

Woodlake Property Owners Association Neighborhood Watch Newsletter

The publication of this newsletter is unofficial and does not reflect any opinion, directive, or policy of the Woodlake Property Owners Association members or Board of Directors.

The primary purpose of the newsletter is to convey information designed to assist us to reduce or prevent crime in our community.

The information presented is available through various public access sources, personal interview, or observation. Your comments as to how we can improve this effort are welcome.

1. Bell County Sheriff Tip Line: Wanted as of July 31, 2013 -

[http://71.6.170.26/revize/bellcounty/departments/cscd\(adult_probation\)/most_wanted.php](http://71.6.170.26/revize/bellcounty/departments/cscd(adult_probation)/most_wanted.php). (No change): 23 y/o Jossie Eatman is a 5'8" B/M wanted for evading arrest, Nicole Holmes is a 35 y/o, B/F wanted for fraud, and Jeannie Denny, 41, is a 157 lb. W/F wanted for credit card abuse; James Raines, 35 y/o, 5'11", 187 lbs, W/M, wanted for injury to a child and elderly disabled with intent, 30 y/o, 6'2", 160 lbs., W/M, Earl Mercer is wanted for possession of a controlled substance, and Justin Pugh, 25, 190 lbs, 6'2", W/M wanted for Burglary of a habitation.

Please review the attached flyer; if you have any information regarding those individuals; Call the Bell County Sheriff's Office at 254-933-5400, your local law enforcement, or **CRIMESTOPPERS AT 1-800-729-TIPS** (Local 526-TIPS) There is now an "on-line" crime reporting system for your convenience at:

http://71.6.170.26/revize/bellcounty/citizen_online_reporting_system/index.php

Austin: Up To \$17,500 reward is offered for: Ernesto Alonso Garcia, Wanted for: Murder, Aggravated Assault, Marijuana Trafficking.



Race: White, Sex: Male, DOB: 3/23/1983, HT: 5'10" WT: 155 lbs. AKA: Rooster, Gallito, as well as 96 aliases using variations of "Ernesto Alonso Garcia Gomez", SMT: Scar on left arm. Tattoo on upper left arm and "Garcia" on back. Gangs: Texas Syndicate, CCH: Aggravated Assault with a Deadly Weapon, Assault Causing Bodily Injury, Theft, Criminal Mischief, and Possession of a Controlled

substance, LKA: 4016 Trey Dr. LKC: Edinburg, Texas.

Ernesto Alonso GARCIA is a Mexican citizen and legally resides in the US as a permanent resident. Records indicate he entered the US in 1997. In 2000, he was arrested for Aggravated Assault-Injury to a Child followed by charges of Theft, Criminal Mischief, and Possession of a Controlled Substance. In 2002, he was convicted of Aggravated Assault with a Deadly Weapon and sentenced to 7 years in prison.

On March 11, 2011, the Harlingen Police Department responded to a local residence regarding a disturbance where officers learned that two males had been stabbed, one of whom died as a result of his injuries leading to warrants for the arrest of Garcia on March 16, 2011. He is known to drive a gray 2000 Pontiac Firebird bearing Texas license plate Z45-LHZ. (Source: <http://www.txdps.state.tx.us/texas10mostwanted/>)

2. Crime Update:

Harker Heights - Police responded to a burglary in progress in the 400 block of Shoshoni Trail Drive at 1:16 p.m. on Tuesday. Four juveniles were arrested on two counts of burglary of a habitation and one count of theft of a firearm. An estimated \$6,000 of property was recovered.

3. Cause, Symptom, Cure; What Are The Signs and Remedies For Common Summertime Injuries -

Most basic First Aid is based on common sense and experience and can be applied to just about any circumstance; review and maybe a little practice will go a long way preparing you to respond when someone is injured.

Mild and uncomplicated cases of sunburn usually result in minor skin redness, and pain. Other common symptoms include: chills,

fever, nausea or vomiting, and/or flulike symptoms. Blistering that may range from a very fine blister that is only found when you begin to "peel" to very large water-filled blisters with red, tender, raw skin underneath. When blisters pop, the skin that covered the blisters will slough off then skin loss (peeling) at about 4-7 days after exposure.

The sun gives off wavelengths of ultraviolet light. UVC light doesn't reach the Earth's surface. The other two types of ultraviolet light, UVA and UVB, penetrate and cause damage to your skin.

Ultraviolet light can alter your DNA, prematurely aging your skin. Over time, DNA damage can contribute to skin cancers, including deadly melanoma.

Some individuals experience a sun rash due to a condition called polymorphous light eruption (PMLE). Symptoms of PMLE are a mild to severe skin rash, usually appearing within 30 minutes to several hours of sun exposure. The rash may be itchy and have these characteristics: Small bumps all over the body, predominantly in sun-exposed areas and progresses to dense clumps of bumps or hives, usually on the arms, lower legs, and chest.

More severe cases (sun poisoning) are complicated by severe skin burning and blistering, massive fluid loss (dehydration), electrolyte imbalance, and possibly infection.

In extreme cases, severe untreated sunburn can cause shock (poor circulation to vital organs) and even death and must be treated by a physician. But, for minor to moderate sunburn, there are a number of home remedies and OTC medications that provide temporary relief from the pain:

Aloe Vera - A freshly cut Aloe Vera leaf, applied directly on the sun burnt area or Lavender oil soothes the skin. Lavender oil may also prevent peeling. Commercial versions are readily available in the form of a tube or jar of gel.

Baking soda is useful to alleviate the pain also - Mix 4 tablespoons of baking soda with cool water, soak a cotton ball in the bowl and apply on the sunburned area.

Cooling properties of yogurt - Apply a layer on the affected area of the skin; allow it to cool and heal the skin. Use plain, full-fat, and unsweetened yogurt. Let it sit on the skin until it gets warm and then rinse off.

Apple cider vinegar for sunburn treatment - Unfiltered and unpasteurized form aids in the healing process, and if effective even if the skin starts to peel off or has blisters on it. Keep the solution in a spray bottle in the fridge and then apply it on your burn. It may sting initially but then it may feel soothing and nice.

Green tea prevents sunburn peeling - Make a pot of green tea, soak a piece of cloth with the tea and apply on the affected area or add a few green tea bags in the bath tub and sit in the bathwater to get full-body relief from the pain and speed up healing.

Potato peels and cucumber are tried and tested sunburn remedies - The peelings provide the much required moisture for the skin and also soothe with its anti-bacterial properties of potato and a cooling effect. Cucumber slices on your face help heal sunburn, or puree some cucumber slices. Apply the poultice to soothe the skin and get relief.

Vitamin E gel or fluid is another effective sunburn treatment - Natural vitamin E, (not synthetic) can soothe sunburn peeling and blistering conditions. Pierce a vitamin E gel capsules and apply it on the affected area directly for best results.

Oatmeal essence for cooling sunburn - Add oatmeal essence to cool bathwater and soak in it for about 30 minutes and then rinse off with cold water, a remedy many people swear to.

Various essential minerals, such as sodium, potassium, calcium, and magnesium, known as electrolytes, are important for many body

Woodlake Property Owners Association Neighborhood Watch Newsletter

functions. It's believed that an electrolyte imbalance can cause heat cramps.

Profuse sweating without drinking fluids with inadequate sodium content may cause a serious low-sodium condition called hyponatremia.

Infants and young children, the elderly, those who live by themselves or who cannot afford air conditioning in hot environments, those who consume alcohol, take certain prescription medications, or those who work or exercise in a hot environment are individuals at the highest risk of having heat cramps. Some medications can impair the body's sweat and heat regulation (for example, psychiatric drugs like Ecstasy, tranquilizers, OTC cold medications, and antihistamines).

Muscle spasms are the only sign of heat cramps with symptoms that can be painful, are involuntary, brief, intermittent and usually go away on their own. Usually, oral rehydration and electrolyte replacement is sufficient to treat heat cramps; however, more severe heat-related illness symptoms will have to be treated with IV fluid administered by a physician.

Heat stroke is a form of hyperthermia in which the body temperature is elevated dramatically to a temperature of 104 F (40 C) or higher. This is a medical emergency and can be fatal if not promptly and properly treated! Cool the victim immediately and notify emergency services.

The most important measures to prevent heat stroke is to avoid dehydration vigorous physical activities in hot and humid weather. Dehydrated, a person may not be able to sweat fast enough to dissipate heat. This causes the body temperature to rise.

Those most susceptible (at risk) individuals to heat strokes include: infants, the elderly (often with associated heart diseases, lung diseases, kidney diseases, or who are taking medications that make them vulnerable to dehydration and heat strokes), athletes, and individuals who work outside and physically exert themselves under the sun.

Heat stroke is not the same as a stroke, the general term used to describe oxygen flow to an area of the brain.

Small cuts, scrapes, bumps and bruises, (damage that occurs in the soft tissue under the skin injuries and less than 1/2 inch around), can be treated: If there is only slight or no bleeding, the victim is not in excessive pain, does not feel numbness or tingling, or suffering from paralysis.

Bruises on the hands, fingers, feet, and toes can cause more problems than those that occur on knees, shins, or arms. Any problems in these areas can cause a disability. If the victim experiences more than minor swelling or bruising after bumping into something or falling down, call for medical assistance.

Otherwise, if the injured area has a skin scrape, wash it with mild soap and lukewarm water, apply Bacitracin or some other type of antibacterial cream or spray to prevent infection and cover the wound with a sterile gauze pad and tape or a simple Band-Aid.

Immediately apply an ice pack to the bruise to reduce swelling. (If an ice pack isn't available, use ice wrapped in a cloth or as cold a compress as you can make.) Elevate the bruised area for approximately 15 minutes to keep blood from "pooling" in the affected area preventing internal bleeding and swelling.

If the bruise is severe and it covers a large portion of the body, call for help. Keep a severe bruise elevated for at least an hour or until a trained emergency care team arrives then follow-up with a physician.

A slight amount of bleeding that creates a bruise under the skin is one thing, but hemorrhaging is quite another. Internal bleeding is serious and can affect one's vital organs from shock with symptoms

of: Pale, clammy skin, chills, cold hands and feet, dilated pupils, rapid, weak pulse, major swelling at the injury site, major or immediate black and blue marks at the wound.

Unfortunately, first aid procedures will not stop internal bleeding. The best thing to do is to call for help immediately. Then proceed with the first aid steps for shock.

Too much pressure on a bone will cause a split or fracture. A bone with a hairline crack is a stress fracture; a bone that punctures the skin is a compound fracture.

A shoulder, leg, arm, or ankle that appears to be lying or hanging at an awkward angle may be evidence of a broken bone or a dislocation.

It is hard to tell a dislocated bone from a broken bone. However, both are emergency situations and the basic first aid steps are the same: Check the person's airway and breathing, if necessary, call 911, begin CPR or bleeding control, and keep the person still and calm.

Examine the person closely for other injuries. If the skin is broken, it should be treated immediately to prevent infection. Don't breathe on the wound or probe it. If possible, lightly rinse the wound to remove visible dirt or other contamination, but do not vigorously scrub or flush the wound. Cover with sterile dressings.

If needed, immobilize the broken bone with a splint or sling. Possible splints include a rolled up newspaper or strips of wood. Immobilize the area both above and below the injured bone and apply ice packs to reduce pain and swelling.

Take steps to prevent shock: Lay the person flat, elevate the feet about 12 inches above the head, and cover the person with a coat or blanket and call 911.

Press firmly over the skin beyond the fracture site to check the person's blood circulation (For example, if the fracture is in the leg, press on the foot). It should first blanch white and then "pink up" in about two seconds. Other signs that circulation is inadequate include pale or blue skin, numbness or tingling, and loss of pulse. If circulation is poor and trained personnel are NOT quickly available, try to realign the limb into a normal resting position. This will reduce swelling, pain, and damage to the tissues from lack of blood.

Place a dry, clean cloth over the wound to treat any bleeding. If the bleeding continues, apply direct pressure to the site of bleeding.

DO NOT apply a tourniquet to the extremity to stop the bleeding unless it is life-threatening or test a bone's ability to move.

DO NOT move the person if the injury is to a head, neck, or try to reposition a suspected spine injury.

DO NOT move the person unless the broken bone is stable.

DO NOT move a person with an injured hip, pelvis, or upper leg unless it is absolutely necessary. If you must move the person, pull the person to safety by his clothes (such as by the shoulders of a shirt, a belt, or pant-legs).

DO NOT attempt to straighten a bone or change its position unless blood circulation appears hampered.

A concussion can be caused by any significant blunt force trauma to the head such as a fall, a car accident, sports injury, or being struck on the head with an object. Symptoms such as: Loss of consciousness after any trauma to the head, confusion, headache, nausea or vomiting, blurred vision, loss of short-term memory (you may not remember the actual injury and the events some time before or after the impact), perseverating (repeating the same thing over and over, despite being told the answer each time, for example, "Was I in an accident?") are all indicative of a concussion.

To prevent swelling and further injury: Have the person stop activity and rest and apply ice wrapped in a washcloth.

Treat any pain with over-the-counter acetaminophen (Tylenol). Aspirin or ibuprofen (Advil, Motrin) may make bruising worse.



Volume 3, Issue 15
July 31, 2013

Woodlake Property Owners Association Neighborhood Watch Newsletter

If possible, stay with the person for 24 hours Monitor symptoms.

Get the injured person to the doctor or hospital if a headache seems to get worse, there's vomiting, increased drowsiness or dizziness, increased confusion, heart palpitations, seizures, or loss of consciousness and neck pain after a fall.

If symptoms don't improve in 7 to 10 days, see a doctor.

Cardiac arrest can strike at any age and may be caused by many conditions, including heart attack, suffocation, allergic reaction, drowning, choking, or electric shock. If a person is unresponsive and not breathing (caveat: Gasping is NOT breathing!) you need to start cardio pulmonary resuscitation (CPR) right away. Being unresponsive means a lifeless appearance or movement or response when a shoulder is tapped.

Understand that when a victim's heart has stopped pumping blood (cardiac arrest), permanent brain damage can begin in four to six minutes, so you must act fast. Yell for someone to call Emergency Medical Services (EMS) and get an automated external defibrillator (AED). An AED applied fast may restart the heart. Don't worry, AEDs are user friendly.

Please visit this website and watch the video; it is very informative and your familiarity with when and how to administering CPR may save someone's life: <http://ahsc.arizona.edu/node/730>

(Sources: <http://life.familyeducation.com/cuts-and-scrapes/wounds-and-injuries/48248.html#ixzz2ZneTaTIQ>)

4. On The Horizon – Sparta Volunteer Fire Department Slated To “Host” National Neighborhood Night Out – With their help, your generous donations, participants from Section II and Denmands Loop, the Sparta Volunteer Fire Department (SVFD) promises to make this years Annual National Night Out (usually around October 2nd) an even greater success.

On hand to answer your questions about crime and home security will be a Bell County Deputy Sheriff. There will be a display and demonstration of a wireless surveillance system and on-going demonstrations of Cardiopulmonary Resuscitation (CPR) and emergency First Aid.

Expect to receive and invite and the opportunity to attend a Neighborhood Watch Leadership Conference in the next few weeks and before our National Night-Out event.

Our local Woodlake Crime Watch Video Network is up-and-running but we're always interested in motivating new participants and welcome to ideas for improvement.

Also, RaidsOnLine.com has added a Sexual Predator feature to the daily crime updates.

Looking forward to seeing you soon. *The WPOA NW Coordinator.*