



The Communicator

VOLUME 2, ISSUE 6

JUNE 2018

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JUNE 2018 Newsletter



Sheriff Manuel Gonzales III

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 :

tgartenmayer@bernco.gov

Hello residents and visitors to Bernalillo County. Please enjoy our June 2018 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.



We will be forever on duty to ensure you are safe and cared for.

Sheriff Office Deputies 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 call your Area Commander at the following numbers.

East Area Command
Captain Joshua Kingsbury
505-468-7420

North Area Command
Captain Broderick Sharp
505-314-0030

South Area Command
Captain Andrea Taylor
505-314-0010



News from South Area Command

Did you know that there is a correlation between ice cream consumption and crime? The correlation is they both increase in the summertime!

Bearing that fact in mind, here are some safety tips to keep you, your loved ones and property safe during the next few months:

When using a swamp cooler please assure that all windows and doors are closed and locked before leaving your house. They are often left open to get the necessary air circulating.

With adolescents out of school comes acts of vandalism on cars. Park your car behind a secure locked gate or in the garage to deter criminal activity.

Do not leave your car running unoccupied when going inside the house or inside a store just to keep it cool.

if you are going on a vacation, do not spread the word on social media. Tell your trusted neighbors to look out for your house and advise them of what cars and people should be present. Also, call 789-7000 to have a welfare check placed on your house so deputies can keep watch on it.

Remember to keep pets cool and hydrated. It is a misdemeanor crime to not provide them water and shelter in the hot months.

Please always drive in a safe and calm manner. Getting angry and causing road rage is unnecessary and create unsafe conditions for all people using the street

NEWS FROM THE ADMINISTRATIVE SUPPORT BUREAU

The Bernalillo County Sheriff's Office continues to seek out citizens to participate in our Citizen's Academy, which runs two times a year.

Our Citizen's Academy is free of charge and is held on Tuesday evening's from 6:00pm – 9:00pm. The Academy runs for a 12-week period. During this time, citizens are exposed to the inner workings of the Bernalillo County Sheriff's Office. The purpose of the Citizen's Academy is to bridge the gap between law enforcement and the citizens we serve on a daily basis. Citizens are encouraged to apply via phone, email, or online application.

The course highlights numerous topics to include basic laws, specialty units such as SWAT, K9, DWI, Air Unit, Traffic Unit, Violent Crimes, Special Victims Unit, etc. Since the inception of the Citizen's Academy the Sheriff's Office has received excellent reviews from the citizens who have attended. Citizen's Academy Class #11 is scheduled to begin in August. Please contact a recruiter or apply online to secure your spot in the next class.



Sheriff's Office web page: www.bernalillocountysheriff.com

RECRUITING UNIT

415 Tijeras NW, 4th Floor
Abq, New Mexico 87102

Monday-Friday

8:00 am - 4:00 pm

Deputy Jennifer Garcia

(505) 804-0000

jegarcia@bernco.gov

Deputy Anton Maltby

(505) 804-0004

amaltby@bernco.gov

CRIME REDUCTION AND SAFETY TIPS

"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).



*Those who are
happiest are those
who do the most
for others
— Booker T
Washington*

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 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 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 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 cannot 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 will not 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. Nevertheless, since you lose water when you sweat, you must make up that water to keep from becoming dehydrated. If the air is humid, it is harder for your sweat to evaporate -- this means that your body cannot get rid of extra heat as well when it is muggy as it can when it is relatively dry.

The best fluid to drink when you are sweating is water. Although there is a little salt in your sweat, you do not 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 is 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!!



NEWS FROM THE SHERIFF'S OFFICE

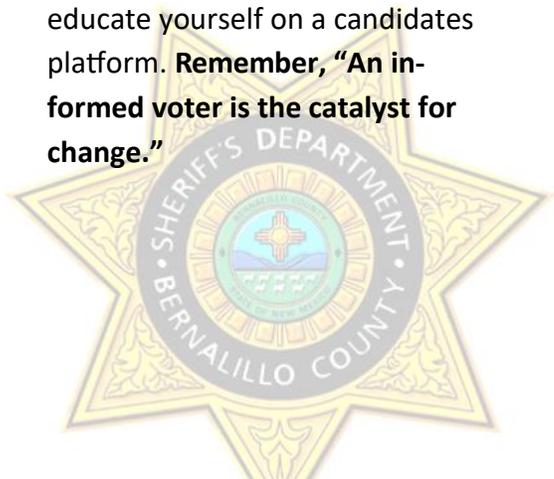


Election season is upon us and we encourage each registered voter to exercise his or her right and get out to VOTE. Federal, State, and Local Government along with the Bernalillo County Sheriff's Department are in place to serve you, the citizen, and rely on your informed decisions to put decision makers in place who represent your interests.

There are numerous candidates for elected offices this prima-

ry and general election season, including but not limited to US Congressional Offices (senate/ house), NM Governor, Lt. Governor, Secretary of State, Attorney General, Public Regulatory Commission, County Sheriff's, and County Commission seats.

Information on each candidate can be found on the internet. Various public forums continue to be advertised and we encourage all of you seek these out, attend, and educate yourself on a candidates platform. **Remember, "An informed voter is the catalyst for change."**



**PRIMARY
ELECTION:
JUNE 5, 2018**

SUMMER SWIMMING!!

Swimming passes are now available at all Sheriff Office substations. One pass per child is allotted. Uniformed deputies on patrol may also have swim passes on their person. Just introduce yourself and ask for one.

Remember to NEVER allow kids to play in ditches or arroyos.

