



TNA/Crime Watch-Summer Updates

June 22, 2010

PAGE I

June Meeting

Typically we would have scheduled our June meeting and its date and time would be within this news letter along with other announcements. For numerous reasons we have held off our June meeting and will reschedule the meeting for mid to late September.

That meeting will have guest speakers for both the crime watch and the neighborhood association. The topics of discussion will be provided in the September Newsletter.

New Meeting Place

A new solution to an ongoing problem came about when First Evangelical Church opened its doors for us to hold

our meetings. In the long run this will help TNA and the crime watch to save a lot of money. We are thankful to First Evangelical for this opportunity to use their facility.

Forming the Truman Neighborhood Assoc.

by Marlyn Curtis

At the early meetings beginning last fall, neighbors were asked to make it known if they were interested in being part of the Board or Council for this neighborhood association. This group has now met three times and decided to call itself the Council.

You are invited to attend these meetings as well as the monthly meeting of the

Neighborhood Association Council of Clark County (NACCC) which is held on the 2nd Monday of each month. One of our council members has attended the last 4 meetings.

The NACCC provides a forum for neighborhood association leaders and members from across the county to share issues of common interest and gain from each other's experiences. We plan to continue our attendance at these meetings.

Here are the names of those folks who signed up with their phone numbers and email addresses:

Anita Bauman

360-693-3001

abauman52@hotmail.com

David Benedicktus

360-695-2499

dlbened@aol.com

Barbara Cabe

360-695-7430

bicabe@comcast.net

Marelyn Curtis

360-695-5535

marelyn@comcast.net

Eldon Kohler

360-624-8436

trumanneighborhood@gmail.com

How to Protect Your Home While on Vacation~ ehow.com

1. Put your TV, Radio and Lights on Timers.

Nothing says "someone's home" like the flicker of a TV. Set the TV to come on during prime time (many TVs have built-in timers). Set a radio to come on for a few hours during the day and put a few lights on timers to come on at random times.

2. Close Your Shades.

If thieves can't see what you have, there is less to covet. Stand outside and look in. If armoire doors are open, close them. If you can easily hide [electronics](#) equipment from view with out it looking conspicuous, do.

3. Lock Up Valuables- passports, nice [jewelry](#), even back up storage devices. A bolt-to-the-floor safe is best and

If you don't own one, consider a fireproof one when you shop. That provides extra piece-of-mind.

4. Install Motion-Sensor Spot

Lights at Exterior Doors.

Thieves want anonymity and will likely avoid homes where they are "in the spotlight".

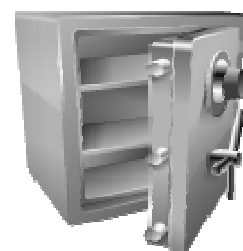
5. Secure and Lock All Exterior Windows

and Doors. Don't overlook sliding doors, [dog doors](#), garage doors or even the door at the top of your basement stairs. If you have to leave a car in the driveway, make sure the garage door opener isn't inside it.

6. Do a Sweep of Yard and De-clutter It. Move the kids toys inside and make sure there are no yard tools left outside that could be used to break in.

7. Suspend Mail & Newspaper Delivery. If you are only going to be gone the weekend, have a neighbor grab your mail. For longer trips, ask the post office to hold your mail.

BE SAFE AND ENJOY!



Childhood Obesity In America

By CDC online

Obesity is a serious health concern for our Kids. Results from the 2007-2008 National Health and Nutrition Examination Survey (NHANES), using measured heights and weights, indicates that an estimated 17 percent of children and adolescents ages 2-19 years are obese! Between 1976-1980 and 1999-2000, the prevalence of obesity increased. Between 1999-2000 and 2007-2008 there was no significant trend in obesity prevalence.

Among pre-school age children 2-5 years of age, obesity increased from 5 to 10.4% between 1976-1980 and 2007-2008 and from 6.5 to 19.6% among 6-11 year olds. Among adolescents aged 12-19, obesity increased from 5 to 18.1% during the same period.

Obese children and adolescents are at risk for health problems during their youth and as adults. For example, during their youth, obese children and adolescents are more likely to have risk factors associated with cardiovascular disease (such as high blood pressure, high cholesterol, and Type 2 diabetes) than are other children and adolescents. One study found that approximately 80% of children who were overweight at aged 10-15 years were obese adults at age 25 years. Another study found that 25% of obese adults were overweight as children. The latter study also found that if overweight begins before 8 years of age, obesity in adulthood is likely to be more severe.

Common Health Risks

Cardiovascular Disease Obese children and teens have been found to have risk factors for cardiovascular disease (CVD), including high cholesterol levels, high blood pressure, and abnormal glucose tolerance. In a population-based sample of 5- to 17-year-olds, almost 60% of overweight children had at least one CVD risk factor while 25 percent of overweight children had two or more CVD risks.

Asthma is a disease of the lungs in

which the airways become blocked or narrowed causing breathing difficulty. Studies have identified an association between childhood overweight and asthma.

Hepatic Steatosis is the fatty degeneration of the liver caused by a high concentration of liver enzymes.

Weight reduction causes liver enzymes to normalize.

Sleep Apnea is a less common complication of overweight for children and adolescents. Sleep apnea is a sleep-associated breathing disorder defined as the cessation of breathing during sleep that lasts for at least 10 seconds. Sleep apnea is characterized by loud snoring and labored breathing. During sleep apnea, oxygen levels in the blood can fall dramatically. One study estimated that sleep apnea occurs in about 7% of overweight children.

Type 1 & 2 Diabetes

Reports of increasing frequency of both type 1 and type 2 diabetes in youth has been among the most concerning aspects of the evolving diabetes epidemic. The causes for these increasing diabetes trends are increasing obesity and sedentary lifestyles.

~A recent statistic shows that one in three children born in 2000, will develop type 2 diabetes in their lifetime.

~Data suggest that 2 million US children age 12-19 have pre-diabetes.

~The incidence of type 2 in adolescents has increased 10 times over the last decade and now constitutes just under 1/3 of new pediatric diabetes cases (it was 2% 20 years ago).

What Can Parents Do to Encourage Healthy Eating

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

~Provide plenty of vegetables, fruits, and whole-grain products. ~Include low-fat or non-fat milk or dairy products.

~Choose lean meats, poultry, fish, lentils, and beans for protein.

~Serve reasonably-sized portions.

~Encourage your family to drink lots of water.

~Limit soda and sugar-sweetened beverages especially with caffeine.

~Limit consumption of sugars and saturated fat.

Help Kids Stay Active

Children and teens should participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily. Remember that children imitate adults. Start adding physical activity to your own daily routine and encourage your child to join you.

Some examples of moderate intensity physical activity include:

~Brisk walking

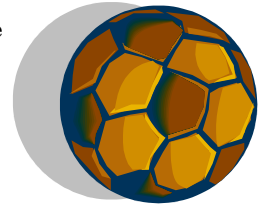
~Playing tag

~Jumping rope

~Playing soccer

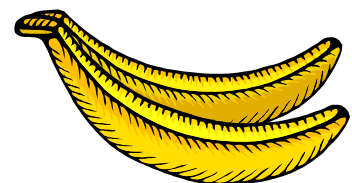
~Swimming

~Dancing



Reduce Sedentary Time.

In addition to encouraging physical activity, help children avoid too much sedentary time. Although quiet time for reading and homework is fine, limit the time your children watch television, play video games, or surf the web to no more than 2 hours per day. Additionally, the American Academy of Pediatrics (AAP) does not recommend television viewing for children age 2 or younger. Instead, encourage your children to find fun activities to do with family members or on their own that simply involve more activity.



Recently, I found that someone had gone through my trash bags and taken my recycling out of the blue bin as well as my neighbors! After contacting the Sheriffs department, I was shocked to find out that once I put my trash out at the road, there is nothing I can do except get a license plate number and report it. Later I did a Google search on this subject only to find numerous blogs giving crooks detailed instructions

on when, where and what to look for in the trash. *Identity theft 101* is what one blogger called it! For the most part these crooks are able to legally forage through our trash cans looking for hidden treasures as well as picking up your recyclables for a profit. It appears that most municipalities do not address this problem until they find that they are losing millions of dollars in recycling or are pressured by large business and

restaurants. Unfortunately the average Joe who is having their identity stolen typically doesn't get any help! We should all be very aware of these facts and watch out for these types of activities. All documents with information about yourself should be properly disposed of in fireplace or a document shredder. This will be one of our topics at our next meeting in September.

Poison Hemlock In Our Neighborhoods

Washington Poison control center has confirmed the first fatality in 11 years from *Conium maculatum* (Hemlock or Poison Hemlock). Sakha Keo, 55, apparently put hemlock in a salad she ate, thinking it was something else.

The Bellingham Herald reports that hemlock poisoning is occurring more frequently as people eat more vegetables they grow or find. A 35-year-old Bellingham man, David Westerlund, spent hours in an emergency room April 25 after he put what he thought was a carrot in a bowl of fermented vegetables.

He expects to make a full recovery, but Laurel Baldwin of the Whatcom County Noxious Weed Control Board

said Westerlund is lucky he wasn't killed - by the same poison that killed Greek philosopher Socrates.

Westerlund had pulled up the hemlock from an area of his garden where carrots and onions had been planted last year. It had a top that looked like a carrot. He chopped it all up, threw it into a jar with cabbage, garlic, ginger, onions, sea salt and whey to ferment, then ate a bowl six days later. Fifteen minutes later, while he was driving to visit friends, Westerlund started to notice his eyes weren't tracking. Then his body started to shake a little. He made it to his friends where they took him to the Hospital spending four hours in the emergency room; he doesn't expect to have long-term health problems from this poisoning.

Poison hemlock grows along roadsides and waterways, in pastures and playgrounds, in vacant lots and cracks in the pavement. The plant grows 4 to 6 feet tall. It has white flowers and leaves that look like a cross between Italian parsley and a fern.

Being in the carrot family all parts of the plant are poisonous and affect the nervous system. Initial symptoms could include a burning sensation in the mouth, nausea, confusion, and muscle paralysis. For more information call Clark County Vegetation Management or go online to see this plants description:

Clark County: 360-397-6140

<http://en.wikipedia.org/wiki/Conium>

Vinegar - Natural and Low Cost Cleaner

[Vinegar](#) is a mainstay of the old folk recipes for cleaning, and with good reason. The vim of the vinegar is that it kills bacteria, mold and germs.

Heinz company spokesperson Michael Mullen references numerous studies to show that a straight 5 percent solution of vinegar—the kind you can buy in the supermarket—kills 99 percent of bacteria, 82 percent of mold, and 80 percent of germs (viruses). He noted that Heinz can't claim on their packaging that vinegar is a disinfectant since the company has



not registered it as a pesticide with the Environmental Protection Agency. However, it seems to be common knowledge in the industry that vinegar is powerfully antibacterial. Even the CBS news show "48 Hours" had a special years ago with Heloise reporting on tests from The Good Housekeeping Institute that showed this.

Just like [antibiotics](#), common disinfectants found in sponges and household sprays may contribute to drug resistant bacteria, according to researchers of drug resistance at

Tufts New England Medical Center. Furthermore, research at the Government Accounting Office shows that many commercial disinfectants are ineffective to begin with, just like antibiotics.

Keep a clean spray bottle filled with straight 5 percent vinegar in your kitchen near your cutting board, and in your bathroom, and use them for cleaning. I often spray the vinegar on our cutting board before going to bed at night, and don't even rinse, but let it set overnight. The smell of vinegar dissipates within a few hours. Straight vinegar is also great for cleaning the toilet rim. Just spray it on and wipe off.

by Thrifty Feed and Garden

Slugs are hermaphrodites - each one is both male and female. That means that each and every adult slug out there is laying eggs and adding to the slug population.

Several times a year, a slug lays two or three dozen translucent white eggs, about the size of BBs.

Eggs are usually laid in cool, damp, shady places such as under boards or leaf piles. The eggs hatch in 10 to 20 days, and the hatchling slugs grow to adulthood in about six weeks. A slug can live for several years, growing larger and more voracious every year, and producing eggs the whole time.

Life Cycle: Slugs are hermaphrodites - each one is both male and female. That means that each and every adult slug out there is laying eggs and adding to the slug population. Several times a year, a slug lays two or three dozen translucent white eggs, about the size of BBs.

Eggs are usually laid in cool, damp, shady places such as under boards or leaf piles. The eggs hatch in 10 to 20 days, and the hatchling slugs grow to adulthood in about six weeks. A slug can live for several years, growing larger and more voracious every year, and producing eggs the whole time.

Slug Control: Gardeners are a pretty ingenious lot, and so there are a lot of methods of dealing with slugs, both commercial and homegrown.

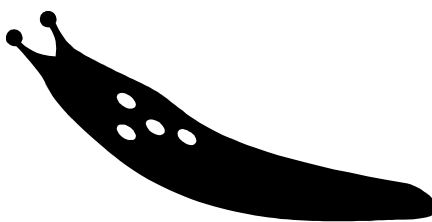
Bait: The most common method of getting rid of slugs is to put out slug bait. Bait attracts slugs to feed and poisons them. Encircling plants with a line of bait can prevent slugs from reaching them. Commercial slug baits are very effective, but are often toxic not only to slugs, but to people, pets, and wildlife, and care

must be taken in using them. One method is to cut a U-shaped notch in the rim of an empty plastic butter tub and place it over the bait, weighted with a rock. This allows slugs to get in and eat their last meal, while discouraging other animals.

Pet-safe slug baits are also available. The active ingredient, iron phosphate, kills slugs but is harmless to people and other animals.

Beer is a proven safe bait, typically used in a plastic tub or dish that's buried up to its rim in the soil. The slugs are drawn to its smell, crawl in, and drown.

Baiting with an attractive but non-



lethal bait, such as dry pet food, may be effectively combined with the search and destroy method - draw all the slugs in with the goodies, and then physically destroy them.

Search and destroy: Go through the garden at dusk and physically destroy slugs. Impaling them with a sharp stake is quick and easy.

Salting also works, by drawing moisture out of the slug's body and dehydrating it, but since salt isn't good for garden soil, it's best used sparingly. Search and destroy might seem tedious and inefficient, but when you consider how many eggs each slug you remove would lay in its lifetime, the results definitely add up over time. It's also just about the cheapest and safest method of slug control possible.

Barricade: Put a barrier around your plants that slugs don't like to crawl over. Rough or jagged materials, such as sandpaper or crushed egg shells, are sometimes effective.

Sheets of used sandpaper can be cut to fit around the stems or stalks of plants. Crushed eggshells may be sprinkled liberally around plants, and give the added bonus of supplying a little calcium to the soil when the break down.

Diatomaceous earth (the fossilized shells of tiny marine plankton) is like shards of broken glass to slugs. Copper strips or copper wire are said to work as well, giving slugs an unpleasant sensation a bit like what we'd get from chewing aluminum

foil. Make sure not to leave any gaps in your barricade for slugs to find their way around.

Eliminate breeding sites: Part of any good slug control strategy is keeping them from being hatched in the first place. Slugs lay their eggs in dark, damp places - under boards, wood piles, leaves and yard debris, mulches, etc. Keep debris cleaned up, and avoid storing wood, cinder blocks, and such on the ground as much as possible.

Periodically check any remaining slug havens for clutches of eggs and destroy them and any adult slugs you find there. Use bait or barricade methods to keep slugs away from mulch around plants.

Decoy plants: Plant rows or blocks of plants that are especially attractive to slugs, to draw them away from your crops. Marigolds are a favorite. This is a good strategy to combine with **search and destroy** - draw the slugs to your decoy plants, and finish them off!

Internet Woe's

Beware Malicious Ads -New York Times

An increasingly popular way to get attacks onto Web sites people trust is to slip them into advertisements, usually by duping small-time ad networks. Malvertising, as this practice is known, can exploit software vulnerabilities or dispatch deceptive pop-up messages.

A particularly popular swindle involves an alert that a virus was found on the computer, followed by urgent messages to buy software to remove it. Of course, there is no virus and the security software, known as scareware, is fake. It is a ploy to get credit card numbers and \$40 or \$50. Scareware accounts for half of all malware delivered in ads, up fivefold from a year ago, Google said.

Closing the pop-up or killing the browser will usually end the episode. But if you encounter this scam, check your PC with trusted security software or Microsoft's free [Malicious Software Removal Tool](#). If you have picked up something nasty, you are in good company; Microsoft cleaned scareware from 7.8 million PCs in the second half of 2009, up 47 percent from the 5.3 million in the first half, the company said.

Another tool that can defend against malvertising, among other Web threats, is [K9 Web Protection](#), free from Blue Coat Systems. Though it is marketed as parental-control software, K9 can be configured to look only for security threats like malware, spyware and phishing attacks — and to bark each time it stops one.

Poisoned Search Results

Online criminals are also trying to manipulate search engines into placing malicious sites toward the top of results pages for popular keywords. According to a recent Google study, 60 percent of malicious sites that embed hot keywords try to dis-

tribute scareware to the computers of visitors.

Google and search engines like Microsoft's Bing are working to detect malicious sites and remove them from their indexes. Free tools like [McAfee's SiteAdvisor](#) and the Firefox add-on [Web of Trust](#) can also help — warning about potentially dangerous links.

Get Adobe Updates

Most consumers are familiar with Adobe Reader, for PDF files, and Adobe's Flash Player. In the last year, a virtual epidemic of attacks has exploited their flaws; almost half of all attacks now come hidden in PDF files, Mr. Weafer said. "No matter what browser you're using," he said, "you're using the PDF Reader, you're using the Adobe Flash Player."

Part of the problem is that many computers run old, vulnerable versions. But as of April, it has become easier to get automatic updates from Adobe, if you follow certain steps.

To update Reader, open the application and then select "Help" and "Check for Updates" from the menu bar. Since April, Windows users have been able to choose to get future updates automatically without additional prompts by clicking "Edit" and "Preferences," then choosing "Updater" from the list and selecting "Automatically install updates." Mac users can arrange updates using a similar procedure, though Apple requires that they enter their password each time an update is installed.

Adobe said it did not make silent automatic updates available previously because many users, especially at companies, were averse to

them. To get the latest version of Flash Player, visit Adobe's [Web site](#).

Any software can be vulnerable. Windows PC users can identify vulnerable or out-of-date software using [Secunia PSI](#), a free tool that scans machines and alerts users to potential problems.

Antisocial Media

Attackers also use e-mail, instant messaging, blog comments and social networks like Facebook and Twitter to induce people to visit their sites.

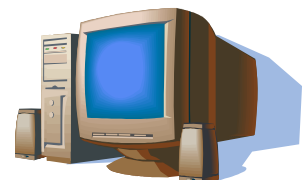
It's best to accept "friend" requests only from people you know, and to

guard your passwords. Phishers are trying to filch login information so they can infiltrate accounts, impersonate you to try to scam others out of money and

gather personal information about you and your friends.

Also beware the Koobface worm, variants of which have been taking aim at users of Facebook and other social sites for more than a year. It typically promises a video of some kind and asks you to download a fake multimedia-player codec to view the video. If you do so, your PC is infected with malware that turns it into a zombie (making it part of a botnet, or group of computers, that can spew spam and malware across the Internet).

But most important, you need to keep your wits about you. Criminals are using increasingly sophisticated ploys, and your best defense on the Web may be a healthy level of suspicion.



"Free tools like [McAfee's SiteAdvisor](#) and the Firefox add-on [Web of Trust](#) can also help — warning about potentially dangerous links."

Youth Suicide HOTLINE! 360-696-9560 or 1-800-626-8136

Child Abuse Main telephone: 397-6002
Fax- 397-6003 Bob Kaneko

Vancouver/Clark Co. Housing Rehab Program
397-2130 & TDD 397-6065

Clark Co. Commissioners
397-2232 Email: boardcom@co.clark.wa.us
Dist #1 Betty Sue Morris. North (Hazel Dell)
Dist #2 Marc Boldt (East)
Dist #3 Steve Stuart. South (Truman Neighborhood)

Community Development -397-2375

Public Works -397-6118

Community Services -397-2130

Superior Court -397-2150

Code Enforcement -397-2375 x4184

Report Street Lights That Are Out - 992-3000

Report Power Outages - 992-8000

Animal Code Violation - 397-2488
Reporting Dead Animals 397-2488
Licensing 397-2489
Nuisance Complaints 397-2488
Missing/Found -VHS 693-4746
Fish & Wildlife 902-2200
Livestock Info WSU Coop 254-8436
Humane Society 693-4746
West Columbia Gorge No Kill Humane Society,
Bonnie Harding, Shelter Director Washougal 835-3464

Transportation
C-Tran 397-0123
Amtrak 694-7307
Greyhound 696-0186

Voter Registration Auditor-Elections Absentee ballots 397-2345

Garbage Composting & Yard Debris: 397-6118 ext. 4352
Waste: 397-6118 ext. 4352
Recycling (Curbside): 892-5370

Wells (Clark County Public Health): 696-8428

Parent's Anonymous Crisis Line: 687-7126

To Provide A Foster Home
Call Shirley on Thurs 993-7947

State Schools The Blind 696-6321 The Deaf 696-6521

Blood Donations 693-5821 Red Cross

Be A Pal To A Child or Teen being

Treated with Chemotherapy 2-4 hrs /mo Sue Best
(503) 244-3141 sbest@e-ccii.org

Parks & Recreation: Stephen Duh: 360-619-1115
Parksrec@cl.vancouver.wa.us

Restraining Orders: Anti-harassment or domestic violence protection
orders: 397-241 1 (District Court)

Domestic Violence Intervention Unit 360-397-6079
DVIU website:
www.co.clark.wa.us/sheriff/inter/comminfo/dvinfo/dvinfo.htm

Boys & Girls Club of SW Washington:
360-567-1153

PAGE 6

Washington State Governor

Governor Christine Gregoire, Phone: 902-4111
PO Box 40002 Olympia, WA 98504-0002 governor.wa.gov/contact/govemail.htm

Representative Brian Baird, Phone: 695-6292
O.O. Howard House 750 Anderson Street, Suite B Vancouver, WA 98661
www.house.gov/baird/zipauth.htm

Senator Maria Cantwell, Phone: 696-7838
1313 Officers Row Vancouver, WA 98661
Maria_cantwell@cantwell.senate.gov

Senator Patty Murray, Phone: 696-7797
1323 Officer's Row Vancouver, Washington 98661
<http://murray.senate.gov/email/index.cfm>

Letters to the Editor : The Columbian: Editors@columbian.com

Vancouver Housing Authority
2500 Main Street 98660 694-2501 www.vhausa.com

Report Airplane Noise Call Anne Mitchell 503-460-4837 or
800-547-8411 ext. 4837 or email: micha@portptld.com

TDD Numbers For the hearing & speech impaired.
Board of Commissioners 397-6032
Community Development/Public Works 397-6057
Community Services 397-6032
Superior Court 397-6172

Divorce Care
Struggling with a painful separation, broken relationship or divorce? Hear valuable information about how to heal. Meets weekly on Wednesday nights at 7:00 PM at the First Church of God, 3300 NE 78th St., Vancouver. Call 574-1611 ext. 6909 to sign up.

Griefshare
Dealing with the death of a loved one? Find support and encouragement. Griefshare meets Wednesday nights at 7:00 PM, at the First Church of God, 3300 NE 78th Street, Vancouver. Call 574-161 1 ext. 6909

National Alliance for the Mentally ILL
(NAMI) Clark County 317 E 39th St. Vancouver 695-2823
www.nami-clark.com

County Crisis Line for Depression/mental Health Issues: 696-9560

Clark County Food Bank List

Faith Center
2533 NE Andresen Rd., Vancouver Tues. 4:00-7:00 Clark Co.

Fish - Orchards
6008 NE 110th Avenue, Vancouver M-F 10:00-12:00 & 12:30-2:45 Serving
Areas: 98682,98864,98662

Fish - Vancouver
14th & Franklin Street, Vancouver M, T, Th, F 10:00-3:00 Serving Areas:
West. of Andresen from downtown to Ridgefield

Salvation Army
7509 NE 47th Ave. Vancouver, Phone: 694-9503

Interfaith Treasure House
91 "C" Street, Washougal M-F 9:30-5:00; Sat 11 :00-3:00, Camas

McLoughlin Church of God
903 Winchell Ave., Vancouver Wed. 4:00-7:30 Service area: Clark Co.

Trinity Mission Cupboard
6700 McLoughlin, Vancouver Food bags last Friday of the mo. 11am-2pm

Neighborhood Association newsletters are copies free of charge by the Clark County Public Information and Outreach Office. The information and views expressed are solely those of the Neighborhood Association and not Clark County Government or the Public Information and Outreach Office.

Brought to you by

Truman Neighborhood Association of Clark County

“Let’s keep this neighborhood together”

E-mail address

trumancrimewatch@gmail.com

Truman Neighborhood Association

Truman Crime Watch

trumanneighborhood@gmail.com

trumancrimewatch@gmail.com



To: