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Campus Beat

University of the Pacific—Department of Public Safety

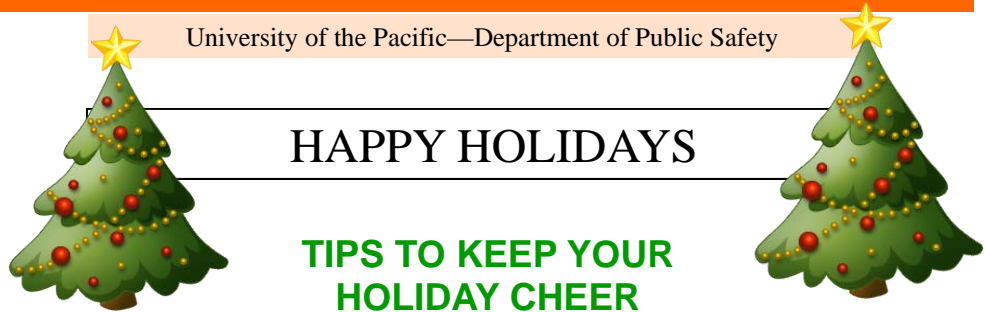
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HAPPY HOLIDAYS

TIPS TO KEEP YOUR HOLIDAY CHEER

*****SAFETY IN NUMBERS***** If you are going out shopping, go with a friend or a couple of friends. There really is safety in numbers! Having a friend to shop with not only gives you company, but if you are burdened by shopping bags, one person can watch them while the other shops too! Shop during daylight hours whenever possible.

*****TAKE ONLY WHAT YOU NEED***** Don't carry a purse if you absolutely don't need one. Before you leave the house take out the credit cards and cash you need for the day (and your driver's license if you are driving!) and move them into a small credit card case or wallet. Wear pants with pockets to keep your keys & wallet in, it's much safer closer to your person than in your coat pockets. Wear a fanny pack and keep it snug fitting and in the front by your stomach rather than on your hip.

*****DON'T MAKE TRIPS TO THE CAR***** Don't drop off packages at the car and then return to the store! That gives wannabe thieves the perfect opportunity to break into your car and steal your items. If you must place packages in your vehicle secure them in the trunk.

*****NEVER LEAVE YOUR PACKAGES UNATTENDED***** Not even if they are in a stroller. Always keep them right with you. Leaving them unattended even for a quick minute gives someone else the opportunity to swipe them. If you stop for a snack or lunch, keep your bags close by and keep an eye on them!

TIPS TO KEEP YOUR HOLIDAY CHEER continued.....

*****DON'T USE YOUR REMOTE UNLOCK FROM A DISTANCE***** Wait until you are right at your vehicle to open the car. Doing it from a distance not only allows someone access to your vehicle, but it also tells them exactly where the harried mom with the small kids and full arms is headed!

*****BE ALERT***** Always be aware of your surroundings. If a suspicious looking character or group of people are near your vehicle turn around and go back into the store and ask security to escort you to your car. Always try to see what's going on around you! An alert shopper is a safe shopper!!

*****STAY SAFE***** Avoid wearing expensive jewelry. Keep a record of all of your credit card numbers at home. Immediately report stolen cards.

Safety Tips in the Home

It's that time of the year when many people choose to decorate their homes with festive lights, trees and other seasonal items. Warm fires in fireplaces, candles, or keeping the chill off with space heaters, are all wonderful ways to enjoy the season. Fires are caused by any or all of the above mentioned items.

Check smoke detectors once a month and change the batteries at least once a year.

Smoke detectors sense abnormal amounts of smoke or invisible combustion gasses in the air. They can detect both smoldering and burning fires.

Space heaters need space. Keep portable and space heaters at least 3 feet from anything that may burn. Never leave heaters on when you leave home or go to sleep.

Do you have a fire place? When was the last time it was cleaned? Is the damper working properly or are gasses invading your living space? Do you use the fireplace to burn wrapping paper? That is a cause of chimney fires.

Candles, lights, and dry trees are the major causes of fires during the holiday season. If you choose to bring a "green" tree into your home be sure to keep it well watered. Lights strung on the tree or any place that they are near drapes or other combustible sources should be turned off when you leave the house and always turn them off when going to bed. Be sure to check your electrical cords and do not overload extension cords.

Fire can engulf a house in 60 seconds!! Make sure you have a safe and quick method of escape!!

Have a safe and wonderful holiday season.



Lebanon man had bag of marijuana stuck to his forehead

By MONICA VON DOBENECK, The Patriot-News

October 15, 2009, 10:55AM

Cesar Lopez, a 29-year-old Lebanon, Pa., man, was busted Saturday when he walked up to a police officer with a small bag of marijuana stuck to his forehead, according to Lebanon police.

Police said the officer went into a Turkey Hill convenience store on Lehman Street at 3:25 a.m. Saturday and saw Lopez holding a baseball cap and peering inside it. When Lopez approached the officer, he looked up, and the officer said he saw a small plastic bag stuck to Lopez's forehead. The bag appeared to contain marijuana, police said.

The officer retrieved the bag from Lopez's forehead and said, "Is this what you are looking for?" according to the police report. Lopez was charged with possession of a small amount of marijuana and possession of drug paraphernalia.

It is not uncommon for people to hide drugs in the inside lip of a cap, police said.

Happy Holiday Visits and Healthy Adult Relationships, College Students returning Home

When college students return home for the holidays and breaks, this can be a time of joy. However, it also can be a very stressful time for both parents and their kids. This is a period of transition for everyone. College students are accustomed to new freedoms and new adult responsibilities, and while coming home can be a relief, it also can lead to new power struggles between parents and their kids.

As much as you can, try to make visits homes into a conversation, not a power struggle. Parents and their kids need to communicate with each other about changing expectations and responsibilities. Sit down with each other and discuss what will be expected of students during their visits home. Parents, it's your home, so set boundaries. On the other hand, realize how much freedom your college student has away from home, and trust in his or her ability to behave like an adult. Here are some things you might want to talk about.



Happy Holidays

Curfew. Will kids be expected home at the same time that they were during high school? You may want to establish a new time and stick to it, or perhaps you may decide that curfews are not necessary. Kids, even if there isn't a curfew, respect your parents' feelings and be home at a decent hour. Parents worry, and will worry about you no matter how old you are.

Punishment. If a college student disobeys a parent's wishes, can he or she be punished? How? Will a student be punished for poor grades? If parents are providing tuition or other expenses, can these things be withheld? This can be a very touchy subject, so parents and kids need to communicate about this clearly.

Kid "chores." How much work is expected around the house? You may want to establish a list of household responsibilities that will be expected during visits home. Kids, even if it's not expected, pitch in without being asked. Your parents will appreciate this very much. At the very least, clean up after yourself, and pitch in at holiday gatherings.

Parent "chores." Can your college kid bring home their laundry? Will parents do the laundry? Will Mom sew on missing buttons? Will the college kid return to school with a duffel bag full of homemade food? Some parents are happy to provide these things, but kids, don't take advantage. And parents, kids do need to learn how to sew their own buttons on eventually.

Privacy. How much should parents know about what's going on in the lives of a college student? Parents, letting go is very difficult, but this might be a time when you have to trust your kids to make the right decisions. Kids, autonomy from parents is important, but don't forget that your parents can continue to offer your priceless advice and guidance. And remember, with the kids out of the house, parents are used to more privacy as well, so be sure to respect that.

Overnight guests. Can your kid bring a girlfriend or boyfriend home for the weekend? Where will they sleep? Kids, this is your parents' home, so you need to respect their wishes, and don't make your parents uncomfortable with PDAs. If parents are not pleased with the choice of girlfriend or boyfriend, they will have to decide how much they should let this be known, or whether it's reasonable to ask that the guest not be invited back.

Expenses. Will your visiting college student be expected to chip in for expenses in some way? Will the college student be treated to trips to the mall for large shopping sprees?

Family obligations. Will visiting college students be expected to go to all the family holiday festivities, even if they don't want to? Are visiting college students expected to attend religious services with their parents?

Changing views. College students may be exposed to ideas and beliefs that are quite different from what they learned at home. They may change their mind about politics or religion in ways that are very upsetting to parents. Hopefully this will result in some thoughtful conversations instead of conflicts. Kids, understand how taking on certain views might upset the people who tried to raise you with certain beliefs and opinions. Parents, understand that this is an important part of becoming an adult.

Above all, communicate with each other! Don't feel angry at yourself if visits home are a little stressful, as this is very normal. Take joy at seeing each other and at developing a strong adult relationship that will last the rest of your lives.

