

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 better improve this effort are welcome.

1. Bell County Sheriff Tip Line: Wanted <http://www.bellcountytexas.com/cscd/cscdwanted.htm>

All but one of our 6 suspects this issue last-known-address is Killeen: Wanted for assault are 35 year old, 5'8", 130 lb Stanley Douglas, a W/M with brown eyes and brown hair, 24 y/o, brown eyed, brown hair and 21 y/o Dwayne Brumfield, 5'10", 135 lbs, B/M with brown eyes and black hair. Brandon Bullard is 6'1", 160 lb, B/M is wanted for possession of a controlled substance. Benjamin Alfaro, 5'8", 205 lb, 22 y/o, W/M with brown eyes and black hair wanted for burglary of a habitation and Laurence Palmer is 26, 5'8", 185 lbs, B/M with brown eyes and black hair and is wanted for injury to a child.

Our last fugitive at large and wanted for assault is 27 y/o, 6'3", 240 lbs Bill Southerland. Bill is a W/M with green eyes and blond hair last known living in Buckholts.

If you have any information regarding these individuals, please 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)**. **ALL CALLS WILL BE KEPT STRICTLY CONFIDENTIAL.**

2. Crime Update -

Fort Hood - Naser Jason Abdo, the AWOL soldier accused of planning a deadly attack on Fort Hood soldiers last July, is now facing one additional charge for an assault on Thursday.

Temple - A man has been served with a warrant after being wanted for a burglary that was reported back in late March. The incident reportedly happened early on March 31. Officers responded. A man has been served with a warrant after being wanted for a burglary that was reported back in late March. A man is facing charges after reportedly throwing boiling water on his roommate while he slept. Police now know the identity of two suspects who broke into a woman's apartment, tied her hands and robbed her.

Copperas Cove - Two women have been charged with Aggravated Assault with a Deadly weapon after an unorthodox driving incident that took place Monday evening.

Killeen - A student from Live Oak Ridge Middle School in Killeen brought a gun to school Tuesday, and officers have confirmed the weapon was stolen from a soldier's home. Police are looking for a man who held up a local convenience store Sunday evening. Police responded to the "EZ Way" convenience store in the 1400 block of W. CTE at around 9:45 p.m.



(Source: KXXV.Com)

3. The Meaning of "Life"

Religion and politics aside, the meaning of life (all life forms) can be defined in one simple tenet: survival of the species. When factored to your basic denominator ask yourself - "What is it that we really need to survive"?

Water - The "life blood", the symbolic "rebirth" element, actually, the compound every life form on earth must have to survive. An interesting story in the book by Michener, *The Source*, illustrates the extraordinary measures an ancient community used to protect, while still maintaining access to their one and only water source. Nonetheless, the average person can live a week without food; our composition is 90% water though, so we would be incapable of surviving without it for more than a few days.

Then as is today, we tend to take having clean water for granted. So, what happens if a series of severe draughts subjects us to enforced water rationing or the electrical grid is shut-down limiting the operation of pumping stations for filtering, purification, and resupply?

Shelter - One can survive in the heat by adapting and remaining out of the direct sunlight for which you'll need some sort of shelter. Shelter is also necessary to protect your family from the elements of nature, wind, rain, cold, snow, etc. but, since there are only so many animal skins available to wear, escaping the cold would be unlikely without some form of heat.

Security - When chaos erupts and mankind is thrust into primeval behavior, if you hadn't prepared to defend yourself and family, you'll be the target of those taking advantage of the circumstances. In a survival situation, no one is safe as motivation to steal, cheat, and even kill contradict accepted morals.

When clans became so in-bred their survival depended on mingling with other clans to form tribes it follows then that their condition improved overall. They quickly learned that by clustering they were more secure from rivaling tribes and, by pooling their resources and protecting their stores their subsistence was improved during periods of scarcity.

Food - Humans likely didn't start "cooking" until they became more sedentary. They did, however, figure-out that by sun-drying nuts and berries, salting and maybe smoking a portion of their kill, they were able to preserve their food. Once food preservation evolved and it became more and more difficult to transport, man had to have a place and a means of securing his preserved food stores.

Caches in small caves and crevices barricaded and sealed as a precaution from foragers but still easily retrievable, was the likely solution. However, after one or two of their caches were pilfered by man or animal and they had to go hungry or starve to death, It wouldn't have taken very long for them to realize the need to consolidate their stores at a central location that could be better guarded against theft and the elements - which refers me back to shelter and security, and as an afterthought -safety.

Fire - Early man didn't "invent" fire but he did learn to harness its energy and use it to improve his survivability. Hunter-gatherers probably didn't have much use for fire except for security against predators and eventually, light and heat.

Tools - Then came the wheel, lug wrench, and computer but you can imagine for yourself, without reviewing reruns of *A 2001 Space Odyssey*, how the use of tools, not only improved but made human life more secure, safe, enjoyable, and prosperous.

With a few exceptions, much like our early ancestors predators, thieves, con-men, avoiding injury and infection, disease and petulance, hazardous weather, natural and man-made (terrorist) disasters are only a few issues modern man will have to confront when considering how to keep our families safe and secure after a catastrophe.

No plan at all is better than a plan that excludes safety and security.



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What you can do – Keep a well supplied first-aid kit available and accessible. The first thing in an emergency is to account for everyone and determine who is injured. Then, triage and prioritize what care is needed to whom (stop the bleeding, clear the air passage, and treat for shock). Don't forget about your neighbors and their safety.

If you've followed a well rehearsed plan for the situation (fire, tornado, earthquake, epidemic, terrorist attack, etc) decide if staying put, evacuating or relocating is more prudent. Keep a plentiful supply of prescription medicines also.

What I recommend – First of all, do not panic. Make sure everyone in your household knows what the emergency plan is and what their individual responsibilities are. Get your immediate emergency equipment together: flashlights, first-aid kit, radios, phones, fire extinguisher, etc.

Your first aid kit should contain the usual, especially antiseptics, maybe some surgical tools, sutures and benzocaine topical (Lanacane), gauze and large sterile wraps. Use waterproof containers and if splints, slings or tourniquets are needed, be resourceful. Do what you can to make casualties comfortable; it may be a long wait before EMS can get to you.

Once the immediate priority of caring for the injured is accomplished, make an assessment of your surroundings. If you've made the determination that moving is neither safe nor practical, determine the extent of damage to your home. If necessary, consolidate your food stuff and water in a location that's easily secured and accessible and, if not already done, take an inventory. Then, (but not necessarily next) if communications is available, phone, radio, SSB, etc. find-out what the current situation is, if help is available, or to locate those that need assistance like a displaced family member.

Depending on the circumstances, if you have a weapon, consider keeping it with you at all times; make sure all other weapons and ammunition are secured until and if they're needed.

If the electrical power is still on, great (if it's safe to do so, check that the main circuit breaker is closed. Don't attempt multiple resets, (you can troubleshoot that later). Maybe your security lights, locks, and alarms will still work – better test them. Otherwise, check that all the doors and windows are intact and their structural integrity hasn't been compromised. If necessary replace or re-enforce missing doors/windows with closet and internal doors. Hopefully you had the foresight to store all your important papers in a fire-proof safe or in a safety deposit box, put aside some cash and credit cards, IDs and passports, shot and medical records. Collect and store those in a safe place.

What you can do - Safety and security are synonymous with shelter. Still, the terms are not only relative to the circumstances but cannot exist without the other. Part of your survival kit should include a large tarp or plastic sheathing. While evacuation is still a likely scenario, a tarp may be necessary to protect food stuffs from the elements or to patch a fissure or large hole in the structure. If you've resigned to having to relocate, a tarp could serve as a partition between your family and others in a rescue center.

What I recommend – Keep a couple of large, heavy-duty painters' tarps handy for the house. They're not only useful around the home; they're great for make-shift tents or lean-tos.

Keep a couple of large, 12-mil plastic tarps that are packaged and compact and a couple rolls of duct tape in your ready-to-go bag. For roof and wall repairs, you're going to need the heavier more resilient canvas or reinforced poly-blend plastic tarp, some staples, tacks, or nails with some shimming material to secure the fabric against windy conditions.

Some cheap cotton clothes-line cord (1/4" cotton) is also a good thing to have around for use as tie downs and strapping. This blend of material is also useful for making wicks for do-it-yourself lanterns when/if the need arises.

What you can do - "Water water everywhere, but nary a drop to drink!" A seafarers' lamentation - that need not be your own. Nothing so essential to life is given so little regard as water. The "book" suggests 3 gallons per person, per day. Wow! That means a family of 4 needs 12 gallons amounting to 84 gallons for a week! That doesn't include hygiene and medical, cooking, and laundry or your pets' needs, not to mention the space needed for, storage, weight, and rotation requirements that can be overwhelming. If your only choice is to evacuate, throw as many cases of bottled water in the car as you can and pray for the best. Otherwise....

What I recommend - Storing water can be a difficult proposition. On one hand, having the stores available gives one piece-of-mind. On the other hand, other problems arise if the water you're counting on isn't drinkable when you need it if it goes stale because you didn't keep to a rotation schedule. 12 or 24 oz plastic bottles store well, never go bad, and are easy to access. But, they're expensive, create a lot of refuse and are impractical for large families and long-term survival.

I do not recommend 1-gal containers from your grocer for terms longer than a few weeks. Only slight changes in temperature can result in a pressure differential that causes the containers to either collapse or expand on themselves. That creates minute cracks that will eventually leak so slowly it's undetectable until the container is sucked in so far only 1/2 the water is contained. The rest will have leaked-out maybe damaging your shelving/woodwork, etc.

Any hard-sided plastic containers, like the large, economy fruit drink 1-gallon (or larger) containers work very well and are easily rotated. Washed and rinsed well, you can keep water in them for weeks or longer without them collapsing. Leave some space at the top for expansion but if kept in a cool place that won't be an issue.

Another idea for bulk storage is the 27 lb kitty-litter plastic (bucket) containers. Each bucket will hold approximately 2.5 gallons of water for months. Putting a plastic wrap over the opening helps to seal-off the container keeping it fresh even longer. They're easily carried, won't splash around if you have to transport them, are reusable, and stack well. They are bulky but hold a lot of water. (With a little ingenuity, these containers could also suffice for toilets).

Regardless of your chosen method, it's always a good practice to purify water for drinking, either with iodine tablets, chlorine, or boiling. Which is the segue to my next item – Fire.

What you can do – Solar, wind, electrical; all a euphemisms for fire, or energy. Without fire mankind could never have survived post-garden-of-Eden. Fire can be made a weapon, used for luxury, a source of warmth-comfort, and light-convenience, health and welfare – cooking and medicinal, and enjoyment/entertainment or justice, depending on your persuasion.

What I recommend – Consider a generator. Decide what your minimum requirements are in kilowatt hours and then plan appropriately.

Think about how "portable" you want your source of energy to be and if you will depend on electrical power for heat. Heating units require a lot of amperage (= Watts/Volts) so, to estimate the size generator that will suit your needs, first decide what the minimum number of appliances you'll have to power. For example: a standard refrigerator requires 1200 watts. That's an average. Don't plan on running a microwave or baking oven while the fridge is running if all you have to power them all is a 2KW generator! Then, determine what your near-term requirements might be. A 7KW/hr generator can run for 8 hours between refueling and for up to 3-4 days without servicing. All you have to do is keep oil and gas in it.

Which portends others issues: If you're going to store large amounts of fuel, you have to consider a rotation schedule and using a fuel-stabilizer mixed in the tank of your equipment.



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Gasoline tends to deteriorate with age and caramelize in the carburetor. Gasoline with 10% Ethanol is even worse. Not only does it degrade at a faster rate, after prolonged use it has been known to cause damage.

Don't exceed your budget wiring you place for emergency convenience outlets that may, or may not be available when catastrophe strikes. A couple of heavy-duty extensions will suffice. I'm only going to depend on my generator to keep my freezer(s) running long enough before having to resort to, smoke, or salt and sodium nitrate (salt peter) to preserve the most perishable stores from spoilage, then light and heating, etc.

You'll eventually have to find fuel for your gen-set. Try to keep 5-10 gallons available and cycle it through your mower so it never sits around more than a month or so.

In addition to methods of creating an ignition, I've been talking around a very important aspect of making fire and that is, fuel. If you have a propane stove - good. Keep the bottle(s) filled and extra ones handy. I keep a pair of 45 lb. man-carry bottles connected to a manifold that has a "level" indicator. The selector valve allows me to switch-over supply and remove the empty tank for refill without loss of line pressure.

If things really get bad, instead of charcoal, I've stockpiled firewood I can use in my grill for boiling water and cooking. I don't recommend using any wood, charcoal, (except in your fireplace) or oil burning device in the house for heat because of carbon monoxide poisoning. A catalytic heater works well with propane or white gas but both are extremely flammable.

If you have the resources to save the bulk oil from your vehicle(s), do so. It can come in real handy for starting a fire, using as an emergency fuel for cooking/heating, and lighting.

If necessary, you could use bulk oil as lantern fuel instead of kerosene or use for lighting only because bulk oil isn't "clean burning" like kerosene or liquid paraffin.

What you can do - Here is an explanation of "product dating" to guide you through the process of selecting survival food stuffs: An "open date" on food packaging (as opposed to a code) is a calendar date stamped on a product's package to help the store determine how long to display that food item for sale. This date helps customers know the time limit to purchase or use the product at its best quality, but it is not a safety date. "Best Before," "Better if Used Before," or "Best if Used By" tells the consumer how long the product will retain its best flavor and highest quality, as determined by the manufacturer.

The food is still safe to eat after this date, but may have changed somewhat in taste or texture.

On-the-other-hand, "Expiration," "Use By," or "Use Before" are phrases that appear on yogurt, eggs and other foods that require refrigeration. If you haven't used the product by this date, toss it.

"Guaranteed Fresh" is a date used for perishable baked goods. Beyond this date, freshness is no longer guaranteed although the product may still be edible.

A "Sell By" date is usually found on highly perishable foods like meat, milk and bread. This date allows time for the product to be stored and used at home. Depending on the product, it's still safe past this date. Milk can be good for a week beyond its "Sell By" date, if properly refrigerated, however, at its "Sell By" date meat is still fresh but should be consumed or frozen within 48 hours.

Some products bear a "pack date," indicating when it was packaged. This information is often encrypted so that only manufacturers, wholesalers and retailers can read it. The pack date on some products, such as eggs, is shown by a Julian date (1 through 365), January 1 is number 1, and December 31 is number 365.

Bottom line, the fresher your food, the better it is and the longer you

have to use it up at home. Tip: In a properly stocked store, the freshest items will be at the back of the shelf or underneath older items.

What I recommend - If you have or can restore your electricity for the refrigerator, your survival food plan should start by using that food first.

While maintaining a balance (proteins and carbohydrates) as food from the cool side is consumed, replenish it with that from the freezer. If you lose power and worried your expensive cuts will be ruined, do not open the refrigerator until you must. Think about what you need, open and close the door as quickly as possible. If you do not open it, items in the freezer will keep for several days. Frozen food taken out of the freezer and put into the cool side will help keep the temperature down but will also hasten the thawing process and spoiling of the frozen foods. In a future issue I will discuss preserving fruits and meats for long-term storage but for the time-being, start stocking-up on canned meats.

The cans of Salmon and Tuna I keep are stamped with "best if used by" date. The 13 ounce cans of chicken, however, have about a 36 month shelf life and are stamped with a "Use By" date requiring those to be rotated and replenished.

Most canned vegetables and fruits (tomatoes, green beans, and sour kraut, black, navy, and northern beans) are all stamped with "Best By" dates.

Dried beans, grains (oats and rice), and pasta store best and if maintained in dry place can be stored a very long time.

I do not recommend stocking-up on MREs (meals-ready to-eat for you civilians). Although they do keep well, they're expensive, bulky, and create a lot of refuse. The majority of them are dehydrated requiring either water to prepare them or lots of drinking water for them to be palatable.

Do not toss-out the water from the canned foods. It contains vitamins and nutrients and can be used for cooking or making soup. Soup is the best means for making a little go a long way. A can of chicken, green beans and a cup of rice cooked, for example, in a large pot in a soup yields about 800 - 1000 calories. You're going to need to plan on consuming 1200 - 2000 calories per day, per adult to sustain your energy levels. If the meat starts running low, beans and rice are a great substitute for animal proteins.

You need to plan to keep a minimum of 3 days' supply but, under circumstances when getting to the grocery store is impossible, or their not having anything when you do, I'd be prepared to have enough food-stuffs to sustain your family for 3 months or longer.

Don't forget your pets. I feed ours a dehydrated product that is suitable for human consumption. It's easily stored and reasonably priced. With extra shipments of *Preference* Dehydrated Food Mix Base, doubling-up on canned and dried goods I can meet my objectives and, since I plan on rotating and managing my inventories by consumption and replenishment, the cost is kept within reason.

What can you do - The intelligent application of tools (and opposing thumbs) is aspect trait that separates us from the beasts.

You won't need your precision micron-calipers but you will need a few basic tools that can be found in the economy racks at store that sells hardware.

What I recommend - Put a hammer or a hatchet (or both), a cross-tip (Philips head) and 1 or 2 various sized flat-tip screwdrivers, a camping knife, a camp saw (the blade folds into the handle and locks in place for use) or a sheet rock trim saw, or a hack saw with a multi-purpose blade (can be used to cut glass), a whet stone, pliers, and two sizes of expandable wrenches in or accessible from your safe room.

If you have to chop your way through a jammed door, the hatchet is no good to you if it's hanging over the tool bench in the garage. Don't worry if you didn't pack any nails or screws; there'll be plenty sticking out from damaged structure you can "recycle".



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4. On the Horizon – It used to be the Flu, now it's the Measles!?

With the Olympics scheduled in London this summer, U.S. health experts are anticipating a measles outbreak here in the States. They suspect many tourists from around the globe will carry measles to the Olympics. Then, exposed U.S. tourists may carry the disease home with them, sparking a summer outbreak.

Officials have also issued similar warnings regarding the Euro 2012 soccer games. Similar circumstances during this year's Super Bowl event sparked a minor measles outbreak in Indiana.

One of the reasons measles spreads so quickly is that people carrying measles can spread it for four days before developing the classic rash. They might think they have a minor cold, and then unwittingly carry the disease into a crowd of people. Because measles is highly contagious, anyone in the vicinity may pick up the disease, especially those who aren't vaccinated.

The most common measles-outbreak scenario is for an unvaccinated traveler to get the disease overseas and then return to the U.S., spreading it to others. That's why the Olympics this year – a popular event among American travelers – is so likely to trigger stateside outbreaks.

Even in a population where the use of the measles vaccine is widespread, outbreaks still happen. In the U.S., more than 90 percent of people vaccinate their children against measles. In Indianapolis, the site of the most recent outbreak, vaccination rates are even higher.

So, you can't necessarily trust that high vaccination levels among your neighbors will protect from getting sick. Even with steady vaccination rates, the incidence of measles in the United States is on the rise. There were 223 cases of measles last year, the highest number in 15 years.

Health officials track nearly every case to a foreign source – either an American tourist picking up the disease overseas or a non-US citizen (legal or not) carrying the disease into the country.

While vaccination rates remain steady and have even risen a little in the U.S., the worldwide vaccination rate for measles is falling. That means imported measles cases will continue to be a growing problem.

In the case of the measles, the facts are these:

- The vaccine is effective
- Measles is highly contagious and most effectively prevented by the vaccine.
- For most people, measles is not a dangerous disease, but for some it is deadly. About one in five will develop mild complications like ear infections or bronchitis. One to 2 patients in 1,000 will suffer a permanent disability or death.
- The measles vaccine does not contain thimerosal, a mercury-based preservative, or aluminum compounds.
- The vaccine has been developed using a cell line derived from an aborted human fetus, making its use morally objectionable to those who oppose abortion.
- Side effects of the measles vaccine include a mild fever, rash, and joint pain. Serious side effects aren't common.

Based on that information and the additional research you do, you're the only one able to decide if measles vaccination is best for you and your family members.

If you choose not to vaccinate, you can still take steps to prevent measles infection. These steps will probably sound familiar, because they're the same steps you should take to protect yourself during cold and flu season.

First, take good care of your immune system. Get enough sleep, drink plenty of water, and keep your sugar intake to a minimum.

Second, during times when infectious disease risk is higher, supplement with a probiotic, vitamin C, and zinc. These three natural supplements help strengthen your immune system. [Building a stronger immune system](#) will help you fight off diseases before they get a foothold in your body and make you symptomatic.

Third, and you already know this, but practice good hand-washing habits. You should wash your hands before you eat, after you use the bathroom, and any time you come home.

Learn to avoid touching your face. Germs don't enter your body through your fingertips (unless you have a cut), they generally enter through your nose and mouth. So make an effort to break any habit that involves touching your face, and you'll lower your risk of getting sick.

Finally, avoid big crowds when an outbreak is in the news. This won't protect you from getting infected at the ground level of an outbreak, but it's a big help in keeping you safe from outbreaks in progress.

If you or one of your family members is exposed to measles and is at high risk of complications (infants, the elderly, and people with a weakened immune system), ask your doctor for a hyper-immune gamma globulin injection. When given within five days of exposure, it can reduce or even prevent symptoms from forming.

In healthy children and adults, most cases of the measles will run their course with bed rest and lots of liquids. Keep sick people away from others for at least four days after the rash disappears. You may also take Echinacea and astragalus to support the immune system while it fights off the disease.

Measles is a miserable disease, but one which most people recover from unscathed. However, it's important to watch for complications like infections or an unusual level of listlessness that might indicate brain swelling. If something seems wrong beyond the normal symptoms of the disease, seek a doctor's care immediately.

Measles risk is predicted to be higher than usual this summer, but vaccinated or not, you can protect your family from the measles by taking a few common sense measures.

(Source: Heather Robson, *HealthEdge*)