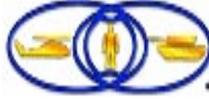


Directorate of Public Safety News Letter

1 August, 02



Car Danger

Awareness, Laws Pursued in Fight Against Child Deaths in Hot Cars
<http://abcnews.go.com/>

July 14 - It seems like a no-brainer: Don't lock your children inside hot cars and leave them there. Yet, in the last 10 years, more than 300 children have died from heat after being left in an unattended car, and child safety advocates want parents to understand the dangers.

Right now, only 11 states have laws that make it a crime to leave a child in an unattended vehicle. Seven more states have laws pending.

But Heather Paul, executive director of the National Safe Kids Campaign, a group that works to protect children from all kinds of dangers, says awareness probably can do more than laws to solve the problem. "I think now, with much more indignation on the part of so many of us and more media attention, perhaps we can bring these numbers down," she said. "I think the laws of child endangerment, in general, cover this egregious situation. I think even more important than the language of the law is education. And that's what we're dealing with - the ignorance of parents who don't know the consequences of heat, and they're paying a terrible price."

String of Incidents

Ten kids in hot cars have died this year alone. In Texas, 9-month-old Lorenzo Rueda died in his mother's SUV on Tuesday in 90-degree heat. His distraught mother said she forgot he was in the car. He spent his last five hours on Earth strapped in his car seat. In Columbus, Ohio, last week, Richard Joseph Poulin frantically called his child's mother to say he didn't know where 4-year-old Dominic was. Poulin had been drinking and didn't remember he'd left the boy in the car for 15 hours. Luckily, Dominic survived. Last Sunday, a Good Samaritan saved the life of a 2-year-old boy when he was found passed out in his mom's car in Cleveland. "My sister-in-law

pulled him out and he was still really lethargic and his clothes were dripping with sweat," said Suzanne Hartman. The boy's mother was shoplifting in the near-by mall, police say.

Tarajee Maynor, 25, left her 10-month-old girl and 3-year-old boy in a locked car near Detroit while she spent 3½ hours in a beauty salon. Her children died and she was charged with involuntary manslaughter. Her defense? "There is no explanation for it except like she indicated during the course of her interrogation, that she was really too stupid and too naive to understand or to appreciate the danger that those children were in," said her attorney, Elbert Hatchett.

Car Heat + Kids = Deadly Combination

"Advocates for kids' safety want people to understand this: Heat and cars are a deadly combination. When the temperature outside is 93 degrees, the temperature inside a car can climb to 125 degrees in only 20 minutes, and 140 degrees in just 40 minutes.

Paul says kids can be in danger even if the temperature outside the car is as low as 60 degrees. "Parents just don't know that the car can turn into an inferno in a very short period of time based on the darkened interiors of a car, how intense the sunshine might be, where the temperature begins and how it would rise quickly," she said. "Any forensic expert would say there is no safe time in a car for a child." Paul says even if kids are rescued from a car and survive, there is a good chance they could be left with brain damage.

"This is the kind of data we're just starting to capture," she says. "There are probably more incidents of near-deaths than we even know about. ...

No time is tolerable [for kids alone] in a car.

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BACK TO SCHOOL SAFETY TIPS FROM McGUFF

Getting Around Safely

- ☐ Work out a safe route to school with your parents. Choose the quickest way with the fewest street crossings and use intersections with crossing guards. Stay away from parks, vacant lots, fields, and other places where there aren't many people around.
- ☐ Whenever possible walk to and from school with a friend, neighbor, brother, or sister. Don't go by yourself.
- ☐ If you bike or skate to school, wear a helmet. And don't forget to lock up your bike with a sturdy lock wherever you leave it. Staying Safe, Talking to Grownups
- ☐ Be sure you know your home phone number (including area code) and address, the numbers of your parents at work and of another trusted adult. how to use 911 for emergencies
- ☐ Never talk to strangers or accept rides or gifts from strangers. Remember, a stranger is anyone you or your parents don't know well and trust.
- ☐ If you're home alone after school, check in with a parent or neighbor as soon as you walk in the door.
- ☐ If you see anyone doing something that makes you uneasy or you think isn't right — a stranger hanging around the school playground, a bigger kid bullying younger children, vandalism or graffiti, for example — tell your parents, a teacher, or another trusted adult.

If your child is home alone for a few hours after school:

- ☐ Set up rules for locking doors and windows, answering the door or telephone.
 - ☐ Make sure he or she checks in with you or a neighbor immediately after school.
 - ☐ Agree on rules for inviting friends over and for going to a friend's house when no adult is home. Take time to listen carefully to children's fears and feelings about people or places that scare them or make them feel uneasy. Tell them to trust their instincts. Take complaints about bullies and other concerns seriously.
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STOPPING

On Wednesday, July 24 the Discover Channel aired a one-hour documentary "Stop on Red" about the problem of Red Light Running and its consequences.

Here is A Personal Note From Someone We Know, Who Knows About the Consequences of Not Stopping

Well, I can tell you from countless experiences the only way most red-light runners don't practice their "me-first" craft is when a cop is sitting nearby. Nearly every day when I'm on the train folks will stop and go, not stop at all or pass those who did stop using the shoulder of the road at the railroad crossing. In the past year I've almost hit 2 mindless idiots, not including the one who stopped on the tracks in front of the locomotive before he decided to back up. The train blocked the roadway for a few minutes inconveniencing other drivers while the troublemaker sauntered across a parking lot to get to the store via another route.

"Me-first" drivers don't take time to consider the effect their selfishness has on the train crew who must live with the consequences, or the jarring the passengers may get when the train makes an emergency brake application, or even their family members or friends within the vehicle whose giblets could be smeared on the blacktop and several yards down the tracks. Their "me-first" attitude will get them into the grave long before anyone else who they have just victimized.

The law is clear - red means stop. Not stop and go or slow down a little bit. Way too many intentional "accidents" are the result of this "me-first" attitude and others pay dearly, for everyday of their life yet to come. Although I've not been involved in any accident resulting in injuries or death, I pray to God neither I, nor any of my co-workers, ever is. I do know some folks who have been victimized by the "me-first and now departed" and it ruins their lives, forever! As a Brakeman and Conductor for a local railroad, I know.

John Warrick

Thanks to John for his insight on how it feels to be on the other side of the crossing.....

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WHAT WOULD YOU DO IF YOU LOST YOUR WALLET/PURSE?

We've all heard horror stories about fraud that is committed using your name, address, social security number, credit, etc.

Here is some critical information to limit the damage in case this happens to you or someone you know. As everyone always advises, cancel your credit cards immediately. The key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily (having to hunt for them is additional stress you WON'T need at that point!). File a police report immediately in the jurisdiction where it was stolen. If the fraud was committed through the mail file a report with the postal police because the fraud now becomes an intrastate federal crime. File a report with the FBI to cover the terrorist possibility and finally if the theft occurred on a military installation be sure to file a report with the military police. This proves to credit providers you were diligent and is also the first step toward getting the proper investigations started.

Probably the most important call you can make is to the three national credit-reporting organizations. Make these calls immediately to place a fraud alert on your name and social security number. I have never heard of doing this until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your identity was stolen and they will contact you by phone to authorize new credit.

The following phone numbers are provided to assist those who become victims of identity theft:

Equifax: 1-800-525-6285
Experian (formerly TRW): 1-800-301-7195
Trans Union: 1-800-680-7289
Social Security Administration Fraud Line: 1-800-269-0271

HEAT CAN KILL

When heat and humidity combine to reduce the amount of evaporation of sweat from the body, outdoor exercise becomes dangerous even for those in good shape. Key rules for coping with heat are to drink plenty of water to avoid dehydration and to slow down and cool off when feeling fatigued, a headache, a high pulse rate or shallow breathing. Overheating can cause serious, even life-threatening conditions such as heat stroke. The apparent temperature, which combines the temperature and relative humidity, is a guide to the danger. Below is the heat stress index based on the apparent temperature.

Apparent temperature heat stress index:

Category	Apparent temperature	Dangers
Extreme danger	Greater than 130	Heat stroke imminent
Danger	105 - 130	Heat exhaustion likely
Extreme caution	90 - 105	Heat cramps, exhaustion
Caution	80 - 90	Exercise more fatiguing than usual.

Effects of heat illnesses:

- Heat cramps: Exercising in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.
- Heat syncope or fainting: Anyone not used to exercising in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the cure is to take it easy.
- Heat exhaustion: Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but not above 102 degrees. In some cases victims especially the elderly, should be hospitalized. Heat exhaustion is more likely after a few days of a heat wave than when one is just beginning. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.
- Heatstroke: In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.

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The Rest of The Story

Drinking Too Much Water Can Kill You:

NEW YORK (Reuters Health) - A new review of three deaths of US military recruits highlights the dangers of drinking too much water.

The military has traditionally focused on the dangers associated with heat illness, which has killed a number of healthy, young enrollees, Colonel John W. Gardner of the Office of the Armed Forces Medical Examiner in Rockville, Maryland told Reuters Health. However, pushing the need to drink water too far can also have deadly consequences, he said.

"The risk has always been not drinking enough," Gardner said. "And then people who aren't medically attuned get overzealous," inducing recruits to drink amounts of water that endanger their health, he added. "That's why we published this paper: to make it clear to people that over zealousness can be dangerous," Gardner explained.

In September 1999, a 19-year-old Air Force recruit collapsed during a 5.8-mile walk, with a body temperature of 108 degrees Fahrenheit. Doctors concluded he had died of both heat stroke and low blood sodium levels as a result of over hydration.

During January 2000, a 20-year-old trainee in the Army drank around 12 quarts of water during a 2- to 4-hour period while trying to produce a urine specimen for a drug test. She then experienced fecal incontinence, lost consciousness and became confused, then died from swelling in the brain and lungs as a result of low blood sodium.

In March 2001, a 19-year-old Marine died from drinking too much water after a 26-mile march, during which he carried a pack and gear weighing more than 90 pounds. Although he appeared fine during the beginning stages of the 8-hour walk, towards the end he began vomiting and appeared overly tired. He was then sent to the hospital, where he fell into a coma, developed brain swelling and died the next day. It is unclear how much water he drank during the march, but Marines were given a "constant emphasis" on drinking water before and during the activity, Gardner writes in the latest issue of Military Medicine.

In an interview with Reuters Health, Gardner explained that drinking too much water is dangerous because the body cannot excrete that much fluid. Excess water then goes to the bowel, which pulls salt into it from the body, diluting the concentration of salt in the tissues.

Changing the concentration of salt, in turn, causes a shifting of fluids within the body, which can then induce a swelling in the brain. The swollen organ will then press against the bones of the skull, and become damaged.

The researcher added that previous cases of water toxicity have been noted in athletes who consume excessive amounts in order to avoid heat stroke. In addition, certain psychiatric patients may drink too much water in an attempt to wash away their sins, or flush out poisons they believe have entered their bodies.

In 1998, the Army released fluid replacement guidelines, which recommend a certain intake of water but limit it to 1 to 1-1/2 quarts per hour and 12 quarts per day. It takes a while for these guidelines to get "permeated out" to everybody, Gardner admitted. In the meantime, he suggested that bases take notice of the mistakes of others, and "not wait for somebody to die from (water toxicity) again," he said.

"You can't prevent everything bad from happening," Gardner noted. "But when it does, you have to learn from it."

SOURCE: Military Medicine 2002; 167:432-434.

HEROS

Did you ever wonder who around you might be a HERO? Many of us know heroes but don't know that their hero's because a real hero, for some unknown reason, never advertises that they are heroes.

Here is a story you might find surprising.

(Sent to me by Rich Drayton)

Some people have been a bit offended that Lee Marvin is buried in a grave alongside 3 and 4 star generals at Arlington National Cemetery. His marker gives his name, rank (PVT) and service (USMC). Nothing else. Here's a guy who was only a famous movie star who served his time, why the heck does he rate burial with these guys? Well, following is the amazing answer: I always liked Lee Marvin, but did not know the extent of his Corps experiences. In a time when many Hollywood stars served their country in the armed forces, often in rear-echelon posts where they were carefully protected, only to

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be trotted out to perform for the cameras in war bond promotions; Lee Marvin was a genuine hero He won the Navy Cross at Iwo Jima. There is only one higher award...the Medal of Honor. If that is a surprising comment on the true character of the man, he credits his sergeant with an even greater show of bravery.

Dialog From The Tonight Show with Johnny Carson: His guest was Lee Marvin. Johnny said, "Lee, I'll bet a lot of people are unaware that you were a Marine in the initial landing at Iwo Jima... and that during the course of that action you earned the Navy Cross and were severely wounded." "Yeah, yeah... I got shot square in the ass and they gave me the Cross for securing a hot spot about halfway up Suribachi... bad thing about getting shot up on a mountain is guys gettin' shot hauling you down. But Johnny, at Iwo I served under the bravest man I ever knew... We both got the Cross the same day, but what he did for his Cross made mine look cheap in comparison. The dumb bastard actually stood up on Red beach and directed his troops to move forward and get the hell off the beach. That Sergeant and I have been lifelong friends. When they brought me off Suribachi we passed the Sergeant and he lit a smoke and passed it to me lying on my belly on the litter and said, 'Where'd they get you Lee?' Well Bob... if you make it home before me, tell Mom to sell the outhouse! Johnny, I'm not lying... Sergeant Keeshan was the bravest man I ever knew..... Bob Keeshan... You and the world know him as Captain Kangaroo.

(Just a note: Bob Keeshan was also Clara Bell on the Howdy Doody show, for those of us who can remember that far back.) Leo

FOOD FOR THOUGHT

(On your food)

As a seventh grade student, Claire Nelson learned that di(ethylhexyl)adepate (DEHA), considered a carcinogen, is found in plastic wrap. She also learned that the FDA had never studied the effect of microwave cooking on plastic-wrapped food. Claire began to wonder: "Can cancer-causing particles seep into food covered with household plastic wrap while it is being micro waved?" Three years later, with encouragement from her high school science teacher, Claire set out to test what the FDA had not. Although she had an idea for studying the effect of microwave radiation on plastic wrapped food, she did not have the equipment. Eventually, Jon Wilkes at the National Center for Toxicological Research in Jefferson, Arkansas, agreed to help her. The research center, which is affiliated with the

FDA, let her use its facilities to perform her experiments, which involved microwaving plastic wrap in virgin olive

oil. Claire tested four different plastic wraps and "found not just the carcinogens but also xenoestrogen was migrating [into the oil]...." Xenoestrogens are linked to low sperm counts in men and to breast cancer in women.

Throughout her junior and senior years, Claire made a couple of trips each week to the research center, which was 25 miles from her home, to work on her experiment. An article in Options reported that "her analysis found that DEHA was migrating into the oil at between 200 parts and 500 parts per million. The FDA standard is 0.05 parts per billion." Her summarized results have been published in science journals. Claire Nelson received the American Chemical Society's top science prize for students during her junior year and fourth place at the International Science and Engineering Fair (Fort Worth, Texas) as a senior. "Carcinogens -- At 10,000,000 Times FDA Limits" Options May 2000. **Published by People Against Cancer, 515-972-4444.** On Channel 2 (Huntsville, AL) they had a Dr. Edward Fujimoto from Castle Hospital on the program. He is the manager of the wellness Program at the hospital. He was talking about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body. Dioxins are carcinogens and highly toxic to the cells of our bodies. Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results without the dioxins. So such things as TV dinners, instant saimin and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper! . Just safer to use tempered glass, Corning Ware, etc. He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. To add to this: Saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food. Use paper towels instead.

Have you ever wondered if you're an Aggressive Driver?

Take this simple test and find out.

<http://www.aaafoundation.org/quizzes/index.cfm?button=aggressive>

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