



#### UPCOMING EVENTS:

##### PD and City Offices closed:

- November 10
- November 23
- November 24
- December 25
- December 26
- January 1

#### INSIDE THIS ISSUE:

Toys for Tots	2
Smoke Alarms	2
Sledding Safety	3
Winter Driving and Plows	3
Hunting Safety	4

# Crime Fighter

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## Welcome

Seasonal Affective Disorder (SAD) is a type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer. Depressive episodes linked to the summer can occur, but are much less common than winter episodes of SAD.

#### Signs and Symptoms:

SAD is not considered as a separate disorder. It is a type of depression displaying a recurring seasonal pattern. To be diagnosed with SAD, people must meet full criteria for major depression coinciding with specific seasons for at least 2 years. Seasonal depressions must be much more frequent than any non-seasonal depressions.

#### Symptoms of SAD:

- Having low energy
  - Hypersomnia
  - Overeating
  - Weight gain
  - Craving for Carbohydrates
  - Social withdrawal (feel like hibernating)
- Risk Factors:**
- Being female. SAD is diagnosed 4 times more often in women than men.
  - Living far from the equator. SAD is more frequent in people who live far north or south of the equator.
  - Family history. People with a family history of other types of depression are more likely to develop SAD than people who do not have a family history of depression.
  - Having depression or bipolar disorder. The symptoms of depression may worsen with the seasons if you have one of these conditions.
  - Younger age. Younger adults have a higher risk of SAD than older adults. SAD has been reported even in children and teens.

#### Treatments and Therapies:

- Medication
- Light therapy
- Psychotherapy
- Vitamin D

If you think you may have depression, start by making an appointment to see your doctor or health care provider.

For more information and resources to assist you if you need help, visit the National Institute of Mental Health:

[www.nimh.nih.gov](http://www.nimh.nih.gov)

## Winter Parking Reminder

We would like to remind the citizens of Minnetrista and St. Bonifacius that the winter parking rules to into effect on November 1st.

The following is a summary of the rules for each city:

#### Minnetrista

**No parking on streets between 2am and 6am, November 1st through March 31st.**

#### St. Bonifacius

**No motor vehicle parking on streets between 3am and 7am, November 1st through April 1st.**

Even if there is no snow on the ground the ordinance is still in effect. Also, even if the road is not posted for winter parking, the ordinance is still in effect.

In addition, please keep all items, including recycling and garbage containers, off the street to prevent them from getting hit by snowplows.

Also, it is very difficult to see children playing in large piles of snow that accumulate at the ends of driveways. Please keep children away from these piles so that they are not injured.

# TOYS FOR TOTS



This year, the Minnetrista Police Department, Minnetrista City Hall and St. Bonifacius City Hall will be drop off locations for Toys for Tots. Toys will be delivered by the Minnetrista Police to the Golden Valley drop location before Christmas. We will be accepting new toys between now and December 8th. It is recommended that the

new toys be in value of \$10 or more and be unwrapped. No candy or military/weapon type toys will be accepted. Children ages 0-15 need toys, with the ages of 0-2 and 10-14 in the greatest need. Donations are tax deductible. Hours for donation drop-off are Monday through Friday 8am—4:30pm.

If you would like more information, please contact the Police Department at (952) 446-1131.



## Smoke Alarms

In the event of a fire, it is essential that your home is equipped with correctly installed and maintained smoke alarms. More than half of all fatal fires in the home occur at night while people are sleeping. Smoke alarms cut the risk of dying in a home fire almost in half.

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home, including the basement.
- Interconnect your home's smoke alarms.

This way, when one sounds, they all sound.

- Teach children the sound of the smoke alarm and to exit the home/building when it sounds.
- Place alarms on the ceiling 4 inches from the wall; alarms on the wall must be four to 12 inches below the ceiling.
- Smoke alarms should be tested monthly.
- Smoke alarm batteries should be changed at least once a year.

- All smoke alarms should be replaced every 10 years.

For more information, visit the MN Department of Public Safety website:

[www.dps.mn.gov](http://www.dps.mn.gov)

# Sledding Safety

Most people can agree that kids on slippery saucers careening down an icy hill at upwards of 20 miles per hour can be dangerous. According to the Center on Injury Research at Nationwide Children's Hospital in Columbus, Ohio, more than 20,000 kids younger than 19 are treated for sledding injuries on average each year. Injuries often occur when the sled hits a stationary object or the child falls off. That's why parents would be wise to purchase sleds that can be controlled with a steering mechanism and brakes.

If you are planning on taking the kids to the local hill, don't just drop them off, especially if they're under age 10. Stick around while they sled, make sure all sledders wear a helmet—sledding injuries often include skull fractures—and be sure to share these important guidelines with them so they can

enjoy tobogganing and sledding safely.

- Make sure all equipment is in good condition, free of sharp edges and cracks
- Sled on spacious, gently sloping hills with a level run-off at the end so the sled can safely stop
- Check slopes for bare spots, holes and obstructions, such as fences, rocks, poles or trees
- Do not sled on or around frozen lakes, streams or ponds
- Riders should sit or lay on their back on top of the sled with feet pointing downhill; never sled head first
- Dress warmly and wear thick gloves or mittens and heavy boots to protect

against frostbite and injury.

For more information, visit the National Safety Council website:

[www.nsc.org](http://www.nsc.org)



## Winter Driving and Plows

Follow these tips for safer winter driving when around snowplows:

- Turn on your headlights and wear your seat belt.
- Slow down: allow at least 10 car lengths between your vehicle and the plow.
- Stay behind the snowplow. The road behind a snowplow is safer to drive on.
- Watch for snowplows that turn or exit frequently, and often with little warning.
- Never drive into a snow cloud.

Snowplows travel much slower than posted speeds because it is most effective for clearing

roads.

The driver's field of vision is severely restricted behind the truck, and the driver must rely on mirrors to see to the rear and side of the truck. Remember to:

- Be patient, and remember snowplows are working to improve road conditions for your trip.
- Stay alert for snowplows that may travel over centerlines or partially in traffic to further improve road conditions.
- Slow down to a safe speed for current conditions. Snowplows typically move at slower speeds.

Don't forget, you and the snowplow drivers are in the storm together. Be patient with the snowplows and drive according to road conditions. Heavy traffic congestion affects snowplowing operations, so if you're stuck in traffic, so are the snowplows.

For more information, visit the Minnesota Department of Transportation website:

[www.dot.state.mn.us](http://www.dot.state.mn.us)





### Contact Information

#### Minnetrista Public Safety Department

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#### Fight Crime. Promote Safety



## Hunting Safety

More than a half-million people hunt every year in Minnesota. The DNR's goal is that every one of them returns home safely at the end of every hunt. While hunting is one of the safest recreational activities there is, even one injury is one too many.

More than 21,000 students every year in Minnesota earn their firearms safety certification and since 1955, more than 1.3 million have done so. As more students have completed firearms safety training, there's been a corresponding decrease in the number of injuries and fatalities that occur as a result of firearms-related hunting incidents.

**By following these basic rules, hunters can avoid most hunting-related firearms incidents:**

- Treat every firearm as if it is loaded. Never assume a firearm is unloaded.

- Always control the muzzle. Keep your muzzle pointed in a safe direction and remember that anything toward which the muzzle points is in the cross-hairs. Don't overlook the possibility of a ricochet.
- Be sure of your target and what is beyond. You're responsible for knowing what's in front of your target, near your target and beyond your target. If you aren't certain about any of the three, don't take the shot.
- Keep your finger off the trigger until you're ready to shoot. Your finger should be outside the trigger guard until you're ready to shoot.

#### Protective Gear

Hunter's eyes and ears are vulnerable to a number of potential hazards while hunting, so it's important to protect them. Firearms create a

high decibel sound that can damage hearing. Also, when a firearm is fired, it sends the projectile down range. Along with the projectile, the firearm also discharges small particles of the projectile, burning gas and other residue that can damage your eyes. Always wear safety glasses and ear protection.

#### The effectiveness of blaze orange

Blaze orange has made hunting safer. Spotting a hunter wearing camo is hard, but wearing blaze orange makes you visible to others hunting in the area.

For more information, visit the MN DNR website:

[www.dnr.state.mn.us](http://www.dnr.state.mn.us)