The following link, [http://www.ben.edu/police/index.cfm](http://www.ben.edu/police/index.cfm) will connect you to the Benedictine University Police web page, which contains the Annual Campus Security and Fire Safety Reports for calendar year 2013, which is published in 2014, as required by the U.S. Department of Education, for the Lisle main campus, National Moser Center of Adult Learning, Bellwood Learning Center, Springfield and Mesa, Arizona branch campuses. You will also find useful information about department services, a campus safety video, our Facebook page and other items of interest.

**DO YOU KNOW ME?**

Steve Vanloan has over (24) years of Policing experience. He is a retired Sergeant from North Aurora Police Department. Steve holds an Associate’s degree in law enforcement and a Bachelor’s degree in Applied Behavioral Science.

Steve has worked in juvenile operations, investigations, patrol, evidence unit and served as a firearms instructor. Steve is currently assigned to the day shift.

**FEBRUARY: EARTHQUAKE PREPAREDNESS**

One of the most frightening and destructive phenomena of nature is a severe earthquake and its terrible aftereffects.

An earthquake is the sudden, rapid shaking of the earth, caused by the breaking and shifting of subterranean rock as it releases strain that has accumulated over a long time.

[http://www.quakekare.com](http://www.quakekare.com)

**NATIVE AMERICAN POW WOW AT BENEDICTINE SATURDAY, FEBRUARY 7TH, 2015**

The POW WOW is expected to bring 6,000 + attendees and will be held in the Krasa Café and Ben Union.

11am-8pm.

**CAMPUS SECURITY AUTHORITY – CLERY ACT**

CSA’s, are responsible to ensure that crimes committed on or near a campus are reported to University Police in Lisle in a timely manner.

CSA’s are usually found in departments responsible for, but not limited to, student and campus activities, safety/security, housing, personnel resources, or student judicial proceedings. This designation also includes any individual who has been specified by Benedictine University to receive and report incidents.

[http://www.ben.edu/emergency-preparedness/csa.cfm](http://www.ben.edu/emergency-preparedness/csa.cfm)
HOW TO REDUCE STRESS WHILE IN COLLEGE
By Kelci Lynn Lucier, About.com Guide

Don't Stress About Being Stressed
This may seem ridiculous at first, but it is listed first for a reason: when you're feeling stressed, you feel like you're on edge and everything is barely being held together.

Get Some Sleep
Being in college means your sleep schedule is, most likely, far from ideal. Getting more sleep can help your mind refocus, recharge, and rebalance.

Get Some Food
Similar to your sleep habits, your eating habits may have gone by the wayside when you started school.

Get Some Exercise
You may think that if you don't have the time to sleep and eat properly, you definitely don't have the time to exercise.

Get Some Quiet Time
Take one moment and think: when was the last time you had some quality, quiet time alone? Personal space for students in college rarely exists.

Get Some Social Time
Have you been working on that English paper for 3 days straight? Can you even see what you're writing anymore for your Chemistry lab? You could be stressed because you're being too focused on getting things done. Don't forget that your brain is like a muscle, and even it needs a break every once in a while! Take a break and see a movie.

One Light Self-Defense Workshop
Is returning to BenU!

Who: For All BenU Campus Ladies (faculty, staff, and students)
When: Wednesday, 2/25/15 6:30-9PM
Where: Founders’ Clubhouse
Cost: Suggested donation of $10.00

All proceeds from One Light Self Defense Workshops benefit Women At Risk, International which is a non profit organization creating circles of protection and hope around women at risk. RSVP: Call 630-829-1310 or email mromero@ben.edu to ensure your spot is reserved.

Wear comfortable clothing and be sure to remove all jewelry