



COBBLESTONE WATCHWORD

AUTUMN 2007

GOLDEN RULES FOR THE GOLDEN SEASON

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Autumn is a busy and beautiful time of year, but it also can be deadly. That's why Cobblestone Village Neighborhood Watch Committee is urging residents to take the time this fall to ensure that their homes are safe.

Carbon monoxide isn't the only danger associated with autumn, which is also a peak period for fires and some types of injuries. To simplify home safety measures



this season, here are few safety tips:

1. GET A SENSOR: During cold weather, your furnace will be running and your windows will be closed, so you should install a carbon monoxide detector near your home's bedrooms.

2. SERVICE FURNACE: Before the heating season, a qualified heating technician should service your furnace to ensure that it will operate safely and efficiently.

3. CHECK THE CHIMNEY: Inspect your chimney to make sure it is unobstructed. Because many furnaces vent into the chimney, it must be free of debris to allow products of combustion to vent to the outside atmosphere.

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SPECIAL POINTS OF INTEREST:

- Get acquainted with your community Neighborhood Watch
- See How Westinster's Crime Stats Rank Against the Nation
- Tips for a GREAT Spring

RETRACTION

In the Summer Issue of the Cobblestone Watchword, an article was reprinted on Page 4, entitled, "But He Looks Like Such a Nice Guy," about a serial killer in Louisiana. One of our resident readers informed us that this story was false and requested that we research our source. We did so and learned that this story was, indeed, a fabrication. We regret the error.

We also were asked to research the use of *77 on your cell phone as a method of contacting police. Though we found that this method is recommended in a number of different states throughout the US, it is not the method advised here in Colorado. Cobblestone Village Neighborhood Watch Committee advises you to dial 911 in all emergencies.

GOLDEN RULES (CONTINUED)

Continued from Page 1

If you will be burning wood in a fireplace, have the chimney inspected to make sure it is in good condition and free of creosote buildup.

4. CLEAR THE AREA: Make sure the area around your furnace is clear for good air circulation. Keep all flammable materials, such as clothing, cardboard boxes, paint thinners, fuels and solvents, far away from the furnace.

5. NEVER HEAT WITH AN OVEN: On chilly autumn mornings, avoid the temptation to warm the

kitchen with a gas range or an open oven door. The unvented products of combustion can quickly build to toxic levels.

6. WATCH SPACE HEATERS: Be cautious with portable heaters or space heaters, making sure to follow manufacturer instructions for safe venting and use. Place them at least three feet away from any combustibles, such as wallpaper, bedding, draperies, clothing and furniture. Never leave them operating when you are away from the room or asleep. Don't leave children or pets unattended with space heaters, and never use them to dry clothing, shoes or mittens. 🏠

PETS: HALLOWEEN SAFETY TIPS

Leaving your pets outside on Halloween is not a good idea. There are plenty of tales of malicious people who tease, injure, steal, torture, even kill people's pets on Halloween. Not to mention that dogs and cats can scare easily with all the trick-or-treaters coming to your house. Here are some tips to keep your pets happy on Halloween.

🐾 As much as your dog or cat may beg for some of your Halloween candy, always remember that chocolate is deadly to them in any amount.

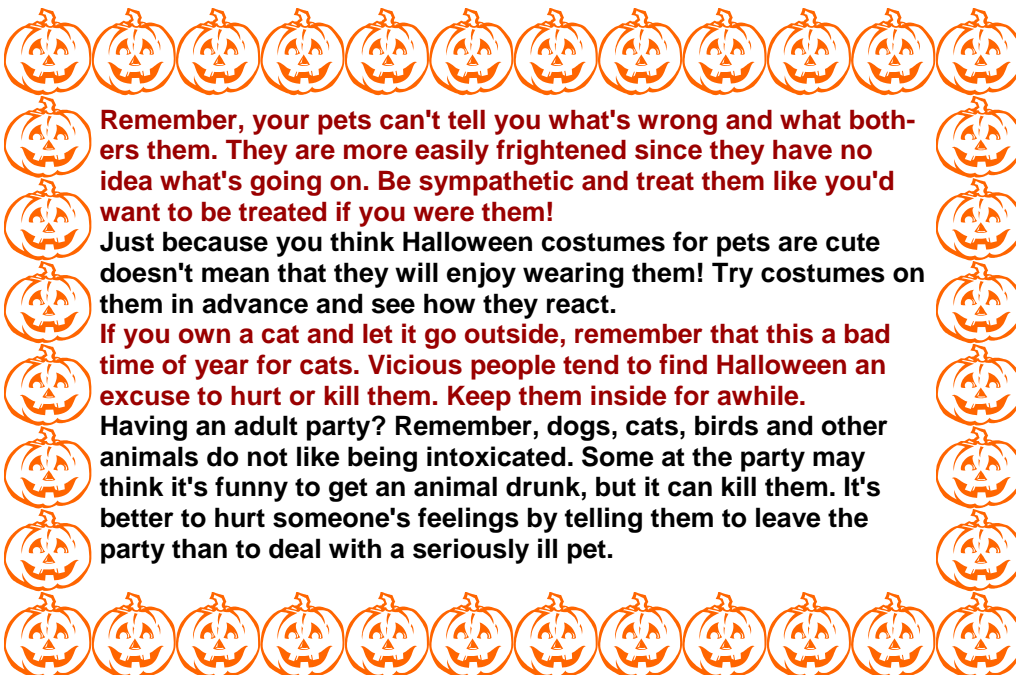
🐾 If you work in a pet store, remember that this is the time of year that can be deadly for black cats. Some sick people who play at being what they'll call a Satanist will buy them to "sacrifice" If you can, don't take any black cats or sell them during October.

🐾 The wrappers, such as tin foil, can get stuck in your pet's digestive tract and make them ill or cause death. There are plenty of recipes for making homemade dog and cat treats, you can always make them on a Halloween note.

🐾 Dogs can have lethal tails, wagging all over the place. Don't leave any lighted candles or Jack-O-Lanterns where they could be knocked over by a swinging tail or by a curious cat. Not only could your pet start a fire but they could severely burn themselves in the process.

🐾 If you are going to dress your pet in a costume, keep in mind that unless the dog or cat

PET POINTERS FOR HALLOWEEN



Remember, your pets can't tell you what's wrong and what bothers them. They are more easily frightened since they have no idea what's going on. Be sympathetic and treat them like you'd want to be treated if you were them!

Just because you think Halloween costumes for pets are cute doesn't mean that they will enjoy wearing them! Try costumes on them in advance and see how they react.

If you own a cat and let it go outside, remember that this a bad time of year for cats. Vicious people tend to find Halloween an excuse to hurt or kill them. Keep them inside for awhile.

Having an adult party? Remember, dogs, cats, birds and other animals do not like being intoxicated. Some at the party may think it's funny to get an animal drunk, but it can kill them. It's better to hurt someone's feelings by telling them to leave the party than to deal with a seriously ill pet.



ANOTHER KIND OF ICE

We all carry our mobile phone with names & numbers stored in its memory, but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.



If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored, but which one is the contact person in case of an emergency? Hence the "**ICE**" (In **C**ase of **E**mergency) Campaign.

The concept of "**ICE**" is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is

store the number of a contact person or persons who should be contacted during emergency under the name "**ICE**."

The idea was conceived by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number stored as "**ICE**".

Using this method really could save your life, or put a loved one's mind at rest.

For more than one contact name, simply enter **ICE1**, **ICE2** and **ICE3**, etc.

PETS: HALLOWEEN SAFETY TIPS (CONTINUED)

is extremely receptive to this kind of thing, you could be causing it discomfort and stress. Some animals don't mind at all but others do not want to be bothered with this kind of thing. They'll be under enough stress with the festivities going on outside and people at the door constantly so don't cause them any more nervousness than you have to. You may love to dress in costume but then, you aren't a dog or a cat.

🐾 If you put a mask of some type on your animal, make sure that the eye holes are big enough for



them to see peripherally. Animals depend on their vision to let them know what's going on and even the nicest dog can get snippy if he can't see what's around him. In fact, masks really aren't a good idea.

🐾 If you are having an indoor party, make sure that you put your dog or cat in a room where they won't be disturbed. Unless your pet is ultra-friendly and doesn't mind loud noises, music and lots of people you should keep them separate for the night. Also, be careful your cat or dog doesn't dart out through the open door as you hand out candy. Best bet is to just put them in a room with some food and water for the night and check on them once in a while to let them know everything is fine.





Bullies don't go away when elementary school ends; bullying actually peaks in junior high school and continues through high school and even into the workplace.

POWER TRIPPING

Being bullied is not just an unpleasant rite of passage through childhood. Research shows that people who were bullied as children are more likely to suffer from depression and low self-esteem, and bullies themselves are more likely to engage in criminal behavior later in life. Bullying can be physical (e.g., hitting, kicking, or pushing), verbal (e.g., taunting, teasing, or name-calling), and psychological (e.g., spreading rumors or social exclusion).

According to a national survey of 15,686 students in grades 6 through 10 by the National Institute of Child Health and Human Development, 4 bullying is widespread in American schools; with more than 16 percent of U.S. schoolchildren saying they have been bullied by other students sometimes or weekly, 19 percent saying they had bullied others, and 6 percent saying they had both bullied others and been bullied. School bullying has come to the public's attention amid reports that it may have been a contributing factor in recent school shootings, and bullying behavior has been linked to other forms of antisocial behavior such as vandalism, shoplifting, skipping or dropping out of school, and the use of drugs and alcohol.

Bullies don't go away when elementary school ends; bullying actually peaks in junior high school and continues through high school and even into the workplace. It can lead to serious problems and dangerous situations for both the victim and the bully.

Bullying is repeated and unnecessary aggressive behavior, or quite

simply, unprovoked meanness. It's a form of intimidation, behavior designed to threaten or frighten or to get someone to do something they wouldn't normally do. Bullies have learned that bullying works. They do it to feel powerful and in control. There are things you can do to deal with the situation without making things worse.

The Facts

- Bullies keep bullying as long as it works—as long as it makes them feel more powerful.
- Many children and teens are bullies or victims of bullies, but the largest number of children and teens are bystanders—witnesses to bullying.
- Eight percent of urban junior and senior high students miss one day of school each month because of fear.
- Bullying takes lots of forms: it can be physical or verbal, mild to severe.
- One in four children who bullies will have a criminal record before the age of 30.
- Girls can be bullies, too, although bullying by girls is more likely to show up as spreading rumors, leaving people out of social events, teasing about clothes or boyfriends, or threatening to withdraw friendship. However, this doesn't mean that girls don't use physical intimidation to bully.
- Although much bullying happens where adults can't see or hear it, it also happens when adults are present. Often adults don't do anything to stop the bullying.

Victims

Anyone can be the target of bullying. However, a typical victim is likely to be shy, sensitive, and perhaps anxious or insecure. Some teens are picked on for physical reasons, such

POWER TRIPPING (CONTINUED)

as being overweight or small, wearing different or “weird” clothing, having a physical disability, or belonging to a different race or religious faith.

The Bully

Intimidators. Some bullies are outgoing, aggressive, active, and expressive. They get their way by brute force or openly harassing someone. They may carry a weapon. This type of bully rejects rules and regulations and needs to rebel to achieve a feeling of being better than everyone else.

Smooth Talkers. Other bullies are more reserved and tricky and may not want to be recognized as harassers or tormentors. They try to control by talking, saying the right thing at the right time, and lying. This type of bully gets his or her power secretly through manipulation and deception.

As different as these two types may seem, all bullies have these characteristics in common:

- concern with their own pleasure
- desire for power over others
- willingness to use and abuse other people to get what they want
- feeling of pain inside, perhaps because of their own shortcomings
- inability to see things from someone else’s perspective.

If You Are the Victim

No one solution works well in every situation, but there are a variety of strategies you can try.

- Avoid or ignore the bully.
- Hang out with friends. There is safety in numbers.
- Say “no” to a bully’s demands from the start. If the bully threatens you with a weapon, give in to the demands and immediately tell an adult.
- Tell the bully assertively to stop threatening you (for example, “I don’t like what you’re doing. Stop it!” or “Get a life—leave me alone.”)
- Do not physically fight back: experience shows that this actually increases the likelihood of continued victimization.
- Seek immediate help from an adult.
- Report bullying to school personnel.
- If your safety is at stake, walk away or run if you need to.

Stop the Bullying

It’s everyone’s responsibility to stop bullying. And don’t be afraid to get help when necessary. It takes courage, but you will be preventing the intimidation from continuing and possibly escalating. You can report the problem to authorities anonymously.

- Refuse to participate in taunting and teasing.
- Treat others the way you would like to be treated.
- Tell adults if you witness cruelty or hear about violence that might occur.

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- Walk away from fights.
- Speak out against the bully.
- Stand tall and walk with confidence and in a way that commands respect.
- Hang out with friends who don’t get involved in bullying.
- Stand up for others who are being intimidated.
- Include the person who is being bullied in your activities.
- Show compassion for the victim.

Take Action

- Work with the school administration and get students together to develop or revise your school’s code of conduct.
- Start a bully education program for the local elementary school. Consider a puppet show or skit that teaches kids about bullying.
- Organize a teen panel or discussion group to talk about the issues of bullying and intimidation at your school..





Coloring Contest entries from children living in Cobblestone Village

If you weren't at the National Night Out celebration on August 7, you not only missed an opportunity to meet some of your neighbors, but you missed a lot of fun, great prizes and delicious food!

Officers from the Westminster Police Department stopped by with a variety of toys and other items for participants, and representatives from Westminster Fire Department provided youngsters with Bicycle Safety Tips.

Our Grand Prize winner of the Coloring Contest (6 to 12-year-old age group), Devon (10), won a free month of Karate lessons for himself and a friend, and our Grand Prize winner of the Coloring Contest (3 to 6-year-old age group), Paris (4), won a free lunch for her and her family with a Westminster Firefighter. CONGRATULATIONS!!

Cobblestone Watchword is a free quarterly publication available to all residents living in Cobblestone Village. If you have any questions, suggestions for articles, or wish to submit materials, please do so through CVHNeighborhood-Watch@yahoo.com. *You will remain anonymous, unless you request us to use your name.*