YOU’VE THOUGHT ABOUT YOUR COSTUME —- HAVE YOU THOUGHT ABOUT YOUR SAFETY?

Trust your instincts. If you feel spooked at any point during Halloween weekend, go with your gut. If you see something suspicious, contact the local authorities immediately.

Avoid being alone or isolated with a goblin you don’t know well. Let a trusted friend know where you are and whom you are with at all times. If a goblin asks you to go somewhere, let him or her know you’d rather stay with the group.

Know your surroundings and learn a bright jack-o-lantern route back to your car or dorm. Always carry emergency cash and store the phone numbers of local cab companies in your phone.

When you are out with your friends, arrive together, check in with each other throughout the night, and leave together. Form a buddy system so that no one wanders off alone and agree on a secret “butt in” signal for uncomfortable situations, such as “Mummy!”

Don’t accept “witch’s brew” from people you don’t know or trust and never leave your “witch’s brew” unattended. If you lose sight of your “witch’s brew,” get a new one.

Don’t let your guard down. Don’t assume people you’ve just met will look out for your best interests; remember that they could be the Grim Reaper. Watch out for your friends. If a friend seems out of it, is way too intoxicated for the amount of alcohol they’ve had, or is acting out of character, get him or her to a safety place immediately.
You’ve gone to a party with friends. So how do you take care of someone who’s had one drink too many and becomes angry?

This is not a good way to respond.

You are having a great time and notice that “skeleton” lying on the floor.

Please check to make sure it is only a decoration and not a guest who fell down and can’t get up or is not moving!

Do you know what signs and symptoms to look for in a medical emergency?

Wow!! That was some party!!!! I must have had a great time — I just don’t remember anything after......... Do you know what can cause a memory loss when you drink?

"Treat" yourself and find the answers to the above questions on the following pages!!!
TRICK OR DRINK !!!

Halloween parties can be fun. It is also a high risk time for some dangerous behaviors including abusive behaviors, sexual assaults, hospitalizations, drunk driving and alcohol poisoning.

Don’t let Halloween turn into a nightmare!!! 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 colder 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.

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.
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 dinks. 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
iPhone 5 sale scams

When it comes to the new iPhone 5, prior to its launch there were two notorious scams that made the headlines: the "Test and Keep" text message and the "Buy my pre-order" Craigslist post.

Now there are a few new ones making their rounds. The most prevalent is the "Bait and switch" scheme. How does it work?

Somebody advertises on Craigslist, Oodle, or Kijiji that he wants to sell his brand new iPhone 5, for a particular reason (he received two on his birthday last week, or that his company gave one to every employee right after he purchased one, etc).

You meet the guy; he has two brand new sealed boxes. He says one is for another client, who should be there any minute. The price is good, say $200. As he opens one of the boxes to verify that there is a real iPhone inside, the other client - usually a girl, his accomplice - shows up.

While you are checking the phone, she says to the seller that her dad has the cash, but he is around the corner and for some reason he can't come (might be parked illegally and has to move the car if a parking officer comes over. Meanwhile, you finished examining the gadget, feel happy, and give the seller $200 in cash. He gives you the sealed box, puts the money in an envelope, seals it, and while he sticks it in his pocket asks the girl if they should go where the dad is. Girl says yes and leaves first.

As you are ready to go as well, he looks reluctantly at the girl and asks you for a favor. He hands you back the envelope with your money just to hold it till he comes back, as he’s afraid of being robbed by going around the corner with a bunch of cash. Well, you have the phone and the money, so you can wait a minute.

After he’s been gone for 5 minutes, you panic. You open the box and instead of an iPhone you find a stone. Then you open the envelope and find paper instead of money. What he did was to create a fake iPhone box wrapped perfectly, while the envelope with paper was just a double he had in the same pocket. To see more on scams, please visit the anti-scam website at http://scam-detector.com/online-auction-scams/iphone-5-sale-scams