

CRIME FIGHTER

The Safety Newsletter of the Oro Valley Police Department

Fourth Quarter 2013

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Dispose-A-Med Changes



Beginning immediately, the Oro Valley Police Department’s medicine take back program will no longer be accepting metal or glass inhalation aerosol containers, syringes or epi-pens at the Dispose-A-Med events.

For your convenience, the following is a list of companies that offer mail back disposal kits:

GRP	www.sharpsdisposal.com	1-800-207-0976
Stericycle	www.stericycle.com	1-866-783-7422
Total Home Medical	www.totalhomemedical.com	1-877-317-9278
Republic Services	www.republicsharps.com	520-745-8820

The Oro Valley Police Department, in partnership with the Drug Enforcement Administration (DEA), SOBER Project, Meth Free Alliance, Oro Valley Optimist Club, Golder Ranch Fire District and Pima County Wastewater invite Oro Valley citizens, businesses, churches and schools to join us and share information regarding drug awareness in our community. Together we can explore possible solutions and preventative measures to make our community safe, healthy and drug free.

Bring your unused or expired prescription and over the counter medications and we will dispose of them for you properly.

This includes veterinarian medications and vitamins. Please keep all pills in their original containers. Bins will be provided for you to drop off your medications and it is completely anonymous. Please do NOT bring batteries or household hazardous waste.

All of the pills and bottles are incinerated with the help of the DEA.



www.ovpd.org

Holiday Safety Tips

By Ralph Winn

The holidays are a busy time - shopping, traveling, and spending time with friends and family can leave us with crowded social calendars and frazzled nerves. This holiday season, make sure that you and your family stay safe and secure. Following these holiday safety tips will help you enjoy the season safely.

Deck the halls - safely



The holiday season is a time for your home to shine - literally. Twinkling lights, festive trees decked out with brightly colored ornaments, and the warm glow of candles transform your home into a winter wonderland of color and light. Here are some holiday safety tips to help you celebrate the season with safety in mind:

o Test all indoor and outdoor lights.

Before putting strings of lights on a tree, the outside of your home, or anywhere else, make sure that all lights work properly. Check the cords carefully for exposed or frayed wire - if you see any problems, don't use them! And always use your holiday lighting appropriately: make sure that you only use outdoor lighting that has been approved for outdoor use.

o Choose kid-friendly ornaments. If you have young children at home, make sure that your decorations are safe for children. Avoid ornaments or decorations that resemble candy or other edibles, and don't use decorations that are breakable, sharp, or have small parts.

o Select a safer Christmas tree. Whether you prefer a real tree or an artificial one, you can make the safest choice. When purchasing a real tree, give it a shake - if the tree drops a lot of needles, it's probably dried out. Find a fresher tree and keep it watered to reduce the risk of fire. If you prefer an artificial tree, make sure you buy one that is certified as fire resistant.



o Use candles safely. Candles are always a popular holiday decorating choice, but it's important to remember that they

pose a risk if left unattended. According to the National Fire Protection Association, an estimated 17,200 home fires were started by candles in 2004. Always extinguish candles before leaving a room, and keep them out of the reach of kids.

o Be a cautious chef.

Nothing smells better than the aroma of your favorite holiday foods cooking in the kitchen. But you should never put safety on the back burner - don't leave a hot oven or a burning stove unattended, and always remember to keep hot food out of the reach of curious kids and pets.



o Give the gift of safety. Choose age-appropriate gifts for the kids on your holiday shopping list. Read labels and stay within the suggested age ranges for holiday presents. If you have young children, make sure you carefully inspect new toys and always read the instructions before use.

o Be a savvy traveler. For many of us, the holiday season means increased traveling. Whether you're going down the road to a holiday gathering, or across the country to see the grandkids, remember that safety is first. When driving, always wear your seat belt and have a good roadside emergency supply kit with you. If you're going to be out of town for a while, have a trusted neighbor keep an eye on your home while you're gone.

o Remember the basics. No matter what time of the year it is, safety should always be on your mind. Take some time out of your busy holiday schedule to test your smoke or carbon monoxide alarms, and review your home safety procedures with your family.

The holiday season should be fun and joyful - and taking some extra holiday safety precautions will ensure that you and your family will be happy and healthy. Happy Holidays!

Article Source: <http://EzineArticles.com/952585>

Purse and Wallet Theft Prevention

Courtesy of Seattle Police Department

Minimizing what you carry in your wallet or purse, can minimize the damage in the case of loss or theft. Just carry the documents and cards you really need.

Unfortunately, there is no style of handbag or wallet that cannot be taken. There is no foolproof way to carry possessions. If the robber wants your valuables, chances are he/she will get them. However, there are good strategies to reduce your risk of becoming a victim.

SPOT AND AVOID POTENTIAL TROUBLE

- Be aware of your surroundings and know who is nearby.
- Pay attention to the uncomfortable feelings that often warn us of potential danger.
- Don't be afraid to cross the street, return to a business, or ask for help based on a "funny feeling". You may be right!

MINIMIZE THE OPPORTUNITY FOR LOSS

- Learn to carry only what is actually needed.
- Carry only small amounts of cash.
- Take only the credit cards you actually plan to use.
- Leave expensive jewelry at home.
- Don't carry anything that is irreplaceable unless you absolutely must, even if it has no cash value.

MINIMIZE THE OPPORTUNITY FOR INJURY

- Your safety should be the number one priority.
- Make a plan for how you would respond if someone tried to steal your purse or wallet.
- Don't resist or try to fool the robber.
- "Instinctive" behaviors or responses can be overcome with practice and planning.

SAFELY CARRYING VALUABLES

- Handbags should be closed, carried in front of the body with an arm held loosely across it. A bag dangling by your side is much easier for a thief to grab on the run.
- If wearing a handbag with a strap over the head, choose a thin strap, and wear it under your coat. This makes it harder for the robber to grab the strap. A hard yank on a strap may cause a fall and an injury.
- Many women find they don't need to carry a handbag all the time. Place essentials (keys, small amount of cash, I.D.) in a pocket.
- Avoid carrying house keys in your handbag. Instead, carry keys in a pocket. Chances are your address is on a document in the bag. If the thief has your keys and address he/she has easy entry to your home.
- Consider reducing the items of personal or sentimental value that you routinely carry. Losing family photos, address books, and important papers is usually more traumatic to victims than financial loss.
- If you must carry a large amount of cash or valuable items, do not carry them in your handbag or wallet. Carry valuables in an inside pocket.

THEFTS AND PICKPOCKETS

- Don't make it easy for thieves. They are on the lookout for items left in cars, grocery carts, dressing rooms or desks. It takes only seconds to grab your property and get away.
- When in public be sure your handbag clasp or zipper is closed.



Purse and Wallet Theft Prevention Continued

Wallets and checkbooks should not protrude from pockets.

- Be especially cautious in busy stores, shopping districts, at public events, on buses, and at bus stops. Thieves are attracted to crowds. Noise and confusion help conceal their crimes.
- Pickpockets often work in teams; one creates a distraction by bumping or shoving, dropping something, or asking a question while others lift wallets from pockets or handbags.



RESPONDING TO A CONFRONTATION

- If a robber grabs your bag, resist the impulse to play tug of war. If you hang on, chances are you will be knocked down, hit, or kicked and the robber will get your bag anyway.
- Victims sometimes tell a robber they have no money. This technique may backfire. It is safer to give up a few dollars. Carry a little money in an accessible place for just this purpose. Keep it separate from other funds.
- If someone demands your property and displays or implies in anyway that they have a weapon, hand the bag or wallet to them.

The Red Flags of Online Purchase Scams

Submitted by ISCPP Treasurer Bruce Wall, ICPS, Scottsdale, Arizona, USA

The story is all too familiar. A person decides to sell a \$500 item on a free online classified website (in this case Craig's List). The potential buyer tells the seller that they have priced the cost of shipping to be an additional \$800. They will send a check for

\$1,500.00 to the seller if the seller will then send the \$800.00 shipping charge to a shipping company in another state. Since it was time sensitive, the buyer insists the seller wire the money by Western Union. Of course, the buyer is a scam artist trying to cheat the seller out of their money.

Red Flag #1 - the seller should not arrange and pay for shipping, it should be done by the buyer.

Red Flag #2 - they offer to pay more than the item and shipping together to pay for your expenses. Most people want a deal when they buy from the classifieds.

Red Flag #3 - the buyer insists on funds being wired by Western Union. Wire transfer = **RED FLAG!**

Although Western Union gets the majority of the complaints, there are other services such as

MoneyGram that can be used by scammers. Scams on websites such as Craig's List have become so common, that Craig's List now posts the following warning on the bottom of EVERY listing: "Avoid scams, deal locally! Do NOT wire funds (Western Union, MoneyGram). Beware cashier checks, money orders, shipping, non-local buyers/sellers." When you are doing an online safety presentation, please include the warning that wiring funds to complete a purchase is red flag that you are being scammed.

That includes the person hired to be an administrative assistant to a wealthy executive who is in Europe and need them to accept money and wire it to another location (usually the recipient of the funds from the fraudulent purchase). It's all one big circle to an online scammer!



Going Away? Keep Burglars at Bay!

Published by Consumer Reports



One family, two burglary tales. Mom and Dad return from a day at the beach to find a window near their front door smashed and cash removed. The window didn't need to be smashed; they'd left the door unlocked. Fast forward, and their daughter returns from a weekend at the lake to find a rock heaved through a sunroom door and her jewelry removed. She hadn't turned on the home-alarm system. As the ubiquitous ad says, we're only human. But burglars succeed too often because of obvious mistakes there are clear steps to limit risk when you're away.

Some- installing deadbolt locks or double-key locks (in doors with glass), getting a dog, or installing a home-security system-require planning far in advance. Here are 16 easier precautions you can take:

Outside:

- o Stop the mail or ask a friend to get it.
- o Ask a trusted neighbor to park in your driveway and to come inside occasionally and change curtain positions.
- o Install motion-sensor lights where a burglar can't easily unscrew the bulbs.
- o Follow the 3/6 rule: Trim shrubs in front of the house to no higher than 3 feet from the ground and trim trees so that the lowest branches are at least 6 feet up (less hiding room for burglars).
- o Don't hide a spare key anywhere that's remotely obvious. Leave it with a neighbor instead.
- o Secure first-floor air conditioners with a bracket outside and a sliding window lock on each side of the window frame.



Inside:

- o Keep empty boxes (especially from pricey items) in the garage until garbage day.
- o Cover garage windows so that no one knows whether a car is inside.
- o Lock up ladders and tools that could be used to break in.
- o Leave a radio on, tuned to talk-show station.
- o Put lamps on a timer.
- o Turn down the phone's ringer.
- o Consider placing safety film over windows near door handles to make glass hard to smash.
- o Hide valuables well- in a hollowed out book or fake wall outlet, for example.
- o Bolt down safes so that they can't be picked up and carried out.
- o Place a solid stick in slider tracks.

Other tips from USAonwatch.org:

- o Make sure that the exterior doorway of your home is well-lit. Don't make it easy for a burglar to conceal his activity.
- o Ever think about where you store your ladders? Make sure they're somewhere inaccessible to passersby.
- o Plan your landscaping with both privacy AND security in mind! Keeping doorways, windows, and porches clear removes possible hiding places.

Neighborhood Watch Corner

Community Events Build Strong Partnerships



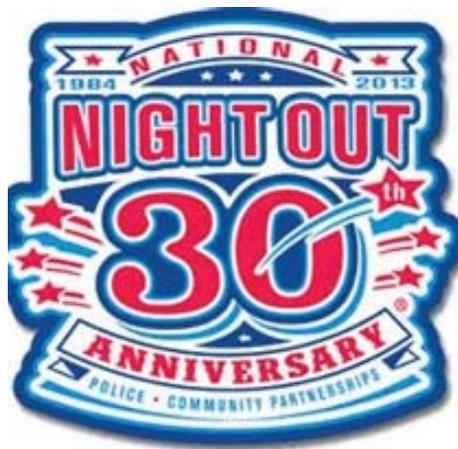
Creating fun and informative events can foster greater community involvement in public safety. National Night Out is an event that can help build strong relationships.

Each summer and fall, communities have opportunities to solidify relationships between neighbors and expand involvement in neighborhood crime fighting through a variety of fun, outdoor activities. Whether at the county fair, a local farmer's market, cake walk, carnival, community picnic, back-to-school night, block party, or holiday parade, neighbors are outside their homes, making important connections. Often local law enforcement agencies take advantage of these outdoor events and neighborhood gatherings to

provide important public safety information on topics ranging from home security to emergency preparedness, while recruiting neighborhood watch group volunteers.

In August of this year and October (in Arizona and Texas), more than 15,000 communities participated in the annual National Night Out Against Crime (NNO), which highlighted the communities' commitment to the importance of crime prevention and neighborhood involvement in helping local law enforcement fight crime. Once again, this annual event succeeded in sending a message to those who might commit crimes—citizens are watching and reporting. During October, which is Crime Prevention Month, more communities took the time to educate, inform, and continue to build important law enforcement-community partnerships through the Celebrate Safe Communities (CSC) initiative. Both events strengthen neighborhood spirit and build bonds between law enforcement and the communities they serve. In addition, the unique community prevention events held during that month involve more than just citizens and law enforcement; they often include civic groups, businesses, neighborhood organizations, and local officials. Participating in NNO and CSC helps to solidify community partnerships with public safety at the neighborhood level.

The core of any successful Neighborhood Watch program is for a whole community to view crime prevention not as a chore, but rather as an important partnership with law enforcement. We know it isn't always easy getting members of a community to pay attention to crime prevention without a crime, but that's where NNO and CSC can be especially helpful.



National Night Out

Introduced in 1984 by the National Association of Town Watch (NATW), NNO was created as a high-impact, high-profile event in communities across the country, highlighting the importance of crime prevention. The goal of NNO has always been for communities to come together for one night to show their collective support against crime. Events are intended to be locally organized by public safety and Neighborhood Watch programs on the first Tuesday of every August. In the early days of NNO, participating communities would simply ask residents to turn on their front porch lights. This concept has expanded considerably over the last 29 years, and event activities now include block parties, festivals, cookouts, parades, visits with first responders, neighborhood walks, safety fairs, contests, rallies, and community meetings.



National Night Out

Join Oro Valley Police Department, the Town of Oro Valley, and Target Corporation for National Night Out.

It takes a village to Keep a Child Safe. In today's world, this re-write of a famous saying could not be more accurate.

That is why the Oro Valley Police Department, Town of Oro Valley and Target Corporation are sponsoring "National Night Out", a special crime/drug prevention event held annually since 1983, in communities all over the U.S. and Canada with over 36 million people participating since 1983. The event focuses on safety, especially for children.

Join in the fun, exhibits and demonstration on **Friday, October 4, 2013, from 6 to 9 pm** at the **Target Shopping Center, 10555 N. Oracle Road**. There will be music, popcorn, prizes, food, face painting and valuable safety information for everyone. Parents and children will learn about safety in regards to fire, water, Internet, poison, drug and much more. In addition, the Community Food Bank will be accepting food donations.

As part of the program, there will be a **Safety Art Contest** for youth in three age groups. The theme is "What crime prevention means to me!" Each child should draw and color what they believe is a good example of safe practices related to crime and drugs. Parents are encouraged to allow their children use their imagination.

Prizes will be award to 1st, 2nd and 3rd places in each of the following age groups: up to 8 years, 9-12 years and 13-18 years. The judges will include Oro Valley Police Chief Danny Sharp, Golder Ranch Fire District Chief Randy Karrer and Erik Collins from the Target Corporation. To enter the drawing, please pick up the form at Oro Valley Public Library or download it from the Oro Valley Police Department website. The art drawing must be submitted by September 28th at the Oro Valley Public Library.

El Tour de Tucson

El Tour de Tucson is scheduled for November 23, 2013.

The Ride

Held annually the Saturday before Thanksgiving, El Tour is a fun adventure ride attracting over 9,000 cyclists of all ages and abilities from throughout the United States and worldwide, consisting of novice, intermediate, advanced, and professional riders.* The 109 mile century ride attracts the most bikers but there are also 80 mile, 67 mile, and 33 mile options along with a few shorter, kid friendly family rides.

The Participants

Cyclists enjoy El Tour and its festivities out of a passion for cycling, while others choose the event to benchmark their fitness as part of a healthy lifestyle change or as a wellness program goal as a survivor of cancer or other life-threatening illness. Many are attracted to El Tour's fundraising programs and its many charitable agencies for which the event raised more than \$2,000,000 in 2012. All El Tour riders share a desire to ride, meet great people, raise contributions and have a fun time doing it!

The Routes

Participants cycle main event distances of 111, 85, 60 or 42 miles, or choose the Fun Ride 10 or 5 miles or a fun 1/4 mile activity course too! Main event routes show off Tucson's beautiful vistas of its local mountain ranges – three rising over 9,000 feet-complete with the backdrop of the majestic Saguaro cactus, icon of the Sonoran Desert. Course profiles range from flat to rolling or moderately hilly. The 42-mile route is basically flat and has become a great family affair or a perfect first event for beginners! Two often dry but sandy river crossings will greet 111-mile riders, while 85-milers experience just one. No crossings for 60 or 42-mile participants. All routes offer aid stations with water and snacks spaced about 7-10 miles apart, full police support at intersections and plenty of morale-boosting volunteers and spectators. The Fun Ride offers easy and scenic routes along the Santa Cruz River multi-use path.

Mark Your Calendar

National Night Out

October 4, 2013 10 a.m. – 2 p.m.

Location: Target (First & Oracle)

Dispose-A-Med Oro Valley

October 12 10 a.m. – 2 p.m.

December 7 10 a.m. – 2 p.m.

Location: Target (First & Oracle)

National Dispose-A-Med

October 26 10 a.m. – 2 p.m.

Location: Target (First & Oracle)

Safe Treats

October 31

Location: Oro Valley Neighborhoods

Tree Lighting Celebration

December 6 5 p.m. - 8 p.m.

Location: Oro Valley Marketplace (Tangerine & Oracle)

Holiday Parade

December 14 Time: TBA

Location: Naranja between La Cholla & La Canada



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Contact Information

OVPD Crime Prevention Unit

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The days you're most likely to die

Men'sHealth

Protect yourself on some dangerous days throughout the year.

By Denny Watkins

You can probably expect cake and presents on your birthday, but you also have a good chance of kicking the bucket. After analyzing 2.4 million deaths over four decades, Swiss researchers found that you're nearly 14 percent more likely to die on your birthday than any other day of the year.

Why? "Men have an increased risk of falling down or committing suicide on their birthday, presumably due to alcohol consumption," says study author Vladeta Ajdacic-Gross, Ph.D., a research associate at the University of Zurich.

But boozing on your birthday isn't the only time your life's in danger. Protect yourself on some other dangerous days throughout the year—here's how.

The Month of July

If you're having elective surgery, don't go under the knife in July. New medical residents—recent med school grads—start work on July 1, hence the 4 percent spike in deaths throughout the month, according to a Harvard study. Inexperienced doctors are also more likely to administer the wrong medication, says a University of California, San Diego study. Of 62.3 million hospital deaths, there are 10 percent more deaths attributed to a medication error in July. And if you have to visit the hospital, schedule a 9 a.m. surgery: Duke University researchers found that operations at that time of day are the least likely to develop complications.

Spring Forward

March 11, 2013, isn't just another dreary Monday—it's the first workday after rolling the clocks forward for daylight saving. And losing about 40 minutes of shuteye has consequences: Researchers at Michigan State University found that workplace injuries increase by 5.7 percent the day after daylight saving time. A study in the New England Journal of Medicine found that the time shift also causes 5.1 percent more heart attacks the following week due to increased inflammation in the body from sleep loss. Your move: Load up on 1,000 milligrams of vitamin C a day before you turn the clocks back—researchers at the University of California found the vitamin reduces levels of C-reactive protein, a marker of inflammation.

Any Holiday

Which day has the most drunk driving deaths each year, Thanksgiving, Christmas, New Year's Eve, the Fourth of July, or Memorial Day? The answer: All of the above. The most deadly night of the year for drunk driving accidents varies from year to year, but is almost always one of those holidays, according to statistics from the National Highway Traffic Safety Administration (NHTSA) reported in the Wall Street Journal. There are more people on the roads and more booze, explains Jan Withers, president of Mothers Against Drunk Driving. End the party a little early: 66 percent of fatal crashes occur between midnight and 3 a.m., according to the NHTSA—more than any other time of day.