

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 February

AGGRAVATED ASSAULT	3
ASSAULT (SIMPLE)	12
BURGLARY/BREAKING & ENTERING	16
DESTRUCTION/DAMAGE/VANDALISM	21
DUI	9
DRUG EQUIPMENT VIOLATIONS	3
DRUG/NARCOTIC VIOLATIONS	14
DRUNKENNESS	5
EXTORTION	2
IMPERSONATION	2
INTIMIDATION	3
KIDNAPPING	1
LARCENY (ALL OTHER)	32
LIQUOR LAW VIOLATIONS	3
MOTOR VEHICLE THEFT	1
SHOPLIFTING	10
ALL OTHER OFFENSES	64
TOTAL OFFENSES	201
TOTAL ARRESTS	97 ADULTS 13 JUVENILE
TOTAL WARRANTS	1790 CIVIL 263 CRIMINAL

Sheriff's Message

Women are often preyed upon because of lack of physical strength and stature. Women should always be aware of their surroundings and be especially alert if they are alone. It is always better to do activities as a group, whether it be shopping, exercising, or traveling. When a woman has to do these things by herself she should use great caution, always be alert especially if alone in deserted places, such as parking lots, parking garages, drive thru ATM machines, or places that are not well lit. Women should use caution when getting in and out of their vehicle's even when parked at their residence, if the area has bushes or has a blocked view. If something just doesn't feel right chances are it is not, trust your instincts. If you have any questions or concerns please contact our office. Sheriff Fred Newman

MONTHLY MEETINGS

04-04	BURSONS CORNER	
	Goodson Kinderhook Fire Dept.	7PM
04-05	HIGH POINT/ High Point E. S.	7PM
04-07	GATE CITY HIGHWAY/Valley Institute	7PM
04-14	CELEBRITY LANE/ 18045 Celebrity Lane	7PM
04-18	MELVIN HILLS	
	Pleasant View Church	7PM
04-19	HIGHLANDER PARK	
	Noonkester Field	7PM
04-21	ZION COMMUNITY/Zion Church	7PM
04-26	HAYTERS GAP	10:30AM
	Hayter's Gap Community Center	
04-28	KONNAROCK	7PM
	Konnarock Community Center	

Quarterly Meeting Schedule

06-02	MENDOTA/Mendota Community Center	7PM
06-06	CLAYMAN VALLEY	7PM
	Goodson Kinderhook Fire Department	
06-07	EAGLE RIDGE/ High Point ES	7PM
06-09	QUAIL RIDGE/Ely Residence	7PM
06-13	CROWEVILLE /GLADE SPRING	7PM
	110 Town Square, Glade Spring	
06-14	HAYTERS GAP EVENING GROUP	7PM
	Clinch Mountain Fire Dept.	
06-16	RAMBLEWOOD/WIDENER'S	7PM
	VALLEY/ Zion Church	
06-20	OAK HILL ESTATES/	
	WYNDALE COMMUNITY	7PM
	Pleasant View Methodist Church	
06-21	EVERGREEN HILLS/LOWRY HILLS	
	Noonkester Field Park	
06-27	GREEN SPRINGS/CLEVELAND/	7PM
	HARBOR LIGHT COMMUNITY	
	Cleveland Community Center	
07-07	WORTHINGTON WAY	7PM
	Worthington Way Road	

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

SAFETY TIPS FOR WOMEN

Being a woman comes with a unique set of challenges. Among the many things we need to be prepared for is how to protect ourselves when feeling threatened or unsafe. Violence against women remains a prominent issue in society. You may be familiar with that unsettling and persistent feeling that something around you is not quite right, or familiar with the inability to trust a stranger's intentions. Whatever your experience with the issue, there are effective ways to confront it. Be confident. Hold your head high when you walk down the street. Look those you pass in the eye. Confidence breeds confidence and this is not just important in regard to your own safety. The stronger image you have of yourself as a capable and powerful woman, the better. Look around you and be aware of those who are near you. Perceptive people are able to read the intentions of others. Also trust your instincts. You may feel paranoid, but they can protect you from dangerous situations if necessary, be aggressive. If faced with a situation that makes you uncomfortable, a simple and authoritative "**Back off!**" may be just what you need. If you practice this phrase out loud it may at first come out sounding timid. But anger is a more powerful emotion than fear. Take control of your own safety. Contemplate what you would do in situations where your safety is threatened. Here are some tips to help you stay safe.

- ❖ **It's okay NOT to be nice and friendly all the time. With strangers, it's safer to be cool and aloof. Women are sympathetic and giving by nature, which can get them in a lot of dangerous situations. Teach your children to be suspicious of strangers, too.**
- ❖ **Guard your purse. Women practically carry their lives around in their purses. Keep your purse zipped or clasped shut at all times. If you set it in a shopping cart while you're shopping, strap it down like you would a small child. Don't ever leave your purse in the car unless it's locked in the trunk.**
- ❖ **Don't leave home without a cell phone or some device to call 911 in an emergency. If you feel threatened in any way, it's an emergency Call 911! Don't wait until things get really bad to call**
- ❖ **Healthy paranoia is a good thing. Be aware of your surroundings. When you are outside your home or office, be alert and looking around for possible danger all the time. Don't daydream or space out unless you're safe and sound at home**
- ❖ **When out and about, carry something in your hand that could be used as a weapon, if needed, like keys, umbrella, cane, purse, or pepper spray.**

- ❖ **It's safer to use an elevator than stairs. Empty stairwells are well-known hiding spots for sexual predators. Try not to go running at night by yourself, take a friend with you or your dog if you have one. Run where it's well lit and people are around.**
- ❖ **Take a self-defense course or learn a martial art. Knowing how to block, evade, kick, and punch are available skills every woman should know.**
- ❖ **A deadlock should be put on every door of your home. Put out security signs in your yard to show your home is protected by a certain security system.**
- ❖ **Have plenty of lighting on all four corners of your house. Motion detectors are proven to be very helpful. Put them on your garage doors also. Put these beside your front and back doors.**
- ❖ **If you need your car worked on never give the mechanic your entire key chain. Take off your car key and keep your other keys. The mechanic could make a copy of your house keys and have a key to your house.**

Being proactive and observant could save your life. In this sometimes crazy world we live in it pays to be observant and watchful for things out of the ordinary that could be potentially dangerous. Always go with what your 'gut' tells you.

Chaplain's Corner

When a person is right with God they are apt to be hard on themselves and easy on others, but when they are not, they more likely to be easy on themselves and hard on others. This quote was used in a recent message that was delivered to a local church. It was followed with this common question: Are you where you should be? All of us get lost. Depending on where you live, you may find yourself lost more often than not. Sometimes spiritually we can feel lost too. Whether it's a broken relationship, a lost job, or just a general sense of spiritual disorientation, these times come for all of us. It's the feeling that our lives and the world we live in should be perfect, yet they are somehow broken. Jesus is aware that we feel that way and even says in Luke 19:10 that it was his mission on earth to help people who are lost. Jesus cared so much about helping others, yet for us other people often take a back seat to our own interests. Let us make an effort to keep our hearts in line with Christ's, and our relationships, our friendships, and our overall life focus will benefit.

In His Grip
Erik Hinchey
WCSO Chaplain