November is a good time for a fresh look at Self-Defense

Guidelines on Choosing a Women’s Self-Defense Course
Ideally, a good self-defense program should reflect these philosophical points: Attackers are responsible for their attacks and their use of violence to overpower, control, and abuse another human being. Women do not ask for, cause, invite, or deserve to be assaulted. Both women and men sometimes exercise poor judgment about safety behavior, but that does not make them responsible for the attack.

Whatever a woman’s decision in a given self-defense situation, whatever action she does or does not take, she is not at fault. A woman’s decision to survive the best way she can must be respected. Self-defense classes should not be used as judgment against a victim/survivor. Good self-defense programs do not “tell” an individual what she “should” or “should not” do. A program should offer options, techniques, and a way of analyzing situations. A program may point out what USUALLY works best in MOST situations, but each situation is unique and the final decision rests with the person actually confronted by the situation.

What is Women’s Self-Defense?
Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully escape, resist, and survive violent attacks. A good self-defense course provides psychological awareness and verbal skills, not just physical training.

Must I Train for Years to Learn to Defend Myself?
No. A basic course can offer enough concepts and skills to help you develop self-protection strategies that you can continue to build upon. Self-defense is not karate or martial arts training. It does not require years of study to perfect. There are women who have successfully improvised and prevented an assault and never have taken a class. Women often practice successful self-defense strategies without knowing it!

Is There a Standard Self-Defense Class?
No. There are many formats for training. They may be as short as two hours or as long as 8 weeks or a semester. Whatever the length of the program, it should be based on maximizing options, simple techniques, and respect for women’s experience.

Thanksgiving Traditions
Traditions are a big part of the Thanksgiving holiday, and every American family has their own way of celebrating. From stuffing the turkey to taking in a football game, here are the five most popular.

**Turkey and Trimmings:** From the first Thanksgiving to today’s turkey burgers, turkeys are an American tradition dating back centuries. According to the National Turkey Federation, 95 percent of Americans eat turkey at Thanksgiving.

**Time Out for the Pigsink:** Throughout the United States, football on Thanksgiving Day is as big a part of the celebration as turkey and pumpkin pie. Dating back to the first intercollegiate football championship held on Thanksgiving Day in 1876, traditional holiday football rivalries have become so popular that a reporter once called Thanksgiving “a holiday granted by the State and the Nation to see a game of football.”

**Making a Wish:** Does your family fight over the wishbone from the Thanksgiving turkey? Known as a “lucky break” the tradition of tugging on either end of a fowl’s bone to win the larger piece and its accompanying “wish” dates back to the Etruscans of 322 B.C. The Romans brought the tradition with them when they conquered England and the English colonists carried the tradition on to America.

**Giving Thanks:** Last, but certainly not least, Thanksgiving is about giving thanks for the people and blessings of the past year. From pre-meal prayers to providing holiday meals to the homeless, the holiday is truly a celebration of praise and thanksgiving.

Reference: NCASA
University of Texas at San Antonio visited by REALITY RIDES Tour

The “X” - the texting distracted driving prevention simulator tour known as Reality Rides offered to visit the University of Texas at San Antonio. The simulator was set up at the Main campus October 21, 2014 10:00 am to 2:00 pm at the Sombrilla Plaza. San Antonio was one of only three cities selected to be visited during this leg of the tour in Texas. United teamed up with Allstate Insurance for a distracted driving prevention simulator tour called Reality Rides. The tour made various high schools, state capitols, universities, and community event visits across the country. The goal was to educate people about the dangers of distracted driving while having a bit of fun. It is estimated about 60 participants of UTSA community, including students, faculty and staff made a commitment to safety, by taking the pledge to “X” - the Texting”.

Training Exercise at Main Building at UTSA’s Main Campus
A great opportunity for the community!

University of Texas at San Antonio Police Department in conjunction with the UTSA Office of Business Continuity and Emergency Management, along with a variety of city of San Antonio partners conducted a full scale training exercise at the UTSA’s Main building.

Our partners included the San Antonio Police and Fire Departments, City of San Antonio Emergency Operations Center, St Mary’s University Police Department, and the Federal Bureau of Investigation. All of whom allocated vital resources which contributed to “authentic simulation” of the exercise.

The goal of the exercise was to evaluate the current practice and procedures utilized to respond to an active shooter scenario and identify opportunities to supplement current planning and training.

The training exercise provided key areas for continued practice in conjunction with improved prevention strategies in an effort to minimizing the loss of life. The UTSAPD continually works with its partners to mitigate circumstances and increase the knowledge of its students, faculty and staff in an effort to increase the potential to save lives.
Runner Beat

Safety Highlights  

Celebrate the Holidays with Health and Safety  

By Lorenzo D. Sanchez, UTSA Director of Emergency Management

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health and safety. Remember, it’s everyone’s responsibility to engage in safe holiday activities at work and in your home. The UTSA Office of Emergency Management would like to share some great tips to keep you in the know personal health, fire prevention, and travel safety.

Personal Health and Safety

With the upcoming holidays seasons also comes the flu season. Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and warm water for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Injuries can occur anywhere and some often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals. Wear a helmet when riding a bicycle or skateboarding to help prevent head injuries. Keep vaccinations up-to-date.

Prevent Fires

Decorating homes and businesses is a long-standing tradition around the holiday season. Unfortunately, these same decorations may increase your chances of fire. Based on data from the National Fire Protection Association (NFPA) and the U.S. Fire Administration (USFA), an estimated 240 home fires involving Christmas trees and another 150 home fires involving holiday lights and other decorative lighting occur each year.

Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don’t use generators, grills, or other gasoline, propane, or charcoal burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home if you do not have any and be sure to test at least once a month, and replace batteries twice a year.

Travel Safely

Whether you’re traveling across town or around the world, help ensure your trip is safe. With more people on the roads, it’s important to drive safely. Be well rested and alert, use your seat belts, observe speed limits and follow the rules of the road. If you plan on drinking alcohol, designate a driver who won’t drink. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Pay attention to the weather forecast for your destination. Travel and weather web sites can help you avoid storms and other regional issues that could impact your safety.

For more preparedness tips, visit the campus alerts website at www.alerts.utsa.edu. Questions? Send an email to BePrepared@utsa.edu

Detective Time  

by Sgt. Thomas Calucci (Supervisor, Criminal Investigations)

I’m often asked what happens after the UTSA PD Criminal Investigations Section completes an investigation on a criminal case. As you know, we work very closely with several different agencies, including the Bexar County District Attorney’s Office. They are the prosecutorial entity that, like us, seeks justice and the protection of all persons within our community.

There are several different sections of the District Attorney’s Office which include; White Collar Crime (employee related crimes), narcotics, check fraud, and felony and misdemeanor intake. When we take a case downtown to file, we have to know which section to file the case with. In some instances, particularly in higher profile cases, we will talk to a prosecutor of the section where we are filing the case and “screen” it to ensure that we are putting a thorough package together. Screening a case means that we talk with an attorney and verbalize everything we have discovered and ask if it’s enough to seek prosecution. It is rare that we have to amend anything in our cases. We will then physically put the case together in a professional appearing manner to ensure that the intake prosecutor can easily understand what occurred. We then take the case downtown and turn it in. In all cases, we must complete a form, which is also signed by the DA’s Office, as a receipt that the case has been filed. In a small percentage of the cases, the assigned DA may ask for us to investigate something additional that may make a difference if the case goes to court.

Once the case has been filed, and there no other investigative matters to address, the case will get assigned to an attorney in a court. At this point, either the prosecutor or an investigator may contact you for additional information or to just let you know that the case is moving on. Either way, the court now has jurisdiction over the case. If charges are asked to be dropped, it is up to the DA to now communicate that intent with the complainant in the case.
Runner Beat

The University of Texas at San Antonio Police Department

Schedule of Events For October 2014

Thursday November 27-29, 2014
UTSA Thanksgiving Holiday Schedule
The UTSA community is reminded that while administrative offices will be closed in observance of the holiday. Non-emergency services @ 458-4242 or Emergency Services @ 458-4911 are available on campus every day!

Tuesday November 18, 2014
Commander’s House Thanksgiving Lunch
11:30am-1:00 pm @ 645 Main St. Cost $3.00 (Musical Entertainment Provided)
Make reservation call (210)207-3010

Friday November 28, 2014
Holidays in Bloom at the Botanical Garden
9:00am-5:00 pm @ 555 Funston Place
Step away from holiday whirlwind into picturesque scenes. Visit www.sabot.org or call

Lost and Found
All found property that is turned in to the University Police Lost & Found section is stored at the University Police Lost & Found for 60 days. After 60 days, the found property is transferred to the Surplus Property Department for public auctions or further disposition.

To report lost property items or to make inquiries regarding lost property call 210.458.6247 (Monday to Friday; 8am to 5pm).

To claim found property items, individuals must present a valid Texas Driver’s license, UTSA photo ID card or a valid photo ID card from another source; military ID or another state photo ID card. Individuals must be able to accurately describe the property that was lost in order to claim property from the lost & found section.

** NOTE—Departments, please promptly turn in any lost and found items you may have so we can return them to their owners in a timely fashion.

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<tr>
<th>QT</th>
<th>Item</th>
<th>Description</th>
<th>Description</th>
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<td>Bag/Backpacks</td>
<td>Various Brands, Colors &amp; Styles</td>
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<tr>
<td>22</td>
<td>Binders/Folders</td>
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<td>Babolat</td>
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<td>Belongs to James Baawuo</td>
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<tr>
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Crime Report for the Month of October 2014
The below is a summary of the crimes that occurred as of last month. For more information, go to www.utsa.edu/utsapd and click on Crime Stats.

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<th>Thefts</th>
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<th>Burglary of Vehicle</th>
<th>Drug Arrests</th>
<th>Assaults</th>
<th>DWI/DUI Arrests</th>
<th>Theft of Motor Vehicle</th>
<th>Other Crimes</th>
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Protecting Your Future...Today

UTSA Office of Business Affairs: Your Partner for Successful Solutions!
ALL ACCESS: Access Services Moves to a New Website  

by Teresa Maillard

Access Services would like to take this opportunity to wish everyone a very Happy and safe Thanksgiving Day. We hope that each one of us can take a moment, away from our busy schedule, to appreciate what we have to share with our immediate family as well as with our extended family. We would also like to remind you that all UTSA’s academic buildings at the Main Campus as well as the Downtown Campus will be closed on November 27th and November 28th for Thanksgiving. This means that all the exterior doors of all the academic buildings will be locked. If access is needed during this time, please contact your department’s authorized requestor to submit a request for access. Access Services will then activate your Banner ID card to grant you entry to your department’s building. Take this time to be extra cautious by:

- Closing the doors completely, and not leaving doors propped open
- Swiping your card to access

your entry, and not allowing other people to enter without swiping their cards
- Not allowing other people to use your ID Card; you are responsible for its use
- Reporting unsecured or propped open doors; reporting suspicious activity and/or door issues to UTSA PD at extension 4242 or by contacting us immediately at Access.Services@utsa.edu or by calling us at extension 6855

Access Services Team thanks you for your support and again, wishes each and every one a

Happy Thanksgiving

The Bottom Line by Chief Steve Barrera

If you keep up with the local and national news, which I understand why many don’t; you will often hear about incidents that could have possibly been averted had someone reported something “unusual or suspicious” to the police. We always encourage everyone to trust their instincts when it comes to preventing crime. If it doesn’t feel right or look right, please let the police know. It’s always better to err on the side of caution. If you observe suspicious activity that makes you think someone is committing or planning on committing a crime, immediately call the UTSA Police Department at 210-458-4242. If it’s an actual emergency or crime in progress, please call 210-458-4911. This applies to everyone, including students, faculty, staff, and visitors as we’re all in this together. Without the assistance of an alert public we cannot be as effective as possible in keeping our campus community safe. Some of the things we need to be on the alert for are people taking an unusual interest in our buildings, security systems, cameras, access control, and alarms. We also look for suspicious cars parked in unauthorized areas near buildings. You never know when someone is on campus with the intent to commit a crime and may be casing the area by looking into vehicles for valuables or looking for opportunities to steal laptops, phones, or purses in buildings/offices. If something looks out of place or suspicious (you’re the expert in your area) it never hurts to have us check it out. It may be an easily explainable situation or may result in the prevention of a crime, which is our ultimate goal. Thanks for your awareness and vigilance.

UTSA PD offers FREE Operation Identification (ID) Program

Operation Identification is nationally recognized by law enforcement as a citizen’s burglary prevention program for use of personal items. The Operation ID program allows law enforcement to detect, identify, and return stolen or lost property to its rightful owner. The Operation ID program involves marking or engraving property with an identifying number to discourage burglary and theft. The ideal identifying number is your state issued Driver’s License number which is easily recognized and traced by law enforcement. Avoid using your social security number.

Items that can be engraved:
- Laptop/ Computers, iPad / iPod / Handheld Electronics
- DVD/ Blue Ray’s, Bicycles, Video game consoles, Speakers
- Artwork (Make sure art can be traced)
- Jewelry

Contact the Crime Prevention Office (458-6974) for information and/or to setup an appointment.

The University of Texas at San Antonio Police Department
One UTSA Circle San Antonio, Texas 78249 | 210-458-4242 210-458-7602 fax
UTSAPD is a CALEA and IACLEA accredited law enforcement agency
Please visit our website at www.utsa.edu/utsapd