We would like to introduce Officer Kyle Nguyen to the newest members of the Pacific community. Kyle has been with the department since March 2009. Kyle worked previously with the Stockton Police Department and still volunteers his time as a reserve officer with the Stockton Police Department. Kyle is originally from the Bay area. We welcome you to stop in and say hi to Kyle who works the evening shift. The Department is located on the north side of the Calaveras River.
Tips on Surviving This Spooky Night Away from Home

Are you spending Halloween night at college this year? Are you worried that things will get out of hand at all? Well if you are then perhaps you should take some precautions in order to prevent any accidents or disasters from happening to you on that night. There are some things that you should consider in order to stay safe on Halloween evening.

- **Don't open your door to random people, always check or ask who it is.**
  This will help you to avoid opening the door to random people who you don't know, or to people who might be drunk and just looking for trouble.

- **Advise your roommate of your plans and know what your roommates plans are as well.**
  If you plan on going out to a party, get together, dance, or any other function after dark during Halloween the best thing you can do is let your roommate, friend, or parents know what your plans are. By doing this, it will alert someone if you don't return that night at all. Leave them your phone number and a number where they can try to contact you that night in case of an emergency.

- **Dressing up for Halloween?**
  Are you going to be dressing up this Halloween for a party or to give candies to anyone who comes to your dorm or apartment? Plan ahead. Purchase or make your costume ahead of time to avoid unnecessary stress such as not being able to study for a test or working on an essay that will be due.

- **Plan to be at a place where you know someone.**
  If you are going to be going out to a club, party, dance, or to a house for a get together make sure to go with someone you know or to at least know someone who's going to be there. Going to places on this night alone is not only dangerous, but you may be putting yourself in a high risk situation. Hanging out with your roommate or a group of close friends this night is the best thing you can do.

- **Don't drive to a place where you might get lost.**
  Driving during Halloween night is something that you should avoid doing. The streets are filled with young children darting across the streets. If you definitely have to drive, make sure you or the driver is sober. Go prepared. Have the address, phone numbers and directions available.
HOW TO GET A GOOD ‘BUZZ’ (WITHOUT GOING OVERBOARD)

- Drink only when you are in a good mood or in situations where you feel comfortable.
- Drink only occasionally. Regular drinking may become a routine or habit that will difficult to break later on.
- Set your drinking limit before you leave for your party.
- Keep track of what you drink.
- Space your drinks. One per hour is a good rule.
- Alternate alcoholic drinks with non alcoholic beverages.
- Sip your drinks. Don’t pound, shotgun or straight-shot.
- Measure the alcohol. Pay attention to the size of the container and the proof of alcohol.
- Avoid drinking games.
- Eat before and while you are drinking. With food in your stomach, alcohol gets absorbed more slowly

Responsible alcohol use means that you won’t be sorry in the morning.

SCARY STATS.....

Female college freshmen are at the highest risk for sexual assault between the 1st day of class and Thanksgiving break.

- 2 out of 5 college students in this country feel they have a problem with alcohol.
- 40% of academic problems of college students are alcohol related.
- 29% drop out rate due to alcohol.
- 50% of relationship violence involves alcohol use.
- 1 out of 5 college student abandons safe sex practices when they’re drunk, even if they do protect themselves when they’re sober.

Source: www.factsontap.org
Halloween parties can be fun. It is also a high risk time for some dangerous behaviors including sexual assaults, hospitalizations, drunk driving and alcohol poisoning. Don't let Halloween turn into a nightmare!!!

The Department of Public Safety encourages you to PARTY SAFE!!!

No Boo's about it: Alcohol Poisoning is a very real and serious medical emergency caused by ingesting too much alcohol too quickly.

**Signs of life-threatening levels of intoxication**
- Vomiting
- Breathing – 8 seconds or more between breaths
- A person has passed out, or is asleep, and cannot be aroused, or can only be slightly aroused for a few moments
- A person's hands or feet are cold and clammy, or skin is pale or bluish
  These are some signs for a medical emergency!! Call 946-3911 immediately!!

**What to do:**
- Call 946-3911 or 911 immediately!!
- Do Not leave the person alone.
- Turn the person on his/her side to prevent choking or suffocating in case of vomiting.

**A Standard Drink is:**
12 oz of beer or 5 oz of wine or 1.5 oz of 80 Proof

**BLACKOUTS**

Blacking out is not the same as passing out. Passing out involves a loss of consciousness. When you blackout you are still conscious, but there is no memory during a blackout. You are awake and functioning but later can’t remember what you did.

**Blackouts are related to the quantity of alcohol consumed.**
- A blackout is not associated with normal or healthy alcohol use.
- It is a chemically induced period of amnesia that can last for seconds, minutes, hours and/or days.
- Blacking out involves the inability to transfer short-term memory into long-term memory.
- Blackouts occur with: gulping drinks, extended drinking over long periods of time, fatigue, no food, and old age.
- Being in a blackout increases the likelihood for other high risk behaviors such as unwanted sexual experiences, drinking and driving, alcohol poisoning, etc.

Blackouts are common among alcohol abusers and are a warning sign to drinkers and their friends that alcohol related problems exist. Frequent blackout’s are considered an early high-risk indicator of alcoholism.