Spring Break Fun and Safety Tips

Spring break is no longer an innocent respite from the rigors of college academics, it’s potentially life threatening, according to the American Medical Association, which published a survey in 2004 that shows 91 percent of parents say it’s time to stop spring break marketing and promotional practices that promote dangerous drinking.

“The tourism and alcohol industries promote heavy drinking and sex, creating an environment that can lead to rape, fatal injuries and death by alcohol poisoning. We agree with parents that we must put an end to these promotions that target students, most of whom are underage.” said J. Edward Hill, MD, AMA chair-elect.

Other findings of the poll include:

- More than 80 percent of parents said they were concerned about college students drinking alcohol during spring break. Topping the list of concerns were students having unprotected sex (71 percent), students driving while intoxicated or with a drunken driver (70 percent), and female students getting raped (68 percent).
- Eighty-eight percent of parents said they think that spring break is primarily a problem of underage drinking, because many college students are younger than the legal drinking age of 21, and 61 percent believe that underage students are more likely to drink than 21-year-olds.
- 77 percent of adults and 68 percent of parents say that alcohol companies are using spring break in Mexico to introduce underage students to their products.
- The beer and liquor industries say that they are not promoting underage drinking by encouraging alcohol use at spring break locations in Mexico, but 64 percent of parents agree that this practice takes advantage of American youth under 21 and influences them to drink.

70 percent of parents say they are unwilling to pay for their child’s spring break.

“Parents and students need to recognize that there is a dark side to the spring break madness they see on MTV,” said Frank Guglielmi, whose 19-year-old son died after falling off a balcony following a day of partying in Panama City Beach, FL.

And now, students who are headed to Mexican locations for Spring Break have additional dangers facing them as the raging drug cartel wars have significantly increased violence, murder and kidnapping throughout the country. About.com

In This Issue:
- March is time for Spring Break Awareness/Safety
- Driving a Privilege with Responsibilities
- CSI Team Recognition
- Campus Preparedness
- Detective Time
- All Access
- Safety Message
- Schedule of Events, Lost and Found, Crime Report
- Health Tips during Spring Break
- The Bottom Line

RAINN's Top 10 Spring Break Tip Include:

1. Trust your instincts. If you feel unsafe, go with your gut.
2. Protect your location on Facebook, Twitter, Foursquare etc.
3. Form a buddy system with close friends and agree on a secret “bust in” signal for uncomfortable situations.
4. Know your surroundings, carry emergency cash, keep number for local cab company handy
5. Avoid being alone or isolated, be a good friend and stick together.
6. Don’t accept drinks from people you don’t know or trust.
7. Never leave your drink unattended, and if you do lose sight of it, get a new one.
8. Drink responsibly and know your limits, always watch your drink being prepared.
9. Try to buy drinks in bottles, which are harder to tamper with than open cups or glasses.
10. Don’t let your guard down; don’t assume fellow spring breakers will look out for you.

National Sexual Assault Hotline:
800-656-HOPE (4673)
Free. Confidential. 24/7
www.rainn.org
Driving is a privilege which carries a Responsibility

The Texas Department of Public Safety and TxDOT have worked to educate drivers about this law, however law enforcement officers and emergency workers continue to see drivers who do not move over or slow down for emergency vehicles. The law applies to stopped emergency vehicles with lights activated, including police, emergency medical service and fire vehicles.

The latest number for Texas in 2009 shows that nine crashes involved an emergency vehicle that was parked for emergency purposes, including law enforcement traffic stops. Although the number is relatively low, each crash can have catastrophic results. The move-over or slow-down law requires drivers nearing stopped emergency vehicles with emergency lights activated to either slow down or change lanes. Specifically, the law states a driver must either slow down 20 miles per hour below the speed limit or vacate the lane closest to the stopped emergency vehicle that has emergency lights activated if the road has multiple lanes traveling in the same direction. (If the speed limit is below 25 mph, the driver must slow down to 5 mph.) Drivers should only move over if they can safely and legally do so; otherwise, they should slow down. This law requires drivers to give them and other emergency vehicles the space they need to perform their duties safely.

A violation is punishable by a maximum fine of $200. If the violation results in property damage, the maximum fine increases to $500. Reference: Texas Department of Public Safety Press Release, KENS TV

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The UTSA Police Department is pleased to recognize the efforts of the Investigations Team for working diligently, tirelessly and in swiftly concluding their investigation in a case involving an offense “predatory nature”.

The team after recognizing the actions reported by two female UTSA Students as acts of an Indecent Exposure Incident, immediately pooled their individual skill sets and networked their own and collective resources to identify a potentially dangerous suspect.

Cpl J. Vega expressed he could not have achieved his success without the savvy and unique skills offered by Telecommunications Operator A. Saenz. Cpl J. Vega insisted in recognizing Saenz stating she has “ways with social media”, which proved vital in this investigation.

Criminal Investigation Section (CSI) Team Recognized

The UTSA Parking and Transportation: 210-458-PARK (7275)
www.utsa.edu/utsapd/park.htm

UTSA Police Department: 210-458-4242
http://utsa.edu/utsapd/

San Antonio Police Department: 210-207-3000
http://sanantonio.gov/SAPD/

Local Contact Information:

Tapping into those unofficial resources proved instrumental for each detective individually and for the Team collectively. As the Teams individual actions and collective result ultimately concluded with a positive outcome which enabled the campus community to restore their sense of safety.

Chief Steve Barrera was honored to present each member of the Team with a Certificate of Appreciation on February 10, 2014. Chief Barrera described their Team efforts as being representative of the police department’s motto “Protecting Your Future, Today”.

The members pictured here from left to right are Sergeant T. Calucci, supervisor of the Team, Detective A. Gonzalez, Corporal J. Vega, and Detective B. Lane.
When Thunder Roars, Go Indoors!

Spring is upon us, and with the changing of the seasons comes the threat of severe weather and flooding. Take time on a sunny day to be prepared for those occasional stormy days. What does severe weather mean, you may wonder? Severe weather includes thunderstorms, downbursts, lightning, tornadoes, waterspouts, tropical cyclones (hurricanes), and dust storms. Take time during National Severe Weather Preparedness Week (March 2 – 8, 2014) to educate yourself on natural hazards, as well as to make a plan and stay informed.

With the increased risk of severe weather in our area during the spring time, it’s important to recognize what our number one threat is - flooding. A flood or flash flood WATCH means a flood is possible in your area. A flood or flash flood WARNING means flooding is already occurring or will occur soon in your area. A severe thunderstorm WATCH means conditions are favorable for thunderstorms – WARNING indicates severe thunderstorms are occurring and/or capable of producing large hail or high winds causing significant damage. Late season cold fronts, mixing with lots of gulf moisture, can spark intense thunderstorms across San Antonio, so always be prepared to act quickly.

The best defense for severe weather is awareness and preparedness. When a thunderstorm is approaching, keep an eye on the sky. Look for darkening skies, lightning, or increasing wind. When thunder roars, go indoors! If you can hear thunder, you are close enough to the storm to be struck by lightning. Go to safe shelter immediately and wait out the storm.

Severe thunderstorms can produce flash flooding in the San Antonio metro. Did you know moving water only six inches deep can sweep you off your feet? Twelve inches can sweep a car off the road. It’s best to turn around, don’t drown. Standing flood water may be electrically charged from underground or downed power lines. Crossing or disregarding a barricade in San Antonio is a Class B misdemeanor that includes a fine of up to $2,000 and up to 180 days in jail. Moving a barricade posted at a low water crossing is also a Class B misdemeanor that may result in a fine of up to $1,000 and up to two years in jail. You can be arrested for either offense. Additionally, the San Antonio Fire Department (SAFD) charges a fee of $400 for each person rescued from a designated low water crossing.

Remember that the best decision you can make during severe weather and/or a flood is to shelter-in-place and ride out the storm. For more information on flooding in our area, please visit the www.floodsmart.gov or the National Weather Service at www.weather.gov/austin. During a storm, listen to local radio or TV stations for flood information, and monitor the UTSA Campus Alerts webpage at http://alerts.utsa.edu.

Sources: American Red Cross, City of San Antonio, National Flood Insurance Program

Detective Time by Sgt. Thomas Calucci (Supervisor, Criminal Investigations)

It is probably no surprise to you that bicycle theft is a big problem. This problem occurs not only on our campus, but on other campuses and in cities worldwide. The FBI places the value of stolen bicycles and their parts at about $350 million per year. That's a lot of bikes. So why are bicycle thieves so hard to catch? Let's start at the beginning. There seem to be two types of bike thieves. Most are amateur crooks that steal a bike and then sell or pawn them to make a quick buck. They are sold for a fraction of what they are worth. Then there are the professionals that target higher-end bikes and re-sell them near the current market price. This occurs usually online and maybe in another city.

One reason that bike thieves are difficult to catch is that most police agencies don't want to pull officers from investigating more serious crimes. Unless the street officer catches them in the act, the bad guy will most likely get away with your bike. Another reason is that proof of ownership is often lacking. I can tell you from experience that not everyone writes down the serial number of their bike. And that hurts, because if the bike is recovered we need proof of ownership to return it back to the victim. Another reason is that bike locks can be inexpensive and easy to defeat. The locks that do work are often oversized and can deter people from riding in the first place. So what can you do to prevent your bike from being stolen? The UTSA Police recommend that you start by registering your bike with us. We will then have a record of the serial number to track it if it is stolen. Another suggestion is to say goodbye with those cable locks. Sure they are cheap, but they won't stand up to a strong set of bolt-cutters. Get yourself a strong U-style or Kryptonite lock. You should also park your bike at a rack that is more visible to the public. A bike thief will commonly take his time and choose what bike he wants to steal. This means that he will have to act suspiciously while doing so. This is your opportunity to call us and let us know what's happening. The bottom line is that bicycles can be the only mode of transportation for many students on our campus. We all need to be aware that they are also easy targets for thieves. But with some common sense, we can put these bad guys out of business. As always, if you see anything suspicious on campus, please call us at 458-4242. If it is an emergency, call 458-4911. You can also log onto our "Silent Witness" webpage and submit an anonymous tip.
The UTSA Police Department is providing an instructional video to assist with actions that should be taken during a critical incident. This 20 minute training video demonstrates how to respond to an active shooter situation. Go to www.utsa.edu/utsapd/Shots_fired/Shots_Fired.html.

**ALL ACCESS:** by Teresa Mailard (Administrative Assistant, Security Services)

Have you noticed how our UTSA skyline has changed recently? There is a new five story building being built on our main campus with an estimated completion date of August 2015. The North Paseo Building (NPB) with an approximate capacity of 575 office spaces is an impressive addition. There are twelve departments scheduled to move in between August through December, most of them relocating from University Heights.

You are probably asking yourself why this article is being written in our University of Texas at San Antonio Police Department Runner Beat Newsletter. Our PD - Access Services is always looking for ways to better serve the UTSA community and this is a perfect example of how our department is a key element in the safety of our campus as it continues to grow.

The project of the North Paseo Building started two years ago, and Jessenia Skelton, Director of Security Systems, has been involved in its progress and working toward making it a secure and safe environment. Access Services’ responsibility is to ensure that every door is accounted for, keyed, secured and controlled. Tommy Fuentes, our Sr. Locksmith, and his staff are proactively working to make that transition run efficiently. There will be a high volume of doors with DSX swipe card access and let us not forget our camera security system, led by Ronald Russell, Security System Technician II. These security cameras have proven vital in making arrests and solving crimes.

So the next time you are out and about our vibrant, beautiful and safe campus, look towards the north and ponder how each and every one of us will make the NPB a safe and secure place for our students, faculty and staff – our UTSA community.

Story contribution by Teresa Mailard

Access.Services@utsa.edu.

**Ofc Maranda Tupper’s Safety Message**

Binge drinking is the most common pattern of excessive alcohol use in the United States. The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person’s blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours. Most people who binge drink are not alcohol dependent. According to national surveys collected and provided by Centers of Disease Control and Prevention “CDC” www.cdc.gov

- Binge drinking is more common among young adults aged 18–34 years,
- Although college students commonly binge drink, 70% of binge drinking episodes involve adults age 26 years and older.¹
- The prevalence of binge drinking among men is twice the prevalence among women.²
- Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers.³
- About 90% of the alcohol consumed by youth under the age of 21 in the United States is in the form of binge drinks.³
- More than half of the alcohol consumed by adults in the United States is in the form of binge drinks.³

Binge drinking is associated with many health problems, including—

- Unintentional injuries (e.g., car crashes, falls, burns, drowning)
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- Children born with Fetal Alcohol Spectrum Disorders
- Neurological damage
- Sexual dysfunction

MarandaTupper
Crime Prevention Officer
Photo: on file

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**The University of Texas at San Antonio Police Department**

**UTSA Office of Business Affairs: Your Partner for Successful Solutions!**
Runner Beat

Schedule of Events For March 2014

**CPU (min 6 attendees)**
**SD 351: Community Repose to an Active Shooter**
Ad hoc at any Campus
Learn strategies for surviving an active shooter situation.

**CPU (min 6 attendees)**
**SD350: Personal Safety**
Ad hoc at any Campus
Find out how to reduce your risks of becoming a victim of crime both on and off campus.

**At your next meeting**
**Operation Identification**
Contact the Crime Prevention Unit to have your property engraved—anti-theft measures.

**March 10 - 14, 2014**
U-Lock Giveaway! with OP—ID
For first 10 customers daily...
Begins 9:30am—1:00 pm M-F
CPU wants you to keep your bike safely secured!

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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.

The below listed items are currently being held by UTSAPO. If not claimed in 30 days, they will be disposed of in accordance with policy.

<table>
<thead>
<tr>
<th>Qty</th>
<th>Item</th>
<th>Description</th>
<th>Qty</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>Tool Box</td>
<td>21</td>
<td>Jewelry &amp; Watches</td>
<td></td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>Books/ Binders/Folders</td>
<td>1</td>
<td>Umbrellas</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>Insurance</td>
<td>1</td>
<td>Small Make-Up Bags</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6/17</td>
<td>TX lic/id /Debit Cards</td>
<td>1</td>
<td>Backpacks / Purses/ Bags</td>
<td></td>
</tr>
<tr>
<td></td>
<td>27</td>
<td>Keys</td>
<td>1</td>
<td>Long Board</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18</td>
<td>Cellphones/chargers</td>
<td>7</td>
<td>Calculators</td>
<td></td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>Prescription Glasses/Sunglasses</td>
<td>1 Laptop storage bag</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>Electronics</td>
<td>2</td>
<td>Laptop Computer</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>Wallets</td>
<td>3</td>
<td>Misc. Items</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>Suitcase</td>
<td>Heart rate monitor/meditation mat/mirror</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Crime Report for the Month of February 2014
The below is a summary of the crimes that occurred as of the 20th of the last month. For more information, go to www.utsa.edu/utsapd and click on Crime Stats.

<table>
<thead>
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<th>14</th>
<th>Alcohol Arrests</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burglary of Vehicle</td>
<td>1</td>
<td>Drug Arrests</td>
<td>8</td>
</tr>
<tr>
<td>Assaults</td>
<td>2</td>
<td>DWI/DUI Arrests</td>
<td>6</td>
</tr>
<tr>
<td>Theft of Motor Vehicle</td>
<td>0</td>
<td>Other Crimes</td>
<td>2</td>
</tr>
</tbody>
</table>

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Congratulations!
Officer R. Major on his recent promotion to the rank of Corporal
Officer M. Castillo and Officer A. Dockens on their successful completion of Field Training

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Lost and Found

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Call someone; Tell someone; Say something
UTSA Police: 210-458-4911 Counseling Services: 210-458-4140
Healthy living means different things for different individuals at various stages of life. To stay well, you need to incorporate regular physical activity into your day, eat a variety of fresh foods, and change unhealthy lifestyle patterns. No matter what your age, your job, or what city in Texas you call home, the University of Texas System’s “Living Well; Make it a Priority” program believes there is an approach to healthy living that is right for you. Standing or sitting for long periods of time can take a toll on your muscles. To prevent or reduce stiffness and pain, try simple office stretches throughout the day. Stretching can help you:

- Relax,
- Reduce injury,
- Increase alertness,
- Reduce stress and tension,
- Increase flexibility, and
- Reduce anxiety.

Would you like to lose weight, gain strength, or just feel better? There are several online nutrition tools and resources to help you reach your goals.

- Create a meal plan based on your food preferences, sensitivities, or any medical conditions.
- Print the meal plans, different food options, and a grocery shopping list.
- Use the food log to track what you eat each day on your computer or your smart phone.
- Find easy-to-make recipes along with nutritional information.
- Send messages to a registered dietician for answers to your own personal nutritional questions.


The Bottom Line by Chief Steve Barrera

Pedestrian safety is not something you hear about very often unless a tragedy occurs when someone is struck by a vehicle. Accidents involving pedestrians have recently been on the rise in our city. As a result, we have been focusing our efforts on reminding pedestrians of the danger of jaywalking around the downtown campus or anywhere for that matter. We have attempted to encourage the voluntary use of the crosswalks which are a much safer alternative. As some may like to point-out, even when using crosswalks there is no guarantee for your safety. However, using these recognized pathways is obviously much safer than jaywalking or crossing in the middle of the roadway with no markings to control the traffic. Don’t take it for granted that drivers will always stop, we should all still use common precautions. For instance be alert, note if the driver appears distracted, or if the car is slowing down? These are good indicators you are seen in the crosswalk and traffic is giving you the right of way. Recognize that choosing to forgo the use of the crosswalk may result with you receiving a citation for violation of state law by jaywalking. On the other side of the issue, drivers may also receive a citation for failing to yield to pedestrians in crosswalks. Remember, it’s not worth it to be rushing in traffic, chatting on your phone or texting if it increases your chance of getting into an accident. Stay safe out there.