

Campus Beat

UNIVERSITY OF THE PACIFIC



March 2009

From Public Safety - Happy St. Patrick's Day!



Making College A Safe Experience - 3

Exercising on the campus

These days unfortunately, crime is on the rise on college campuses throughout the United States. . In the dangerous times we live in, everyone must do whatever they have to in order to protect themselves, their loved ones and their belongings.

Participating in regular activity and exercising is not only good for you, it's also a great way to stay trim, active and fit! Gyms all over the country have become increasingly successful in recent years as people flock to fitness centers to get in shape. They provide a variety of effective machines that can reduce fat and increase body strength. Some people, however, still prefer the type of exercise regime that they can get for free.

Outdoor Fitness

Running, cycling, power walking and other outdoor activities are a great way to spend time outside and get active. Not only do these exercises not require a membership fee, they also come with the benefit of just spending some time out of doors. It can be a great opportunity for a little peace and quiet and privacy, but for safety's sake it is also a good idea to take a trusted friend with you.

One of the problems behind working out is finding the time to do it. People work, take care of families and have a long list of duties and responsibilities. This causes exercise enthusiasts to take advantage of any free time they can set aside, which usually means early in

the morning and later in the evening. Fitness buffs are often found outside before the sun goes up or after it has already set. Unfortunately, criminals are well aware of this fact.



Officer Aaron Bouscal on Patrol

Danger In The Dark

Being outside alone can be dangerous, especially when it is dark. Predators will lay in wait for individuals to pass by so they can catch them by surprise. The lack of light provides an ideal setting for them to hide and remain unseen until they spring out and attack. They have the element of surprise and can easily catch victims off guard. Exercising

with a partner will greatly reduce the chances of this happening to you. Most criminals prefer to accost a person who is on their own, and will shy away from groups of two or more.

Whenever you do go out, alone or with an exercise partner, always be on alert. Pay careful attention to your surroundings and avoid areas that are not well lit and may have numerous hiding places for criminals. You might enjoy listening to music while you exercise, but remember to keep the volume low enough that you can hear what's happening around you. A predator can easily sneak up from behind if they know you have neither seen nor heard them.

Sound The Alarm

When you go out, it is a good idea to make sure you have a couple of personal safety products with you. You can find safety lights, which will flash brightly or audible alarms, which will make a lot of noise when turned on. You can carry one in your car, and/or take one with you whenever you ride a bicycle.

It is a good idea to bring a personal alarm with you whenever you are in public. When you set off an audio style alarm, it will emit a high-pitched noise that will be heard by anyone nearby. This sound will let people know there is trouble in their vicinity, and someone is in danger. The sound of the alarm itself is generally enough to scare off an attacker. Criminals do not want to have attention drawn to them, and a personal alarm will do just that.

Department of Public Safety
Lower Level - Cowell Wellness Center
946-2537 Business
946-3911 Emergency

Public Safety Statistics

INCIDENTS

Current School Year vs. Last School Year:



	Total 2007-2008	Total 2008-2009
Alarm, non-fire	153	293
Alarm, fire	49	38
Alarm, tampering	1	0
Arrests	194	108
Assaults, aggravated	0	1
Arson	2	1
Battery, physical fight	5	3
Burglary, residence	24	8
Burglary, auto	49	12
Calls for service	3051	3228
Disturbances	64	42
Forcible sex - Rape	0	0
Forcible sex - Date Rape	2	0
Forcible sex - Forcible Fondling	1	3
Motor vehicle theft	5	1
Narcotics possession	29	11
Reports taken	645	483
Felony	142	63
Misdemeanor	203	200
Incident	300	230
Robbery, weapon	0	0
Theft, grand (over \$400)	23	19
Theft, petty (under \$400)	32	62
University regulation violation	15	11
Vandalism report	45	85
Warrant arrest	52	30
Weapon violation	4	15

Comings and Goings

Please Welcome... *Stefani Faught* is our newest police dispatcher. Prior to joining Pacific she worked at the Stockton Police Department. Police officer *Kyle Nguyen* also joins us from Stockton and continues to work as a reserve officer. Feel free to visit Public Safety to greet our newest members!

What Happened To... Last month we saw the retirement of Dave Hatchard. After seven years with the department, David decided to leave to assist his new wife, Cathy Bialek (who retired in January). They were married on Valentine's Day and both will be managing Cathy's new store, Scrapbook Dreams on March Lane. Please take the time to stop by and wish them luck with their new business.

Wellness / Dipstick Day

You're Ready For Summer - But Is Your Car?

Free Vehicle Safety Clinic April 8th 11am-1pm

DeRosa University Center - East Side Parking Lot

We want you to have a safe drive home! Participants will not only have their cars checked, but will receive goodie bags (including toothpaste/toothbrush, bandages and condoms), courtesy of Cowell Health & Counseling Services and the Pacific Dental Care Clinic.

Questions? Call: Maryann Pearson at 209-946-2428.



Public Safety Reminder

It's 1pm: Do You Know Where Your Bicycle Is?

Over the past few weeks, Public Safety has documented a number of bicycle thefts. Almost all the bicycles were secured with a cable lock. Every one of the stolen bicycles was valuable to its owner and in most cases, their sole source of transportation. Thieves know this and have figured out



that stealing bikes and bike parts is a lucrative business. College campuses are full of expensive bikes. To make matters worse, many students feel that the campus is a safe place and so do not take the needed precautions to secure their bike.

The combination of expensive bikes and a false sense of security makes a college campus one of the first places a bike thief goes "shopping." But with a few precautions and some common sense, any student can drastically decrease the chances of their bike being stolen.

If you own a bicycle, use a sturdy, good quality U-lock. A cable or chain lock is very vulnerable and easily defeated. The U-lock is sold in most bicycle stores and local department stores. Many bicycles stolen at Pacific have been poorly secured with a poor quality lock.

But locks are not the only deterrent. Please report any suspicious activity you observe around the bike racks. Look at our website for more valuable tips on bicycle security at <http://web.pacific.edu/x4997.xml>

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