SEPTEMBER 2023



PUNA NEWSLETTER

Hawai'i County Police Department



'A'OHE HANA NUI KE ALU 'IA

No task is too big when done together by all.

As we kick off the month of September, whether to kōkua our community of Puna or extending our aloha to Maui, this Hawaiian proverb helps to remind us of the strength and possibility that comes from collaboration. No matter how lofty the goal, success can be achieved when working together.

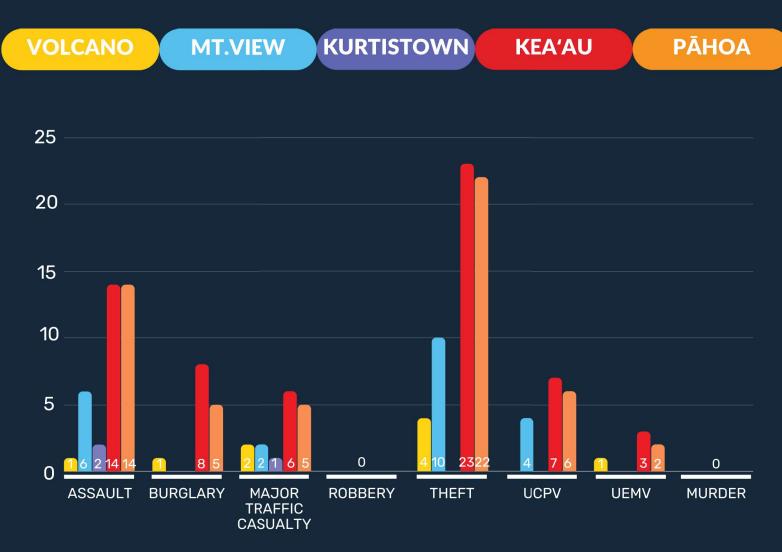
Let us also acknowledge-

Hawaiian History Month National Suicide Prevention Month National Preparedness Month

MONTHLY HIGHLIGHTS

- CRIME TRENDS
- MOVE OVER LAW PSA
- RULES OF THE ROAD
- UNATTENDED ANIMAL IN VEHICLE
- ANIMAL CONTROL INFORMATION
- PUNA'S MOST WANTED





- Assault: When a person intentionally, knowingly, or recklessly causes bodily injury to another or negligently with a dangerous instrument.
- **Burglary:** Intentionally & unlawfully entering & remaining in a building with intent to commit a crime against person or property.
- **CPD:** Criminal Property Damage; unlawful damaging of another's property; vandalism.
- Robbery: If in the course of committing theft or nonconsensual taking of a motor vehicle the person uses force.
- Theft: When a person obtains or exerts control over property of another with intent to deprive the other of the property.
- UCPV: Unauthorized Control of Propelled vehicle; auto theft.
- **UEMV**: Unauthorized entry into a motor vehicle; car break-in.



SLOW DOWN &



Attention Hawaii drivers! Did you know that there's a law in place to help protect our emergency responders? It's called the move over law, & it's important to understand what it requires of you.

When you see a stationary emergency vehicle with its lights on, such as a police car or a fire truck you must take action. Here's what you need to do:

First, change to an adjacent lane if possible. If you can't do that, move two lanes over to create an empty lane between you & the emergency vehicle.

second, slow down to a safe speed based on the current road conditions. Be prepared to come to a full stop if necessary to make a safe lane change.

This law applies to a variety of emergency vehicles,

This law applies to a variety of emergency vehicles, including police & fire department vehicles, tow trucks, & more. If you don't comply with the move over law, you could face a traffic citation, mandatory court appearance, & a fine of up to \$1,000.

Remember, violating the move over law & causing injury or death to an emergency responder may result in additional charges. Let's all do our part to keep our emergency responders safe by following Hawaii's

move over law.





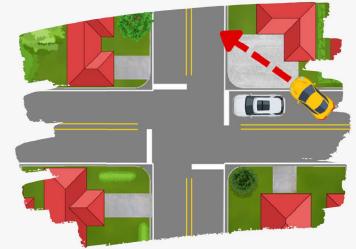




((CUTTING CORNERS)

The Hawaii Police Department would like to remind all drivers of Hawaii County Code Section 24-172 regarding cutting corners. This law prohibits any person from operating or driving a vehicle on or across any sidewalk area or through any driveway, parking lot, or business entrance for the purpose of making right or left turns from one street into another by avoiding intersections or as a means of traveling from one street to another.

It is crucial for all drivers to follow this law, as it helps ensure the safety of pedestrians & other drivers. Cutting corners can cause accidents, especially in areas with high foot traffic, & can result in serious injuries or fatalities. Moreover, violating Section 24-172 can lead to a traffic citation, & drivers who repeatedly violate this law could face more severe consequences. Cutting corners can cause Traffic Collisions, especially in areas with high foot traffic, & can result in serious injuries or



fatalities. Moreover, violating Section 24-172 can lead to a traffic citation, & drivers who repeatedly violate this law may face more severe consequences.

We understand that some drivers may be tempted to cut corners to save time or avoid traffic. However, it is important to prioritize safety over convenience. By taking the extra time to follow the rules of the road, we can all help reduce the number of collisions & injuries in our communities. Thank you for your cooperation in helping to keep our roads safe.

DON'T LEAVE YOUR ANIMAL IN A HOT CAR



is all it takes for heatstroke to be fatal

Leaving a dog unattended in a hot car is not only dangerous but also illegal under Hawaii Revised Statutes Section 711-1108.5.

Temperatures inside a car can skyrocket in just minutes, causing suffering, injury, or death to your furry companion.

Cracking the windows isn't enough to keep them safe. If you see a dog in distress in a hot car, please <u>call 911</u>. Let's work together to keep our pets safe & make Hawaii a better place for all our furry friends.

Mahalo for your attention & support!

90°

Even if the temperature outside is only 70°, the inside of your car may be as much as 20° hotter!

102°

On an 85° day, it only takes 10 minutes for the inside of your car to reach 102°.

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120°

Within 30 minutes, the car's interior can climb from 85° to a scorching 120°





Aaron **NOBRIGA**



Alden **PAULINE**



William **MORESETH**



Irvin **AGRES**



Kaoionamamo LUNDIN



Kiel BRENDE



Brandon **BLYE**

TOOLKIT FOR SUICIDE PREVENTION

Suicide is a major public health concern and a leading cause of death in the U.S. Help the National Institute of Mental Health (NIMH) raise awareness by sharing resources that help others recognize the warning signs for suicide and know how to get help.

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:

▶ Wanting to die

- ▶ Great guilt or shame
- ▶ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Dunbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▶ Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▶ Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline Call or text 988 Chat at 988lifeline.org

Crisis Text Line Text "HELLO" to 741741

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- · Feeling a little down
- Feeling down, but still able to do job, schoolwork, Feeling down, but still able to take care of or housework
- · Some trouble sleeping
 - yourself or take care of others



If so, here are some self-care activities that can help:

- · Exercising (e.g., aerobics, yoga)
- · Eating healthy · Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- . Talking to a trusted friend or family member
- · Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- · Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- · Struggling to get out of bed in the morning because of mood
- · Difficulty concentrating
- · Loss of interest in things you usually find enjoyable · Unable to perform usual daily functions
- and responsibilities
- . Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person;
 Medications individual, group, or family

 - . Brain stimulation therapies
- For help finding treatment, visit nimh.nih.gov/findhelp.

