



# Public Safety Press

February 2007

## Inside this issue:

**St. Paul Snow  
Emergency Info** 2

**Minneapolis Winter  
Parking Basics** 2

**Crime Prevention  
Tips : Sexual As-  
sault** 3

**C-Pass: Student  
Bus Pass** 3

**Need a Jumpstart?** 3

**Alcohol: Myths and  
Facts** 4

## Winter Weather Awareness

**L**iving in Minnesota, we have the privilege of experiencing the seasons in all of their splendor. The soft white brilliance of a winter day is surely a sight to behold. Even though we all know that winter comes at this time of year, many are caught unprepared for the extreme cold that it brings with it.

Researchers say that 25 percent of all winter related fatalities are people that are caught off guard. There are two major dangers during cold-spells: frostbite and hypothermia.

Frostbite is damage to the skin and underlying tissues caused by extreme cold. It is distinguishable by a hard, pale, and cold quality of the skin that has been exposed to the cold for a length of time. The area is likely to lack sensitivity to touch, and there may be an aching pain. As the area thaws, the flesh becomes red and very painful.

Any part of the body

may be affected by frostbite but hands, feet, nose and ears are the most vulnerable. In order to avoid this painful experience, wear suitable clothing in cold temperatures and protect susceptible areas. Mittens are favorable to gloves and wind-proof, water-resistant, many layered clothing will aid in preventing frostbite. Also, wearing a hat that covers the ears and a scarf covering the nose will help to keep Jack Frost at bay.

A person with frostbite on the extremities may also be subject to hypothermia. This is any condition in which the temperature of a body drops below the level required for normal metabolism and/or bodily function to take place.

Hypothermia can be most effectively prevented by covering the head. Having appropriate clothing for the environment is another important prevention. This includes dressing in layers, wearing a warm coat, hat, mittens, and a scarf if outdoor

temperatures reach low levels.

Some signs of impending hypothermia are uncontrolled shivering, low coordination in movement and fatigue.

If you or someone you are with is exhibiting any of these symptoms, seek medical attention immediately or if you are on-campus, contact the Department of Public Safety at (651)962-5100.

Until help arrives, there are a few simple steps you can take. Most important is to move out of the cold, if possible, to prevent additional heat loss. If the person is wearing wet clothing, remove and replace it with warm, dry clothing. If the affected person is alert and able to drink, have them drink a warm, non-alcoholic beverage.

Following these steps can ensure that you and others can have a safe and fun winter season.



# St. Paul Snow Emergencies

When St. Paul gets 3" or more of snow or an accumulation of 3" of snow over several days, you can expect the City to declare a Snow Emergency. Make sure you know the rules below, and -- if your car gets towed...where the impound lot is.

All streets are either Night Plow Routes or Day Plow Routes.

Night Plow Routes are plowed from 9 p.m. to 6 a.m. the night



a Snow Emergency is declared. They're the busy streets -- marked with signs that say "NIGHT PLOW ROUTE" PLUS one side of north-south residential streets with signs that say "NIGHT PLOW ROUTE THIS SIDE OF STREET." Downtown streets are plowed at night.

Day Plow Routes have no plowing signs. They're plowed from 8 a.m. to 5 p.m., and normally following night plowing. They're east-west residential streets PLUS one side of north-south residential streets -- the side WITHOUT the plowing signs.

There are some exceptions to these rules, but they're all well marked. Parking is banned un-

til snow is plowed all the way to the curb.

Avoid a ticket and a tow! The City now tickets and tows cars before the plows begin. The fine for a "snow tag" is \$45. Towing can result in substantial towing and storage fees.

For recorded up-to-the-minute St. Paul snow plowing information 24 hours a day call 651-266-PLOW.

To sign up for direct e-mail notification of snow emergencies or to view diagrams that tell you where you can park, please visit <http://www.stpaul.gov/depts/publicworks/snowplow.html>

## Minneapolis Winter Parking Basics

To help keep streets plowed, residents and visitors who use on-street parking in Minneapolis should pay attention to the weather and be familiar with these winter parking rules. Then stay tuned during the snow season (roughly November to April) so you know when such rules may be enforced. Those who don't follow Snow Emergency or other winter parking rules could receive a parking ticket and get their vehicle towed to the Minneapolis Impound Lot.

### Winter parking rules to watch for:

- **Snow Emergencies.** After a heavy snowfall, the City may declare a Snow Emergency before 6 p.m. on any given day. This puts a sequence of parking rules into effect that span a three-day period

- **Temporary signs.** Streets and alleys are often plowed, sanded and salted without a Snow Emergency declaration. Temporary "No Parking" signs will be posted if necessary.

- **Winter Parking Restrictions.** When there is significant snowfall during the season, accumulating snow on city streets can make it difficult for emergency and public safety vehicles to navigate. If streets become too narrow, the City can declare Winter Parking Restrictions. When Winter Parking Restrictions are in effect, parking is prohibited on the EVEN side of non-Snow Emergency routes until the snow season official ends on April 1, or conditions warrant lifting the restrictions.

**Important note:** Snow Emergency rules are slightly different if Winter Parking restrictions are in effect and a Snow Emergency must be declared. Check this site or visit local media

outlets which will be provided the proper parking procedures during winter parking restrictions.

### Severe winter storm warning.

When a major storm is predicted, Minneapolis may impose temporary parking restrictions IN ADVANCE of the storm. In these cases, parking may be prohibited on the EVEN side of non-Snow Emergency routes for up to 48 hours.

To access the city of Minneapolis Snow Emergency hotline call 612-348-SNOW. For complete information on winter parking info, snow plowing basics, snow emergency parking rules, or to sign up for e-mail alerts for snow emergencies please visit: <http://www.ci.minneapolis.mn.us/snow/winter-parking-basics.asp#TopOfPage>

## Crime Prevention Tips : Sexual Assault

Sexual assault is a violent crime, an invasion, and a frightening experience. It affects women and men of all ages and backgrounds. Anyone, male or female, young or old, are potential victims. By being aware, anyone can reduce the likelihood of becoming a victim to this type of crime.

**Be prepared!** Many people operate under the illusion of “it will never happen to me”. Educate yourself in regards to prevention tactics. Become aware of locations and situations where sexual assaults are more likely to occur.

**In a Dating/Friend Situation:** the majority of sexual assaults that occur are known as “acquaintance rapes” – the perpetrator and victim

know each other. Trust your feelings and instincts. Do not be afraid to hurt someone’s feelings if you do not feel comfortable. If possible, always let a friend or roommate know who you will be with and where.

**In Your Car:** Keep windows and doors locked. If you are followed into your driveway, stay in your car with the doors locked. Sound your horn to get attention of neighbors or to scare the car off. When parking at night, select a well lit place. Check interior of car before getting in. Always have your keys ready when returning to your car or even as you walk into your apartment or home.

**On the Street:** Be observant of

your surroundings. If someone is following you, go to the nearest house or store. Walk near a curb and avoid passing close to shrubbery. Avoid shortcuts through parking lots and alleys. Walk with a friend if at all possible. Don’t job in secluded areas alone. When arriving home, ask the driver to wait until you are inside. Be aware of all blue light emergency phones on campus.

**Public Safety Escorts!** Escorts are available from UST Public Safety officers 24 hours a day, 7 days a week on and within a six-block radius of campus. An escort can be requested by contacting a Public Safety Office.

## C-Pass Offers Unlimited Bus Rides to Students

Parking Services, in conjunction with Metro Transit, offers a student bus pass, called the C-Pass, to all UST students.

The student C-Pass allows unlimited rides on Metro Transit buses and light rail at a low per semester cost. Additionally, the pass will also be available for purchase during the summer term for students registered for sum-

mer session classes. Sale of the pass for spring semester began on January 2nd, 2007.

Both undergrad and graduate student are eligible to purchase the C-pass, however the cost of the pass is determined by how many credits the student is enrolled in and whether or not a parking permit was also purchased. The price ranges from

\$150-\$176 per semester or term.

For the occasional student bus rider, Parking Services also offers a variety of 31-day and stored-value bus passes at a discount. For pricing and other information, please stop by one of our offices or visit our website at [www.stthomas.edu/psps](http://www.stthomas.edu/psps).

## Need A Jump-Start?

The Public Safety Department has a jump-start service for vehicles parking on or within a six-block radius of campus. This service is available on a first-come, first-serve basis as time or weather permits. Anyone parked on the St. Paul that does not have three or more outstanding parking citations can get a free jump-start; however, they must complete a waiver re-

leasing the university from any liability. Public Safety Officers may elect, but are not required, to provide such service, particularly if their other patrol and/or emergency-care duties are put at risk. If you have three or more outstanding citations, these must be paid before the service will be attempted.

If Public Safety officers are unable to assist you or the attempt fails, a local service station will be called for you, but you will need to pay the private vendor for the cost of the service. Call St. Paul campus Public Safety at (651) 962-5100 or Minneapolis campus Public Safety at (651) 962-4100.

DEPARTMENT OF PUBLIC SAFETY AND PARKING

**Office Locations**

[www.stthomas.edu/psps](http://www.stthomas.edu/psps)

**Parking Services—New for Fall '06**

2119 Grand Ave. (Finn St. & Grand Ave.)  
Hours: Monday—Friday 8a.m. to 4:30 p.m.  
Phone: 651-(96)2-PARK

**Public Safety - St. Paul Campus**

1st floor of Morrison Hall  
Hours: 24 hours/day, 7 days/week, 365 days/year  
Phone: 651-(96)2-5100  
Emergency Line: 651-(96)2-5555

**Public Safety - Minneapolis Campus**

2nd floor of Opus Hall  
Hours: 24 hours/day, 7 days/week, 365 days/year  
Phone: 651-(96)2-4100  
Emergency Line: 651-(96)2-5555

**Our Mission:**

The Department of Public Safety, in partnership with the campus community and within the framework of the university's mission, is dedicated to creating and promoting a safe, secure and peaceful environment by applying policies and laws, delivering emergency services, performing requests for assistance, and providing on-going education.

The following are the Public Safety Department's guiding principles:

**Respect:** We will respect all people in all situations.

**Integrity:** We will maintain integrity in all that we do.

**Impartial:** We will be impartial in the delivery of services.

**Information:** We will provide clear, timely and accurate information.

**Alcohol: Myths and Facts**

**Myth:** I can drink and still be in control.

**Fact:** Drinking impairs judgment, which increases the likeliness that you will do something you'll regret later, such as unprotected sex, damaging property, or getting into a fight.

**Myth:** Drinking isn't at all dangerous.

**Fact:** One in three 18 to 24 year-olds have been admitted to emergency rooms for serious injuries are intoxicated. Alcohol is very often associated with homicides, suicides, drowning, and vehicle accidents.

**Myth:** I can sober up quickly if I have to.

**Fact:** It takes about 3 hours to eliminate the alcohol content of 2 drinks, depending on your weight.

Nothing can speed up this process, including coffee and cold showers.

**Myth:** It's okay for me to drink to keep up with my boyfriend.

**Fact:** Women process alcohol differently. No matter how much he drinks, if you drink the same amount as your boyfriend, you will be more intoxicated and impaired.

**Myth:** I can manage to drive well enough after a few drinks.

**Fact:** About one-half of all fatal traffic crashes among 18 to 24 year-olds involve alcohol.

**Myth:** I'd be better off if I learn to "hold my liquor."

**Fact:** If you have to drink in increasingly larger amounts of alco-

hol to get a "buzz" you are developing a tolerance. Tolerance is actually a warning sign that you are developing a more serious problem.

**Myth:** Beer doesn't have as much alcohol as hard liquor.

**Fact:** A 12-ounce bottle of beer has the same amount of alcohol as a standard sort of 80-proof liquor or a 5 ounce glass of wine.

Resources for article found at [www.collegedrinkingprevention.com](http://www.collegedrinkingprevention.com)

