



**BERNALILLO COUNTY
SHERIFF'S OFFICE**

www.bernalillocountysheriff.com

THE COMMUNICATOR

FEBRUARY 2019 NEWSLETTER



Manuel Gonzalez III

Hello residents and visitors to Bernalillo County. Please enjoy our February 2019 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@bernco.gov

NEWS FROM THE NORTH AREA COMMAND



Distracted Driving



Let us be honest. We are all guilty of this. We see it every day in the cars around us during our commutes. Changing music while driving, dealing with an unruly child in the back seat or far more commonly, sneaking a peak at our phone to catch the latest text or email, even just talking on the phone causes serious distraction issues. Distracted driving is not becoming a problem, it IS a problem and we all contribute to it.

Distracted driving is outpacing DWI as the most dangerous violation on the road today, and if we do not do something to slow this, it will only get worse. Look at our children and how connected they are to their mobile devices.

Let me try to communicate to you just why distracted driving is so dangerous. Driving is a multitasking activity. There are many small, individual tasks that we do while we drive.; steering, accelerating, braking, signaling, watching opposite direction traffic, watching cross traffic. There is a lot involved in driving. And if there is one thing that humans are not good at, it's multitasking. We are really good at focusing on one thing, not so much with many things. And what exactly is going on while we are driving? Let's pick a common speed limit here in town, say, 35 miles per hour and look at some numbers.

For each mile per hour you go, you are traveling about a foot and a half in distance. That doesn't sound too bad, but let's look at a vehicle going down 4th Street at 35 miles per

hour. That is about 50 feet per SECOND. A quick two second glance at the phone has you traveling 100 feet, about 7 car lengths. Face it, that is a pretty short time period, and most looks at our phones are longer than that. A lot can happen in 100 feet. Cars pulling out in front of us. Cars stopping in front of us. Pedestrians crossing streets. Kids riding bikes. And this distance does not account for you seeing and reacting to changing circumstances in front of you. Add in another second or two for that, and we are now talking about a 200 foot lane of potential disaster in front of us, all because we thought that whatever message coming through our phone was important enough for us to endanger not only ourselves, but EVERYONE else on the road. It is not worth it.

We have to learn not to use our mobile devices while driving. We have to teach our children not to use their phones while driving. The cost in damage and more importantly, injury and death is becoming greater with each passing year. It is not worth it.

We here at BCSO are committed to combating distracted driving in Bernalillo County. We are participants of the Department of Transportation's DNTXT Campaign, and we actively look for drivers using their phones while driving. Using a phone without a hands free device is illegal, and offenders will be cited. Many drivers who are stopped for using their phones while driving often think that we should be out stopping "real crime". Our reply to that is Public Safety is our business, and helping to maintain safety on our streets and highways is a large part of this. Distracted driving causes more damage and injury than you can possibly imagine.

BCSO has a dedicated traffic enforcement unit. BCSO Motors/Traffic Investigations is committed to the enforcement of all traffic laws throughout the County of Bernalillo. If you see any traffic violation related issues, please feel free to contact Captain Joshua Kingsbury at 505-314-0044, and we can work together to put a plan in place to deal with it. As always, stay safe.



NEWS FROM THE SOUTH AREA COMMAND

The South Valley area has received valuable citizen and neighborhood tips about suspicious activity in the past few weeks. Most of these tips have proven to be factual and detectives have been able to secure search warrants for stolen cars, drug houses and other law violations. While tips are always appreciated, please make sure to keep your personal safety in mind when obtaining descriptions or license plates of would be criminals. Your safety and that of your loved ones is the most important thing to us at the Bernalillo County Sheriff's Department.

Deputies with our Gang Recognition Intelligence Patrol (GRIP) have been conducting high visibility

patrols of the Pajarito Mesa area to curtail the illegal dumping and criminal activity that occurs in the vast mesa area. These proactive patrol operations in the South Valley Command area are focused on repeat offenders and Gang affiliated crime. As a result, deputies made eight felony arrests, four misdemeanor arrests, 18 gang member contacts, and one stolen firearm was recovered.

South Swing shift deputies also conducted a proactive-operations focusing on aggressive panhandlers in the area of Isleta and Rio Bravo. 15 person contacts were made, two chronic offenders were identified and offered social services, and two arrests were made

Deputies will be conducting highly concentrated traffic enforcement in numerous areas of the South Valley due to numerous citizen complaints on particular streets. These patrols will be at all hours of the day and night. Please remember to drive carefully, at the posted speed limit and with courtesy towards others.





THIS FEBRUARY, START TALKING ABOUT HEALTHY RELATIONSHIPS!

LOVE
HAS MANY
DEFINITIONS
BUT ABUSE
ISN'T ONE
OF THEM.

NEWS FROM THE CRIMINAL INVESTIGATIONS DIVISION

As the youth of our community grow and develop February has been designated as a time to begin the conversation about healthy interpersonal relationships. Healthy relationships share certain characteristics that our youth should be taught to expect:

Mutual respect. Respect means that each person values who the other is and understands the other person's boundaries.

Trust. Partners should place trust in each other and give each other the benefit of the doubt.
Honesty. Honesty builds trust and strengthens the relationship.

Compromise. In a dating relationship, each partner does not always get his or her way. Each should acknowledge different points of view and be willing to give and take.

Individuality. Neither partner should have to compromise who he/she is, and his/her identity should not be based on a partner's. Each should continue seeing his or her friends and doing the things, he/she loves. Each should be supportive of his/her partner wanting to pursue new hobbies or make new friends.

Good communication. Each partner should speak honestly and openly to avoid miscommunication. If one person needs to sort out his or her feelings first, the other partner should respect those wishes and wait until he or she is ready to talk.

Anger control. We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to ten, or talking it out.

Fighting fair. Everyone argues at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution. Partners should take a short break away from each other if the discussion gets too heated.

Problem solving. Dating partners can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.

Understanding. Each partner should take time to understand what the other might be feeling.

Self-confidence. When dating partners have confidence in themselves, it can help their relationships with others. It shows that they are calm and comfortable enough to allow others to express their opinions without forcing their own opinions on them.

Being a role model. By embodying what respect means, partners can inspire each other, friends, and family to also behave in a respectful way.

Healthy sexual relationship. Dating partners engage in a sexual relationship that both are comfortable with, and neither partner feels pressured or forced to engage in sexual activity that is outside his or her comfort zone or without consent.

Unhealthy Relationships

are marked by certain characteristics our youth should be aware of in order to be able to identify them if they occur:

Control. One dating partner makes all the decisions and tells the other what to do, what to wear, or who to spend time with. He or she is unreasonably jealous, and/or tries to isolate the other partner from his or her friends and family.

Hostility. One dating partner picks a fight with or antagonizes the other dating partner. This may lead to one dating partner changing his or her behavior in order to avoid upsetting the other.

Dishonesty. One dating partner lies to or keeps information from the other. One dating partner steals from the other.

Disrespect. One dating partner makes fun of the opinions and interests of the other partner or destroys something that belongs to the partner.

Dependence. One dating partner feels that he or she "cannot live without" the other. He or she may threaten to do something drastic if the relationship ends.

Intimidation. One dating partner tries to control aspects of the other's life by making the other partner fearful or timid. One dating partner may attempt to keep his or her partner from friends and family or threaten violence or a break-up.

Physical violence. One partner uses force to get his or her way (such as hitting, slapping, grabbing, or shoving).

Sexual violence. One dating partner pressures or forces the other into sexual activity against his or her will or without consent
Digital Abuse. Using technology to bully, stalk, threaten or intimidate a partner using texting, social media, apps, tracking etc. . .

NEWS FROM THE **CRIMINAL INVESTIGATIONS DIVISION** CONT..

Teen dating violence is defined as the physical, sexual, psychological, or emotional aggression within a dating relationship, including stalking. It can occur in person or electronically and might occur between a current or former dating partner. Several different words are used to describe teen dating violence. Below are just a few:

Relationship abuse
Intimate partner violence
Relationship violence
Dating abuse
Domestic abuse
Domestic violence

Teen dating violence is widespread with serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family. Being able to tell the difference between healthy, unhealthy and abusive relationships can be more difficult than you would think. No two relationships are the same, so what's unhealthy in one relationship may be abusive in another. Although there are many signs to pay attention to in a relationship, look for these common warning signs of dating abuse:

Checking cell phones, emails or social networks without permission
Extreme jealousy or insecurity
Constant belittling or put-downs
Explosive temper
Isolation from family and friends
Making false accusations
Constant mood swings towards you
Physically inflicting pain or hurt in any way
Possessiveness
Telling someone what they can and cannot do
Repeatedly pressuring someone to have sex

As teens develop emotionally, they are heavily influenced by experiences in their relationships. Healthy relationship behaviors can have a positive effect on a teen's emotional development. Unhealthy, abusive, or violent relationships can have short- and long-term negative effects on a developing teen. Youth who experience dating violence are more likely to:

Experience symptoms of depression and anxiety
Engage in unhealthy behaviors, such as using tobacco, drugs, and alcohol
Exhibit antisocial behaviors
Think about suicide
Witness or experience violence in the home

Communicating with your partner, managing uncomfortable emotions like anger and jealousy, and treating others with respect are a few ways to keep relationships healthy and nonviolent. Dating violence can be prevented when teens, families, organizations, and communities work together to implement effective prevention strategies.

**LOVE
IS NOT
ABUSE**

ADDITIONAL RESOURCES

Teen Dating Abuse Helpline: 1-866-331-9474
National Sexual Assault Hotline: 1-800-656-4673
Trevor Lifeline (for LGBTQ* youth):
1-866-488-7386
National Suicide Prevention Lifeline:
1-800-273-8255
National Runaway Safeline: 1-800-786-2929
National Domestic Violence Hotline -
1-800-799-7233
National Hotline for Crime Victims:
1-855-484-2846
National Street Harassment Hotline:
1-855-897-5910

<https://www.cdc.gov/violenceprevention/pdf/t-dv-factsheet.pdf>
<https://www.cdc.gov/violenceprevention/pdf/ipv-technicalpackages.pdf>
<https://www.cdc.gov/violenceprevention/pdf/yv-technicalpackage.pdf>
<https://www.cdc.gov/violenceprevention/pdf/sv-prevention-technical-package.pdf>
<https://vetoviolence.cdc.gov/dating-matters>
<https://www.breakthecycle.org/>

NEWS FROM THE **ADMINISTRATIVE SUPPORT BUREAU**

JUDICIAL OPERATIONS DIVISION

In June 2018, the Bernalillo County Sheriff's Office transitioned to our own Records Management System. As a result, we can now provide police and accident reports authored by our deputies directly to the public. (Previously the Albuquerque Police Department was the custodian of our records)

Both Albuquerque Police Department and Bernalillo County Sheriff's police/ accident reports may be picked up at our main law enforcement facility located at 400 Roma NW in downtown Albuquerque. Reports are available 10 business days after the incident. There is a small fee charged per page.

Records division is open Monday- Friday from 8:30am-4:30pm (excluding County Holiday's and weather closures.)

Police reports can be picked up in person. If you have questions in regards to this process please call our Records Division at 505-468-7140

BCSO CLASS 40

BCSO Class 40 is off and running! On January 7th, 41 cadets from BCSO, 4 cadets from Rio Rancho PD, and two Investigators from our District Attorney's Office took the first steps of their law enforcement careers. We are excited to watch them grow into protectors of our communities! Good Luck Class 40! Keep up the hard work!

ACADEMY

The Bernalillo County Sheriff's Department Regional Training Academy is an establishment of learning and high standards. While the typical law enforcement academy is only 16 weeks long, our Academy is 25 weeks long. Not to mention that any test score below an 80% is not acceptable during the entire Academy's curriculum. Our cadets graduate with knowledge and skills in criminal law, tactical first aid, mental illness, community policing, firearms, defensive tactics, emergency vehicle operations, advanced active shooter training, and much more. Upon graduation, our cadets hit the streets for 12 weeks of on the job training with specialized field training officers; who guide and monitor them every step of the way. It takes eight and a half months of hard work to become a new Deputy!

What are you waiting for???



NEWS FROM THE **RECRUITING UNIT**

The 41st Bernalillo County Sheriff's Office Cadet Class is tentatively scheduled for January 2020. Test dates are now available and applicants can visit BCSO's recruiting website at www.go-bcso.com to complete an online application. The hiring process is a highly competitive series of examinations; ranging from knowledge to physical strength, as well as physical and mental health. The first of many test dates for Cadet Class 41 are:

February 16th, 2019

March 2nd, 2019

Additional test dates for Cadet Class 41 will be posted to the recruiting website as they become available.

Please contact a Recruiter for more information.

Deputy Anton Maltby
amaltby@bernco.gov
 Phone: (505) 804-0004

Deputy Jennifer Garcia
jegarcia@bernco.gov
 Phone: (505) 804-0000



CITIZENS' ACADEMY

The Bernalillo County Sheriff's Office Citizens' Academy was created in 2012 and is organized to form a stronger bond between our Department and the Community it serves. Class 12 of the Citizens' Academy starts on February 5th, and 26 participants will take the 16-week journey through the inner workings of our Agency. Ride-a-longs, visiting a DWI Checkpoint, and visiting various offsite entities within the county are also part of the experience. When the participants graduate, they will be able to further assist the Sheriff's Office through the Citizens' Academy Alumni Association. The next Citizens' Academy Class starts in August and you can sign up for that class starting in June 2019. For more information visit our website at www.go-bcso.com or call Deputy Maltby at 804-0004.