

# YORKVILLE POLICE DEPARTMENT

## NEIGHBORHOOD WATCH NEWSLETTER

November 2009

### Energy Drinks

There is a growing market for energy drinks and they are zeroing in on our youth. When you think about it, Energy Drinks and Youth don't make a lot of sense. Our youth are the ones who have the most energy, why do they need more?

Most energy drinks are high in sugar content, along with water, vitamins, minerals, caffeine, and/or some other type of stimulant. The high level of sugar means the water is absorbed into the body more slowly than with low- or no-sugar drinks, increasing the dehydrating effect. The vitamins and minerals advertised in some energy drinks are already supplied through a good, nutritious diet. There is no need for supplemental doses of these nutrients unless prescribed by a doctor.

Depending on brand, energy drinks can contain up to three to four means of stimulant (caffeine) or sedatives. There can be Guarana (caffeine-like stimulant from Brazil), Taurine (stimulant), Mate (caffeine-like), or Kava Kava (traditional Polynesian sedative).

The bottom line, caffeine is a drug and should be treated as the same. There is no reason why an already energy filled youth needs to take a foreign substance to continue energy that his/her body has exhausted. This is the time the body is telling you to sleep and reenergize.

### G-20 Pittsburgh Security

The week of September 22-26<sup>th</sup> Sergeant Terry Klingel and myself were given the opportunity to travel to Pittsburgh, PA with the ILEAS Mobile Field Force to assist with security and riot control for the G20 Summit.

A little background information: ILEAS stands for Illinois Law Enforcement Alarm System- which is a way to say that if there is a natural disaster or help needed to other jurisdictions; the members of this unit might be called upon to help, such as cases like the G20 where many law enforcement personnel are needed. The trade off would be that if Yorkville needed assistance with man power after a natural disaster, these members could be called upon to be used.

Now back to the G20. This was a summit that draws worldwide attention, therefore, worldwide protesters. With the 1<sup>st</sup> amendment "Freedom of speech" comes the right to protest, as long as it is legal. For example- having a protest that leads to damage being done is not lawful and will result in arrests being made. This is what we were able to assist in while in Pittsburgh. It was a once in a lifetime experience and a great "on the job" training opportunity that we were able to bring back to Yorkville.

*Officer Sarah Klingel*

### Q&A on the "Video Gaming Act"

For the next several months we will be conveying information on the new Video Gaming Act. This information is being provided by the Illinois Liquor Control Commission News bulletin that we are members of.

Each respective city, town or village has to make a decision if they want Video Gaming in their jurisdiction. Each month we will give you an answer to some of the frequently asked questions that has arisen from this new act.

Q: Is a license required to place a video gaming terminal in a liquor establishment?

A: *Yes. A valid license issued by the Illinois Gaming Board (IGB) is required to place a video gaming terminal in your establishment. Those found without proper license are subject to a Class A misdemeanor, with subsequent offenses subject to a Class 4 felony.*

Q: How many video gaming terminals will be allowed at each site?

A: *Up to five machines may be placed at each licensed establishment.*

To be continued...



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### Traffic Corner

November is a month that the weather can become unpredictable. Because the weather is so unstable, everyday and holiday traveling can become a problem. There are a few steps a driver can take before embarking on a drive that can ensure that the individual makes it safely to his/her destination.

The first step is to "winterize" your vehicle. Make sure your windshield wiper canister is full of non freezing fluid. This helps keep an icy or snowy windshield clear of weather related obstructions so that a driver can properly see out of it. While under the hood, make sure all the vehicles fluids are full and that the car is running well. In cases where drivers might get stuck in a snowstorm or a snow bank, it is important that a vehicle is in good running condition to ensure that a stuck driver can get heat. Always leave the window open a small amount for proper ventilation and that the area around the exhaust pipe is clear of all obstructions. Gas levels in a vehicle can also aid in keeping a driver warm in cold weather conditions.

After your vehicle is winterized, make sure your car has been cleared off with the snow and ice. If a vehicle has ice or snow on it and is not cleaned off, chunks of snow and ice can fall onto other vehicles driving around on the roadway. This can cause an accident or cause damage to

another vehicle from the falling debris. Also, if a driver can't see clearly through a windshield this can cause hazardous conditions for the driver and the possibility of hitting a parked car or another stationary object is greatly increased.



Another way to make it to your cold weather destination safely is to check road conditions. In cases where the weather is predicted to change, such as snow, ice, or sleet, it is important to check the road conditions and plan appropriate amounts of time to travel to your destination. If a driver under predicts drive time, one tends to travel faster than is safe, increasing the chances of being involved in an accident. There are various ways to check on the road conditions: watching the news and watching the weather report; listening to the radio and the traffic updates on the Chicago radio station; the high technical way of going online and looking at the IDOT highway website can help to estimate your travel times. The IDOT website can also tell the driver if the highway is open or has been closed due to the weather.

Use common sense and *make* time to travel safely, it may not be just your own life that you save.

*Officer Sarah Klingel*

### Avoiding Deer

Did you know November is the month with the highest risk for a vehicle-deer collision, such accidents can happen any time of the year, and the effects can be costly according to the National Safety Council. Here are some tips from the Department of Transportation.

- When you spot a deer, watch for more. Deer frequently travel in groups.
- Know that deer are nocturnal and often travel at dawn and at dusk. Many deer-vehicle crashes occur between 6 p.m. and 12 a.m.
- Do not swerve into another lane to avoid striking a deer. It is better to strike a deer than another vehicle or fixed object.
- If you hit a deer, call 911 and wait for assistance from law enforcement personnel.

The best way to prepare for animal encounters is to be conscious of the possible altercation at any time.

### On the Web

City Ordinances & Information:  
[www.yorkville.il.us](http://www.yorkville.il.us)

Illinois Laws:  
[www.legis.state.il.us](http://www.legis.state.il.us)

Secretary of State:  
[www.cyberdriveillinois.com](http://www.cyberdriveillinois.com)