



NOVA's state-of-the-art Emergency Operations Center, operated by OEMS, helps keep NOVA safe.

NOVA Public Safety Newsletter




FEBRUARY 2019

IN THIS ISSUE

**Penelope the NOVA Police Cat
Hard at Work**

Even when Penelope is relaxing, she is thinking about ways to stay safe on campus. She reminds you to use all your senses to monitor your surroundings. If it's dark, use your hearing and smell to detect potential threats. Check out Penelope's Instagram account at @Penelopenovapolicecat. There, you can see daily photos of her keeping NOVA campuses safe. You can even see a video of her fighting a bad guy.



**Don't Try This at Home: The
25 Worst Passwords of 2018**

Cyber-criminals threaten our social and financial well-being, and the explosion of personal information in electronic transactions and social media provide attractive and often easy targets to these predators.

One of the easiest and most effective things you can do to protect your personal data is to use strong passwords and use different passwords for each account. Unfortunately, many do not feel they will be the victim of a cyber-attack and fail to employ effective passwords with combinations of letters, numbers, capitals, and special signs (e.g., %, \$, #, *). After evaluating over 5 million passwords, SplashData estimates almost 10% of people have used at least one of the 25 worst passwords on this year's list.

Penelope the NOVA Police Cat

Don't Try This at Home: The 25 Worst Passwords of 2018

NOVA Officers Complete Leadership Training

Meet NOVA's Newest Police Officer

New College Safety Manager

Heimlich Maneuver Saved a Life on Loudoun Campus

NOVA Police Training Announcements

Download the FREE LiveSafe Mobile Safety App

**Police Dispatch
(703) 764-5000
Call Us 24/7/365**

Novapolice@nvcc.edu

Don't Try This at Home: The 25 Worst Passwords of 2018 (cont'd)

- | | |
|---|------------------------|
| 1. 123456 (Rank unchanged from last year) | 14. 666666 (New) |
| 2. password (Unchanged) | 15. abc123 (Unchanged) |
| 3. 123456789 (Up 3) | 16. football (Down 7) |
| 4. 12345678 (Down 1) | 17. 123123 (Unchanged) |
| 5. 12345 (Unchanged) | 18. monkey (Down 5) |
| 6. 111111 (New) | 19. 654321 (New) |
| 7. 1234567 (Up 1) | 20. !@#\$%^&* (New) |
| 8. sunshine (New) | 21. charlie (New) |
| 9. qwerty (Down 5) | 22. aa123456 (New) |
| 10. iloveyou (Unchanged) | 23. donald (New) |
| 11. princess (New) | 24. password1 (New) |
| 12. admin (Down 1) | 25. qwerty123 (New) |
| 13. welcome (Down 1) | |

In the following example of a secure password, the letter “A” is replaced with special symbol @ and capital letters and punctuation marks are used to convert GoNOVANighthawks into a strong password: GoNOV@nighth@wks! Protect yourself, your family, your identity and your finances. A strong password is a good place to start.



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NOVA Officers Complete Leadership Training

Sergeants Chris Ovenden and Jared Williams, campus police supervisors at Manassas and Loudoun respectively, recently completed a 4-day first-line supervisor training course sponsored by the International Association of Campus Law Enforcement Administrators (IACLEA) at the University of Maryland.

The course, taught by Chiefs of Police, most holding doctoral degrees, from across the nation addressed leadership and supervisory styles, to include dealing with individuals with different learning styles and from different generations. Attendees included officers of various ranks from Cal Tech; North Carolina State; the Universities of Wisconsin, Denver and Maryland; Colgate and Idaho State Universities; and Dartmouth.

NOVA Officers Complete Leadership Training (cont'd)



Sergeants Williams (L) and Ovenden (R) Pose with Their Colleagues

In the process of interacting with their colleagues, both sergeants were gratified at NOVA's status in training, capabilities and certifications. NOVA's abilities in active shooter response, the frequency and level of officer training, and the professional development of its officers far exceed the levels of other attending institutions.

Meet NOVA's Newest Police Officer



Meet Officer Seyedehsara "Sara" Ebrahimi, newest member of the Northern Virginia Community College Police Department. Officer Ebrahimi graduated from the Northern Virginia Criminal Justice Training Academy in December, along with almost 100 other Police recruits and Sheriffs' deputies from across Northern Virginia. The rigorous five-month academy curriculum included training in Virginia's legal code, emergency vehicle operations, active shooter response, firearms, HAZMAT, childbirth, dealing with mentally-challenged individuals, report writing, control tactics, and other critical topics. This rigorous physically and mentally challenging curriculum earned Sara 24 hours of college credit.

Sara was born and raised in Iran. She received her Bachelor's degree in Biology in Iran and a Masters in Health Services Administration in the US. Married almost 9 years, Sara and her husband have a 2-year-old daughter named Nila. In her spare time, Sara enjoys hiking, martial arts and soccer. When asked about her attitude toward policing on a college campus, Sara noted "I believe that my smile and positive attitude can make someone's day better".

Sara is currently undergoing field training in which she's accompanied by an experienced officer who further mentors her and assesses her job performance. Upon the completion of this field training, Sara will be assigned to the Loudoun campus.

Officer Ebrahimi receives her graduation certificate from the Director of the Northern Virginia Criminal Justice Academy.

Please join us in congratulating Sara for her graduation and welcoming her to the NOVA family. When you see Sara, stop and say hello.

New College Safety Manager

NOVA would like to welcome its new College Safety Manager, David Cook. David will be responsible for developing and implementing programs to ensure compliance with safety regulations and to preserve health and safety on all NOVA campuses. He was previously a Safety Manager for a large nationwide commercial and residential construction firm. Prior to that he was a Public Assistance Coordinator for the Federal Emergency Management Agency (FEMA) and a United States Marine.

He can be reached at dcook@nvcc.edu.



Heimlich Maneuver Saved a Life on Loudoun Campus

The Office of Emergency Management and Safety commends James Cooper, Loudoun Facilities Department, for his quick thinking and actions that saved a life. Lisa O'Quinn shares her story below:

I am the Senior Manager of Recruitment for UVA's Bachelor of Interdisciplinary Studies (BIS) program. The day this event occurred was a particularly busy one as I had advised three students at Loudoun and was eating lunch in my car before I had intended to meet other students at NOVA Alexandria. I was rushed and was eating a kale salad in my car when a piece of kale became lodged in my throat. I was alarmed as I could not clear it by drinking water or coughing. I couldn't breathe and I could barely talk. I had no idea what to do but I knew I needed help immediately. I ran from the parking lot into the grassy area between the LR building and the LC building, and kept repeating the word "Help" in a very faint voice as I could barely talk. Jimmy happened to be there and came to my rescue. I couldn't even tell him what was wrong but pointed to my throat and mouthed the words "I can't breathe." He immediately started to perform the Heimlich maneuver on me until the piece of kale was dislodged and I could breathe. I honestly don't know what I would have done if he had not been there to help me.

If he had not been there and didn't know the Heimlich maneuver, I may not be here today. People should never doubt their ability to make a difference; it may literally be life-saving.

Thank you for calling to mind Jimmy's humanitarian nature and for educating others about the importance of performing the Heimlich maneuver when it is needed.

Would you know what to do? When was the last time you reviewed the Heimlich maneuver? Please visit the following site to refresh yourself on the techniques and actions to save someone from choking - <https://www.mayoclinic.org/first-aid/first-aid-choking/basics/art-20056637>.

2018-2019 NOVA Police Training

NOVA Police conduct an active community outreach program. The following topics are available for presentation to faculty, students, clubs and staff. If there are additional topics you would like presented in your class, please contact Lt. John Weinstein at jweinstein@nvcc.edu.

Topics:

Active Shooter Response

Dealing with Difficult People

Staying Safe in the Classroom

Staying Safe on the Street/Self-Defense Considerations

Alcohol/DUI Awareness

Recognizing/Reporting Suspicious Behavior

Crimes Against Women/Human Trafficking

Staying Safe While Using Uber and Lyft

Identity Protection

Technology and Policing

Empower Yourself to be Safe!

Writing in the Workplace

Everything You Ever Wanted to Know About the Police (But Were Afraid to Ask)

Download LifeSafe Mobile Safety App

The LifeSafe Mobile Safety app, available at no charge to NOVA faculty, students, staff and their friends, is a powerful tool that can empower you to stay safe, keep your campus safe, put potentially life-saving information at your fingertips, and facilitate timely interaction with NOVA Police in the event of an emergency or need for assistance. Download LiveSafe at [iTunes](#) or [Google Play](#). It is easy and fast. Go to www.LiveSafeMobile.com to download this great app.



LiveSafe