

# **BERNALILLO COUNTY SHERIFF'S OFFICE**

## **"COMMUNICATOR"**

### **JUNE 2016 MONTHLY NEWSLETTER**

Hello residents and visitors to Bernalillo County. Please enjoy our June 2016 issue of the "communicator."

We continue our effort to work with you, our community and visitors of our county to continue to provide you with the superior service you have come to expect.

This newsletter is intended for residents and visitors of the County of Bernalillo, the Sheriff's East Area Command, North Valley Area Command, and South Valley Area Command. The purpose of our newsletter is to keep an open line of communications between you, the citizens, and us, the deputies, who are sworn to protect you and your property.

Please feel free to forward this newsletter to any and all your neighbors who are interested news, crime fighting tips, and communication from the Bernalillo County Sheriff's Office. If any person wishes to be placed on the internet e-mail distribution list please forward that request via e-mail to [tgartenmayer@berncoco.gov](mailto:tgartenmayer@berncoco.gov)

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### **NEWS FROM THE EAST AREA COMMAND**

The deputies of the East Area Command are out in full force these summer months enforcing traffic laws. Please be aware that deputies will be conducting increased patrols of residential neighborhoods and major thoroughfares throughout the east mountains. They will be looking for traffic violators to include speeders, tailgaters, stop sign runners, and those persons not wearing seatbelts. It is important to note that our ultimate goal is to encourage change and safe driving behaviors in the hope that we can prevent injuries and save lives.

If you have a specific complaint about traffic violators that you would like our deputies to look into please feel free to call our office with that information.

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Now that the summer season is upon us we have experienced an increase in calls for service involving hikers and outdoorsmen suffering from heat related injuries. While we encourage all citizens to enjoy our outdoor natural resources please do so safely. Below are some tips for staying safe during the summer months.

## **Heat Exhaustion**

Heat exhaustion is a result of excessive heat and dehydration. The signs of heat exhaustion include paleness, dizziness, nausea, vomiting, fainting, and a moderately increased temperature (101-102 degrees F) which, in this case, is not truly a fever, but caused by the heat.

**TREATMENT:** Rest and water may help in mild heat exhaustion, and ice packs and a cool environment (with a fan blowing at the child) may also help. More severely exhausted patients may need IV fluids, especially if vomiting keeps them from drinking enough.

## **Heat Stroke**

Heat stroke is the most severe form of heat illness. It can occur even in people who are not exercising, if the weather is hot enough. These people have warm, flushed skin, and do not sweat. Athletes who have heat stroke after vigorous exercise in hot weather, though, may still be sweating considerably. Whether exercise-related or not, though, a person with heat stroke usually has a very high temperature (106 degrees F or higher), and may be delirious, unconscious, or having seizures.

**TREATMENT:** These patients need to have their temperature reduced quickly, often with ice packs, and must also be given IV fluids for re-hydration; Call 911 immediately. The patient may have to stay in the hospital for observation since many different body organs can fail in heat stroke.

## **Preventing Heat-Related Illnesses**

You can prevent heat-related illnesses. The important thing is to stay well-hydrated, to make sure that your body can get rid of extra heat, and to be sensible about exertion in hot, humid weather.

Your sweat is your body's main system for getting rid of extra heat. When you sweat, and the water evaporates from your skin, the heat that evaporates the sweat comes mainly from your skin. As long as blood is flowing properly to your skin, extra heat from the core of your body is "pumped" to the skin and removed by sweat evaporation. If you do not sweat enough, you cannot get rid of extra heat well, and you also can't get rid of heat as well if blood is not flowing to the skin.

Dehydration will make it harder for you to cool off in two ways: if you are dehydrated you won't sweat as much, and your body will try to keep blood away from the skin to keep your blood pressure at the right level in the core of your body. But, since you lose water when you sweat, you must make up that water to keep from becoming dehydrated. If the air is humid, it's harder for your sweat to evaporate -- this means that your body cannot get rid of extra heat as well when it's muggy as it can when it's relatively dry.

The best fluid to drink when you are sweating is water. Although there is a little salt in your sweat, you don't really lose that much salt with your sweat, except in special circumstances. "Sport drinks" such as Gatorade® will also work, but water is usually easier to obtain.

It's also important to be sensible about how much you exert yourself in hot weather. The hotter and more humid it is, the harder it will be for you to get rid of excess heat. The clothing you wear makes a difference, too: the less clothing you have on, and the lighter that clothing is, the easier you can cool off.

## **Drink Plenty of Water!!!**

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## **NEWS FROM THE NORTH AREA COMMAND**

### **"Look Before You Lock"**

**In conjunction with the National Highway Traffic Safety Administration (NHTSA), the Albuquerque Police Department and Albuquerque Fire Department started a public awareness campaign, "Look Before You Lock", which focuses on the dangers of leaving children in cars. We are pleased to share this information with you.**

The "Look Before You Lock" campaign is aimed to help busy parents and caretakers remember to look in the passenger and back seats of their vehicles before they lock their car doors. According to the NHTSA, heatstroke is the leading cause of non-crash vehicle fatalities for children 14 and under. One child dies from heatstroke nearly every 10 days from being left in a hot vehicle.

Heatstroke can occur in temperatures as low as 57 degrees. A recent study shows that in more than 54 percent of cases, the person responsible for the child's death unknowingly or accidentally left the child in the vehicle. In more than 30 percent of cases, a child got into the vehicle on their own.

Parents and caregivers are urged to take a few simple steps to never run the risk of losing a child to heatstroke, because kids and hot cars are a deadly combination.

- Never leave infants or young children unattended in a vehicle, even if you leave the windows partly open or the air conditioning on. Remember, it's against the law to leave a child unattended in a vehicle in many states. But most important, you run the risk of losing a child to heatstroke because kids are much more sensitive to rising temperatures than adults
- Placing your purse, briefcase or something else you need in the back seat.
- If you are dropping your child off at childcare, and it's normally your spouse, partner or caregiver who drops them off, have them call you to make sure the drop off went according to plan.
- Set a reminder on your cell phone or calendar to alert you to be sure you dropped your child off at day care. You can also download the **Baby Reminder App for iPhones**.
- Have a plan with your childcare provider so they will call you if your child does not show up for childcare by a certain time.
- Never let children play in an unattended vehicle. Teach them a vehicle is not play area.
- Always lock your vehicle doors and trunk and keep the keys out of a child's reach.
- If a child is missing, quickly check all vehicles, including the trunk.
- If you see a child alone in a hot vehicle, call 911 or your local emergency number immediately. If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly (not an ice bath but by spraying them with cool water or with a garden hose).

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## **CRIME REDUCTION AND SAFETY TIPS**

The "Communicator" received a request asking for tips and best practices that elderly citizens in our county can exercise to help ensure their safety. We in turn reached out to Detective Kyle Hartsock and Detective Kyle Woods of our Criminal Investigations Division, who are please to provide the following:

# **Personal Safety for Senior Citizens**

## **Why Should We Be Concerned?**

- As we age, we become less able to defend ourselves or project a confident image.
- Because they can have significant financial resources, seniors are often the targets of theft, robbery, fraud, identity theft, etc.
- You've got it, and they think they can take it

## **In General**

- Be alert to your surroundings. Don't become focused on one thing and forget to look around.
- Make safety, not your errand, your priority
- Cell phones are a great tool to use for personal safety
- Carry in your pocket- even around your home

## **Personal Safety At Home**

### **Safety at the Door**

- Have your house number conspicuously posted outside your home
- When someone knocks at your door, don't open it unless you know your visitor.
- Have a through-the-door viewer installed on each exterior door.
- If the person is a representative, salesman, etc., ask that identification and credentials be slipped under the door or through the mail slot. Call the employer to verify the name and business. Refuse to deal with anyone who won't comply with this request
- Someone may knock at your door and ask to use your telephone to make an emergency call. Never open the door. Take the message and make the call for them.
- If someone comes to your door that you do not trust or who you believe might be dangerous, call your local police or sheriff's department immediately.

### **Returning Home**

- If you find your door ajar or if you hear unusual sounds inside, DON'T GO IN!
  - Go to the nearest telephone and call your local police or sheriff's department.
  - If your home has been burglarized, DON'T TOUCH ANYTHING UNTIL THE LAW ENFORCEMENT OFFICER ARRIVES!
- If you enter your home and find a burglar there, leave if you can.
  - If the intruder is armed, sit down quietly and obey instructions.
  - DO NOT resist or fight
  - Observe the intruder closely

### **Telephone**

- If you receive frequent "wrong number" calls,
- Never allow yourself to be drawn into a conversation with an unknown caller in which you reveal your name, address, marital status or anything to indicate you are alone.
- Answering machine greetings

## **Deterring the Burglar**

### **Your Keys**

- Never carry identification tags on your key ring or holder.
- Don't hide a spare key outside your door— under the door mat, in the mail box, the flower box, over the door — the burglar knows where to look.

### **Door Locks**

- Always lock your exterior doors, both when you are at home and away.
- Avoid chain locks — they are too easily broken.
- For sliding doors, place a broomstick or an aluminum bar in the door track

### **Lighting**

- All exterior entrances or doorways, garages and even alleys should be well lighted.

### **Outdoor Trees and Shrubbery**

- Bushes and plant growth, particularly near doors and windows should be trimmed at a height of no more than two feet (24") from the ground.
- Trees should be trimmed at a height no less than six feet from the lowest hanging branch to the ground.
- Trees should not be allowed to be so dense as to block exterior pole lighting.

### **Alarm Systems**

- If you have one, use it- even during the day

### **Minimize the Risk**

- Direct deposit Social Security, pension or other regular incoming checks.
- Avoid keeping large amounts of cash in the home.
- Place valuable jewelry and important papers in a safe deposit box.
- Appraise and photograph jewelry, precious antiques and artwork.
- Become acquainted with your neighbors.

### **When You Are Away**

- When you leave your home or apartment for a prolonged period of time, discontinue your newspaper, mail, and other deliveries by phone or in person ahead of time. Do not leave notes.
- Have your lawn mowed.
- Put lights both inside and outside the house on timers. Also, place one or more radios or TV's on timers so they will periodically come on.
- Turn the volume on the telephone down so it cannot be used as a cue that no one is home.

## **While You Are Out**

### **Recommendations**

- Be especially alert at banks
- Carry as little cash as possible and carry credit cards in a concealed coat or chest pocket.
- For a woman with a purse, carry it close to the body, preferably in front. If the purse has a clasp, cover it with your hand. Don't wrap the strap of the purse around your wrist.
- Never leave a purse unattended.

- Avoid carrying a wallet in a back or side pocket.
- If a robber attempts to snatch your purse:
  - o Don't resist
  - o Give the robber what he wants
  - o Sit down to avoid injury
  - o Observe the robber as closely as possible to get a description for the police
  - o Never pursue the attacker
  - o After sitting down, make noise by calling for help
  - o Carry a whistle and blow it repeatedly

#### **When Walking**

- Stay alert to your surroundings.
- Never exhibit or flash large sums of cash or other valuables.
- If you must walk at night, choose the busiest and best-lit streets. Avoid dark places, short cuts, alleys, thick trees and shrubs and sparsely traveled areas.
- Walk with a companion, whenever possible.
- Stay away from buildings and walk next to the street.
- Be wary of strangers who attempt to start meaningless or odd conversations.

#### **Safety in Your Car**

- When approaching your car in a parking lot, have your keys in your hand with your finger on the alarm button
- Keep your gas tank full and your vehicle's engine well maintained to avoid breakdowns.
- Always lock your car doors, even when you're inside, and keep your windows rolled up.
- Lock packages and other valuables in the trunk. Do not leave them on the back seat or on the floor of the vehicle where potential thieves can see them.
- When you return to your car, always check the front and back seat before you get in.
- Don't keep your car keys on the same ring as your house keys. If your car is stolen with the keys in it, you don't want the thief to also have the keys to your home.

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## **NEWS FROM THE SHERIFF'S OFFICE**

Election season is upon us and we encourage each and every registered voter to exercise their right and VOTE. Government and the Bernalillo County Sheriff's Department are in place to serve you, the citizen, and rely on your informed decisions to put decision makers in place who represent your interests.

There are numerous candidates for elected offices this primary and general election season, including but not limited to, County Commissioners, State Representatives, Public Regulatory Commission, District Attorney, Judges, and State Senators. Information on each candidate can be found on the internet. Various public forums continue to be advertised and we encourage all of you to attend. Remember, "An informed voter is the catalyst for change."

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**WE WILL BE FOREVER ON DUTY TO ENSURE YOU ARE SAFE AND CARED FOR.**

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If you would like the "Communicator" to highlight a particular area or division of our Department please forward those requests to Administrative Assistant Terri Gartenmayer at [tgartenmayer@bernco.gov](mailto:tgartenmayer@bernco.gov)

**WE ARE PROUD OF OUR DEPUTIES AND ONCE YOU KNOW MORE ABOUT THEM WE ARE SURE YOU WILL BE PROUD OF THEM TOO!**