



Crime Fighter

VOLUME 18, ISSUE 1

JANUARY 5, 2022

UPCOMING EVENTS:

PD and City Offices
closed:

- January 17th
- February 21st

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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

WINTER PARKING REMINDER

We would like to remind the citizens of Minnetrista and St. Bonifacius that the winter parking rules are still in effect.

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.

TRISTA DAY

After bad weather and the pandemic forced us to postpone Trista Day the last 2 years, we are happy to announce that Trista Day 2022 will be held on Saturday, May 21st from 11:00am to 2:00pm. This annual public safety awareness event is sponsored by the City of Minnetrista. It features events for all ages including safety education displays,

kids' activities, product displays, promotional items, and free food! Trista Day is a great opportunity for your business or organization to promote itself to area residents through a booth. It is a great way to serve your community, promote safety awareness and have fun! If you are interested in helping make Trista Day a success by contributing as a vendor,

entertainer, booth-holder, and/or volunteer, please contact the Police Department at (952)446-1131 or police@ci.minnetrista.mn.us You can also visit our website for information and for the vendor booth registration form. Booth applications must be received by April 30, 2022.



Always lock your vehicle—even if it is parked in your driveway

We are always accepting applications for our Volunteer Reserve Unit

Theft from Vehicles

Any vehicle having items left in plain view will draw the attention of a thief. A gym bag, backpack or purse left in plain view could be enough of a temptation for a thief to break the window, hoping that there is something of value inside. Identity thieves frequently target vehicles, knowing that it is a good source for finding personal

information from wallets, purses, briefcases, and the like.

Reduce your risk:

- **Always** lock your vehicle, including when it is parked in your garage or driveway.
- **Never** leave valuables in your vehicle. If you have no choice but to leave items behind, try to hide

them from view.

- If you hide items in the trunk, disable the automatic trunk release.
- Immediately call 911 if you observe suspicious activity; such as someone tampering with or looking into vehicles.

MINNETRISA POLICE RESERVES

The Minnetrista Police Department is accepting applications for positions with the Volunteer Reserve Unit. The purpose of the Reserve Unit is to provide support services to the citizens we serve and to the members of the Min-

netrista Police. These services include traffic control, crime prevention, citizen and neighborhood watch programs, residence and business checks, security assignments, and emergency callouts to disasters and cri-

sis situations.

If you would like an application or have any questions regarding the Reserve program, please contact Community Service Officer Walsh at (952)446-1131.

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



Be Prepared for the Flu

Protect yourself, your family, and community when the flu season arrives.

- Stay informed. Health officials will provide additional information about the flu virus as it become available.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone unless to get medical care or for other necessities. (Your fever should be gone without use of fever-reducing medicine). Keep away from others as much as possible. This is to keep from making others sick.

- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you don't have one yet, develop a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, and other essential supplies.
- Remember to get your flu shot each year.

Visit the Center for Disease Control & Prevention for more information and tips:

www.cdc.gov



Contact Information

Minnetrista Public Safety Department

7651 County Road 110 W
Minnetrista, MN 55364

Phone: (952)446-1131

Fax: (952)446-1623

Email: police@ci.minnetrista.mn.us

Fight Crime. Promote Safety



We would like to thank everyone who donated a toy for our Toys for Tots drive. It is greatly appreciated and we enjoy delivering the toys to KARE 11 every year.

SNOWMOBILE OPERATION

There are specific rules and regulations for operating a snowmobile in Minnesota; and Minnetrista alike. We have mentioned a few of those regulations below, but all of the laws regarding snowmobile operation can be found at the Minnesota DNR website (link at end of article).

Youth operation requirements:

- Anyone under 18 years old must wear an approved helmet.
- To register a snowmobile you must be at least 18 years old.
- Any resident of Minnesota born after December 31, 1979 must have a snowmobile safety certificate to operate a snowmobile in Minnesota.
- With a snowmobile safety certificate: anyone 12 & 13 years old can operate a snowmobile on public lands, public waters, and grant-in-aid trails. They may

operate on private land with permission. They may **NOT** cross state or county roads. Anyone 14 years old and older can operate a snowmobile in Minnesota, including crossing state and county roads.

General operation:

Where you may ride—public areas

- In the bottom or outside slope of a ditch of a COUNTY or STATE road.
- In the same direction as road traffic in the ditch from 1/2 hour after sunset to 1/2 hour before sunrise. Other than this time, you can ride in either direction.
- On a bridge in order to avoid obstructions to travel when absolutely necessary. But, the snowmobile must be operated in the extreme right-hand lane.
- On state and local trails.

- On iced-over waters that have legal access.
- On public lands that are open to motorized vehicles.

You may NOT ride on the roadway, shoulder or the inner slope of the ditch for a STATE or COUNTY road.

You also may NOT ride on any CITY road or ditch in Minnetrista.

For more information visit the DNR website at:

www.dnr.state.mn.us