



Public Safety Newsletter

St. Olaf College

October 1, 2009

Volume 1, Issue 6

This Month:

- Alcohol Poisoning
- Space Reservations on Campus
- Sexual Assault
- Halloween Safety Tips
- Parking Citation Appeals

Do you have a question or concern you would like to see addressed in a future newsletter?

E-Mail us at:
dpsnews@stolaf.edu

24-Hour Public Safety Dispatch:
On-Campus: 3666
Off-Campus: (507)-786-3666

Police, Fire & Ambulance 9-911
(Emergency)

Northfield Police 9-645-4477
 (Non-Emergency)

Other Important Numbers:

Counseling Center	3062
Dean of Students	3023
Health Services	3063
Parking Office	2972
Safe Ride	3666
Sexual Assault Resource Network (SARN)	3777
Hope Center	1-800-607-2330



Alcohol Poisoning: No Joke

Alcohol poisoning is a concern on college campuses, as it can quickly affect bodily functions that sustain life. Do you know which of the following are signs or symptoms of alcohol poisoning?

- ✓ Confusion
- ✓ Feel as if in a daze
- ✓ Unconscious/unresponsive
- ✓ Vomiting
- ✓ Slow or irregular breathing
- ✓ Low body temperature
- ✓ Bluish skin color
- ✓ Abnormal paleness



Actually, ALL of the signs and symptoms listed above could be an indication of alcohol poisoning. When high quantities of alcohol are ingested and metabolized by the body, toxic byproducts are created and can cause alcohol poisoning. A person can have alcohol poisoning even if he or she doesn't show all of these signs. Any alcohol overdose has the potential to cause brain damage.

When left untreated, alcohol poisoning can lead to permanent brain damage or death. Rapid binge drinking, such as beer pong, is especially dangerous because the victim can ingest a fatal dose before be-

coming unconscious.

When a person drinks an alcoholic beverage, roughly 20% of the alcohol is absorbed in the stomach and 80% is absorbed in the small intestine. The type of drink, the frequency of drinks that are consumed, whether the stomach is empty or full, and the concentration of alcohol in the drink affect the speed at which the alcohol is absorbed. Once the alcohol is absorbed into the tissues, it affects the individual's body and his or her brain. It usually takes around 20 minutes after having an alcoholic beverage for a person's blood alcohol concentration (BAC)

level to rise. After alcohol is absorbed and metabolized, it exits the body essentially in three ways: via the liver, kidneys, and via the lungs.

The best defense to alcohol poisoning is to avoid binge drinking and support the no-alcohol policy on-campus. Also, know the signs and symptoms of alcohol poisoning (above) and seek medical attention immediately (On Campus x3666; Off Campus 911) if you come into contact with someone who may be suffering from alcohol poisoning. It could be worth their life.

Space Reservations on Campus: Who to Contact

Public Safety often receives room reservations requests for various spaces on campus, however our department is not the proper clearing house for those types of requests. Actually, Nancy Stuckmayer in Buntrock Commons 147 (x3017), maintains the campus room reservation system.

While some buildings (i.e. Speech-Theater, CHM, etc.) will have those reservations made in their main office and then forwarded to Nancy, ALL other

space reservations on campus need to be made thru her.

While it is useful for Public Safety to receive an e-mail request with follow-up information, if the reservation itself does not show up in the system, the requests will be denied.

Going thru the proper channels for your space reservations will be helpful in reducing possible frustrations for both you and Public Safety!



Sexual Assault

Sexual assault is a serious crime. Sexual assault can range in degree from the touching of another's intimate body parts without consent, to penetration without consent. Heavily intoxicated, drugged, or unconscious and unresponsive persons always imply non-consent. Alcohol is one of the main contributing factors in reported sexual assaults. In addition, other date rape drugs include Rohypnol (30 minutes for affects), GHB (15 minutes for affects), and Ketamine (1-5 minutes for affects with immediate paralysis).

How to Protect Yourself

- ◆ Know that you have the right to set sexual limits and communicate those limits.
 - ◆ Trust your feelings and instincts.
 - ◆ Pay attention to behavior that doesn't seem right.
 - ◆ Be assertive.
 - ◆ Never leave drink unattended or accept open beverages.
- ◆ Always inform close friends where you are and who your with.
 - ◆ NO **ALWAYS** means NO.

Confidential Campus Resources

SARN x3777
 Counseling Center x3062
 Pastor's Office x3092
 Health Service x3063
Medical Assistance
 Campus Emergency x3666
 Hospital (507)646-1000

Non-Confidential Campus Resources

Residence Life Staff x3011
 Public Safety x3666
 Dean of Students x3503
 Campus EMT's x3666
 Emergency 911
 Health Services x3063
 Hope Center 1-800-607-2330



Halloween Safety Tips

- ⇒ Do not allow a child to go "Trick or Treating" alone. Be sure older children TAKE A FRIEND and an ADULT accompanies young children.
- ⇒ Use reflective tape on front and back of costumes to make more visible to drivers.
- ⇒ Costumes should be short enough to prevent tripping.
- ⇒ Makeup is better than masks which can block vision.
- ⇒ Securely fasten hats and wigs.
- ⇒ Use flashlights and glow sticks to illuminate jack-o'-lanterns rather than candles which can be a fire hazard.
- ⇒ Check all treats before allowing children to eat them. Discard anything with torn or open packaging or anything that appears suspicious.
- ⇒ Children should be cautioned to remember any suspicious incidents and report them to their parents and/or the proper official.

Have a safe and fun Halloween!!



Important Dates for October:

**October is *National Crime Prevention Month*
 & *Domestic Violence Awareness Month***

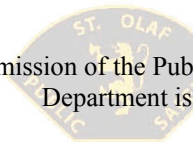
October 5-11	National Fire Prevention Week
October 15-16	Campus Fall Visit Day
October 21-27	America's Safe Schools Week
October 30	Campus Fall Visit Day
October 31	Halloween

Please visit our web sites at:
<http://www.stolaf.edu/stulife/safety>
<http://www.stolaf.edu/stulife/parking>

Mission Statement

Department of Public Safety

St. Olaf College



The mission of the Public Safety Department is:

"To support and advance the educational objectives of St. Olaf College by fostering and maintaining a safe, secure and stable environment for living, learning, and working."

Did you know?

Public Safety officers cannot void a citation once it has been written. An appeal of a parking citation **MUST** be filed on a Parking Office Appeal Form at the Parking Office within seven (7) days from the issuance date on the citation. Appeal forms are available at the Parking Office during normal business hours. The original citation (or a copy) must be attached to the appeal form. All student and faculty/staff appeals shall be reviewed by the respective appeals committee. The decision of the appeals committees are final and there are no further appeal options.