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# Police Pages

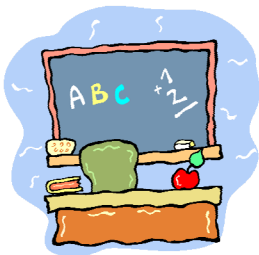
September 1, 2008



*Southern Shores, North Carolina*



**Welcome** back to the Southern Shores Police Pages. School is in again and that means that we start saying goodbye to the tourists. Another summer has come and gone and it's time to get back to a routine. Here are a few reminders to be aware of with the start of the school year but as always, please do not hesitate to call us at 252-261-3331 or e-mail us at [infopd@southernshores-nc.gov](mailto:infopd@southernshores-nc.gov) with questions, suggestions or concerns. Thank you for your continued support of the Police Department and, as always, we look forward to hearing from you!



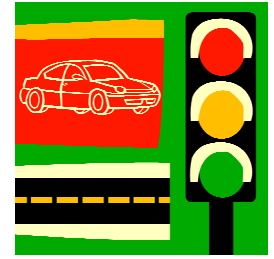
## Back To School!



Now that school has started, we will be seeing lots of children riding their bikes to school or to the bus stop. Some will be with their parents and some won't. Help to keep them safe by remembering a few basic bicycle safety rules...

- **Wear a Properly Fitted Bicycle Helmet.** Protect your brain, save your life.
- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.
- **Check Your Equipment.** Before riding, inflate tires properly and check that your brakes work.
- **See and Be Seen.** You need to be seen by others at all times. Always wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.
- **Control Your Bicycle.** Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.
- **Watch for and Avoid Road Hazards.** Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.
- **Avoid Riding at Night.** It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle (white lights on the front and red rear reflectors are required by law in many States), in addition to reflectors on your tires, so others can see you.





## Rules of the Road – Bicycling on the Road

In North Carolina, bicycles are considered vehicles, and cyclists have the same rights and the same responsibilities to follow the rules of the road as motorists. When riding, always:

- **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
- **Obey All Traffic Laws.** A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- **Yield to Traffic When Appropriate.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.
- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **Stay Alert at All Times.** Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.
- **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left- or right-turning traffic.
- **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

## Sidewalk versus Street Riding

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction.

- Children less than 10 years old, however, are not mature enough to make the decisions necessary to safely ride in the street.
- Children less than 10 years old are better off riding on the sidewalk.
- For anyone riding on a sidewalk:
  - Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
  - Watch for vehicles coming out of or turning into driveways.
  - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
  - Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, "Excuse me," or, "Passing on your left," or use a bell or horn.

And finally, those who are riding in automobiles should watch out for bicyclists and pedestrians. Remember that bicycles are considered vehicles and have the same rights to the road as any other vehicle. **Share the road!**



# Lock It Up!!





# Bullying

A big, tough kid stops a smaller kid on his way to school and threatens to hurt him unless he hands over his homework. The popular girls at school won't let anyone sit at their lunch table except their friends. These two bullying scenarios and others happen more often than most adults realize. [Seventy-four percent](#) of 8 to 11-year-olds say teasing and bullying happen at their school. But what exactly is bullying?

Bullying is:

- fighting, threatening, name calling, teasing, or excluding someone repeatedly and over time
- an imbalance of power, such as size or popularity
- physical, social, AND emotional harm

when someone is willing to hurt another person to get what he or she wants

Many parents don't think that bullying is as big of a problem as weapons or drug use but its effects can be severe and long lasting. Every day, nearly 160,000 children miss school because they are scared of bullying, according to the [National Education Association](#). Bullying doesn't only negatively affect its victims but also the bullies themselves.

Kids who are bullied are more likely to:

- do poorly in school
- have low self-esteem
- be depressed

turn to violent behavior to protect themselves or get revenge on their bullies

Kids who bully are more likely to:

- do poorly in school
- smoke and drink alcohol
- commit crimes in the future

Parents can play a central role to preventing bullying and stopping it when it happens. Here are a few things you can do.

- Teach kids to solve problems without using violence and praise them when they do.
- Give children positive feedback when they behave well to help their build self-esteem. Help give them the self confidence to stand up for what they believe in.
- Ask your children about their day and listen to them talk about school, social events, their classmates, and any problems they have.
- Take bullying seriously. Many kids are embarrassed to be bullied. You may only have one chance to step in and help.
- If you see any bullying stop it right away, even if your child is the one bullying.



- Encourage your child to help others who need it.
- Don't bully your children or bully others in front of them. Many times kids who are bullied at home react by bullying other kids. If your children see you hit, ridicule, or gossip about someone else they are also more likely to do so themselves.

Support bully prevention programs in your child's school. If your school doesn't have one, consider starting one up with other parents, teachers, and concerned adults.

**Our Community Resource  
Officer is Here To Stay!!**

As you may have seen patrolling the beaches and our parking areas this summer, Miguel "Mike" Estrella has done an outstanding job of enforcing our local ordinances and representing our police department with pride and professionalism. Fortunately for the Town of Southern Shores, Mr. Estrella has agreed to stay on with the police department on a part-time basis to assist us with traffic control at the school in addition to other community policing activities. We are happy to have Mr. Estrella remain a part of our team. As a longtime resident and property owner in Southern Shores, Mr. Estrella has a sincere interest in the welfare of the Town and its citizens.



**HURRICANE  
SEASON**



June 1 - Nov. 30

We've been lucky so far but hurricane season isn't over yet. Here are some important sources of information for storm preparation...

<http://www.darenc.com/EmgyMgmt>

For information on current road & travel conditions call:

North Carolina

1-877-368-4968

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

Virginia

1-800-367-7623



**Joke for the Day**



A policeman pulled over a car, walked up to the driver's window, and asked the man if he knew why he was pulled over. "No," the man replied. "You failed to stop at the stop sign," the cop explained. "But I did slow down!" the guy argued. The cop shook his head. "You are required to stop. That's why they're called stop signs." The man started to get belligerent. "Stop, slow down -- what's the difference?" The cop pulled out his baton. "I can show you. I'm going to start hitting you with my baton. You tell me if you want me to stop or slow down."



*Achieving Excellence  
Through Integrity*

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**From the desk of...**

It seems like just the other day we were preparing for the summer months, it went by so quickly. Officers were busy this summer, but now that things are slowing down, we will be focusing on our training. As most of you know school has started, I would ask parents to remind their children about the dangers of strangers. Kitty Hawk Elementary School personnel have agreed to remind their students what to do and not do if a stranger approaches one of them. We will also be making available a "Stranger Danger" brochure that will be distributed in the near future. I would like to thank all of those citizens that have and continue to support the police department. I would also like to personally thank all the members of the Southern Shores Fire Department for all their assistance this past summer. I can tell you first hand, that these members are some of the most dedicated professional people I've ever had the pleasure of working with.

