



## Safety/Fire Focus

### Rave Guardian App

If you are a Bear (student, faculty, or staff), it is recommended to download the RAVE Guardian APP to provide an extra layer of security for yourself and others. This app provides emergency and non-emergency information, non-emergency text capability, speed dial to UNC Police Department, and a timer to have family or friends watch over you while walking on or off campus.

#### EMERGENCY CALL

\*Inside the app, select the "UNC Police" icon. This will allow you to place a call to the UNC Police Communication center.

#### CAMPUS EMERGENCY ALERTS

When an emergency notification is sent to campus, information will be received, based on your location. You can go into the app and read the notification and updated alert messages. This adds another delivery method for UNC Emergency Alerts.

#### NON-EMERGENCY INFORMATION

\*To report non-emergency items to the UNC Police Department, the app has a "Text Reporting" capability. These texts go directly to UNC Police Communication center.

#### SETUP a FAMILY or FRIEND GUARDIAN

The "Timer" icon in the app allows a virtual timer for an extra layer of safety. The user can set up a guardian, provide information, and set a timer. (Example: if an individual is going for a 20-minute walk and sets the timer for 30-minutes, if the individual does not disable the timer after their walk, after 30-minutes the guardian will be notified by text.)

#### HOW TO GET THE APP

To sign up for the app, first add your emergency alert phone number in your ursula account, after 24 hours you can download the RAVE Guardian from the app store and use the same phone number to link it to your UNC Emergency Alert Information.

\*If location services are active, using these options will also give UNC Police your location data for the duration of the call or text chat to further assist officers in assisting callers.

For additional information visit [UNC Emergency Alerts](#) or download the app below.



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#### Dates to Remember

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| <b>January 9</b> - Spring Semester Begins                      |
| <b>January 16</b> - Martin Luther King Jr. Day (Campus Closed) |
| <b>February 20</b> - Presidents' Day (Campus Open)             |
| <b>March 12</b> - Daylight Savings Time Begins                 |
| <b>March 11-19</b> - Spring Break                              |
| <b>March 17</b> - St. Patrick's Day                            |

#### Safe Thought

*"Safety is as simple as  
ABC...Always Be  
Careful!"*

## Permanent Daylight Savings Begins ??

On March 12, 2023, daylight saving time will begin and clocks should be set forward one hour. This could possibly be the last time that we spring forward due to the new Sunshine Protection Act that was passed by the U.S. Senate earlier this year. The act would make daylight savings time permanent after the clocks spring forward in March meaning there would be no falling back on November 5, 2023. The bill has not been reviewed by the U.S. House of Representatives yet but should be reviewed in early 2023.



For more information on the health and safety risks on switching the clock please read [Daylight Saving Time and Your Health](#).

## Health and Wellness

### National Cancer Prevention Month



February 2023 is National Cancer Prevention month. Research has shown that more than 40 percent of all cancers diagnosed and nearly half of all deaths from cancer in the United States can be attributed to preventable causes. Things like smoking, excessive body weight, physical inactivity, and excessive exposure to the sun.

While there is no certain way to prevent cancer, there are certain risk factors that can increase the likelihood. Some factors that are known to increase the risk of cancer are:

- Cigarette smoking and tobacco use
- Infections
- Radiation
- Immunosuppressive medicines

Some of the factors that may affect the risk of cancer:

- Diet
- Alcohol consumption
- Lack of physical activity
- Obesity
- Environmental risk factors

Oftentimes in our lives, we let everything and everyone else come first. With work, bills, and family life often being pushed to the front, we forget to take time and take care of ourselves. We forget that we need to be patient with ourselves often cutting ourselves down for failing at a certain task or running out of time. Cancer prevention isn't just about a list of how-to's and don't-do's it's about valuing the body that we have and loving ourselves enough to believe that we deserve the best self-care possible.

Here on campus, we have a facility that specializes in recovery from cancer treatment-related symptoms. The [University of Northern Colorado Cancer Rehabilitation Institute](#) offers a 4-phase program that consists of one-on-one training, 2-3 sessions per week for approximately 60 minutes per session. Each program is specialized to fit the specific goals and needs of the individual. More information can be found on their website or by emailing the institute directly at [unccri@unco.edu](mailto:unccri@unco.edu).

## Ways to reduce your cancer risk



**Do not smoke or use any form of tobacco**



**Avoid too much sun, use sun protection**

**Make your home smoke-free**



**Reduce indoor and outdoor air pollution**



**Enjoy a healthy diet**



**Be physically active**



**Breastfeeding reduces the mother's cancer risk**



**Limit alcohol intake**



**Vaccinate your children against Hepatitis B and HPV**



**Take part in organized cancer screening programmes**

# EnviroHealth

## Colorado Statewide Carryout Bag Fee

Starting January 1, 2023 all retail stores in Colorado will be required to start charging for disposable carryout bags due the Plastic Pollution Recovery Act (House Bill 1162) that was passed in 2021 by the Colorado General Assembly. Towns or cities can charge more if they choose too.

Under the terms of the law, during 2023, retail stores will charge a 10-cent fee for each single-use plastic or recyclable paper carryout bag provided to customers, which will be added to the total sale.

Several cities in Colorado who are concerned about plastic pollution in waterways have already adopted a bag-fee ordinance. Some of these include Boulder and Fort Collins. Stores in these cities are required to only use recyclable paper carryout bags.

These fees are split 60% to the municipality or county and the 40% remaining to the retail store. The law says cities, towns or counties can use their portion of the revenues to pay for administrative and enforcement costs and any recycling, composting or other waste-diversion programs or related outreach or education activities.

That's not the end though. Beginning January 1, 2024 all retail stores will only be able to provide recyclable paper carryout bags as well as all retail food establishments will be banned from using polystyrene or other foam containers for ready-to-eat food.

Customers can avoid paying the bag fee by bringing their own reusable carryout bags.



## Keep Pet Waste Out of Our Surface Waters

Did you know that a single dog can create 0.75 pounds of waste in a day? That's a lot of waste! Pet waste contains harmful bacteria and nutrients that negatively impact water quality and can even contain pathogens that can be harmful to human health. When pet waste is not picked up, it can come in contact with melting snow or rain and be transported into our local streams and lakes, and eventually make it into the Cache la Poudre River. Even though the weather outside might be frightful this time of year, it's important to pick up your pet waste every single day!

To help prevent pet waste from being left on the ground and susceptible to impairing our water quality, remember to scoop the poop and dispose of the waste properly, in a trash can. Even in your own backyard, it is important to pick up pet waste and throw it in the trash. It can be very helpful to carry around a few pet waste bags on your dog's leash in case nature calls. Also, if you have some to spare you can share with a friend, or fellow dog owner, in need!

Be a responsible dog owner today and every day and help protect our local water quality one scoop at a time! If you need your very own City of Greeley Stormwater pet waste dispenser, please email [Lauren.Hillmer@greeleygov.com](mailto:Lauren.Hillmer@greeleygov.com) and Lauren can get you one for free! If you have any questions on pet waste and its impacts to our surface waters, please visit [Greeley Stormwater](https://www.greeleyco.org/Stormwater) for more information.



Bear in Mind (BIM) is a publication brought to you by your campus Environmental Health and Safety Department (EHS). We are interested in your thoughts and submissions. Contact the [Environmental Health and Safety](#) department at 970-351-1149. Suggestions can also be sent by campus mail attention EHS, Campus Box 57. Bear in Mind issues are published every quarter. Find current and archived issues



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