



The University of Texas at San Antonio™
POLICE DEPARTMENT
Community Affairs Section

RUNNER BEAT

ISSUE—135

A campus safety publication for the UTSA DECEMBER 2017

HOLIDAYS & FINALS

Drowsy Driving and Responsible Drinking





Wish Upon a Star, But Never in Your Car

Alert Driving Keeps You Alive

Fatigue in 24/7 Society



- **Decreases:** Mental capacity and productivity
- **Increases:** Safety risks and health issues
- **Causes of fatigue:** Sleep loss, repetitive tasks, job factors, medical conditions, lifestyle, sleep/wake cycle

Drowsy Driving



- You are **3 times more likely** to be in a car crash if you are fatigued
- Losing even **2 hours of sleep** is similar to the effect of having 3 beers
- Being awake for more than 20 hours is the **equivalent of being legally drunk**

Necessity, not novelty: Research indicates adults need 7 hours of sleep to achieve peak performance. 43% of workers are sleep-deprived and those most at risk include shift workers.

— National Safety Council

Holiday Travel

- 50% of people killed in crashes are not buckled up.

— National Highway Traffic Safety Administration



SURVIVING FINALS

The end of the semester is drawing near, and with the promise of winter break comes one more obstacle, finals. We know just reading the word makes your stress levels spike, but don't worry. You've got this. Once done, you will soon have the completely justified need to hit your local hotspot and celebrate, but remember to stay safe so you can start it all over again next semester. If you still possess the uncontrollable urge to curl up and cry, we have a few tips that will help keep you sane and safe.

STUDYING & DRINKING

RESPONSIBLY

EAT & HYDRATE

A good way to keep a clear head is to stay hydrated and nourished. Also, eat small, frequent meals with foods that stimulate brain activity to really get yourself going.

TIP When studying drink plenty of water to keep the brain hydrated. This helps with concentration. Always remember that the brain works best hydrated.



It's always important to remember that large amounts of drinking leads to dehydration.

Eating is also a good way to stay in a less intoxicated state since the food will absorb some of the alcohol.

TIP For each alcoholic drink you consume, drink a glass of water to keep better hydration, and of course everything in moderation.



TAKE BREAKS

Your brain can only absorb so much information. Overloading can lead to forgetting key elements, and overall exertion. The same can be said about trying to cram all your studying into the night before.

TIP Study in 45 minute intervals spaced out in shorter study sessions throughout the week. Definitely do not wait until the night before.



Over working the body can be a sure way to crash your system. Spacing out your drinks gives your body time to start sobering up quicker. This also makes you less likely to over do it on the drinking since you take more time to finish each one.

TIP Think about the alcoholic content you are about to consume, and make sure to space out the time between each drink.



HAVE A PLAN

Taking multiple finals at the end of the semester can be extremely overwhelming. Thinking too much about what you have to cover increases anxiety, and wastes a large amount of time.

TIP One way to keep everything in perspective is to create a To Do List with all of the material you need to cover for each test.



If all else fails when you're out drinking, and both you and all of your friends are over the legal limit it can be difficult to find a safe way home. This goes double if you're intoxicated.

TIP Having a backup plan is the safest bet. Always have the number of a cab or sober friend when you go out. Also, some locations have late bus hours for this sole purpose.



REST

After all of these tips, the brain still isn't any good if you aren't getting enough rest. This goes especially when under heavy amounts of stress.

TIP Make sure to get plenty of sleep especially the night before a big test. Remember that even 7 hours can be considered sleep-deprived.



Drinking takes its toll on the body as it is. One thing that only worsens this effect is doing so when you haven't gotten enough sleep

TIP Make sure you don't go out drinking while you're sleep deprived. This only increases your chance of becoming more intoxicated and passing out.



Ar und the PD

Thank you, Security Services for all of your help with quite a few requests that came in from Student Disability Services last week. Your answers and clarification to questions that we had were very valuable to our department in being able to make sure that we had a clear understanding of what your processes were and in determining the best plan of action was for our office when it came to the operation and access of our front doors. Thank you for such excellent follow through! Your response and turnaround time fulfilling our requests was excellent. Thank you all for always doing such an amazing job! Kudos to everyone involved in our requests. Thank you all!
Roselena Balderas - Assistant Director, Student Disability Services



Promotions & Re-Assignments Congratulations to the following individuals :

Sergeant Jovany Vega will be promoted to Patrol Lieutenant
Sergeant Shawn Smith will be assigned to the Community Affairs Section
Corporal Robert Rigney will be promoted to Patrol Sergeant and assigned to 3rd shift
Corporal Jose Samaniego will be promoted to Patrol Sergeant and assigned to 2nd shift
Officer Edward Gonzales will be promoted to Patrol Corporal and assigned to 3rd shift
Public Safety Officer Joe Nelson is assigned to 1st shift as a Public Safety Officer in Charge
Public Safety Officer Pablo Villarreal is assigned to 2nd shift as a public Safety Officer in Charge
Public Safety Officer Cheyenne Alvarado is assigned to 3rd shift as a Public Safety Officer in Charge.



On behalf of Chief Lewis and all members of the Command Staff, we wish to congratulate everyone who played a role in making the "2017 National Night Out" the success that it was! Special recognition goes to Cpl. Maranda Tupper and Ms. Taniesa Williams for spearheading the event and making it all happen. Your hard work and planning resulted in UTSA being selected as one of three UT components and one of five universities in the country recognized as award winners for our NNO efforts. Despite the threatening weather this year, Corporal Tupper and Ms. Williams continue to set the bar higher each year. Thank you both for a job extremely well done and we look forward to next year's NNO being even more successful. Thank you .

Director Michael Heidingsfield - UT System Director of Police wishes to extend his congratulations to the UTSA Community Affairs Team for being recognized as the best in the nation for our National Night Out program!

LOST & FOUND

QTY	Item	Description
10	Bag/Backpacks	Various Brands, Colors & Styles
18	Binders/Folders	Various Brands, Colors & Styles
18	Books	Various Brands, Colors & Styles
7	Calculators	Various Brands, Colors & Styles
50	Cell phone & Laptop Chargers	Various Brands, Colors & Styles
2	Cell phones	Various Brands, Colors & Styles
25	Earbuds/Earphones	Various Brands, Colors & Styles
33	Jewelry & Watches	Various Brands, Colors & Styles
36	Keys	Various Brands, Colors & Styles
28	Misc. Electronics	Various Brands, Colors & Styles
30	Misc. Items	Various Brands, Colors & Styles
41	Prescription glasses & Sunglasses	Various Brands, Colors & Styles
11	Umbrellas	Various Brands, Colors & Styles
103	USB/Memory Storage	Various Brands, Colors & Styles
5	Wallets	Christopher J. Surlis, Michael Hobbs, Devin Alvarez,
3	Personal Documents	
4	Tools	Various Brands, Colors & Styles
1	Sport equipment	Golf club
1	Cooler	
3	Texas Driver License	Christopher Mullins, Faith Hodge, Casey Rodriguez
1	Texas Commercial Driver License	Bobby Mcgarity
1	Texas Temporary Permit	Diamond Marks
1	Texas ID	Eric Toue
5	Wells Fargo cards	Kathryn Revilla, Sebastian Perea, Shatari Y. Ford,
2	Frost Debit	Teresa Hernandez, Daniel Gutierrez
2	Chase Debit	David Reid, Yusuff Olatunji Omisade
2	American Express	Barbara Dezell, Gift card
1	Bank of America	Christi R. Flores
1	USAA Debit	Chris A. Noriega
1	United States Uniformed Services ID	Anthony G. Gonzalez
1	SACU	Nicholas W. Bains
1	SSFCU	Lavan U. Brown
1	Blue Cross Blue Shield	Theophilus Pierre
1	Social Security Card	Destiny T. Williams
1	UnitedSA	Darryl Godfrey
1	Texas Guaranteed Tuition Plan	Thomas L. Griego
1	AFFCU	X Martinez Alejandr
1	State of Florida Benefits card	Taylor Rushing
1	University Federal Credit Union	Elaina K. Suarez
1	First National Bank	Ashley B. Smith
1	Mastercard	Daniel Torres
1	Starbucks Card	
1	Hilton swipe key	
1	Lone star	
1	Staybridge suites	
1	Epay	
1	UTSA Orientation Room key	
1	White swipe card	
1	Assa Abloy	
1	UTSA Summer Conference card	
1	Fidelity Bank card	
1	Arcade Game Card	
1	Hyatt Place card	

CRIME REPORT—DECEMBER 2017

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*.

Thefts	10	Alcohol Arrests	15
Burglaries	1	Drug Arrests	20
Assaults	4	DWI/DUI Arrests	9
Theft of Motor Vehicle	0	Other Crimes	16