

Washington County Sheriff's Office

Neighborhood Watch Newsletter



Fred Newman, Sheriff

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"Take the Time to Prevent a Crime"

Captain Blake Andis

Neighborhood Watch coordinator
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Statistics for November

| | | |
|------------------------------|------------|--------------|
| AGGRAVATED ASSAULT | 6 | |
| ARSON | 2 | |
| ASSAULT (SIMPLE) | 19 | |
| BURGLARY/BREAKING & ENTERING | 12 | |
| CREDIT CARD FRAUD | 13 | |
| DESTRUCTION/DAMAGE/VANDALISM | 19 | |
| DUI | 14 | |
| DRUG/NARCOTIC VIOLATIONS | 27 | |
| DRUNKENNESS | 14 | |
| FALSE PRETENSE | 5 | |
| IMPERSONATION | 4 | |
| LARCENY (ALL OTHER) | 44 | |
| MOTOR VEHICLE THEFT | 2 | |
| RUNAWAY | 1 | |
| SHOPLIFTING | 14 | |
| TRESPASS OF REAL PROPERTY | 6 | |
| ALL OTHER OFFENSES | 83 | |
| TOTAL OFFENSES | 285 | |
| TOTAL ARRESTS | 158 ADULTS | 17 JUVENILE |
| TOTAL WARRANTS | 1545 CIVIL | 295 CRIMINAL |

Sheriff's Message

This month's newsletter will be covering the topic of Domestic Violence. Domestic Violence is a growing problem in our county; our agency responds to approximately 500 domestic violence calls a year. Most of us know someone that has been a victim in a domestic situation. Some people think there is nothing they can do, but the bystander can assist the victim. One of the best ways we can help is just by listening without judging, by letting them know that it is not their fault. We need to express concern for their safety, if they stay in the relationship and let them know that help is available for them when they are ready. We must let them know that violence in a relationship is **NEVER** acceptable under any circumstance. If a domestic situation occurs in your home contact 9-1-1. When there is ongoing domestic situations in your home contact your local law enforcement or Virginia Sexual and Domestic Violence Action Alliance at 1-800-838-8238. If you have any question or concerns, please contact our office.

Thank you, Fred Newman

Monthly Meeting Schedule

| | | |
|-------|------------------------------------------------------|---------|
| 01-04 | HIGH POINT/ High Point E. S. | 7PM |
| 01-03 | BURSONS CORNER Goodson-Kinderhook Fire Department | 7PM |
| 01-18 | HIGHLANDER PARK Noonkester Field Park | 7PM |
| 01-20 | ZION COMMUNITY/Zion Church | 7PM |
| 01-17 | MELVIN HILLS Pleasant View Methodist Church | 7PM |
| 01-24 | HAYTERS GAP Hayter's Gap Community Center | 10:30AM |
| 01-27 | KONNAROCK Konnarock Community Center | 7PM |

Quarterly Meeting Schedule

| | | |
|-------|----------------------------------------------------------------------------------|-----|
| | CELEBRITY LANE/ 18045 Celebrity Lane | 7PM |
| | GATE CITY HIGHWAY/Valley Institute | 7PM |
| 03-01 | EAGLE RIDGE/ High Point ES | 7PM |
| 03/03 | MENDOTA/Mendota Community Center | 7PM |
| 03-07 | CLAYMAN VALLEY Goodson Kinderhook Fire Department | 7PM |
| 03-08 | HAYTERS GAP EVENING GROUP Clinch Mountain Fire Dept. | 7PM |
| 03-10 | QUAIL RIDGE/Ely Residence | 7PM |
| 03-10 | WORTHINGTON WAY Worthington Way Road | 7PM |
| 03-14 | CROWEVILLE /GLADE SPRING 110 Town Square, Glade Spring | 7PM |
| 03-15 | EVERGREEN HILLS/LOWRY HILLS Noonkester Field Park | 7PM |
| 03-17 | RAMBLEWOOD/WIDENER'S VALLEY/ Zion Church | 7PM |
| 03-21 | WYNDALE COMMUNITY Pleasant View Methodist Church | 7PM |
| 03-28 | GREEN SPRINGS/CLEVELAND/ HARBOR LIGHT COMMUNITY Cleveland Community Center | 7PM |

Reminder: If schools are closed due to weather, contact your coordinator for last minute changes on your meeting.

DOMESTIC VIOLENCE

DOMESTIC VIOLENCE

Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Emotional abuse is often minimized, yet it can leave deep and lasting scars. Noticing and acknowledging the warning signs and symptoms of domestic violence and abuse is the first step to ending it. No one should live in fear of the person they love. If you recognize yourself or someone you know in the following warning signs and descriptions of abuse, don't hesitate to reach out. There is help available. Domestic abuse, also known as spousal abuse, occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. Domestic abuse that includes physical violence is called Domestic Violence. Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. An abuser doesn't "play fair." Abusers use fear, guilt, shame, and intimidation to wear you down and keep you under his or her thumb. Your abuser may also threaten you, hurt you, or hurt those around you. Domestic violence and abuse does not discriminate. It happens among heterosexual couples and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds, and economic levels. And while women are more commonly victimized, men are also abused—especially verbally and emotionally, although sometimes even physically as well. The bottom line is that abusive behavior is never acceptable, whether it's coming from a man, a woman, a teenager, or an older adult. You deserve to feel valued, respected, and safe. Recognizing abuse is the first step to getting help. Domestic abuse often escalates from threats and verbal abuse to violence. And while physical injury may be the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy your self-worth, lead to anxiety and depression, and make you feel helpless and alone. No one should have to endure this kind of pain. Your first step to breaking free is recognizing that your situation is abusive. Once you acknowledge the reality of the abusive situation, then you can get the help you need. There are many signs of an abusive relation. The most telling sign is fear of your partner. If you feel like you have to walk on eggshells around your partner constantly watching what you say and do in order to avoid a blow-up. Other signs that you may be in an abusive relationship include a partner who belittles you or tries to control you, and feelings of self-loathing, helplessness, and desperation. To determine whether your relationship is abusive, answer the questions below. Do you: feel afraid of your partner much of the time? Avoid certain topics out of fear of angering your partner? Feel that you can't do anything right for your partner. Believe that you deserve to be hurt or mistreated. Wonder if you're the one who is crazy? Feel emotionally numb or helpless? Does your partner have a bad and unpredictable temper?

Hurt you, or threaten to hurt or kill you? Threaten to take your children away or harm them? Threaten to commit suicide if you leave? Humiliate or yell at you? Criticize you and put you down? Treat you so badly that you're embarrassed for your friends or family to see? Ignore or put down your opinions or accomplishments? Blame you for his abusive behavior? Act excessively jealous and possessive? Control where you go or what you do? Keep you from seeing your friends or family? Limit your access to money, the phone, or the car? Constantly check up on you? The more "yes" answers, the more likely it is that you're in an abusive relationship. When people think of domestic abuse, they often picture battered women who have been physically assaulted. But not all abusive relationships involve violence. Just because you're not battered and bruised doesn't mean you're not being abused. Many men and women suffer from emotional abuse, which is no less destructive. Unfortunately, emotional abuse is often minimized or overlooked even by the person being abused. The aim of emotional abuse is to chip away at your feelings of self-worth and independence. If you're the victim of emotional abuse, you may feel that there is no way out of the relationship or that without your abusive partner you have nothing. Emotional abuse includes verbal abuse such as yelling, name-calling, blaming, and shaming. Isolation, intimidation, and controlling behavior also fall under emotional abuse. Additionally, abusers who use emotional or psychological abuse often throw in threats of physical violence or other repercussions if you don't do what they want. If you or anybody you know is in an abusive relationship, please get help.

CHAPLAIN'S CORNER

Following one of Jesus' most famous miracles, the feeding of the 5,000, we find the disciples in a small watercraft, Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. . . . Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves.—Matthew 14:22, 24 The disciples were experiencing a protecting storm. And what was it protecting them from? Themselves. Sometimes God will bring difficulty into our lives to keep us from something worse. Be thankful that God doesn't answer all of your prayers in the affirmative: *Lord, if You really love me, this person would marry me. . . . Lord, if You really love me, I would have gotten that promotion. . . . Lord, if You really love me, I would win the lottery.* God knows what is best. He loves you too much, and therefore is not going to let certain things happen. Maybe God knows that thing you want so bad would actually destroy you if you were to get it. Are you facing a storm in your life today—a storm that is not of your own making? Just maybe it is a protecting storm. May the Lord grant us all discernment in the coming year.

Seeking Christ <><

Erik Hinchey

WCSO Chaplain