



Gateway Gazette

Volume IIX, Issue 4

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January 2008

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Binge Drinking can have long-term health consequences

A new research into life long alcohol consumption reveals that heavy binge drinking by adolescents and young adults is associated with increased long-term risk for heart disease, high blood pressure, type 2 diabetes and other metabolic disorders. The risk is lower in people who start drinking alcohol later in life and maintain more moderate drinking patterns.

The study just published by the Journal of Clinical Endocrinology and Metabolism (JCEM) indicated that there is an increased health risks were independent of the total amount of alcohol consumed over a lifetime, or whether or not people stopped or curtailed drinking as they matured.

According to Dr. Marcia Russell of the Pacific Institute for Research and Evaluation's Prevention Research Center in Berkeley, California who authored the study. "Early initiation of alcohol drinking and heavy drinking in ado-

lescence and early adulthood seem to be associated with a number of adverse health effects collectively known as the metabolic syndrome."

Metabolic syndrome refers to a cluster of metabolic risk factors that increase the chances of developing heart disease, stroke and type 2 diabetes. The exact cause of the metabolic syndrome is not known, but genetic factors, to much body fat (especially around the waist) and lack of exercise increase the risk of developing the condition.

The research in this study was based on data from the Western New York Health Study (WNYHS) which was conducted from 1996-2001. The study collected lifestyle information on more than 2,800 people who reported there were regular drinkers at

one point in their lives. The study also collected data on the prevalence of the metabolic syndrome and its components, including obesity, high triglycerides, low HDL cholesterol, elevated blood pressure and high fasting glucose.

The study identified lifetime drinking patterns, early peak drinking and stable drinkers. As was identified early peak drinkers stated on average 10 years younger than stable drinkers. They drank fewer and consumed less volume of alcohol but averaged more drinks per drinking day and had higher rates of episodic heavy drinking and intoxication.

The risk for increased metabolic syndrome found in the study may be associated with adverse health effects of early unhealthy drinking patterns, which were carried over to later life. In addition, early peak drinkers may have adopted other lifestyle habits detrimental to cardio-metabolic health.



FBI releases crime statistics in Schools

The Federal Bureau of Investigations Uniform Crime Reporting (UCR) program reported in November 2007, that 37.7% of violent crimes were associated at schools, colleges and universities.

Overall 3.3 % of all crime occurred at schools, colleges or universities. From the data that was collected from the National Incident based Reporting System (NIBRS) the following information was identified.

- 96.1 % of Arrests were made in the assault category, including simple assault, aggravated assault and intimidation.
- Most Offenders (38%) of crime in schools whom ages was known were to 13 to 15 years old.
- Males accounted for 76.7% of offenders who committed crimes at schools for whom gender was known.
- White offenders account for 71.1% of total known

offenders, 27.4%, black offenders and 1.6% all others.

- 52.1% of all crimes were committed by "Acquaintance"
- The most common weapon type used were personal weapons, hands, fists, or feet. 74.1%

Source: FBI press release 11/07/07

Kansas City, Looking for ways to combat gangs!

Kansas City Police Department is attempting to tackle a growing gang issue in their community. Recent events including the shooting of a police officer by a gang member during a traffic stop. That same gang member has now been linked to another unsolved homicide of another Kansas City teen.

What is occurring in Kansas City is not unique to Kansas but is growing across the country. Youth crime is on the rise and gang crime is growing so rapidly that some jurisdictions are having a hard time getting a handle on how to effectively address the situation.



Some legislators call for increased gun laws, gang laws and new laws, while others advocated midnight basketball leagues, teen centers and job training programs.

In communities in which street gangs are not the norm, instituting new laws might seem like a good idea, but further information needs to be collected before haphazard legislation is put into place. This would include the type of gang, the scope of its activities, the total number of active membership, identification of neighborhoods or turfs they claim, what criminal market sector they are attempting to exert influence upon to name a few.

Once all of this data has been gathered another series of intelligence acquisitions must be undertaken. These include asset and resource identification.

Asset and resource identification include what local business, religious, social or neighborhood organizations, leaders and individuals can your community access in order to address the issues that are facing your community.

For example if you have a street gang attempting to influence a criminal market sector, such as an open air drug market, in which neighborhood residents are threatened and intimidated then resources must be put into place to address multiple issues at once. It cannot merely be a law enforcement issue, although the law enforcement agency does play a major role, as the figure head agency in the mission objective of crime reduction.



Working off of our hypothetical open air drug market there are multiple issues in play. How does the drug market operation work? Are their "lookouts", or community collaborators who are making money from the street gang? Is there something in particular about the community or that location that makes the area a "ripe" market.

What is the status of the community? Is it in a downward trend or a re-vitalization? Can local businesses be enlisted to develop properties into viable housing, retail or commercial developments. What is the religious strength of the community? Is it possible to enlist key religious leaders into the matrix.

Community outreach must be done, the local citizenry must be engaged to participate in the solution.



Evaluations should delve into the level of activity that is occurring in the schools, as well as to the level of programs available to address gangs, drugs and violence.

In schools they should have a very well thought out policy addressing gangs, bullying and threats of violence. The school administration should be training their staff in gang recognition and bully awareness.

The school programs that are implemented to address gangs, drugs and violence should be comprehensive, crossing multiple grade levels up to and into high school.

Any program implemented should cover gang recognition, alternatives to gangs, drug awareness, bullying, anger, victimization, self-esteem and

The School Administration from School Board member down to school janitorial staff should be trained in gang and vio-

lence prevention. In addition, agreements must be drawn up between the local law enforcement agencies that service the school and the school to exchange information.

In most states there are laws prohibiting schools from releasing information to law enforcement. These laws have become a hindrance in addressing the quick paced nature of street gangs. The agreement that would be put into place spells out which information can be dispensed, to whom and for what specific reasons that information can be given.

These agreements protect both the school staff as well as local law enforcement and insures that each has knowledge about what their students are doing in and outside of the educational environment when it can effect the health and safety of others in the school.

Community outreach must be done, the local citizenry must be engaged to participate in the solution. If they fail to join in then very little can be done to influence change. Those that are committing crimes can be arrested and taken to jail, but if the area has no comprehensive plan for change and little structure to attain that change it will not occur.



Community outreach is best down through local grass root organizations such as church

and religious organizations, ethnic and social organizations, block clubs, outspoken local citizenry.

The local law enforcement agencies must provide a single point of contact for these groups. This single point of contact, a beat liaison officer, assists with accessing services and directing resources to assist in neighborhood cleanup and improvements.

A comprehensive multi-pronged approach is the best bang for the buck. It provides for asset development, inclusion of all parties and working from within the neighborhood to eliminate the problems from within.

Canada becoming a haven for gangs!

According to a recent article out of Canada, Central American street gang members who are running from law enforcement are flocking to Canada.



There are a great number of Central American gang members including such gangs as Mara 18 and MS 13 who are seeking refugee status in Canada.

Members of the Royal Canadian Mounted Police have reported this increased appearance of these gang members because of recent crack downs in those Central American countries.

A member of MS-13 recently had his refugee status denied and awaits deportation after his criminal proceedings are completed.

The RCMP hopes that their close relationship with Guatemalan law enforcement groups will provide them with intelligence information and connections to address the new influx of gang members.

The RCMP has stated that they are keeping a watchful eye, because they do not want to see the issues that are facing the United States, particularly involving Central American Street Gangs.

Strawberry Meth

A new twist on an old drug has been marked in 2007, the speculation is that it was directly marketed to make it more appealing for teens.

Originally rumors began floating around in emails about "Strawberry Quick", named after the milk drink "Quik".



However, what did happen is that in January 2007, Nevada became the first state to report the substance. It was found in a gang members apartment near Carson City, Nevada.

Drug traffickers are trying to lure in new customers and they are turning to any way possible to do so. Coloring the meth and changing its name, gives the user the belief that it is a designer drug, new on the market, making it more attractive to new users.

The drug has been described as resembling rock candy or Pop Rocks, because of its appearance. Because of the similar appearance young children face a higher risk of



ingesting this drug if left out by older siblings or parents.

There were rumors that the drug was also flavored to make it more appealing but there have been no confirmed reports from reputable crime labs on this.

Why we all need gang training, with follow-up!

Across America, there are gang members. There is not a community in the United States that can say they have not experienced to some degree street gang activity

In any community street gangs can be created. All a group of young teens would have to do is log on to the internet and look at such social networking sites as Myspace and they would have all they need to create a gang. There would not have to be the appearance of a gang moving into their community for one to be created.

Parents, teachers, administrators, social workers, prevention special-

ists, administrators, even law enforcement officers, all need gang training.

But all too frequently the gang training occurs and there is no follow-up, re-training or updates that occur. In most cases what one person may have learned has changed or become outdated by the time a person may try to apply their knowledge.

The dynamic of street gangs is an living entity. It changes and morphs from one aspect to another. Because it is always changes and those changes may or may not be applied then the what may be standard in one community or school may not

be in another as it applies to street gangs.

Street gang training should cover recruitment techniques, basic identifiers, local gang identifiers, criminal gang behaviors, gang use of technology and the internet, local ordinances, and state laws that are applicable to street gangs.

To be good training, it has be updated, applicable, understandable and in a format in which the student can apply it, otherwise its just a waste of time.

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Opening the GATE for our youth's Future

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2008 Training Schedule

February 2008

2/19 Internet Safety for Educators, Chicago
2/20 Gang Awareness & Recognition

March 2008

3/18 Gang Awareness & Recognition, Chicago
3/31-4/4 GATE Instructor Certification, Belleville MI

April 2008

4/30 Gang Awareness & Recognition, Peoria, IL

May 2008

May 1 Gang Awareness & Recognition, Chicago

June 2008

June 2-6 GATE Instructor Training, Chicago, IL

July 2008

TBA

August 2008

TBA

September 2008

9/3 Gang Awareness & Recognition, Chicago

October 2008

10/9 Internet Safety for Educators, Chicago

November 2008

No Courses Scheduled

G.A.T.E. America Inc, is an organization that works daily to protect America's young people from violence. That violence can be youth on youth violence, adult on youth violence, racial intolerance and terrorism. Our goals are to provide law enforcement officers, educators and parents with the appropriate training in key issues. We achieve this through programs such as G.A.T.E., a school based gang education intervention/prevention program for grades 5th through 8th. The G.A.T.E. program has two new programs available GATE Kids for grades K-4 and RADICAL for teenagers.

In addition, we provide training to school administrators, teachers and parents about other current issues including Gangs, Internet Safety and Violence Prevention.

Our final goal is to better prepare law enforcement officers to deal with youth violence, in-service training and ultimately keep them safe. We achieve this through our training courses and networking opportunities such as Crisis Preparedness for Schools, Crisis Planning In the Workplace, Gang Awareness and Recognition, GATE Instructor Certification and our newest course, First Officer On A Major Incident and a host of more. Check out our website for other courses as they become available.

Check out our new website, we have a new improved look, with easy navigation bars and the resources for parents, instructors and teachers.

WWW.OPENTHEGATE.ORG

Educators Tips

1. The child who is bullying others wants social success, but doesn't know how to attain it. He's grabbing for it, instead of being kind, interested in others, and empathetic.
2. Your child doesn't need your rejection or anger, he's getting more than enough of that at school. He needs your support, and your skills.
3. Kids who bully are hypersensitive, and often feel a bit paranoid, as though people are out to "get" them. They aren't skilled at reading social situations, and they often register unintentional slights or accidents as direct attacks.
4. Kids tend to initially like a child who bullies; they try to please him, follow his lead, and want to be his friend. This doesn't last—as kids become more frightened of him, he loses clout.
5. Your child may need help understanding social structure. He doesn't know how to contribute to others, or to share.
6. "Boys will be boys" is not a valid excuse for bullying behavior.
7. The kid who is bullying others often gets into trouble, but always has a scapegoat.
8. Don't label or let others label him a bully. People *can* change, and aggressive tendencies can be channeled.
9. Consider that chronic aggression may be a sign of a learning disability or other problems.
10. Don't pity your child, but take action to improve his communication skills. Let him know why is having trouble making friends, "Joe, kids aren't friends with people who hit them and are angry all the time."