

UAB Campus Watcher



An update of the **UAB Police Department** | Editor: Chris Chandler | Campus Watch Coordinator: Tonya Webb

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POLICE DEPARTMENT RESOURCES

UAB Police Department
1117 14th Street South
Birmingham, AL 35205-2130

Non-Emergency: 934-4434
Chief: 934-2297

Lost & Found:
934-4649

Records & Reports Information
Fax: 934-4649/975-6472

Special Lock & Unlock Requests
934-5315

WHAT IS CAMPUS WATCH?

Campus Watch is a program sponsored by the UAB Police Department that applies the Neighborhood Watch concept to the campus and medical center environment. The program encourages UAB students, faculty and staff to take an active role in the fight against crime.



Blazer Eyes Are Watching You

From the Editor

The weather is becoming colder, the days are getting shorter, and the holidays are approaching. This is one of my favorite times of the year, but it is also a busy time when we can become distracted and less aware of our surroundings.

Pay attention to the weather. A rainy day in December can mean ice on the roads and sidewalks. So be careful. Dress appropriately for the cooler temperatures and give yourself plenty of time for your commute to allow for traffic delays during inclement weather.

Also remember that UAB is not a closed campus. Thousands of people visit the campus and medical center each day. Therefore, it's always a good idea to stay alert, to be aware of your surroundings and to be watchful of any suspicious activities.



Secure your valuables at all times, but most especially during the holiday season. It is an unfortunate fact that more thefts occur during this time of year.

As your new Campus Watch President, I believe that we can all work together to

promote safety. So, take the time to be responsible, both for yourself and for those around you.

A Word From the Chief

Each goal we set within the UAB Police Department must align with our mission statement which is:

To provide high quality accessible service to the University community that helps foster safety and security on campus by being responsive to the changing needs of our customers.

With that in mind, our most important goal is to ensure safety and protect property. In order to achieve this goal, we have and will continue

to:

- a) Maintain high visibility patrols to deter, reduce and prevent crime
- b) Respond to calls for service and emergency assistance in a timely manner
- c) Educate the campus community on crime prevention strategies and offer safety and security courses
- d) Perform risk assessments and

vulnerability studies by utilizing crime prevention techniques through environmental design

Also, we have and will continue to create and maintain our internal and external partnerships with the campus community to provide an environment conducive to living, learning and growing.

CONGRATULATIONS!

Let's give April A. Suggs from the Academic Program and Policy Department a round of applause for being the first to complete our new Campus Watch Word Search. Thank you for your participation in the Word Search game.

Special congratulations also goes to Denise Graves. She is the winner of our Campus Watch Slogan Contest. The new Campus Watch slogan is "Blazer Eyes Are Watching You." What a great slogan!

Now, enjoy a new Wintertime Word Search, just for fun!

CAMPUS WATCH MEETING DATES 2009 HUC ROOM 411

- February 10, 2009
- May 12, 2009
- August 11, 2009
- October 13, 2009

CAMPUS WATCH OFFICERS 2009-2011

Chris E. Chandler- President
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 934-7880

Seretta Woods – Vice President
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 934-6075

Sherry Primous-Bennett – Secretary
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 996-6281

Michele Self – Member-at-Large
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 934-1208

Terri Rice – Treasurer
tdrice@uab.edu
 975-9137

Wintertime Word Search

BLACK ICE	SNOWBOARD	L S O S E K A L F W O N S E L C I C I N
BLIZZARD	SNOWFLAKE	L E Y C E K R A I M N D D R A Z Z I L B
BOOTS	SNOWMAN	A S C A W V K A I O E C I K C A L B R D
CARNIVAL	SNOWSHOES	B W A R D R O T E S N O W S H O V E L C
CHRISTMAS	SOLSTICE	W E R F A I T L C W A F I R E P L A C E
COLD	SOUP	O A N P I E L I G E R N H E A D B A N D
EGG NOG	STEW	N T I S N C P O L S Y E S E T A K S S W
FIREPLACE	STORM	S S V S N M E T H K E A D N D F R N E M
FIREWOOD	SWEATSHIRT	T H A M Y O S F S C K T N N O L O H A R
FOG	TOBOGGAN	Y I L L R A W E I O C W O E U W O G S W
FREEZE	VACATION	E R O S C O R S W S O I I B B G M C O I
FROST	WIND CHILL	S T E W A I T S H L H V T O O S N A N N
GLOVES	WOOL SOCKS	N K O P T M O S P O G I A S T G O O N D
HAIL	SEASON	D N I W P L T W T O E R N C O E G U L C
HEADBAND	SKATES	S E O I S I O S N W D S R G A R E A P H
HIBERNATION	SKI DOO	E N L T N N L G I F R E E Z E T F L N I
HOCKEY	SKI PANTS	S R I S S G G S M R O N B O O D I K S L
HOLIDAYS	SKIING	T C F I R E W O O D H A I L S T O O B L
ICE FISHING	SLED	E H S S T N A P I K S C H P A C T I N K
ICICLES	SLEET	
KNIT CAP	SLIPPERY	
LONG UNDERWEAR	SNOW CASTLE	
MITTENS	SNOW PLOW	
OLYMPICS	SNOW SHOVEL	
PARKA	SNOW TIRES	
SCARF	SNOWBALL	

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Holiday Stress Busting

Are you one of the many people whose stress level rises when you hear the word "holidays"? If you are, here are some suggestions for avoiding stress and its unwanted companion, depression, to help you to truly enjoy this festive time of year.

Decide which activities and events are the most meaningful and fun for you and your family. Learn to say "no" to those parties, gift exchanges and events that aren't really important to you.

Focus your attention on

other traditions of the holidays besides exchanging gifts. If being in crowds and among frantic shoppers stresses you out, the last place you want to be is in a crowded mall!

If you are hosting a holiday gathering in your home, don't be shy about asking for help. Most guests will be happy to help.

Traditional family reunions can be stressful, especially if family frictions come to the surface.

Agree to discuss your

differences at another time. Remember, the holidays should be about enjoying family and friends.

Maintain healthy habits during the holidays. Watch what you eat and drink. Overindulging can sap your strength.

Excerpt from Holistic Health Care November/ December 2008

The UAB Campus Watcher newsletter is available at several locations around the UAB campus. To obtain a copy, or for questions or comments, contact **Tonya Webb** at 934-2409. If you would like more information about Campus Watch or about the UAB Police Department, you may visit us at <http://main.uab.edu/Police/>.

