

# J. Sargeant Reynolds Crime Prevention Newsletter



Summer 2007 Edition



TAKE A BITE OUT OF  
**CRIME**

## User's Guide for Emergencies

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**What is an emergency?** Any serious problem (chest pain, seizure, bleeding). Any type of fire. Any life-threatening situation (fights, people with weapons, etc).

**What information will Communications need?** The location where the assistance is needed, the nature of the emergency, your name, and phone number. **Description of suspects or vehicles.** **People:** sex, race, height, weight, age, clothing, any distinguishing characteristics (glasses, scars, tattoos, etc.) **Vehicles:** color, year, make, model, body style (4-door, etc.), and license number. **Always listen to the Communications Officer.** The questions that will be asked are for the safety of you, the public, and the officers. Just because they are questioning you does not mean that help is not on the

way. Information is entered into a computer and dispatched as quickly as enough information is gathered to send an appropriate and safe response. The officer(s) may arrive while you are still talking to the dispatcher. Remain on the line until they tell you to hang up. If you feel that you are in any sort of danger, stay on the line and advise the dispatcher of this and they will have you hang up and move to a safe location. Be familiar with your area. We cannot assist you if you do not know where you are. **NEVER intervene a crime in progress.** **What to do when you need help but it is not an emergency:** Call 523-5219. Tell the dispatcher the problem or what type of assistance you need. The dispatcher will ask you questions and tell you when to hang up.

**What are non-emergency calls?** Property damage accidents ("fender benders"), theft of property when the suspect is gone, vandalism when the suspect is gone, panhandlers, intoxicated persons who are not disorderly.

### IN CASE OF EMERGENCY CAMPUS POLICE

DIAL

523-5911

OFF CAMPUS

DIAL

911



OUR HEARTS ARE WITH  
VIRGINIA TECH AND  
THEIR MANY FAMILIES

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## What is Suspicious?

You should be alert to anything that seems even slightly "out of the ordinary" for the area. Obvious things to watch for and report are:

- strangers entering your neighbor's room or apartment when it is unoccupied
- strangers on your block trying doors to see if they are locked
- screams heard anywhere, anytime may mean an assault

or robbery is in progress

- the sound of breaking glass or other loud, explosive noises may mean an accident
- persons around bicycle racks carrying bolt cutters and tools
- a person running - especially if carrying something of value - could be leaving the scene

While these situations described above could have inno-

cent explanations, your police department would rather be safe than sorry. Your call may save a life, prevent an injury, or stop a criminal act.





## Apartment Safety

Apartment buildings are vulnerable to break-ins, theft and vandalism because criminals have many ways of getting in. Here are some ways you can help prevent unauthorized people from entering and keep your building secure.

- Make a habit of locking the door when you come into your apartment.
- Always lock your apartment door, windows and patio doors when you leave, even if you're just going to the mailbox.
- Use a drop bar to secure sliding glass doors.
- Never prop open the entrance doors and leave them unattended. If you're moving, have someone posted at the doors.
- Report any burned-out lights, non-functional locks or doors, or broken windows to the resident manager and request they be replaced as soon as possible.
- Report lost keys to the resident manager immediately.
- Never put your identification or address on your apartment or car key rings.
- Never hide spare keys.
- If your apartment door doesn't have a deadbolt

lock or peephole, it's a good idea to ask the resident manager for permission to have them installed.

- Have your keys ready as you approach the door.
- Get to know your neighbors. Then you'll know if someone doesn't belong. Arrange to keep an eye on each other's apartments while you're away.

Don't be a victim! Following these tips will help you, the apartment dweller, to do your part in keeping your apartment building safe and secure from theft and other crimes.

## Emergency Preparedness: Active Shooter



If you are involved in a situation where someone has entered the area and started shooting, the following are a list of recommended actions:

- If safe, exit the building immediately and run to a safe place of cover.
- Notify anyone you may encounter to exit the building immediately.
- Notify campus police by dialing 523-5911 or local authorities at 911.

### Give the Dispatcher the following information:

- \* **Your name**
- \* **Your location**
- \* **Location of the incident (be as specific as possible)**
- \* **Number of shooters (if**

**known)**

- \* **Identification of shooters (if known)**
- \* **Description of shooters (if known)**
- \* **Number of victims, their condition and location**

Finally, plan ahead and be familiar with your surroundings at all times.

### PDO Announcement?

## Safety Corner: Stroke Symptoms



Information taken from the Stroke Center at:  
<http://www.strokecenter.org>

There are many symptoms and signs that family member or friend has suffered from a stroke. The most common is a sudden weakness of the face, arm, or leg most often on one side of the body.

Other common warning signs to watch out for:

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

speech

- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

To help further identify a victim of a stroke, remember the first

three letters, S T R and these questions:

- \* S—Ask the individual to SMILE.
- \* T—Ask the person to TALK, SPEAK A SIMPLE SENTENCE coherently. For example, My name is John Smith.
- \* R—Ask the possible victim to RAISE both arms.

## Crime Prevention at Work

When you go to work, don't leave your crime prevention sense at home. Almost any crime that can happen at home can happen in the work place. Common-sense prevention skills can help make life at work safer for everyone.

### Tips

- Keep your purse, wallet, keys, or other valuables with you at all times or locked in a drawer or closet.
- Check the identity of any strangers who are in your office. If anyone makes you uncomfortable, inform Police/Security or management immediately.

- Don't stay late if you'll be alone in the office. Create a buddy system for walking to parking lots or public transportation after hours, or ask Police/Security to escort you.
- Report any broken or flickering lights, dimly lit corridors, broken windows, and doors that don't lock properly.
- If you notice signs of potential violence in a fellow employee, report this to the appropriate person. Immediately report any incidents of sexual harassment.

- Know your company's emergency plan.
- If you work at home, in addition to making your home safe and secure, you should hang window treatments that obstruct the view into your office. You don't want to advertise your expensive office equipment.
- Follow basic crime prevention principles, and work with local law enforcement to protect your business.



Information taken from National Crime Prevention Council <http://ncpc.org/>

## Safe Internet Banking

As use of the Internet continues to expand, more banks and stores are using the Web to offer products and services or otherwise enhance communications with consumers.

The Internet offers the potential for safe, convenient new ways to shop for financial services and conduct banking business, any day at any time. However, safe banking online involves making good choices – decisions that will help you avoid costly surprises or even scams.

Always be sure to check:

- Confirm that an online bank is legitimate and that your deposits are insured.
- Read key information about the bank posted on its Web site.
- Verify the banks insurance status.
- Keep your personal information private and secure.
- Understand your rights as a consumer .
- Learn where to go for more assistance from banking

- regulators.
- For insurance purposes, be aware that a bank may use different names for its online and traditional services; this does not mean you are dealing with separate banks.
- Know where to get more information about FDIC insurance.



For more consumer information, please visit <http://www.fdic.gov/in>

## Officer of the Semester: Sandra Mason

Officer Mason came to J. Sargeant Reynolds Police & Security Services in July of 2005 as a Security Guard. Shortly thereafter, she was promoted to a Security Officer Senior in September of 2005. Her primary assignment at the college is on our Downtown Campus.

Before joining our department, Officer Mason was a nurse's

assistant with Care Advantage & Care Medical Home Health. In her almost two years of service with us, she has taken full advantage of the many training classes offered here. She thoroughly enjoys her interaction with our college faculty and staff, and most of all, our many students. She looks forward to her continued growth here at J. Sargeant Reynolds Department of Police & Security Services.

Off duty, Officer Mason enjoys fishing, completing board puzzles and spending time with her son and daughter. She is especially proud of her two grandchildren.



Officer Mason

\*We will provide one officer profile in each newsletter.



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## Our Mission

The J. Sargeant Reynolds Police Department will provide a safe and secure environment for students, faculty and staff to ensure a productive learning environment. This will be accomplished through community based crime prevention practices and following the guiding principles and values of the college.

## Our Vision

We will strive to conduct ourselves in the most professional manner possible, safeguarding the lives and property of J. Sargeant Reynolds Community College. Our vision is to afford the college community the best opportunities to learn, teach and prosper in a safe, productive educational environment.

We're on the web!

<http://www.jsr.vccs.edu/security/>

## The Effects of Alcohol

Even drinking a small amount of alcohol can impair judgment, coordination, and reaction time. Heavy drinking over time also can cause certain cancers, liver cirrhosis, immune system disorders, and brain damage. Alcohol can make some medical concerns hard for doctors to find and treat. For example, alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of a heart attack. Drinking also can make older people forgetful and confused. These symptoms could be mistaken for signs of Alzheimer's disease. For people with diabetes, drinking affects blood sugar levels.

### How to Know if Someone Has a Drinking Problem

Not everyone who drinks regularly has a drinking problem, and not all problem drinkers drink every day. You might want to get help if you or a loved one:

- Drink to calm your nerves, forget your worries, or reduce depression.
- Frequently have more than one drink a day. (A standard drink is one 12-ounce bottle or can of beer or a wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.)
- Lie about or try to hide drinking habits.
- Hurt yourself, or someone else, while drinking.
- Need more alcohol to get high.
- Feel irritable, resentful, or unreasonable when not drinking.
- Have medical, social, or financial worries caused by drinking.

### Getting Help

Talk to your doctor. He or she can give you advice about your health, drinking, and treatment options.

Local Alcohol Abuse & Addiction Abuse 24-hour Help line (804) 771-5129

There are many types of treatments available: 12-step help programs; detoxification; taking prescription medicines to help prevent a return to drinking once you have stopped; and individual and/or group counseling. Newer programs teach people with drinking problems to learn which situations or feelings trigger the urge to drink as well as ways to cope without alcohol. Because the support of family members is important, many programs also counsel married couples and family members as part of the treatment process.

For more information on Alcohol and it's effects, please visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

### BAC Levels

**0.00 g/210 liters of breath** - This is the only safe BAC level.

**0.02 g/210 liters of breath** - At and above this level US federal laws mandate that a person in a safety sensitive transportation job must be removed from the workplace.

**0.04 g/210 liters of breath** - At and above this level US federal laws mandate that a person in a safety sensitive transportation job must be sanctioned and may lose their job. Also in most states a person can be convicted of driving under the influence at this level.

**0.08 g/210 liters of breath** - At and above this level you can be convicted of driving while intoxicated in most states.

**0.10 g/210 liters of breath** - At and above this level you can be convicted of driving while intoxicated in ALL states.

**0.30 g/210 liters of breath** - At this level most people will lose consciousness.

**0.40 g/210 liters of breath** - At this level most people will become comatose and may die.

