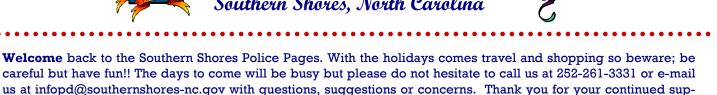
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Holiday Safety

Many of the following tips you have seen before but they are always worth reviewing as a reminder that you can never be too careful especially during the holidays...

The holiday season is a time when busy people can become careless and vulnerable to theft and other holiday crime. The following tips from the Los Angeles Police Department Crime Prevention Section can help you be more careful, prepared and aware during the holiday season.



- Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member.
- Dress casually and comfortably.
- Avoid wearing expensive jewelry.
- Do not carry a purse or wallet, if possible.
- Always carry your California Driver License or Identification Card along with necessary cash, checks and/or a credit card you expect to use.
- Even though you are rushed and thinking about a thousand things, stay alert to your surroundings.
- Avoid carrying large amounts of cash.
- Pay for purchases with a check or credit card when possible.
- Keep cash in your front pocket.
- Notify the credit card issuer immediately if your credit card is lost, stolen or misused.
- Keep a record of all of your credit card numbers in a safe place at home.
- Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas, transportation terminals, bus stops, on buses and other rapid trans-
- Avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion to avoid mishaps.
- Beware of strangers approaching you for any reason. At this time of year, "con-artists" may try various methods of distracting you with the intention of taking your money or belongings.



Driving on shopping trips during the holidays requires some extra safety precautions.

- Avoid driving alone or at night.
- Keep all car doors locked and windows closed while in or out of your car. Set your alarm or use an anti-theft device.
- If you must shop at night, park in a well-lighted area.
- Avoid parking next to vans, trucks with camper shells, or cars with tinted windows.
- Park as close as you can to your destination and take notice of where you parked.
- Never leave your car unoccupied with the motor running or with children inside.
- Do not leave packages or valuables on the seat of your car. This creates a temptation for thieves. If you must leave something in the car, lock it in the trunk or put it out of sight.



- Be sure to locate your keys prior to going to your car.
- Keep a secure hold on your purse, handbag and parcels. Do not put them down or on top of the car in order to open the door.
- When approaching and leaving your vehicle be aware of your surroundings.
- Do not approach your car alone if there are suspicious people in the area.
- Ask mall or store security for an escort before leaving your shopping location.

The holidays can present potentially dangerous situations for children. Some simple prevention measurers can help keep your children safe during the season.

- If possible, leave small children at home with a trusted babysitter.
- Teach your child to go to a store clerk and ask for help in case your child is separated from you.
- Teach children to stay close to you at all times while shopping.
- Never allow children to make unaccompanied trips to the restroom.
- Children should never be allowed to go to the car alone and they should never be left alone in the car.
- Teach children their full name, address and telephone number to give to police officers or mall security. Teach children to immediately inform you if a stranger is bothering them.







The Center for Disease Control and Prevention has declared December National Drunk and Drugged Driving Prevention Month

Every day, 36 people in the United States die, and approximately 700 more are injured, in motor vehicle crashes that involve an alcohol-impaired driver.

This December, during National Drunk and Drugged Driving Prevention Month (3D Month), consider what you and your community can do to make injuries and deaths from impaired driving less of a threat.

The Problem

- According to the National Highway Traffic Safety Administration (NHTSA), about three in every ten Americans will be involved in an alcohol-related crash at some point in their lives.
- In 2006, 13,470 people died in alcohol-impaired driving crashes, accounting for nearly one-third (32%) of all traffic-related deaths in the United States.
- In one year, over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. This accounts for less than 1% of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.
- Alcohol-related crashes in the United States cost about \$51 billion a year.

Protect Yourself and Your Family and Friends

During the holiday season, and year-round, take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol. Following these tips from NHTSA can help you stay safe:

- Plan ahead. Always designate a non-drinking driver before any holiday party or celebration begins.
- Take the keys. Do not let a friend drive if they are impaired.
- Be a helpful host. If you're hosting a party this holiday season, remind your
 guests to plan ahead and designate their sober driver, always offer alcoholfree beverages, and make sure all of your guests leave with a sober driver.

Know How Communities Can Help

Proven community and state-level methods for reducing alcohol-impaired driving include:

- **Sobriety checkpoints.** Studies found that fatal crashes thought to involve alcohol dropped by about 22% following implementation of sobriety checkpoints.
- Minimum legal drinking age (MLDA) laws. Studies found that raising the MLDA to 21 reduced crashes by about 16% among people ages 18-20 years.
- 0.08% BAC laws. Fatal alcohol-related crashes declined about 7% after 0.08% BAC laws were passed.
- "Zero tolerance" laws for young drivers. Three studies found that zero tolerance laws resulted in de-





















Did You Know?

How often do you receive an e-mail warning you of some new scam, virus, or crime or one that promises you this or that or tells some sad tale of a sick child in need of something or other. Before falling victim of the e-mail chain letter, check out the veracity of the content at www.snopes.com. This website debunks popular myths and urban legends as well as exposes the truth or untruth of many e-mail statements or claims.

Operation Slow Down / No Need 2 Speed

November 17 - 30









Achieving Excellence
Through Integrity

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From the desk of...

