

NOVEMBER 2012

Quarterly Community Newsletter

YEAR-END ADVICE & SUGGESTIONS

It's November. We are now in the middle of the Fall Season and rapidly approaching the Winter Season. Okay... what does that mean? Why is that important? There are many things that will be changing and many things associated with this time of year.

This time of year our weather changes. One of the things that started in October and will continue for awhile is our daylight hours will slim down. It will be dark outside longer than during the summer months. Another thing we can expect is more wet weather than during the summer months. There have been some predictions about a possible El Nino season. That would bring us even more rain than usual. Both the loss of daylight hours and wet streets will make driving our vehicles more challenging.

Also, November and December will bring us holidays and special events that may take us out of our homes and out and about more often. We'll have Election Day, Veterans Day, Thanksgiving Day, Pearl Harbor Remembrance Day, Hanukkah, Winter Solstice, Christmas, Kwanzaa and New Year's Eve to name most of the well known events. Therefore, you may have parties or events at your home and/or at your family or friend's house, at your work or business, at your kids or grandkids schools, at your church or congregations, with your social club and/or with your public service groups. Or, you may go on vacation, across county or go ski or out of town to a parade. And, of course, you will probably do more shopping for food and gifts. All these things mean you will be in your vehicle – perhaps more than usual – at a time when driving will be more difficult. So let's take a look at some safety and security advice that make us a little safer when we are out and about.

SAFER NIGHT DRIVING

Night driving – driving in darkness – makes some people very nervous, and there are good reasons. That is why there are fewer night time drivers on the road than in the day light hours. According to the U.S. Federal Highway Administration, even though there are fewer vehicles on the road at night, about half of traffic fatalities happen after dark. Here are some suggestions that may help.

VEHICLE SAFETY

1. You'll want to make sure your windows (back and front), your headlights, tail lights and signal lights are bright and clean so other drivers can more easily see your vehicle.
2. After dark, switch your rearview mirror to the night setting. Flipping the small lever at the bottom of your mirror changes the angle of the reflective surface. You will still see the headlights of the vehicle behind you, but it will be less bright and will not hurt your eyes.
3. Make sure your headlights are aimed properly. If your headlights are misaligned it can make it harder for you to see and can cause other drivers to miss-judge your position on the road.
4. Check your headlights at least once a year. According to experts, headlights can dim up to 20% over time. According to recent survey, 55% of drivers never change their headlights, or they bought a used vehicle and they don't know if the lights were ever changed. Here is how to check your headlights.
 - After dark, park your vehicle on a level surface, facing five feet from a building wall or your garage door. Then turn on your headlights.
 - If the circles of light are bright and white, they are in good working condition.
 - If the circles are yellow and dim, the headlight bulbs should be replaced.
 - Always replace headlights in pairs. If you only change one, it will likely be brighter than the older one and cause an uneven field of illumination.
5. If while driving at night, on-coming vehicle headlights glare at you and shine directly into your eyes, try looking down to the right, towards the white line on the side of the road. This cuts down on the glare of the headlights, but lets you see vehicles around you with peripheral vision.
6. If you are closely following another vehicle, ALWAYS lower your bright beams so you will not disturb the other driver or cause an accident.
7. Increase the distance between you and the vehicle ahead of you. It's harder to judge the speed of other vehicles at night. If they suddenly have to hit their brakes, you have to have plenty of space so you can stop, or slow down, and avoid an accident.

DROWSY DRIVERS

Sleepiness and driving is a dangerous combination. Most people don't realize that drowsy driving can be fatal. Sleepiness slows reaction time, decreases awareness, impairs judgment and increases risk of crashing.

DROWSINESS FROM MEDICINES

As we approach the Winter Season another thing that can happen to us is a cold or the flu. When that happens we take medicines to relieve the symptoms and feel better. But, what some people do not realize is, using drugs, either prescription or over-the-counter products, can impair our driving.

Here is a true story of what happened right here in the Valley to one of the nicest ladies you'd ever want to meet.

One morning, Nice Lady got up, had her coffee, read her newspaper, ate some toast and then made herself ready to go visit a friend. Feeling a little "stuffy", she took some cold medicine, then got into her car and drove to visit her friend. Later, on her way home, she was stopped by a Hemet Police Officer for driving 15 MPH. During the subsequent interview, the office detected signs of inebriation in Nice Lady. She was driven to the Police Station in a police car. Her car was towed to impound. Nice Lady doesn't drink alcoholic beverages! How could this happen? Nice Lady never read the warning label on her cold medicine.

WHAT YOU SHOULD KNOW ABOUT THE LAW

Use of drugs, either prescription, over-the-counter, or illegal, which impairs your driving is illegal. The same laws that apply to driving under the influence of alcohol also apply to driving under the influence of drugs...any kind of drugs that impairs your driving.

DRUGS/MEDICINES

Many drugs (medicines) taken for colds, hay fever, allergy or flu can cause drowsiness, inability to concentrate, reduced reaction time, blurred vision or dizziness. Some medicines contain alcohol. Some medicines taken with other medicines or with alcohol can enhance some of the dangerous side effects of extra alcohol or drugs.

We suggest you always consult with your doctor, or a pharmacist, if you are not sure if you should drive after taking any medications. Always read the warning labels on all your medicines, including over-the-counter drugs.

The following three paragraphs contain advice from the California Highway Patrol on Drowsy Driving.

Danger Signals For Drowsy Drivers.

- Heavy eyelids, frequent blinking or difficulty focusing.
- Wandering, disconnected thoughts.
- Missing exits or traffic signs, can't remember the last few miles driven.
- Rubbing your eyes or yawning.
- Trouble keeping your head up.

- Drifting from your lane, tailgating, or nearly crashing.
- Feeling restless and irritable.

What You Can Do If You Are Too Tired To Drive.

- Stop driving. Pull off the road at the next exit and find a safe place to sleep. (i.e. hotel, rest area).
- Take a 15-20 minute nap. Pull off the roadway to a well-lighted area (not on the shoulder of the road). Make sure your doors are locked and your windows are up.

How To Avoid This Problem.

- ◆ Get plenty of rest before traveling.
- ◆ Set realistic travel goals.
- ◆ Avoid driving at night, during normal your normal sleep times.
- ◆ Take regular breaks. Stop every two hours to stretch.
- ◆ If possible, switch drivers every couple of hours.
- ◆ Avoid alcohol or drugs, including prescription drugs, which effect driving.
- ◆ Keep the temperatures in your vehicle cool.
- ◆ Eat healthy meals. Food high in fat or sugar can contribute to fatigue.
- ◆ Listen to radio talk shows rather than music. The interaction helps keep you alert.

PARTY TIME

This time of year promotes parties. Parties can be great fun. You can relax and socialize with family, and/or friends and neighbors. There can be games to watch on TV, or to play games with each other; music to listen to or dance to; videos or movies to view and enjoy. And, of course, there will probably be food and beverages to consume and enjoy. Some of the beverages may have alcohol in them. We need to be very careful with alcoholic beverages, especially when we are out and about in public and be even more careful if there are teenagers in the party group.

We recommend, if there are alcoholic beverages being served at the party:

- Drink only one drink per hour.
- Drink no more then three drinks for the entire party.
- An hour or two before the party ends, stop drinking the alcoholic beverage... consider coffee instead.
- If you have to drive home, maybe someone who has not had the alcoholic beverages can drive your vehicle.

MORE ABOUT ALCOHOL

History

Beverage alcohol has been used since man's earliest history. It was probably discovered by accident, when grains or smashed fruits fermented in the sun. Alcohol was then brewed for practical purposes because it did not spoil, like fresh fruit juice or milk. And, it caused

fewer illnesses than impure water. Due to alcohol's intoxicating effects, different cultures devised ceremonial and tribal controls to prevent excessive drinking.

Now

Alcohol is a widely used ingredient, created through a process called fermentation. It happens when yeast breaks down sugar into two ingredients – alcohol and carbon dioxide. Alcohol can now be found in beer, wine, spirits (whiskey, gin, scotch, etc.), medicines, energy drinks and sometimes food recipes.

How Alcohol Travels Through Our Body

First you should know alcohol does not contain any nutrients to build up the body. It acts like an invader and eventually the body gets rid of it – but interesting things happen in the meantime.

1. Of course, the first stop for alcohol is in the stomach. While there, the stomach starts producing acid which may cause the person to throw up if they are not used to drinking. The stomach wall then absorbs the alcoholic acid and passes it into the blood stream.
2. The blood stream feeds the entire body. It delivers the drink into tissues and organs and can even deposit some of the alcohol inside cells.
3. The next stop is the heart. Alcohol will cause our heart to slow down. That means the heart has to work harder to pump the blood through our veins. A harder pumping heart could lead to a heart attack. Also, a person who often is a heavy drinker can develop high blood pressure.
4. The first drink of alcohol, according to records, will reach the brain in about thirty seconds. Once there, alcohol acts like a tranquilizer. Tranquilizers slow down the signals the brain sends to other parts of the body. That could cause us to move slower, talk slower and make our eyesight blur. Also, our judgment could be affected which can cause all kinds of trouble.
5. The liver absorbs alcohol like a sponge. The good thing is the liver breaks down alcohol into harmless substances. However, this process takes time. While the liver is working on the alcohol, we could experience a hangover that may include a headache and upset stomach. Too much alcohol may cause scars on the liver and a disease, called Cirrhosis, that could lead to devastating circumstances.

UNDERAGE DRINKING ALERT

Today, nearly 10.8 million youth, ages 12-20, are underage drinkers!

Drinking alcohol can harm the growing body and brain. That's why it's important for young people to grow up alcohol-free. And it takes everyone to help young people choose not to drink alcohol. It takes you.

What Is Underage Drinking?

When anyone under age 21 drinks alcohol, we call it underage drinking. And underage drinking is against the law, except in special cases such as when it is part of a religious ceremony. Underage drinking is also dangerous. It can harm the mind and body of growing teens in ways many people don't realize.

Yet, children and teens still drink, even though it can harm them. Underage drinking is a serious problem, with roots deep in our culture. It is time to change that picture. It's time to take action. It's time to stop looking the other way. It's time to tell children and teens that underage drinking is not okay. It will take a lot work and time to change how people think about underage drinking. This is a long-term project for parents, schools, local groups, community leaders, and other concerned adults. And it's a project that should start when children are young and continue through the teen years.

For More Information

Many free sources of information are available to help you take action to prevent and reduce underage drinking. Some of the materials can help better educate youth and their families, your colleagues, and your community about the dangers of underage drinking and how to help stop it before it starts.

- ◆ To read the entire *Surgeon General's Call to Action To Prevent and Reduce Underage Drinking*, be sure to log on to the Surgeon General's Web site at www.surgeongeneral.gov To order copies by mail, please contact the National Clearinghouse on Alcohol and Drug Information (NCADI) <http://ncadi.samhsa.gov> or by calling (800) 729-6686.
- ◆ For more information about ways you can help to prevent and reduce underage drinking in your community, please check out www.stopalcoholabuse.gov. a comprehensive portal of Federal resources for information on underage drinking and ideas for combating the problem.
- ◆ Another excellent source of information is the Web site of the National Institute on Alcohol Abuse and Alcoholism at <http://www.niaaa.nih.gov>.
- ◆ General information about underage drinking, its effects on adolescents, families and communities, and what you can do to help stop underage drinking is available through the National Clearinghouse on Alcohol and Drug Information (NCADI), on the Internet at <http://ncadi.samhsa.gov/> or by calling (800) 729-6686.

HAPPY, SAFE HOLIDAYS

Before you know it, the holiday season will be here and we will be out and about, rushing to do a thousand things to make our holiday season a happy time. Before all that begins let's take a moment to review some tips that will help to make our holiday season not only happy, but safe and secure.

OUT AND ABOUT

- When you park your vehicle, be sure to manually lock the doors and close the windows, even if you are only going to be gone a few minutes. If you are carrying gifts, packages and other items inside your vehicle, keep them out of sight or locked in the trunk.
- If you plan to wait for public transportation or rides from friends, stand in a well-lit busy place.
- Teach your children or grandchildren to go to a store clerk and ask for help if you become separated while shopping. They should never go to the parking lot or the car alone.
- Avoid carrying large amounts of cash. Pay for purchases with checks and/or credit/debit cards when possible. Carry only the credit/debit cards you plan to use today.
- Make sure your check book, debit / credit card – and/or cash, is securely placed in your purse or wallet before you step away from the store's counter.
- Be extra careful with purses and wallets. They may become targets for crime in any crowded area. If possible, keep your wallet in a front pocket of your jacket, sweater or pants.
- Avoid overloading yourself with packages. If you periodically take your purchases to be stored in your vehicle, move the vehicle to the other side of the parking lot before you resume shopping. If anyone is watching you, they'll think you've gone home.

AT HOME

- Be extra cautious about locking doors and windows when you leave the house, even if you'll be gone just a few minutes. Leave lights, a radio or television on so the house looks occupied.
- Do not place large displays of holiday gifts in full view of your windows or doors.
- If you go away for the holidays, put lights and radios on timers. Have friends and/or a neighbor watch your house and/or sign up for a Vacation Check at the Hemet Police Dept. Stop delivery of mail and newspapers, or have a friend pick them up for you.
- Immediately mark your new gifts with your own special code.
- Be sure a fresh Christmas tree is mounted on a sturdy base, that the tree lights are in good working order and that you place adequate water or wet sand at its base to keep it green.
- Never burn wrapping paper in your fireplace.

WHEN HOSTING A PARTY

- Have non-alcoholic beverages available for party guests.
- Use a jigger when serving alcoholic beverages rather than pouring straight from the bottle.
- Find alternative transportation for intoxicated guests.

WHEN GOING TO A PARTY

- Have something to eat before consuming alcoholic beverages.
- Eat high protein foods (meat, cheese, eggs) that will stay in your stomach longer and will slow absorption of alcohol into your system.
- Remember, only time will eliminate alcohol from your system.
- Know your safe limit but remember...

NEVER DRINK AND DRIVE!

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**The Hemet Police Department Officers,  
Staff, and Volunteers  
Wish You a Healthy, Happy, Safe  
Holiday Season.**

HEMET POLICE WANTS TO HEAR FROM YOU

### **YOU HAVE A QUESTION? WE HAVE ANSWERS**

Send your comments, suggestions, question, or just interesting thoughts to the Hemet Police Department. We might even publish them in a future edition of the Quarterly Newsletter. Reach us at:

**Hemet Police Department  
Neighborhood Watch, R. Moyer  
450 East Latham Avenue  
Hemet, CA 92543**

**Phone  
(951) 765-2415**

**E-Mail  
rmoyer@cityofhemet.org**

**Fax  
(951) 765-2412**

## NON EMERGENCY NUMBERS

Hemet Police ..... 951-765-2400  
Hemet Fire ..... 951-765-2450  
Riverside Co. Sheriff..... 951-776-1099  
Neighborhood Watch..... 951-765-2415

## GRAFFITI

Graffiti in Progress.. 911  
\$2,000 Reward!!!  
Turn in a Tagger .....951-766-2400  
Graffiti Clean Up "Hot Line"  
855-513-7627

## REPORT A CRIME ONLINE

[www.hemetpolice.org](http://www.hemetpolice.org)

## CODE ENFORCEMENT

[www.cityofhemet.org](http://www.cityofhemet.org)

VOLUNTEER.....951-765-2474

[www.hemetpolice.org](http://www.hemetpolice.org)

## WEB-SITES

[www.hemetpolice.org](http://www.hemetpolice.org)

The official Hemet Police Web-Site.  
Daily updates, Text/Email alert options.

[www.meganslaw.ca.gov](http://www.meganslaw.ca.gov)

Information on registered sex offenders.

[www.crimereports.com](http://www.crimereports.com).

National crime reports by zip code.

## JOIN HEMET POLICE FACEBOOK PAGE

Join the official Hemet Police Facebook page

designed to encourage communication and

action among Valley residents. Updated several

times a day: History, Current Events, Live

Updates, Two-Way Communication & More !!

Newly Released Hemet ROCS Hotline: **(855) 513-ROCS (7627)**

This number is for those in the community to call so that you can report issues that need to be dealt with effectively and efficiently!

- Option 1 - Graffiti
- Option 2 - Abandoned Shopping Carts
- Option 3 - Code Enforcement
- Option 4 - Direct Connect to PD Dispatch
- Option 5 - ROCS Volunteer
- Option 6 - ROCS General Information

## Would you like to help the environment, save money, and GO GREEN?

The Hemet Police Department offers its Neighborhood Watch Quarterly Newsletter in several formats: Digital Download, Web-Based Viewing, E-Mail Delivery, Local Pick-Up, and USPS Mail Delivery.

### Subscribe for E-Mail Delivery:

Send an E-Mail to [nmiller@cityofhemet.org](mailto:nmiller@cityofhemet.org) with 'Subscribe to Newsletter' in subject line.

### Download and/or View Newsletter from our Web-Site:

Go to [www.hemetpolice.org](http://www.hemetpolice.org) then click Community Services then Quarterly Newsletter.

### Local Pick-Up:

Newsletters are available for pick-up at any of our local stations.

West Sub-Station  
3663 W. Florida Ave

Main Station  
450 E. Latham Ave

East Sub-Station  
1985 E. Florida Ave

### Cancel Your Subscription:

Send an E-Mail to [nmiller@cityofhemet.org](mailto:nmiller@cityofhemet.org) with 'Cancel Newsletter' in subject line. Include Name and Address in the e-mail.

**\*\* As always, we will NEVER sell, loan, rent, or otherwise share your personal information. \*\***

*"All that is necessary for the triumph of evil is that  
good men do nothing." (Edmund Burke)*

**Join us in taking back our town. Get Involved & Volunteer!**