



### Inside This Issue:

Commander's Corner.....1

Crime Prevention Information....1

Prescription Drug Abuse.....2

Off Beat.....3

Westside Apartments Safer.....3



## Commander's Corner

By Cmdr. Richard Pantoja  
[PantojaR@elpasotexas.gov](mailto:PantojaR@elpasotexas.gov)

Greetings,

I hope that everyone had a wonderful Christmas and New Years Day. As we enter a new year, the officers, civilians and staff of the Westside Region are eager to carry over the success we had in 2005 and get 2006 started in the right direction. The overall crime rate for the City of El Paso was down 10% and for the Westside Region, down 7%. Full credit goes to the hard working men and women of this command, with the support and partnerships of the citizens in our community.

New challenges are on the horizon as the city's population, homes and businesses are increasing at a rapid pace. With limited resources, it is very important that everyone gets involved and takes an active part in keeping the crime rate down and the quality of life in our community up. Just something to consider, when a crime occurs, it happens because of three factors: a. victim. b. opportunity c. location. If one of these factors is removed, the probability of a crime occurring is drastically reduced. So, do

your part in securing your homes and vehicles. Keep areas well lighted and be aware of your surroundings. Report suspicious persons, vehicles and activity as soon as you see them. We can also provide training, presentations and assessments of your property and determine safety measures you can implement to protect yourself. These services can be provided if you call Lt. Bobby Lane, Special Operations Commander at 585-6078.

Thank you for your time and support.

## Crime Prevention Information



Taken from

[www.crimedoctor.com](http://www.crimedoctor.com)

**ATM bank cash machines** have been incorporated in our way of life. They offer a real convenience to those on the run, but at the same time offer an element of risk. Using a bank ATM machine safely requires awareness and a little planning. Just because a bank ATM machine is open and available 24-hours a day doesn't mean it is always safe to use it.

### ATM Robbery Facts

Most bank ATM robberies occur at night between 7pm and midnight when the machine only produces 10% of the daily transactions. Between 7pm and 4am, the ATMs handle only 11% of the total daily transactions but suffer 60% of the crime.

### Pick a Safe Location

Use only bank ATM machines in well-lighted, high-traffic areas. ATMs inside busy supermarkets are considered safer. Don't use ATM machines that are remote or hidden, such as being located behind buildings, pillars, walls, or away from public view. Take someone with you after hours, if you can. When you drive up to an ATM location, scan the area for any suspicious persons. If you see anyone suspicious that is standing nearby or sitting alone in a car, drive away. When you approach an ATM on foot be prepared and have your ATM card ready. Memorize your personal PIN number to prevent loss and speed the transaction. After inserting your card and your PIN number keep an eye out

behind you (the robbers always come from behind or the side). Never accept an offer to help or request for help from a suspicious person at the machine.

### Be Alert

If anyone suspicious or seemingly dangerous approaches, terminate your transaction and leave immediately, even if it means running away and leaving your ATM card in the machine. When you receive cash from the machine put it away immediately, extract your card, and walk away.

For more information on bank ATM security and other crime prevention tips, go to:  
[www.crimedoctor.com](http://www.crimedoctor.com)

# Prescription Drug Abuse

From Parents—The Antidrug

[www.theantidrug.com](http://www.theantidrug.com)

Just when you thought you had covered the bases with your teenager about drugs and alcohol, you are hit with a new trend in drug abuse: prescription drug abuse. Unfortunately, prescription drug abuse is on the rise among our youth. Data from the [2004 National Survey on Drug Use and Health](#) shows the second most common type of illegal drug use after marijuana is the non-medical use of prescription drugs.

How can something that a doctor gives to people be bad for you? Prescription drugs are medicines that are given to a patient by a doctor to treat a health condition. Prescription drugs make complex surgeries possible, relieve pain for millions of people, and enable individuals with certain medical conditions, like diabetes, to control their symptoms. Prescription drugs are not harmful if they are used properly and only under a doctor's supervision. **However, taking prescription drugs without a doctor's approval and supervision can be a dangerous—even deadly—decision.** Parents can prevent drug abuse by setting clear expectations and communicating with their children early.

Some teens in cities across the country are "pharming" these days. "Pharming" is a new slang term for grabbing a handful of prescription drugs and swallowing some or all of them. Some of these young people are taking pills from the family medicine cabinet and distributing them at school. What they don't realize is that distributing drugs, even prescription drugs, is considered drug dealing and is illegal. Taking prescription drugs without a doctor's approval and supervision is always dangerous and sometimes fatal.

Teens are getting these prescription drugs from their own homes, friends and through Web sites on the Internet. Parents beware, there are numerous Web sites that sell prescription drugs on the

Internet and will ship them to households no questions asked.

It's important for you to know that using prescription drugs without a doctor's approval can lead to serious health problems and addiction, which involves compulsive drug seeking and use.

## What Is Driving Teens To Use?

Teens and substance abuse experts say that there are many different reasons for the rise in prescription drug misuse and abuse by young people. Teens point to personal or family-related stress as a major reason why they misuse or abuse prescription drugs. Sources of stressful feelings include:

- Preservation of friendships, romantic relationships, and family life;
- Competition for college entrance, including competition for Advanced Placement and Honors courses in high school;
- The balance between school work, grades, and extracurricular activities like sports and clubs; and
- Desire to have the "ideal" physical appearance.

Some students try to dial down the pressure by misusing or abusing painkillers and sedatives. Teens are also misusing and abusing stimulants, such as Ritalin®, a drug used for attention deficit hyperactivity disorder (ADHD). Those obsessed with physical appearance sometimes turn to diet pills or steroids. These teens don't realize that prescription drugs, if used outside a doctor's orders, can pack a very hard—sometimes lethal—punch. Harm is not often associated with prescription drugs until it is too late.

## What can you do to prevent prescription drug abuse?

Once again, the answer is simple: Talk to your kids. Let them know that you oppose all illicit drug use—including prescription and over the counter drug use. Monitor their

behavior by randomly checking up on them to make sure they are where they say they are. Know their friends and their friends' families.

Also, it's time for you to take inventory in your own home. **Keep your prescription medications out of reach.** They should not be in a place where your kids or their friends can find them. Put them in a safe place where only you have access. Move your over the counter medications to a safe place as well. Just as you do for alcohol, make a note of the levels in each bottle.

## Monitor the Web sites that your child visits on the Internet.

Some teens actually order medications via Web sites (or "pill mills") that are not monitored by the FDA. These sites are sometimes in countries outside of the United States. Be sure to review the history trail on your computer and carefully track where your teen is making purchases on the Web, especially if you allow them access to your credit card or if they have their own card.

## What are the signs of abuse?

The symptoms are pretty obvious: slurred speech, staggering walk, sweating, nausea, vomiting, numbness of extremities, dilated pupils, drowsiness, and dizziness.

## What can you say to your teens?

If your teen shows these signs of drug abuse, ask questions immediately—then talk calmly with them about the risks of abuse. Make it a rule that they should never take prescription drugs unless you or their physician prescribes them. Visit [www.theantidrug.com](http://www.theantidrug.com) and view the [Action Guide for Parents](#) for more information on how to start the conversation.



**WSRCC**



**4801 Osborne  
El Paso, Texas  
79922  
(915) 585-6100**

- Patrol Desk.....585-6100
- Investigations..585-6150
- Traffic..... 585-6041
- P.A.R./Community Services/Crime Prevention.....585-6040
- TAC.....585-6079
- J.I.S.....585-6069
- D.A.R.T.....585-6123

**WSRCC  
Newsletter #21  
Staff**

Cmdr. Richard Pantoja  
Lt. Bobby Lane  
Sgt. Woodrow Bare  
WSRCC P.A.R.

Editor:  
Ofc. Frank Nava

Asst. Editor:  
Ofc. Curtis Whitener

Consultant:  
Mrs. Melody Whitener

Contributors:  
Debbie Sibert-Collins

## Off Beat

**Name:** Debbie Sibert-Collins

**Age:** 50

**Educational Background:**

Graduated from Burgess High. Attended Jones Real Estate/Business College in Colorado Springs.

**Number of years as a Police Volunteer:** 5 years

**Current assignment:** Volunteer Coordinator at WSRCC.

**Why I became a police volunteer:**

I managed and supervised multimillion-dollar properties across the United States for 14 years. I was later diagnosed with Multiple Sclerosis and moved back here. Since I cannot work anymore, my dad suggested that I volunteer at the police station.

**Goals In My Personal Life:** I would like to be alive when they find a cure for MS. I want to walk as long as God lets me. I have talked to newly diagnosed patients with MS to let them know it is not the end of the world. I get the best parking in town...handicapped. That puts a smile on people's faces hearing that.

**Off Duty Hobbies:** This computer. I love researching and going in to university libraries to read. I hate not knowing something and will go to the ends to find the answer. I also enjoy reading spiritual books, keeping in contact with all my friends and son in Colorado Springs. Most of my time is spent taking care of my Father, whom I love dearly. I go to church each Sunday.

**The hardest lesson I have learned about my life:** Before being diagnosed with MS, I, like many other people, took many things for granted. I used to march in the band, run track and dance. Not anymore. I am lucky to be walking. Now I appreciate the world around me. It took being diagnosed with Multiple Sclerosis for me to start appreciating life and everything that comes with it. So appreciate the fact that you CAN run and you CAN dance.



WSRCC Volunteer  
Debbie Sibert-Collins

## Westside Apartments Safer

On January 26, 2006, the WSRCC Special Operations Unit held its first meeting with Westside apartment managers. The meeting was designed to bring all apartment management personnel together and provide various crime prevention tips. The forum received presentations from Westside Crime Prevention Officer Jose Milian, the S.O.R.T. (Sexual Offender Registration and Tracking) Unit, as well as from Robert White, El Paso Constable.

Not only was the meeting designed to give information, but was also a round-table where the managers can voice their problems and concerns. It allowed the apartment community to communicate with other complexes concerning crime and criminal tenants.

“The meeting was a great success. We had 43 representatives from apartments throughout the Westside and will be having more meetings in the future,” remarked Officer Milian.

