



UMES DEPT OF PUBLIC SAFETY RECEIVES SAFETY AWARD



Photo Caption: Pictured left to right: Candice Smith (Somerset County Sheriff Department's Community Traffic Safety Program), UMES Officer Shacarius Shrieves, Barbara Beckett (Executive Director of the Maryland Committee on Safety Belt Use), UMES Chief Lawrence Wright, and Ronnie Holden (UMES Vice President for Administrative Affairs).

The U.M.E.S. Department of Public Safety was recently honored with receiving the 2005 Meritorious Award for participating in the Maryland Chief's Challenge. This is a statewide competition among law enforcement agencies to increase public awareness about the use of safety belts. The Maryland Chief's Challenge was developed by the Maryland Chiefs of Police Association (MCPA), Maryland Committee for Safety Belt Use (MCFSBU), and the Maryland Highway Safety Office (MHSO). The goals of the program are to:

- enhance knowledge of the Maryland seat belt laws
- raise public awareness of injury-reduction and seat belt use
- integrate seat belt use into daily traffic enforcement

Special points of interest:

- 75% of all crashes occur within 25 miles of home.
- Correct use of seat belts reduce the risk of injury by 45 to 55 percent
- Motor vehicle crashes are the leading cause of death for people age 15 to 24
- Seat belts usage rose 75% in the



SEASONAL DEPRESSION AWARENESS MONTH

December is national seasonal depression awareness month. During this time of year with the seasons changing and the days getting shorter, some people develop **Seasonal Affective Disorder (SAD)**. SAD is a depression that occurs due to the changes in the amount of daylight known as “the winter blues”. Between 6 percent of the U.S. population suffers from SAD, and is common among women between the age of 20 to 40. The cause of SAD is not exact but one theory states, that with the decrease of exposure to sunlight, it slows down the normal functions of the body such as: regulation of mood, sleep, and hormonal excretion. People who suffer from SAD have common signs of depression: sadness, anxiety, fatigue, weight gain, difficulty concentrating, and withdrawal from social activities.

There are things you can do to help prevent or deal with SAD. One is to spend more time outside of the home and around other people, eat a well-balanced diet and include sufficient amounts of vitamins and minerals, and exercise about three times a day for more than 30 minutes. Most importantly seek professional counseling, if needed.



UMES COUNSELING CENTER

We all know that upcoming finals exams are here and the stress of tests and research papers and other problems may seem to be overwhelming you all at once. The UMES Counseling Center is staffed with professionals in helping college students deal with crisis that you may face. Services are free of charge to all UMES students and sessions are strictly confidential. You can reach a staff member in the Counseling Center at 410-651-6449.

If you need someone to talk to you can also call these available phone numbers:

- The Health Center Ext. 6597
- University Police Ext. 6590
- Life Crisis Center (410) 749-4357



WINTER BREAK



To all students be mindful that the Fall 2005 semester is quickly coming to an end. In order to make sure all of your belongings are packed and secured correctly, do not wait until the last minute to pack. All of your belongings in your room must be taken out during the winter break. During this time, theft is also a problem, please lock your doors and secure all windows to help deter theft. If have any questions about storage or other concerns contact your Area Directors. The last day for students to be on campus is December 16, 2005.

WINTER DRIVING TIPS

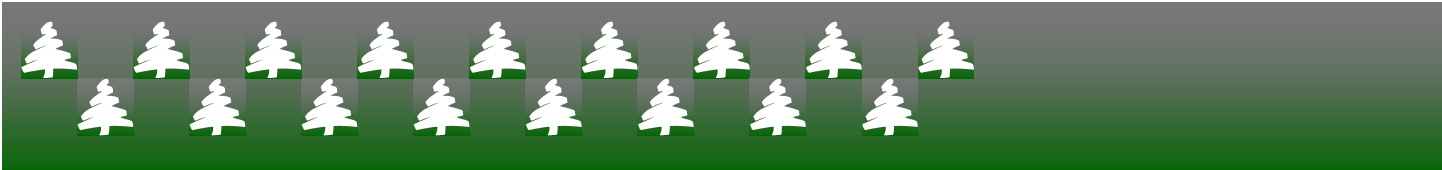
Winter driving is the most difficult driving season, with unexpected black ice and unpredictable road conditions. Preparing your vehicle for the winter season and knowing how to react on wintry roads are the keys to safe winter driving. It is important to make sure that your vehicle is in good condition especially the tires. Also be sure to listen to your local weather and radio stations about road conditions especially when traveling over the Christmas holidays.



Here are a few pointers:

- * Be sure all fluids are at proper levels
- * Have snow scraper in your vehicle
- * Ensure tires are in good condition
- * First aid kit in your vehicle
- * Jumper cables and warning devices
- * Bottled water

(Drive Safe and Buckle Up!)



UMES
DEPARTMENT OF
PUBLIC SAFETY

30737 Backbone Road
Princess Anne MD 21853
410-651-6590

HAPPY HOLIDAYS

HAPPY HOLIDAYS

BE SAFE

REMEMBER TO BUCKLE UP!



A rectangular sign with a green background and white text. The top half says "BUCKLE UP" in large, bold, white letters. Below that is a white icon of a seatbelt buckle. The bottom half says "IT'S THE LAW" in white letters.

www.umes.edu/police