NOVA Police Teaches Women’s Self-Defense Considerations

NOVA campuses are safe (check out NOVA’s daily crime log at http://blogs.nvcc.edu/crimelog/). However, recent incidents, such as the assaults at the Manassas Campus remind us it is prudent to prepare for possible contingencies, however unlikely they may seem. On April 26, Lt. John Weinstein taught a 60-minute course to approximately 35 attendees at NOVA’s Women’s Center (in Alexandria’s Bisdorf Building, Room 331) on how to avoid an assault and simple things one can do to end an attack.

Lt. Weinstein, who commands police operations on the AL and LO campuses, is a martial artist and the department’s lead firearms and active shooter response instructor. “While a knowledge of martial arts is beneficial”, Weinstein said, “assaults do not afford much room to maneuver with kicks and fancy footwork.” He noted a response to an assault must occur instinctively and from one to two feet away.

The best way of avoiding an attack is to maintain constant awareness of what’s happening around you and to consider “what if” responses. The most acceptable response, if available, is to run away. However, escape is not always an option, so one needs to be aware of when one is justified in using force and how much force can be used. The key is to develop a will to survive and to be prepared to do whatever is required to end the threat and survive. Lt. Weinstein explored weapons available to a potential victim (e.g., hammer fist, head butt, foot stomp and knee) and how to apply them against targets on the assailant that cannot be hardened, such as an attacker’s eyes and nose, throat, fingers, groin and toes.

Lt. Weinstein’s presentation was attended by the Hon. Nancy Rodrigues, Virginia Secretary of Administration (SOA). Ms. Rodrigues addressed the group, noting the importance of this training and how the same training, years ago, prevented her from becoming a victim.

Dr. Carolyn Lorente, Director of the Women’s Center, noted the training was empowering for women and that the attendees felt their hour with Lt. Weinstein was well spent.

Lt. Weinstein is available to teach this class to campus audiences. Interested parties should contact him at jweinstein@nvcc.edu or 571-422-9928.
Summer is upon us, and it’s a great time to spend with friends and family. For those of age, moderate alcohol consumption may be part of the good times. However, America is increasingly confronting binge drinking and it’s become an epidemic among young people.

Binge drinking is defined as drinking five (men)/four (women) or more alcoholic beverages (a 12-ounce bottle of beer, a 5-ounce glass of wine, or a 1.5-ounce glass of distilled spirits such as vodka or whiskey) on the same occasion, with the sole purpose of getting drunk. While binge drinking is not alcoholism, it puts one at a higher risk for alcoholism, which is defined as a physical dependence on alcohol in which the addicted has strong cravings for alcohol and an inability to limit his or her consumption.

Binge drinkers are likely to get alcohol poisoning, which results in the brain being deprived of oxygen. Breathing and heart rate may slow and then stop completely. Symptoms of alcohol poisoning include vomiting; confusion leading to unconsciousness; loss of coordination; and cold, clammy, pale or bluish skin.

Judgment also suffers, even at drinking levels far below that of binge drinking. One of the more notable examples of impaired decision-making is driving under the influence. Every year, there are almost 300,000 instances of drinking and driving, with 28 people dying from a drunk-driving crash every day and a person being injured in a drunk driving crash every 90 seconds.

Even if it doesn’t kill you, binge drinking can have disastrous effects. Frequent binge drinkers are eight times more likely to miss a class, fall behind in school work, get hurt or injured, or damage property. In colleges with high binge drinking rates, 36% of non-binge drinkers report being insulted or humiliated by binge drinkers; 11% were pushed, hit or assaulted; 57% reported having to take care of a drunken student; 71% were interrupted while studying; and 23% experienced unwanted sexual advances. More than 60% of college men and almost 50% of college women who are frequent binge drinkers report they drink and drive.

Lt. Smith Published in *Campus Safety* Magazine

*Campus Safety* magazine is the leading publication of its kind in the United States. It is read by over 40,000 senior campus police and security officials as well as administrators.

Lt. David “Doc” Smith, commander of police operations at the Manassas and Woodbridge campuses, published a feature article entitled “Are Federal Law Enforcement Task Forces Good or Bad for Campus Police Departments?” in the April/May 2016 edition of the magazine. Smith, who retired as a Lieutenant from the Fairfax County Police Department after 26 years of service, has been at NOVA for a year. At Fairfax, he was deputized as a federal agent for the FBI and the Drug Enforcement Agency, and as a special agent for the Bureau of Alcohol, Tobacco and Firearms in a supervisory capacity. He worked on several federal task forces including the Northern Virginia Violent Crimes Task Force.

Smith’s article is a significant contribution to campus policing literature on the subject of campus involvement in federal task forces. This article significantly enhances the national reputation of the NO-VA Police Department and is another example of the department’s national stature in campus policing.

See Smith’s article at [http://cdn.coverstand.com/32091/298287/cf77d364f3434af0bd9e2208ff8c988d6c6d693d1.pdf](http://cdn.coverstand.com/32091/298287/cf77d364f3434af0bd9e2208ff8c988d6c6d693d1.pdf) and click on page 40.
Summer is approaching and we all are eager to enjoy our favorite summer activities. Whether you are in a NOVA classroom, office, or outside enjoying your favorite activity, summer heat is always something you should consider in your plans.

Below are signs and symptoms for both heat exhaustion and heat stroke, along with suggested actions you should take. These self-help measures are not a substitute for medical care, but may help you recognize and respond promptly to warning signs of trouble. Your best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or heat stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

**Heat Exhaustion**

**Signs and Symptoms:**
- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

**What You Should Do:**
- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

**Heat Stroke**

**Signs and Symptoms:**
- High body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid and strong pulse
- Possible unconsciousness

**What You Should Do:**
- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person’s body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

NOVA Police Training and Events

The NOVA Police conduct an active community outreach program and are looking for opportunities to address your class, club, division, or campus at large on any of the following topics:

- Active Shooter Response
- Dealing with Difficult People
- Staying Safe in the Classroom
- Staying Safe on the Campus
- Self-Defense Considerations
- 10 Things Adjuncts (and other faculty) Should Know About Security
- Bomb Threat Response
- Sexual Assault, Crimes Against Women, and/or Bystander Intervention
- Identity Theft
- DUI Awareness
- Narcotics
- Gangs

And more.

If you are interested in scheduling any police training, please contact Lt. John Weinstein, at jweinstein@nvcc.edu or 571-422-9928, to arrange a convenient time.

Call NOVA Police Dispatch 24/7/365
at
703-764-5000

Download NOVA’s free LiveSafe mobile safety app
www.LiveSafeMobile.com