

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: October, 2012:
[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). Two of this month's criminals at large are wanted for assault - one to a child. 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: The reward on the whereabouts of **Jesus Alberto Villegas**, wanted for Sexual Assault of a Child, Felony Theft, and Prohibited Weapons Violation has been increased to \$17,500.



Race: American Indian. **Sex:** Male. **DOB:** 6/22/1979. **Height:** 5'11". **Weight:** 145 lbs. **AKA:** Pecos. **SMT:** Tattoo on back. **CCH:** Theft of property, unauthorized use of a motor vehicle, driving while license suspended, prohibited weapons. **LKA:** 3110 Bickley, Abilene, TX. **Caution:** Subject should be considered armed and dangerous!

DETAILS: In August 1996, Jesus Alberto VILLEGAS became involved in an altercation with unknown subjects in Abilene, Texas, during which VILLEGAS was stabbed twice with a knife. On December 9, 1996, VILLEGAS and an accomplice were arrested in Fort Worth while in possession of a vehicle that had been stolen the previous day from a residence in Abilene. In 1997, VILLEGAS was arrested for Possession of a Prohibited Weapon after he was found in possession of a 15" sawed-off rifle, which had been concealed in the middle console of his vehicle. In 1998, VILLEGAS was charged with Sexual Assault of a Child. He absconded shortly after.

The Taylor County Sheriff's Office currently holds warrants for VILLEGAS' arrest for Felony Theft, Prohibited Weapons, and Sexual Assault of a Child. He was last seen in 1998 in Abilene.
<http://www.txdps.state.tx.us/texas10mostwanted/>

2. Crime Update:

Temple - Carolona Yvette Sanders was arrested on Tuesday and has been charged with hindering apprehension for hiding a suspect that lead police on a foot chase to her home. During a traffic stop in the 800 block of S. 30th Street a person in the vehicle fled the scene leading the officers on a foot pursuit. The suspect was seen entering a home in the 700 block of S. 28th Street. When asked, Sanders told the police no one entered her home and she refused them permission to enter. Sanders was advised that by refusing entry to arrest a suspect she would be charged with hindering apprehension but, again she refused to allow the officers into the home. After obtaining a search warrant officers entered the residence and found the suspect. He was arrested on an outstanding parole warrant.

An Investigation into a robbery that occurred at a local fast food restaurant, The Smashburger, in the 3000 block of south 31st Street around 8:30 a.m. Sunday morning, is ongoing. An employee stated that while he was taking out the trash, the suspect grabbed him from behind

and demanded money. The employee then head butted the suspect with the back with his head and the man released him then fled from the scene. The suspect is a white male, wearing dark jeans and a black mask. If anyone has information about the suspect, call Temple police at 254-298-5500. (Source: KXXV.com)

3. Influenza; The Myths and the Mystery Exposed:

While at dinner the other evening the conversation eventually drifted into what impact the seasonal flu has had on fellow employees. Not surprisingly, as is common this time of year, many stay home thinking they're either coming down with the flu or are already sick at home and don't want to spread the virus just in case it might be the flu. Others swear that, having gotten the flu shot in the past failed to prevent, in fact - gave them the flu and refuse to take the shot again.

Seasonal flu is a contagious respiratory infection caused by different flu viruses and, although seasonal flu symptoms often mimic a cold, a common cold rarely causes a fever over 101 degrees. It's important to understand flu symptoms so you can seek immediate treatment, especially if you have a chronic medical condition.

The earlier you recognize that you have the flu can also make a difference in how long it lasts.

Seasonal influenza is not usually associated with gastrointestinal symptoms, like diarrhea and vomiting, at least not in adults. However, these symptoms appear with stomach flu, which is a popular but inaccurate term for gastroenteritis.

Typical signs of seasonal flu are:

- Unusually high fever
- Severe aches and pains in joints, muscles and around the eyes
- Generalized weakness
- Ill appearance with warm, flushed skin and red, watery eyes
- Headache
- Dry cough
- Sore throat and watery discharge from your nose

According to the CDC, complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions such as congestive heart failure, asthma, or diabetes.

Given that influenza can be serious and even fatal, it's crucial to know what is fact and what is fiction.

- Flu Myth #1: The seasonal flu is annoying but harmless.

It's important to remember that the run-of-the-mill seasonal flu can be a serious condition itself. In addition to the congestion and cough, you're apt to have nasty body aches and fever which are less likely with a common cold. In addition to lost productivity, flu can hospitalize 200,000 people in the U.S. each year. It kills between 3,000 and 49,000 people. That's close to the number of women killed by breast cancer each year, and more than twice the number of people killed by AIDS.

- Flu Myth #2: Swine flu is transmitted by pork products.

Lots of people reacted to the swine flu outbreaks by swearing off bacon -- just as some countries reacted by banning pork or slaughtering pigs. But, despite the name, you can't get the flu from eating pork.

- Flu Myth #3: The flu vaccine can give you the flu.

The flu vaccines only contain dead virus, and a dead virus can't infect you. There is one type of live virus flu vaccine, the nasal vaccine, FluMist. But in this case, the virus is specially engineered to remove the parts of the virus that make people sick.

Despite the scientific impossibility of getting the flu from the flu vaccines people mistake the side effects of the vaccine for flu. While side

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effects to the vaccine these days tend to be a sore arm, in the past, side effects often felt like mild symptoms of the flu. And, flu season coincides with a time of year when bugs causing colds and other respiratory illnesses are in the air. Many people get sick with an unrelated cold within a few days blaming the innocent flu vaccine, rather than their co-worker with a runny nose and cough.

- Flu Myth #4: There is no treatment for the flu.

Two antiviral drugs are highly effective against the flu: Tamiflu, in pill form, and Relenza, which is inhaled. These drugs are most effective if taken within 48 hours of your first flu symptoms. But the drugs are beneficial even if taken 48 hours after symptom onset.

Neither Tamiflu nor Relenza cure the flu, but they can reduce the amount of time you're sick by one or two days and make you less contagious to others. These drugs work with both the typical strains of seasonal flu as well as swine flu.

- Flu Myth #5: Antibiotics can fight the flu.

Antibiotics only fight bacterial infections. Flu, whether it's typical seasonal flu or swine flu, is not caused by bacteria, but by a virus. So antibiotics have *absolutely no effect* on any kind of flu.

However, there are instances of flu complications that involve bacterial infection. The flu virus can weaken your body and allow bacterial invaders to infect you. Secondary bacterial infections to the flu include bronchitis, ear infections, sinusitis, and most often, pneumonia.

It is bad advice to take antibiotics just in case they *might* develop a complication because you may develop a secondary bacterial infection which might be resistant to those antibiotics. If symptoms are getting better and then suddenly get worse, call your doctor. This may be a sign of a bacterial co-infection.

- Flu Myth #6: The flu is only dangerous for the elderly.

It's true that the people most likely to become seriously ill or die from the seasonal flu are over age 65. But flu can become risky for anyone, even healthy young adults. Some of the most susceptible people to seasonal influenza are young children. Ninety percent of H1N1 swine flu deaths have been in people under age 65, while 90% of seasonal flu deaths are in the elderly. And both seasonal and pandemic flu are particularly dangerous for very young children. To protect infants too young to take the vaccine keep them away from people who have the flu. Parents and caretakers of infants should get vaccinated.

- Flu Myth #7: "Stomach flu" is a form of influenza.

The word "flu" is so overused that it's lost much of its actual meaning. Gastrointestinal viruses are called the "stomach flu," but they have no connection to the actual influenza virus. If you suffer vomiting and diarrhea (except with children), but no fever or body ache, you probably do not have the flu.

- Flu Myth #8: If you had the flu, you're immune during that season.

Many people assume that if they've had the flu recently, they can't get it again, however, in any flu season, there's usually both Type A and Type B influenza in circulation. Both can cause the flu. It's quite possible that you could get infected with one type and then the other. So, even if you've already had the flu, you should still get the vaccine.

- Flu Myth #9: If you're young and healthy, you don't need to worry about getting the vaccine.

We should all get the seasonal flu vaccine regardless of your age and

relative good health. Why suffer through the flu if you can avoid it and by not protecting yourself you could be a carrier of the virus and endanger other people in your family with lower resistance to infection.

- Flu Myth #10: You can skip years between flu vaccinations.

Every single year, researchers have to develop a brand new vaccine because the particular strains of flu that are dominant change every single year.

- Flu Myth #11: Vaccines are dangerous.

In recent years, there's been growing mistrust of vaccines, including the flu vaccine. Some believe that there could be a link between vaccines - specifically the ingredient thimerosal - and developmental disorders in children, like autism. However, there is no evidence that vaccines cause autism, and experts say that we're losing sight of how important vaccines are.

If you're still concerned, you should know that there are thimerosal-free flu vaccines available. In fact, every year, manufacturers produce more of this vaccine than people use. If you want your child to get it, just ask your doctor.

- Flu Myth #12: Cold weather causes the flu.

No matter what your grandmother may have said, going outside in the winter hatless does not increase your risk of flu. While there might seem to be a connection - since flu season coincides with colder months in the U.S. - there isn't. After all, flu season is the same throughout the whole country: even if it's frigid in Minnesota, it's still warm in Florida. The rise and fall of flu season each year has more to do with the natural cycle of the virus, although experts aren't exactly sure how it works.

Colder weather might increase the risk of flu in one way: We might come into closer contact with other people because we're all stuck inside. That could make it easier for the virus to spread.

- Flu Myth #13: If you haven't gotten the seasonal flu vaccine by

November, there's no point getting vaccinated.

While supplies of vaccine used to run out by November, that's not the case anymore. Nowadays, there should be enough vaccine for anyone who wants it, and you should be able to get it as late as December or January. Besides, the flu often doesn't hit its peak until February or sometimes as late as March.

So no matter the month, if you haven't had your flu vaccine yet, go get it. You could spare yourself -- and your family -- a lot of misery. (Source: WebMD senior writer Daniel J. DeNoon contributed to this report)

4. On The Horizon -Despite the Precautions, This Season's Flu May Result in the Most Deadly Ever... Or, Not.... So, What if You're Traveling?

USAonWatch.org has published a Power Point slide show to train community leaders I will make available to everyone at: <http://www.woodlakeneighborhoodwatch.com/>

As promised, I proffered a thorough review of Influenza: symptoms, remedies, and debunked a lot of the misunderstandings, myths, and facts but, what if you're traveling during flu season (or any season for that matter)?

Also, as a result of some of the respondents for suggestions at the last Nation Night Out, look for some upgrades to your Neighborhood Watch efforts in the upcoming weeks.