership skills and building confidence. On the physical side, Sports are great for improving sleep quality. That's why 88.1 the Burg would like to help you explore some of the activities that you can do this summer. If there is a sport that tests endurance and emotions, there is none quite like that of volleyball. The sport incorporates a combination of upper and lower body strength and leads to a tiring workout. The physical benefits of volleyball are plentiful. Volleyball promotes strength from the arms all the way to the legs and can encourage a healthier cardiovascular and respiratory system. In terms of body flow, volleyball helps move blood, oxygen, and nutrients more efficiently throughout the body. With volleyball being an emotional sport, lessons are taught for handling emotions during crazy rallies, which can be used when battling turmoil in real life. Volleyball actively utilizes hand eye coordination and necessitates quick reflexes to stay with the pace of the fast sport. 45 minutes of play can lead to as much as 585 calories

burned. Volleyball also promotes many skills in life, beach volleyball star Misty May Treanor said about the sport quote You learn about communication, teamwork, dedication and organization or prioritizing your time. I miss the volleyball training because you get pushed past your limit and find out what you are capable of accomplishing end quote. Volleyball carries emotional benefits including the opportunity, his struggle which leads to problem solving to win a rally. This includes the concept of teamwork. Donna Friesen Wigton went on to say quote the concept of bettering the ball. Volleyball is a team sport. Each person’s touch affects and is affected by the others. No one wins alone. Even your opponents can make you better, achieving success and playing and officiating gave me confidence wonderful opportunities and lifelong friends end quote. Volleyball is one of the more active sports because you are constantly moving to be in the proper position before every shot, which can lead to a healthier lifestyle during the summer months. For more information on volleyball, be sure to check out the USA Volleyball website at [usavolleyball.org](http://usavolleyball.org). Once again, that's [www.usavolleyball.org](http://www.usavolleyball.org).

**Runtimes (Date, Time):**

22-08-22, 6:32:20	22-08-26, 5:35:17	22-08-29, 13:30:59	22-09-02, 7:31:33
22-08-22, 11:48:36	22-08-26, 10:31:03	22-08-29, 18:36:07	22-09-02, 12:49:25
22-08-22, 22:35:35	22-08-26, 15:32:12	22-08-29, 23:35:07	22-09-02, 17:30:14
22-08-23, 7:29:56	22-08-26, 20:36:19	22-08-30, 8:30:47	22-09-02, 22:37:58
22-08-23, 13:33:27	22-08-27, 1:34:03	22-08-30, 14:27:17	22-09-03, 0:33:26
22-08-23, 18:43:18	22-08-27, 6:29:46	22-08-30, 19:35:16	22-09-03, 5:29:25
22-08-23, 23:35:35	22-08-27, 11:51:04	22-08-31, 5:29:16	22-09-03, 15:28:53
22-08-24, 8:31:49	22-08-27, 16:31:36	22-08-31, 10:30:54	22-09-03, 20:39:17
22-08-24, 14:33:16	22-08-27, 21:33:47	22-08-31, 16:33:32	22-09-04, 1:31:56
22-08-24, 19:34:11	22-08-28, 2:35:32	22-08-31, 21:36:43	22-09-04, 6:39:25
22-08-25, 4:35:05	22-08-28, 7:33:12	22-09-01, 6:30:35	22-09-04, 11:33:42
22-08-25, 9:33:57	22-08-28, 12:32:03	22-09-01, 11:51:40	22-09-04, 16:34:12
22-08-25, 14:31:33	22-08-28, 17:33:28	22-09-01, 16:30:29	22-09-04, 21:35:08
22-08-25, 19:36:17	22-08-28, 22:35:49	22-09-01, 21:34:21	
22-08-26, 0:32:05	22-08-29, 7:34:11	22-09-02, 2:32:40	

**Segment 4: 00AG – Try a Sport 4**

With warmer temperatures and activity friendly conditions in Ellensburg now is a great time to try out a new sport. The benefits of sports according to Active Norfolk span from helping mental health and physical welfare. In regard to mental health, sports are a great avenue in promoting a positive mood, improved concentration, and decreases in both stress and depression while also improving leadership skills and building confidence. On the physical side, sports are great for improving sleep quality and staying within a desired weight. That's why 88.1 the Burg would like to help you explore some of the activities that you can do this summer. Hopping on the bandwagon of a growing sport opens doors to many new opportunities, this sport serves as a cross between tennis, table tennis, and badminton. It is

widely considered America's fastest growing sport that is being played by people from ages 5 to 95, pickleball. The popularity of pickleball has nearly doubled within the past five years, in January of 2021, the Economist, called Pickleball, quote the fastest growing sport in America. End Quote. The growth of pickleball has made its way to the City of Ellensburg, as well, in August of 2020 the city of Ellensburg certified a project to build 4 pickleball courts at West Ellensburg Park. The benefits of pickleball entail not having to run as much as tennis while still having a tiring workout. Silversneakers.com says that pickleball is a great combatant against heart disease. Pickleball is also said to promote a diminished risk of depression to go along with the fun spin on working out while also being able to socialize with others and also keeping your body flexible. Pickleball has gained so much popularity that Washington Governor Jay Inslee, crowned pickleball as the official sport of Washington. Inslee went on to say quote pickleball is one of the fastest growing sports today, and Washingtonians are appropriately prideful in its origins right here in the Evergreen state. The first serve in pickleball is always made from the northwest corner of the court to honor the game's roots. And this legislation plants those roots even deeper End Quote. With pickleball on the rise, now is a great time to hop on the bandwagon in one of the fastest growing sports in the country. For more information on pickleball, check out the USA pickleball page at [www.usapickleball.org](http://www.usapickleball.org). That's [www.usapickleball.org](http://www.usapickleball.org).

**Runtimes (Date, Time):**

22-08-22, 7:30:43	22-08-26, 1:36:00	22-08-29, 8:32:46	22-09-02, 3:34:05
22-08-22, 13:33:31	22-08-26, 6:32:43	22-08-29, 14:30:19	22-09-02, 8:33:57
22-08-22, 18:39:54	22-08-26, 11:49:03	22-08-29, 19:33:28	22-09-02, 13:31:08
22-08-22, 23:34:58	22-08-26, 16:34:42	22-08-30, 4:37:27	22-09-02, 18:37:51
22-08-23, 8:35:57	22-08-26, 21:34:31	22-08-30, 9:32:20	22-09-02, 23:31:54
22-08-23, 14:28:30	22-08-27, 2:37:35	22-08-30, 15:33:58	22-09-03, 1:27:39
22-08-23, 19:32:59	22-08-27, 7:32:51	22-08-30, 20:34:55	22-09-03, 6:30:10
22-08-24, 4:40:57	22-08-27, 12:29:36	22-08-31, 6:31:51	22-09-03, 11:35:14
22-08-24, 9:33:57	22-08-27, 17:34:58	22-08-31, 11:47:49	22-09-03, 16:34:09
22-08-24, 15:33:37	22-08-27, 22:38:49	22-08-31, 17:29:47	22-09-03, 21:32:48
22-08-24, 20:30:57	22-08-28, 3:35:41	22-08-31, 22:35:11	22-09-04, 2:34:02
22-08-25, 5:31:07	22-08-28, 8:34:12	22-09-01, 7:31:47	22-09-04, 7:33:14
22-08-25, 10:33:45	22-08-28, 13:33:45	22-09-01, 12:49:27	22-09-04, 12:31:44
22-08-25, 15:29:50	22-08-28, 18:35:59	22-09-01, 17:35:41	22-09-04, 17:35:02
22-08-25, 20:34:30	22-08-28, 23:37:42	22-09-01, 22:35:38	22-09-04, 22:34:10

**Segment 5: A00B – Try a Sport 5**

With warmer temperatures and activity friendly conditions in Ellensburg now is a great time to try out a new sport. The benefits of sports according to Active Norfolk span from helping mental health and physical welfare. In regard to mental health, sports are a great avenue in promoting a positive mood, improve concentration and decrease stress and depression also while improving leadership skills and

building confidence. On the physical side, Sports are great for improving sleep quality. That's why 88.1 the Burg would like to help you explore some of the activities that you can do this summer. There are many great sports to explore during the summer, some may not be as notable. One of the fastest growing sports is Spikeball. Originally known as RoundNet, Spikeball is considered a hybrid form of volleyball. Spikeball is a team game that incorporates a strong combination of coordination during gameplay, agility during rapid rally, communicating with teammates, dexterity of difficult shots and tactics to address different opponents. For those looking for a more laid back sport, disc golf is an incredible sport with plenty of fun courses to take part in in Ellensburg. Disc golf has the benefit of being one of the more simpler sports to learn, since the object of the game is similar of that to golf. Disc golf can be found on the CWU campus and at Irene Rinehart Riverfront Park. This sport has plenty of benefits as a traditional disc golf stroke incorporates all parts of the body to promote great exercise. While disc golfing it is a great time to meditate amidst nature and take in a great mental escape, disc golf is one of the premier growing sports in Ellensburg and its growth can span years and years of enjoyment. For those looking for a water sport that combines competition and exercise, water polo could be the sport to choose. Water polo can be equated to a form of the benefits to water polo are endless. Water polo helps the body by toning, building stamina, working the core and easing on the joints. The thrill of a tough water polo game can bring the largest level of competition in a pool. For those looking to swim with a goal in mind, water polo might be the sport to choose. With summer in full swing, now might be the opportune time to start a new sport that can lead to improved health and wellness for many years to come.

#### Runtimes (Date, Time):

22-08-22, 8:31:19	22-08-26, 2:33:57	22-08-29, 9:29:34	22-09-02, 4:33:47
22-08-22, 14:37:45	22-08-26, 7:27:50	22-08-29, 15:32:28	22-09-02, 9:34:37
22-08-22, 19:38:15	22-08-26, 12:49:57	22-08-29, 20:38:08	22-09-02, 14:32:55
22-08-23, 4:38:32	22-08-26, 17:37:11	22-08-30, 5:33:08	22-09-02, 19:33:10
22-08-23, 9:32:12	22-08-26, 22:38:48	22-08-30, 10:31:32	22-09-03, 2:35:07
22-08-23, 15:29:16	22-08-27, 3:33:13	22-08-30, 16:32:00	22-09-03, 7:33:04
22-08-23, 20:34:13	22-08-27, 8:32:35	22-08-30, 21:37:38	22-09-03, 12:31:23
22-08-24, 5:29:56	22-08-27, 13:29:41	22-08-31, 7:32:12	22-09-03, 17:33:35
22-08-24, 10:29:12	22-08-27, 18:38:39	22-08-31, 13:35:08	22-09-03, 22:38:04
22-08-24, 16:29:36	22-08-27, 23:35:42	22-08-31, 18:36:16	22-09-04, 3:30:33
22-08-24, 21:33:04	22-08-28, 4:38:10	22-08-31, 23:35:47	22-09-04, 8:34:00
22-08-25, 6:32:03	22-08-28, 9:37:14	22-09-01, 8:32:29	22-09-04, 13:31:36
22-08-25, 11:43:56	22-08-28, 14:31:30	22-09-01, 13:32:28	22-09-04, 18:35:32
22-08-25, 16:32:28	22-08-28, 19:32:28	22-09-01, 18:37:52	22-09-04, 23:33:35
22-08-25, 21:43:35	22-08-29, 4:36:41	22-09-01, 23:37:26	



## Topic 5: Mental Health (September 5-18)

### Segment 1: A0A7 – Mental Health 1

With the beginning of the school year right around the corner. It's important for you as a student to be prepared. A big part of that is taking care of your mental health. In order to help students with some of the things that can affect students at the start of each school year, 88.1 The Burg interviewed Associate Professor of Psychology, Coordinator and Head of Mental Health Counseling program here at Central, Dr. Megan Nolte to share some tips to help students, be prepared this fall. Coming to campus can be difficult for those who aren't used to being away from home. Being homesick is not abnormal for students to feel when leaving their home for the summer and separating from their families, sometimes for the first time ever. Here's Dr. Nolte on how to deal with your emotions you might be feeling your first time away from home. So, we're talking about mental health today and just kind of what it's like to be a first-year college student. So there's a lot of things about being a first-year college student it's one of the most exciting times of your life you are going to be free from your parents for the first time ever, and how exciting that is, but that can also mean that you feel some homesickness and I think it's really important to know that both of those things are really common experiences and both ok to feel. It's OK to sometimes really miss your parents or your family, or your dog, and sometimes be so excited that you don't have to answer to where you were last night. Because your parents aren't there to ask, I think it's really important to be very kind to yourself as a first-year college student, and I think this is true for all college students, be kind to yourself. College is supposed to be a one of the first places in your life where you have enough independence to learn from your mistakes. It's a safe place to screw up a little bit. I'll tell you from my own experience, I screwed up a couple of times as a freshman in college. And I was able to learn from those mistakes and it was a really important experience, because I was safe enough. I was. I was insulated enough from the real world that those things didn't cause lifelong harm. So, recognizing that those mistakes are opportunities to learn, right? When we have experiences that are hard, those hard experiences are places where we get to grow. And so really knowing that that's an important part of what you're doing at college. You're not just here to learn textbook learning that's an important part too, but this is also a training ground for the rest of your life, for your profession, for your career, which I think is super important, and sometimes we forget life lessons that are just as important, as the book lessons. If you'd like to find out more, you can reach the psychology department at [psychology@cwu.edu](mailto:psychology@cwu.edu) or by calling (509)-963-2381.

#### Runtimes (Date, Time):

22-09-05, 6:41:08	22-09-07, 10:34:47	22-09-09, 10:33:49	22-09-11, 6:39:06
22-09-05, 11:26:00	22-09-07, 16:37:06	22-09-09, 15:35:02	22-09-11, 11:35:37
22-09-05, 17:33:29	22-09-07, 21:36:36	22-09-09, 20:34:41	22-09-11, 16:35:21
22-09-05, 22:33:16	22-09-08, 6:38:59	22-09-10, 3:38:37	22-09-11, 21:37:56
22-09-06, 7:35:37	22-09-08, 11:27:01	22-09-10, 8:34:58	22-09-12, 6:34:38
22-09-06, 13:40:34	22-09-08, 17:40:23	22-09-10, 13:33:44	22-09-12, 11:24:42
22-09-06, 18:39:54	22-09-08, 22:38:07	22-09-10, 18:34:50	22-09-12, 17:33:12
22-09-06, 23:33:18	22-09-09, 0:32:27	22-09-10, 23:35:59	22-09-12, 22:36:14
22-09-07, 5:36:49	22-09-09, 5:34:29	22-09-11, 1:29:54	22-09-13, 6:36:33

22-09-13, 11:20:25	22-09-14, 21:38:15	22-09-16, 7:37:04	22-09-17, 18:40:16
22-09-13, 16:35:17	22-09-15, 6:38:42	22-09-16, 12:35:52	22-09-17, 23:34:56
22-09-13, 21:35:28	22-09-15, 11:43:45	22-09-16, 17:35:06	22-09-18, 4:36:13
22-09-14, 6:35:41	22-09-15, 16:39:41	22-09-17, 3:37:34	22-09-18, 9:39:23
22-09-14, 11:29:50	22-09-15, 21:33:30	22-09-17, 8:36:48	22-09-18, 14:37:37
22-09-14, 16:33:25	22-09-16, 2:37:43	22-09-17, 13:38:45	22-09-18, 19:36:31

## Segment 2: 0A0G – Mental Health 2

With the beginning of the school year right around the corner. It's important for you as a student to be prepared. A big part of that is taking care of your mental health. In order to help students with some of the things that can affect students at the start of each school year, 88.1 The Burg interviewed Associate Professor of Psychology, Coordinator and Head of Mental Health Counseling program here at Central, Dr. Megan Nolte to share some tips to help students, be prepared this fall. The beginning of the quarter can be stressful for any student, going from summer break and having fun for a few months to having to return to keeping a schedule and managing coursework takes some time to adjust and realign, here's Dr. Nolte with some tips and advice on how to make your first quarter back on campus successful and less stressful. Another thing that is oftentimes really hard for freshmen especially, but I'll admit I'm still guilty of this is developing a really good, solid schedule. Sometimes I get so caught up and overwhelmed with all of the things that are going on that it's easy for me to forget that I need to count on that schedule whether that's in your phone or you buy a planner and as soon as you get your syllabi that first day of class, you get your syllabus, go in and put all the due dates in. That way you know what's coming up and your phone can remind you or you can have that scheduling planner right in front of you. And you can look at the whole thing. You can look at the month, you can look at the week, you can look at every day. What do you have to do? That will save you a lot of heartache. 'Cause you know, procrastination is one of those habits that a lot of us have. It's also not a great habit. If we want to produce quality work, it's not great to study the night before, cram as we call it. It's much better for you to take small chunks, and the psychological research bears that out, right? If you learn over time, you're much more likely to retain that information. If you cram, you're probably going to remember it for the test and then forget it for the rest of your life. If this is part of your degree, it's super important that you remember it for the rest of your life because, every degree builds information from one class to the next. And so if, you're not looking at or remembering the information you learned in one class you may need to draw back on that and the next class and trying to remember it, when you crammed, is just going to be a lot harder. If you'd like to find out more, you can reach the psychology department at [psychology@cwu.edu](mailto:psychology@cwu.edu) or by calling (509)-963-2381.

### Runtimes (Date, Time):

22-09-05, 7:39:45	22-09-05, 23:32:38	22-09-07, 6:33:53	22-09-07, 22:32:25
22-09-05, 13:29:32	22-09-06, 8:36:03	22-09-07, 11:47:49	22-09-08, 7:38:15
22-09-05, 18:39:28	22-09-06, 14:40:11	22-09-07, 17:43:39	22-09-08, 13:34:07

22-09-08, 18:39:08	22-09-11, 7:31:32	22-09-13, 22:38:31	22-09-16, 13:35:02
22-09-08, 23:40:16	22-09-11, 12:34:51	22-09-14, 7:33:31	22-09-16, 18:34:13
22-09-09, 1:31:34	22-09-11, 17:36:41	22-09-14, 12:23:03	22-09-17, 4:34:54
22-09-09, 6:38:33	22-09-11, 22:28:27	22-09-14, 17:31:44	22-09-17, 14:37:23
22-09-09, 11:53:30	22-09-12, 7:37:37	22-09-14, 22:33:09	22-09-17, 19:35:27
22-09-09, 16:36:31	22-09-12, 13:41:51	22-09-15, 7:35:20	22-09-18, 0:36:32
22-09-09, 21:39:15	22-09-12, 18:37:43	22-09-15, 12:19:33	22-09-18, 5:34:43
22-09-10, 4:36:59	22-09-12, 23:36:34	22-09-15, 17:37:03	22-09-18, 10:32:20
22-09-10, 14:36:54	22-09-13, 7:31:17	22-09-15, 22:36:20	22-09-18, 15:33:57
22-09-10, 19:31:48	22-09-13, 12:27:30	22-09-16, 3:36:55	22-09-18, 20:37:01
22-09-11, 2:37:44	22-09-13, 17:39:55	22-09-16, 8:38:54	

### Segment 3: AA05 – Mental Health 3

With the beginning of the school year right around the corner. It's important for you as a student to be prepared. A big part of that is taking care of your mental health. In order to help students with some of the things that can affect students at the start of each school year, 88.1 The Burg interviewed Associate Professor of Psychology, Coordinator and Head of Mental Health Counseling program here at Central, Dr. Megan Nolte to share some tips to help students, be prepared this fall. Staying on top of Your grades can be important during the school year, but what is more important is staying on top for your mental health. Doing mental health checks and evaluating your emotions is pivotal to ensure your well-being during the school year and making sure you never get overwhelmed and end up falling behind. Here's Dr. Nolte with the importance of regularly checking on your mental health. So another thing I think it's really important to talk about for all college students and for professors and everybody in the college community is Wellness. It's really easy to get so focused on what we're doing and forget to take care of ourselves. And, you know, I'm a counseling professor, professor in the counseling program and, you know, we talk a lot about self-care, but what does that really mean? The media would tell us it's bubble baths and chocolates and that kind of thing, but sometimes Wellness and self-care is doing your chores, doing your laundry, cleaning up your bedroom, exercising, eating regular meals, going to sleep at a regular time, and waking up at a regular time, what we call sleep hygiene. Social wellness is also another important part of your mental health, here's Dr. Nolte on some tips for social wellness. Of your mental health? Social support is another really important thing. And you know, that might come in the form of a roommate. That might come in the form of the college or the clubs that are available on campus. There are so many clubs on campus, you know, DND clubs and fashion clubs and anything you're interested in. There is a club for it here on campus. Join those clubs. Get involved. Get that social support network through those clubs, it's really important, because many of you guys are coming here and maybe you've got a couple of friends from high school that are here, maybe that person is your roommate, maybe not. But your lives are going to change, and so developing social support structures that fit in the life that you are building for yourself is really, really important. If you'd like to find out more, you can reach the psychology department at [psychology@cwu.edu](mailto:psychology@cwu.edu) or by calling (509)-963-2381.

#### Runtimes (Date, Time):

22-09-05, 8:32:58	22-09-09, 2:37:25	22-09-12, 8:33:45	22-09-15, 23:35:57
22-09-05, 14:35:07	22-09-09, 7:36:35	22-09-12, 14:33:52	22-09-16, 4:40:33
22-09-05, 19:34:24	22-09-09, 12:36:13	22-09-12, 19:35:30	22-09-16, 9:33:32
22-09-06, 4:39:34	22-09-09, 17:36:56	22-09-13, 8:35:06	22-09-16, 14:42:05
22-09-06, 9:35:14	22-09-09, 22:38:36	22-09-13, 13:38:43	22-09-16, 19:36:17
22-09-06, 15:32:57	22-09-10, 0:34:07	22-09-13, 18:36:46	22-09-17, 0:29:42
22-09-06, 20:03:36	22-09-10, 5:33:31	22-09-13, 23:36:31	22-09-17, 5:37:06
22-09-07, 7:34:34	22-09-10, 15:35:34	22-09-14, 8:35:31	22-09-17, 15:34:35
22-09-07, 13:37:11	22-09-10, 20:33:10	22-09-14, 13:38:52	22-09-17, 20:38:29
22-09-07, 18:38:08	22-09-11, 3:32:15	22-09-14, 18:41:23	22-09-18, 1:32:49
22-09-07, 23:34:00	22-09-11, 8:35:06	22-09-14, 23:32:53	22-09-18, 6:37:57
22-09-08, 8:39:23	22-09-11, 13:34:28	22-09-15, 8:38:17	22-09-18, 11:35:44
22-09-08, 14:33:23	22-09-11, 18:35:12	22-09-15, 13:33:43	22-09-18, 16:36:44
22-09-08, 19:31:08	22-09-11, 23:31:51	22-09-15, 18:41:55	22-09-18, 21:36:21

#### Segment 4: 00AH – Mental Health 4

With the beginning of the school year right around the corner. It's important for you as a student to be prepared. A big part of that is taking care of your mental health. In order to help students with some of the things that can affect students at the start of each school year, 88.1 The Burg interviewed Associate Professor of Psychology, Coordinator and Head of Mental Health Counseling program here at Central, Dr. Megan Nolte to share some tips to help students, be prepared this fall. Your professor can be a useful tool for you as you progress through your academic career and can help you have a more successful academic experience if you choose to utilize the opportunity properly maintain a regular dialogue with your professor throughout the quarter can help not only your academic pursuits, but also your professional ones as well, here is Doctor Nolte on how talking to your professor can help you in your journey. Those personal professional relationships, they're also really important when you're looking for jobs in the future. They're important when you're applying to graduate school in the future. So if you know professors, you're in better shape. You're setting yourself up for an easier application process as you begin the next stage of your life after you finish college. We also have some really great academic supports on campus. We have the tutoring center, we have the writing center, the library, all of those are really great resources for you. There's also online tools. I am a firm believer in Grammarly. I run everything I write through Grammarly because I know that I am a terrible speller. I always have been a terrible speller, so I use the online tools that are available to me to make sure that my writing is readable. And when you're thinking about submitting a paper to a professor? We don't want to read a first draft. We want to read a polished document. Those online tools can really help you Polish those documents in some amazing ways, so using those academic supports can be really important in helping you succeed in college, whether that is the tutoring center or the writing center or just a conversation with your professor. It's OK to fail in college. Doctor Nolte explains why. While you're in college, you

have the opportunity to learn from those mistakes in meaningful ways, to build that resilience. What we know about resilience from the research is that struggle is an inherent and important part of building resilience. If a person never struggles they are unable to build resilience and so using college as that safe place to learn from mistakes also is making you a more resilient individual so that when and life is hard in the future, and it will be because life is hard. You have the skills and the tools to build upon and utilize to make yourself succeed. If you'd like to find out more, you can reach the psychology department at [psychology@cwu.edu](mailto:psychology@cwu.edu) or by calling (509)-963-2381.

**Runtimes (Date, Time):**

22-09-05, 4:33:40	22-09-08, 20:33:25	22-09-12, 9:34:51	22-09-16, 0:34:30
22-09-05, 9:35:33	22-09-09, 3:43:11	22-09-12, 15:36:20	22-09-16, 5:37:51
22-09-05, 15:34:21	22-09-09, 8:35:18	22-09-12, 20:37:16	22-09-16, 10:37:36
22-09-05, 20:34:45	22-09-09, 13:32:10	22-09-13, 4:39:12	22-09-16, 15:34:46
22-09-06, 5:35:00	22-09-09, 18:38:59	22-09-13, 9:35:33	22-09-16, 20:38:41
22-09-06, 10:38:14	22-09-09, 23:38:52	22-09-13, 14:35:34	22-09-17, 1:33:19
22-09-06, 16:36:30	22-09-10, 1:31:50	22-09-13, 19:53:45	22-09-17, 6:33:54
22-09-06, 20:40:27	22-09-10, 6:34:08	22-09-14, 4:43:18	22-09-17, 11:35:13
22-09-06, 21:33:40	22-09-10, 16:35:34	22-09-14, 9:34:38	22-09-17, 16:38:17
22-09-07, 8:34:11	22-09-10, 21:37:25	22-09-14, 14:33:33	22-09-17, 21:35:12
22-09-07, 14:41:10	22-09-11, 4:39:18	22-09-14, 19:37:59	22-09-18, 2:34:50
22-09-07, 19:31:55	22-09-11, 9:36:40	22-09-15, 4:38:31	22-09-18, 7:34:02
22-09-08, 4:41:41	22-09-11, 14:33:17	22-09-15, 9:34:02	22-09-18, 12:32:51
22-09-08, 9:33:52	22-09-11, 19:31:56	22-09-15, 14:34:06	22-09-18, 17:35:39
22-09-08, 15:34:21	22-09-12, 4:43:37	22-09-15, 19:33:36	22-09-18, 22:38:06

**Segment 5: A00C – Mental Health 5**

With the beginning of the school year right around the corner. It's important for you as a student to be prepared. A big part of that is taking care of your mental health. In order to help students with some of the things that can affect students at the start of each school year, 88.1 The Burg interviewed Associate Professor of Psychology, Coordinator and Head of Mental Health Counseling program here at Central, Dr. Megan Nolte to share some tips to help students, be prepared this fall. If you're struggling with your mental health, sometimes it can be hard to ask for help or find the proper resources to help you along. Many people struggle with mental health complications, which is why CWU offers assistance for those who are seeking out ways to deal with them, here is Dr. Nolte on some resources available to students. So the last thing I kind of want to talk about is what resources, what mental health resources are available on campus because, you know. I want to encourage you to take care, good care of yourselves and do that self-care stuff. Get exercise, eat, regular meals do all those things, but sometimes we

struggle, humans struggle and so sometimes we have mental health struggles and there are a number of really great resources on campus. The first is the Counseling Clinic, which is now in Black Hall on the 2nd floor. You can reach them at (509)-963-1391. Central Washington University also has Wildcat Care 365. That's an online resource. So for those of you who don't really want to walk up to or see a counselor in person, but would rather do some Tele health or some get some text mental health support. That's a really great resource to use and it's free to you. Your student fees pay for it automatically, and so very much like the Recreation Center, in the SURC. It's available to you at all times. So all you have to do is log into Wildcat care 365. You can find that on the counseling clinic website, if you just Google Counseling Clinic CWU, you can find that and it there's a link to it, right there. Using those kinds of resources can help be the difference between really struggling and just a little bit struggling. And remember, it's OK to struggle, right? Those times of struggle are a great opportunity for you to learn, but it's also OK and important for you to be able to ask for help, whether that's academic health or mental health help. Those are really important pieces of make sure, making sure that you have the kind of college experience you want to build the kind where you have that social support, where you're succeeding in school, where you're learning about who you are as an adult and learning from your mistakes so that you can bounce back and build that resilience in the future. If you'd like to find out more, you can reach the psychology department at [psychology@cwu.edu](mailto:psychology@cwu.edu) or by calling (509)-963-2381.

#### Runtimes (Date, Time):

22-09-05, 5:35:04	22-09-08, 21:33:58	22-09-12, 10:36:30	22-09-16, 1:33:37
22-09-05, 10:36:29	22-09-09, 4:36:01	22-09-12, 16:34:39	22-09-16, 6:32:06
22-09-05, 16:33:57	22-09-09, 9:35:05	22-09-12, 21:35:12	22-09-16, 11:37:46
22-09-05, 21:35:27	22-09-09, 14:37:50	22-09-13, 5:33:41	22-09-16, 16:35:13
22-09-06, 6:34:16	22-09-09, 19:37:32	22-09-13, 10:33:05	22-09-17, 2:42:29
22-09-06, 11:25:37	22-09-10, 2:38:28	22-09-13, 15:34:08	22-09-17, 7:35:18
22-09-06, 17:35:14	22-09-10, 7:37:25	22-09-13, 20:41:56	22-09-17, 17:31:26
22-09-06, 22:38:03	22-09-10, 12:35:54	22-09-14, 5:35:00	22-09-17, 22:34:54
22-09-07, 4:43:07	22-09-10, 22:41:14	22-09-14, 10:35:24	22-09-18, 3:36:54
22-09-07, 9:38:48	22-09-11, 0:34:30	22-09-14, 15:37:31	22-09-18, 8:35:02
22-09-07, 15:34:24	22-09-11, 5:35:23	22-09-14, 20:28:55	22-09-18, 13:32:32
22-09-07, 20:33:24	22-09-11, 10:31:42	22-09-15, 5:37:12	22-09-18, 18:37:40
22-09-08, 5:36:03	22-09-11, 15:37:39	22-09-15, 10:34:53	22-09-18, 23:33:40
22-09-08, 10:36:13	22-09-11, 20:38:14	22-09-15, 15:34:43	
22-09-08, 16:38:01	22-09-12, 5:40:01	22-09-15, 20:39:08	