

SBCCD Police Beat

SBCCD Police Dispatch is available Monday—Friday from 7:00am—10:00pm. After 10:00pm and on weekends, our phones are transferred to the San Bernardino County Sheriff's Department who dispatch SBCCD Officers to calls.

November 30, 2012

Volume 2, Issue 34



Coping With Traumatic Events: Helping Your College Students

Campus Alerts

**SBVC – Campus Alert-
Vehicle Thefts, See
Police Website.**

<http://sbccd.org/police>

**CHC – Beware of the
construction.
See following pages for
additional incidents**

IMPORTANT

INFORMATION

**In the event of an
emergency call 911**

**To report a crime call:
SBVC (909) 384-4491**

Smoking Enforcement

Starting January 2013, The District Police Department will start issuing citations for those who smoke outside the designated areas. This is in accordance with California Government Code 7597.1(A) and Board Policy 3570. The civil penalty (fine) is \$50.00

A campus tragedy can trigger fears about college student's safety and well being. You may experience tremendous anxiety, feelings of helplessness, and anger.

Tips to Manage Your Distress

Here are some tips that may help you to manage your distress and to feel more positive:

Manage Your Own Anxiety

Anxiety is a normal response and appropriate in tragic situations. Excessive anxiety, however, can make you less able to think clearly and expends energy needlessly. Ask yourself what specific worries are troubling you most and then seek information to address them. Having that information eliminates the fears created by uncertainty.

Use relaxation techniques that may have worked for you in the past. You'll be better equipped to manage a traumatic event if you can minimize your anxiety.

Use Anger Productively

Anger is also a normal response when circumstances feel out of control. Expressing your anger to excess is counterproductive. Instead think of ways to use your energy to identify needed changes and collaborate with others who can help make change happen.

Take a Break

Minimize your exposure to all types of media, including the internet. While getting the news informs you, being overexposed to it can augment your distress. Also, schedule breaks to distract yourself from the ongoing media coverage and your concern. Do things you enjoy to lift your spirits.

Know the Warning Signs of Violence

Any of these behaviors occurring over a period of time can signal the potential for violent behavior:

- a history of violent or aggressive behavior;
- serious drug or alcohol use;
- access to or fascination with weapons, especially guns;
- threatening others regularly; trouble controlling anger;
- withdrawal from friends and usual activities
- poor school performance; history of discipline problems or frequent run-ins with authority; and
- failing to acknowledge the feelings or rights of others.

MISSION STATEMENT

The SBCCD Police Department, in concert with the Board of Trustees, is committed to providing a safe and secure learning and working environment for all students and employees. This will be accomplished through a cooperative and coordinated effort involving all departments and the SBCCD employees, law enforcement agencies and community.

For daily incidents reports and other crime information go the Police Web site: <http://sbccd.org/police>

CHC

Case #	Reported	Criminal Offense/Calls for Serv	Location	Date (s)	Time (s)	Disposition
12C-188	11/1/12	Verbal Altercation	Campus Drive	11/1/12	10:31am	Report taken
	11/2/12	No incidents to report		11/2/12		
	11/3/12	No incidents to report		11/3/12		
	11/4/12	No incidents to report		11/4/12		
	11/5/12	Smoking	Chemistry Bldg	11/5/12	12:25pm	Unable to locate
12c-189	11/6/12	Traffic Incident	Parking Lot F	11/6/12	9:00am	Report taken
	11/6/12	Traffic Collision	Sand Canyon Rd	11/6/12	3:19pm	CHP Handled
	11/7/12	No incidents to report		11/7/12		
	11/8/12	Narcotics Activity	CHS	11/8/12	12:16pm	Unfounded
	11/9/12	No incidents to report		11/9/12		
	11/10/12	No incidents to report		11/10/12		
	11/11/12	No incidents to report		11/11/12		
	11/12/12	No incidents to report		11/12/12		
12c-190	11/13/12	Traffic Stop/Failure to Stop	Sand Canyon Rd	11/13/12	6:14pm	Advised
	11/13/12	Traffic Stop/Cell Phone Usage	Parking Lot I	11/13/12	6:29pm	Cited
	11/13/12	Public Intoxication	Performing Arts	11/13/12	9:10pm	Unable to locate
	11/14/12	No incidents to report		11/14/12		
12c-191	11/15/12	Harassment	Gym	11/15/12	9:40am	Report taken
	11/16/12	No incidents to report		11/16/12		
	11/17/12	No incidents to report		11/17/12		
	11/18/12	No incidents to report		11/18/12		
	11/19/12	No incidents to report		11/19/12		
	11/20/12	No incidents to report		11/20/12		
12c-192	11/21/12	Verbal Threats	EOC	11/21/12	11:42pm	Report taken
12c-193	11/21/12	Vandalism	GYM	11/21/12	1:47pm	Report taken
	11/22/12	No incidents to report		11/22/12		
	11/23/12	No incidents to report		11/23/12		
	11/24/12	No incidents to report		11/24/12		

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11/25/12	No incidents to report	11/25/12
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11/26/12	No incidents to report	11/26/12
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11/27/12	Traffic Stop/Loud Music	Parking Lot E	11/27/12	11:20am	Advised
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11/28/12	Medical Aid	Gym	11/28/12	10:45am	Transported to the Nurse
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12c-196	11/29/12	Public Intoxication	Performing Arts	11/29/12	1:11pm	Arrested
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E D C T

Case #	Reported	Criminal Offense/Calls for Serv	Location	Date (s)	Time (s)	Disposition
	11/1/12	No incidents to report		11/1/12		
	11/2/12	No incidents to report		11/2/12		
	11/3/12	No incidents to report		11/3/12		
	11/4/12	No incidents to report		11/4/12		
	11/5/12	No incidents to report		11/5/12		
12-450	11/6/12	Trespassing	District Office	11/6/12	2:56pm	Report taken
	11/7/12	No incidents to report		11/7/12		
	11/8/12	No incidents to report		11/8/12		
12-459	11/9/12	Medical Aid	District Office	11/9/12	9:52am	Transported for treatment
	11/10/12	No incidents to report		11/10/12		
	11/11/12	No incidents to report		11/11/12		
	11/12/12	No incidents to report		11/12/12		
	11/13/12	No incidents to report		11/13/12		
	11/14/12	No incidents to report		11/14/12		
	11/15/12	No incidents to report		11/15/12		
	11/16/12	No incidents to report		11/16/12		
	11/17/12	No incidents to report		11/17/12		
	11/18/12	No incidents to report		11/18/12		
	11/19/12	No incidents to report		11/19/12		
	11/20/12	No incidents to report		11/20/12		
	11/21/12	No incidents to report		11/21/12		
	11/22/12	No incidents to report		11/22/12		
	11/23/12	No incidents to report		11/23/12		
	11/24/12	No incidents to report		11/24/12		
	11/25/12	No incidents to report		11/25/12		
	11/26/12	No incidents to report		11/26/12		
12-478	11/27/12	Vandalism	District Annex	11/27/12	7:50am	Report taken
12-480	11/27/12	Suspicious Object	District Annex	11/27/12	1:01pm	Unfounded
	11/28/12	No incidents to report		11/28/12		
	11/29/12	No incidents to report		11/29/12		

Annual Security Report available at <http://sbccd.org/asr2012>

S B V C

Case #	Reported	Criminal Offense/Calls for Serv	Location	Date (s)	Time (s)	Disposition
	11/1/12	Suspicious Person	Mt. Vernon Ave.	11/1/12	8:26am	Advised
	11/1/12	Suspicious Person	Media Comm	11/1/12	8:48am	Advised
	11/1/12	Welfare Check/Digging in trash	Parking Lot #1	11/1/12	4:38pm	Advised
	11/1/12	Pedestrian Check/Sleeping	ADSS Bldg	11/1/12	4:56pm	Advised
	11/2/12	Skateboarders on Campus	HLS Bldg	11/2/12	5:03pm	Advised
	11/2/12	Trespassing	Library	11/2/12	5:56pm	Advised
	11/2/12	Possible Marijuana Use	Parking Lot #2	11/2/12	7:30pm	Unable to locate
	11/2/12	Traffic Stop/Suspicious Person	Parking Lot #3	11/2/12	8:45pm	Unfounded
	11/3/12	No incidents to report		11/3/12		
	11/4/12	Vehicle Check	Parking Lot #8	11/4/12	9:16am	Checked clear
	11/5/12	Suspicious Person	Swap Meet Lot	11/5/12	9:12am	Unfounded
12-455	11/5/12	Vandalism	Physical Sci	11/5/12	6:10pm	Report taken
	11/6/12	Trespassing	Parking Lot #8	11/6/12	12:30am	Advised
12-456	11/6/12	Medical Aid	Student Health	11/6/12	3:48pm	Transported for treatment
	11/7/12	Traffic Collision	Grant Ave.	11/7/12	10:42am	Parties exchanged info
	11/7/12	Suspicious Vehicle	Mission Ave.	11/7/12	2:29pm	Advised
	11/7/12	Soliciting on Campus	ADSS Bldg	11/7/12	2:30pm	Gone on arrival
	11/7/12	Disorderly Conduct	Parking Lot #3	11/7/12	8:23pm	Unable to locate
12-457	11/7/12	Vandalism	Mt. Vernon Ave.	11/7/12	9:07pm	Report taken
	11/8/12	Emergency Phone Hang-up	Liberal Arts Bldg	11/8/12	4:18pm	Area checked clear
12-458	11/8/12	Grand Theft	Child Dev. Cntr.	11/8/12	9:21am	Report taken
	11/8/12	Traffic Collision	Parking Lot #10	11/8/12	5:35pm	Parties exchanged info
	11/9/12	Vandalism	Grant Street	11/9/12	6:50am	Unfounded
	11/9/12	Emergency Phone Hang-up	Technical Bldg	11/9/12	4:33pm	Area checked clear
	11/10/12	911 Hang-Up From Cell Phone	SBVC Area	11/10/12	10:55am	Area checked clear
12-460	11/10/12	Possession of Alcohol	Parking Lot #8	11/10/12	8:15pm	Cited
	11/11/12	No incidents to report		11/11/12		

Annual Security Report available at <http://valleycollege.edu/asr2012>

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	11/12/12 No incidents to report		11/12/12		
12-461	11/13/12 Petty Theft	Parking Lot #11	11/13/12	3:36pm	Report taken
12-462	11/13/12 Medical Aid	Campus Center	11/13/12	4:34pm	Refused treatment
12-463	11/14/12 Vehicle Collision	Parking Lot #1	11/14/12	7:34am	Report taken
	11/14/12 Suspicious Person	Campus Center	11/14/12	7:51am	Unfounded
12-464	11/14/12 Auto Theft	Swap Meet Lot	11/14/12	3:25pm	Report taken
	11/14/12 Medical Aid	Student Health	11/14/12	4:22pm	Subject picked up by mother
12-466	11/15/12 Petty Theft	Health Life Sci	11/15/12	11:17am	Report taken
	11/15/12 Traffic Collision	Near CDC	11/15/12	4:11pm	Parties exchanged info
12-467	11/16/12 Burglary	Grant Street	11/16/12	11:19am	Report taken
	11/16/12 Disturbance	Parking Lot #9	11/16/12	1:03pm	Gone on arrival
	11/16/12 Suspicious Person	Middle College	11/16/12	3:06pm	Unfounded
	11/16/12 Suspicious Person	Parking Lot #3	11/16/12	7:15pm	Unable to locate
	11/17/12 No incidents to report		11/17/12		
	11/18/12 No incidents to report		11/18/12		
12-468	11/19/12 Traffic Stop/Illegal Turn	Parking Lot #1	11/19/12	8:55am	Cited
	11/19/12 Disturbance	CDC	11/19/12	12:19pm	Gone on arrival
12-470	11/19/12 Burglary	K Street	11/19/12	3:47pm	Report taken
	11/20/12 Suspicious Circumstance	Auditorium	11/20/12	6:39pm	Unfounded
12-471	11/21/12 Harassing Emails	Station	11/21/12	8:50am	Report taken
12-472	11/21/12 Auto Theft	Parking Lot #2	11/21/12	2:16pm	Report taken
12-473	11/21/12 Petty Theft	North Hall	11/21/12	4:15pm	Report taken
	11/22/12 No incidents to report		11/22/12		
	11/23/12 Suspicious Person	Auditorium	11/23/12	12:34pm	Unfounded
	11/24/12 No incidents to report		11/24/12		
12-474	11/25/12 Vandalism	Technical Bldg	11/25/12	6:40pm	Report taken
	11/26/12 Emergency Phone Hang-up	Liberal Arts Bldg	11/26/12	7:50am	Area checked clear
	11/26/12 Traffic Collision	Parking Lot #11	11/26/12	9:04am	Parties exchanged info
	11/26/12 Suspicious Person	Mission Ave.	11/26/12	1:12pm	Cited
12-477	11/26/12 Marijuana	Mission Ave.	11/26/12	2:15pm	Cited
12-475	11/26/12 Auto Theft	Esperanza St.	11/26/12	5:18pm	Report taken
12-476	11/26/12 Medical Aid	Auditorium	11/26/12	7:38pm	Transported for treatment

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12-479	11/27/12 Hit & Run	Parking Lot #3	11/27/12	8:12am	Report taken
12-481	11/27/12 Medical Aid	North Hall Bldg	11/27/12	4:18pm	Husband transported
12-483	11/27/12 Traffic Collision	Parking Lot #4	11/27/12	5:30pm	Parties exchanged info
12-482	11/27/12 Vandalism	ADSS Bldg	11/27/12	6:20pm	Report taken
	11/28/12 Suspicious Person	Physical Sci	11/28/12	4:24pm	Unable to locate
	11/28/12 Suspicious Person	Parking Lot #7	11/28/12	5:41pm	Unable to locate
12-484	11/28/12 Auto Theft	Esperanza St.	11/28/12	8:10am	Report taken
12-485	11/29/12 Attempted Burglary	College Drive	11/29/12	4:20pm	Arrested
	11/29/12 Traffic Stop/Suspicious	Swap Meet Lot	11/29/12	8:35pm	Advised
	11/29/12 Suspicious Vehicle	Swap Meet Lot	11/29/12	8:55pm	Unfounded