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**POINTS OF  
INTEREST**

- **POLICE  
COMMISSION  
MEETING  
WEDNESDAY,  
JULY 15 AT  
6:00PM**
- **JUNE IS:  
NATIONAL  
SAFETY MONTH  
and INTERNET  
SAFETY MONTH**

**INSIDE THIS  
ISSUE:**

<b>Tips for Preventing Heat-Related Illness</b>	<b>2</b>
<b>Weekly Crime Stats</b>	<b>3</b>
<b>Rules of the Road</b>	<b>3</b>
<b>Humor</b>	<b>3</b>
<b>Special Olympics Torch Run #1</b>	<b>4</b>



**JUNE 2015**



The National Safety Council this year is focusing on: (1) Slips, trips and falls; (2) Prescription painkiller abuse; (3) Emergency preparedness, and (5) Transportation. For relevant details, refer [www.nsc.org](http://www.nsc.org).

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These cybercrime-riddled days, awareness of the importance of internet safety is already running high. But to further awareness about protecting yourself online, we ask community members to consider the following safeguards:

**Create strong passwords:**

- ◆ Create a unique password for each one of your online accounts.
- ◆ Use at least one capital letter, numbers, and non-alphanumeric characters.
- ◆ Avoid passwords that include your name or birthdate.
- ◆ Make them nonsensical (avoiding real words that can be found in the dictionary).
- ◆ Change your passwords often.

**Shop smart:**

- ◆ Use credit instead of debit. In the event that your account number is compromised and used to make fraudulent charges, your personal finances won't be accessible through your credit accounts.
- ◆ Only make purchases from websites that are clearly secure. Look for the lock icon or "https" in the domain
- ◆ Check "no" when you're asked if you want to store your credit card number for future use.

**Be careful what you click:**

- ◆ Do not click on links in suspicious emails, even if they say they are from a trusted source. Consider whether you typically communicate with this entity/person by email. Contact them directly by other means to verify the email.
- ◆ Be leery of clicking on links in pop ups. Consider blocking pop ups entirely.

**Install antivirus software:**

- ◆ You have many options to choose from - make sure you install updates.

*(Source: [stoptthinkconnect.org](http://stoptthinkconnect.org))*



## TIPS FOR PREVENTING HEAT-RELATED ILLNESS



The most obvious dangers of summer, yet those people still seem to ignore, are those from extreme heat. Heat cramps, heat exhaustion and heat stroke can all occur in people who do not take the proper precautions. According to the CDC, heat cramps are muscle spasms that result from low sodium levels due to sweating; heat exhaustion is a weakness or tiredness that results from dehydration; and heat stroke occurs when the body's ability to regulate its own temperature breaks down. While the first 2 conditions can be dangerous, heat stroke is the most likely to be life

threatening. Victims of heat stroke should be cooled down as rapidly as possible and medical help summoned immediately. The CDC gives advice on the treatment of all 3 conditions at:

<http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp>

### Tips on staying cool:

- ☼ Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. (**Warning:** If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.)
- ☼ Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- ☼ Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- ☼ Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- ☼ Wear lightweight, light-colored, loose-fitting clothing.
- ☼ **NEVER** leave anyone in a closed, parked vehicle.

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:

- ◆ Infants and young children
- ◆ People aged 65 or older
- ◆ People who have a mental illness
- ◆ Those who are physically ill, especially with heart disease or high blood pressure

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

### If you must be out in the heat:

- ⇒ Limit your outdoor activity to morning and evening hours.
- ⇒ Cut down on exercise. If you must exercise, drink 2-4 glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. (**Warning:** If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.)
- ⇒ Try to rest often in shady areas.
- ⇒ Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

(Source: <http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp>)



## Weekly Crime Statistics: May 2015

CRIME:	Apr 26-May 2:	May 3-9:	May 10-16:	May 17-23:	May 24-30:	YTD 2015	YTD 2014	% Change
Robbery	0	0	0	1	0	16	24	-33%
Aggravated Assaults	0	2	1	1	0	21	27	-22%
Other Assaults	4	8	9	3	12	145	135	7%
Burglary	8	2	4	11	7	117	140	-16%
Auto Theft	4	3	5	2	4	78	80	-3%
<b>CALLS FOR SERVICE</b>	<b>906</b>	<b>862</b>	<b>762</b>	<b>866</b>	<b>862</b>	<b>17,990</b>	<b>17,842</b>	<b>1%</b>
<b>RESPONSE TIMES:</b>								
* Priority 1	2:51 mins	3:24 mins	5:04 mins	2:43 mins	4:41 mins	3:25 mins	3:48 mins	-10%
** Priority 2	13:35 mins	12:48 mins	12:09 mins	12:51 mins	11:56 mins	13:17 mins	14:04 mins	-6%

\* Life-threatening or violent crimes in progress    \*\* Average time for all other calls

### Rules of the Road: Seeing and Being Seen

A few tips to help you see farther down the road, cope with glare from other headlights, and keep your car from producing glare that distracts or blinds other drivers.

- ◆ Make sure your headlights and windows are clean; dirt scatters light which increases glare.
- ◆ Keep your headlights properly adjusted. If other cars frequently flash their high beams at you, your headlights probably aren't adjusted correctly. Have them checked out when you have your car serviced.
- ◆ Repair and replace cloudy highlight covers. Plastic headlight covers often get cloudy with age which reduces headlight effectiveness. Clean them using a restoration kit, or have them replaced.
- ◆ Be considerate about using your high beams. Do not use them if an oncoming car is closer than 500 feet, or if the car in front of you is closer than 500 feet.
- ◆ Do not use your fog lights if the weather is clear. They do not improve your ability to see farther and they can create glare for oncoming drivers.



(Source: AA.com)

## HUMOR

**Police officer:** Excuse me, but your dog has been chasing a man on his bicycle.  
**Dog owner:** Are you crazy? My dog can't even ride a bicycle!



## SPECIAL OLYMPICS WORLD GAMES: FIRST TORCH RUN: JUNE 10, 2015



The Special Olympics World Games takes place in Los Angeles July 25-August 2, 2015. On Wednesday, June 10, 2015 at 1:00pm, officers and cadets from the BPD participated in the first Special Olympics Torch Run from Riverside Drive/ Clybourn Ave, to Glenoaks Blvd/Alameda Ave.

There will be a 2<sup>nd</sup> Special Olympics Torch Run taking place on Wednesday, July 22 as the torch passes through Burbank on it's way to the World Games. Runners will stop at Burbank City Hall at 9am and BPD officers and cadets will join athletes along part of the route from Angeleno Ave to Foster's Freeze on Glenoaks Blvd. The City of Burbank is playing host to delegations from Botswana and Zimbabwe from July 21-24, 2015 and Woodbury University has offered to house the athletes in the campus dorms during their stay. For further activities related to the delegations' stay in Burbank, refer to: <http://burbankca.gov/what-s-new/special-olympics-world-games-2015>.



Back Row L-R: Cadets Kelley and Debelius; Officers Embleton and Embleton;  
Front Row L-R: Jailer Jurecka; Cadet Bautista



### MISSION STATEMENT & CORE VALUES OF THE BURBANK POLICE DEPARTMENT

Our mission is to protect life and property, provide professional police services, and work in partnership with the community.

This is accomplished through adherence to our core values:

**RESPECT**

Protect the rights and dignity of all people as determined by the United States Constitution and the laws of the State of California

**INTEGRITY**

Commitment to ethical behavior and acceptance of individual responsibility and accountability for all our actions and decisions

**EXCELLENCE**

Quality through continuous improvement