

## Keeping Healthy In The Cold



Exposed skin can freeze within one minute at wind-chill equivalent temperatures below  $-25$  F. Frostbite affects the extremities, such as fingers and toes. If a body part has been frostbitten once, it is more susceptible to frostbite again, even in milder conditions. Redness and a burning sensation are indications frostbite will occur unless the extremity is warmed. Numbness is an indication that frostbite has already taken place. If frostbite is discovered, hold the affected part tightly against the warm skin or another part of the body; for example, place frozen fingers under arm. When thoroughly warmed, keep covered and make an effort to keep area from freezing again.

Under conditions of prolonged exposure to cold, the body may begin to lose heat faster than it can produce it. A condition called hypothermia begins to develop. The symptoms become very apparent and include:

- Uncontrollable shivering
- Vague, slow, slurred speech
- Memory lapses
- Incoherence
- Immobile, fumbling hands
- Frequent stumbling
- Lurching gait
- Drowsiness

## GRAFFITI REPORT



- 11-8-11 700 block of Fox Ave-spray paint on the side of the home. (non-gang related)
- 11-13-11 1900 block Bloomingdale Road-spray paint on the side of the home. (non-gang related)
- 11-30-11 Village Complex- gang slurs etched in wall. (gang related)
- 12-14-11 200 block of Army Trail Road- spray paint located on two sides of an electrical box. (gang related)
- 12-19-11 1000 block of Spruce Street- black marker located in side a vestibule. (non-gang related)
- 12-27-11 2000 block of Bloomingdale Road- black and purple spray paint located on rear door of building. (non-gang related)

The Village and Police Department remain committed to eradicating graffiti. If you see graffiti taking place, call 9-1-1 immediately. If you have information about who is doing it, please call our **Hotline** at 630-260-6025 or **Crimestoppers** at 1-800-424-9119

# Neighborhood Watch News



January 2012

## January 2012 MEETING

The January 2012 Neighborhood Watch meeting will be held on **Wednesday, January 25, 2012 at 7:30 p.m.** The meeting will be held in the **Upper Level Council Chambers** at the Civic Center, 300 Civic Center Plaza, Glendale Heights, IL. All are invited and refreshments will be served.

Rental Housing Officer Kalish and Special Operations Detectives will be in attendance. Sgt. Pappas will provide the monthly crime analysis.

Our Mission: Working in partnership with our community to maintain safe and secure neighborhoods, reduce crime, and improve the quality of life for our citizens through ethical, courteous, and professional police service.



The Pillar of the Month:  
January—  
Trustworthiness

# Residential Burglary Alert



Glendale Heights and the surrounding towns have experienced a rash of residential burglaries in the past few months. Hollywood tells us that burglaries are committed at night by guys in dark clothes wearing masks. This is not usually the case. Burglaries usually occur when no one is around to see them, during the DAY while everyone is at work and school. Often the bad-guy will knock on the front door and then look into a window to see if anyone is home. They may act like their looking for a friend or trying to deliver something. Then they force open a door or window. The bad-guy thinks there's something to take that is valuable enough to risk the consequences of being caught. Many times it's because they, or a friend, have been a guest in the home. Sometimes it's because they saw the packaging of big ticket items beside the victim's garbage can.

Time, noise and light are a burglar's worst enemy. With a little effort, you can set up deterrents against possible danger, injury to people or damage to property. By anticipating the opportunity and taking proper preventative action, it is possible to effectively "harden the target" and discourage most burglars from attempting a break-in. These are some steps that you can take to improve the security of your home. Many of these suggestions are inexpensive and some can be done yourself.

## *Interior Lighting*

Keep some interior lights on when you are away from home. This creates the appearance that someone is house. Use a timer to turn the lights off and on at normal hours. A set to a talk station and kept playing makes it sound like someone is in the house, and adds to the illusion that the home is occupied.

## *Alarms*

Many types of alarm systems work well to protect homes. The system should be individually tailored to suit the needs of the residents.

## *Windows*

Windows should have auxiliary locking devices. Keep your windows closed and locked when you are away. Most homes have at least one window that the owner has forgotten to lock. Opening a door or window makes a lot less noise than breaking glass. Screens and storm windows should be securely fastened to the structure.

## *Landscaping*

Lush landscape provides hiding places for criminals to lurk while breaking into your home. Prune bushes down to two feet in height and limb the lower branches of trees up at least 6 feet from the ground.

## *Exterior Doors*

Install solid-core wood or metal doors with rugged frames that cannot be spread apart with a pry bar. Install a single cylinder deadbolt with a one inch throw, in addition to the key-in-the-knob lock. Use a wide angle viewer to observe visitors. Reinforce strike-plates and hinges with 3" screws. In addition lock the storm door, this is an add layer of protection.

## *Garage Doors*

Always keep them closed and locked. A burglar in your garage has access to tools to steal and ladders that can be used to gain entry onto the 2nd floor. Reinforce a door leading from the garage into the house the same as you would your front door, with a dead-bolt lock, peephole and 3" screws in the hinges and strike-plate. Change the security code from the factory-setting of all garage door openers and do not give the security number out. If you leave the garage door opener in your car, keep your car doors locked if it is parked outside.

## *Exterior Lighting*

A 60 watt light at each entrance, including the garage, will provide you with both safety and security. Leave these lights on during the hours

of darkness. Photo-sensitive lights that automatically turn on and off during the hours of darkness are a great tool to provide lighting in obscured areas.

## *Dogs*

Burglars do not like dogs. Even small dogs, with big barks, make a home a little less attractive to burglars. Remember: criminals do not like witnesses, and do not like noise.

## *Document Belongings*

Keeping a record of serial numbers for your expensive and hard to replace items makes it easier to recover them should they ever be stolen. Putting identifying marks like a name or ID number on valuables makes them harder for a thief to sell and easier to identify so that they are more likely to be recovered if stolen. A good way to record this information is by taking a digital photo of the item that includes the serial number. It's easier than writing everything down and digital information is easier to store than paper files.

## *Neighbors*

The police can't be everywhere all of the time, so we have to watch out for each other. When we see something that doesn't look right, ask! Consider having emergency contact numbers for the neighbors on each side of your home. You want to be able to contact your neighbor if there's someone out of place at their home when your neighbor isn't there.

## *Reporting*

When you see someone or something happening that doesn't look right or you hear your neighbor's burglar alarm going off, CALL THE POLICE. Even though the house they broke into wasn't yours, the next one might be. If your neighbor is really being victimized, we want to know as soon as possible. Give as much detail as possible about who and what you saw. Clothing descriptions and vehicle descriptions are a huge help, even knowing just the color of the car is useful. We do not want you to put yourself in harm's way, only that you be observant.