Hello All,

One of the ongoing community issues in the Wilmington Area are the illegal street vendors. These vendors sell and distribute items such as candy, fruit, snacks and other eatables and operate as a business without a permit or without paying local or state taxes. Statewide, millions of dollars are lost each year with the operation of these vendors. Remember, these vendors cannot operate if we, as a community, refuse to purchase their goods.

Along with illegal food vendors, comes the spread of disease. Especially during the summer months and as temperatures rise, the spread of diseases and illnesses from food vendors grow. Remember, illegal food vendors often do not abide by the laws and codes put in place by the Health and Safety Department. By purchasing and eating from illegal vendors come the potential for the spread of disease.

A big part of summer for many people is attending fairs and festivals. There are always fun things to see and experience, including art work, music, games, and rides. One of the biggest draws to these events is the many different types of foods and drinks available.

Because foodborne illnesses increase during the summer months, it is even more important to follow food safety steps. Many foodborne illnesses are caused by consuming foods or beverages contaminated with germs. One reason for the increase of foodborne illnesses in the summertime is that people are cooking and eating outside at places such as fairs and festivals more often. Sometimes, the usual safety controls that a kitchen provides, like thermostat-controlled cooking, refrigeration, and washing facilities, may not be available when cooking and dining at these events.

Remember that food safety practices should be the same at fairs as they are at home: Clean, Separate, Cook, and Chill. Learn more about these steps here, and make this a food safe summer by reducing your risk of foodborne illness.

What should a consumer consider before buying food from a vendor?

- Does the vendor have a clean/tidy workstation?
- Does the vendor have a sink for employees to wash their hands?
- Do the employees wear gloves or use tongs when handling food?
• Does the vendor have refrigeration on site for raw ingredients or pre-cooked foods?
• Has the vendor been inspected? Requirements vary by state, but in general temporary and mobile vendors, like those at fairs and carnivals, should have a license to sell food and beverages in a particular state or county. You can check with the local health department to see if the vendors are licensed and if a food inspection has been completed.

Are there healthy food alternatives to consider at fairs and festivals?

When purchasing food from a vendor, look for healthy options first. If they are not available, consider bringing your own food to save money and calories. Bringing food from home allows you to eat a healthy meal or snack as a family, while still enjoying the festive atmosphere around you. Don’t forget to keep safe food storage practices in mind.

If bringing food from home, what are proper food-handling and storage practices?

If you bring food to a fair or festival from home, be sure to keep food handling and storage times in mind. Don’t let food sit out for more than two hours. On a hot day (90°F or higher), reduce this time to one hour. Be sure to put perishable items in a cooler or insulated bag.

What steps can you take to protect you and your family?

Wash Hands Often:

• Find out where hand washing stations are located.
• Always wash your hands right after petting animals, touching the animal enclosure, and exiting animal areas even if you did not touch an animal.
• Always wash hands after using the restroom, after playing a game or going on a ride, before eating and drinking, before preparing food or drinks, after changing diapers, and after removing soiled clothes or shoes.
• Bring hand sanitizers or disposable wipes in case there aren’t any places to wash your hands.

Report Illness:

Anytime you suspect you may have contracted a foodborne illness, report it to your local health department, even if it is after you have recovered. The local public health department is an important part of the food safety system. Often, calls from concerned citizens are how outbreaks are first detected. If a public health official contacts you to find out more about an illness you had, your cooperation is important. In public health investigations, it can be as important to talk to healthy people as it is to ill people. Your cooperation may be needed even if you are not ill.

Food Vendors, Community Organizations, and Fair Organizers
Requirements differ by state, but in general temporary and mobile food vendors should apply for a food license with the fair’s state or county health department. Many community-based organizations set up booths to sell various foods at local festivals and fairs too. There are special exceptions, but it is better to be safe than sorry—get a license! Fair organizers should try to include a person trained in food safety throughout the planning process, as well as have them present at the fair.

It is important that food safety steps are followed so the food served doesn’t make anyone sick. Try to cook-serve, which means limiting the amount of food preparation performed off site. In addition, follow the four basic food safety steps: CLEAN, SEPARATE, COOK, and CHILL. Now you’re on your way to a safe and healthy summer!

For More Information You Can Research The Following:

- Check Your Steps: Foodsafety.gov
- Foodborne Infections FAQs
- Handwashing Podcast for Children
- Handwashing Tutorial for Adults
- Foodborne Illness Peaks in Summer - Why?
- The Safe Food Handling Fact Sheet

For additional food safety questions, visit the FSIS Virtual Representative, or call the Meat and Poultry Hotline at 1-888-674-6854 (available in English and Spanish).

Be Prepared

Prevention and preparedness is the first line of defense when fighting crime. Do not be a victim. As always, remember to **Lock It Or Lose It!**

To report **VANDALISM** in the Wilmington Area, Please call Harbor Area Front Desk at **(310) 726-7700**. After advising police, photo the graffiti and notify GAP at **311** for removal. Harbor Division has a Graffiti Coordinator. You may contact Officer Roger Reynoso via the Detective Desk at **(310) 726-7900**.

To report **GANG ACTIVITY** in the Wilmington Area, Please call the Harbor Area Gang Enforcement Detail at **(310) 726-7891**.

To report **NARCOTIC ACTIVITY** in the Wilmington Area, please call the Harbor Station Narcotics Detectives at **(310) 726-7840**. You can make the call anonymous, or if possible, please leave a message.
Harbor Gateway South
Basic Car Area 5A1

Police Officer III Adrianna Bravo
Office: (310) 726-7924
Cell: (310) 869-2174
Email address: 36421@lapd.online
Call 311 for any City of Los Angeles service or entity

Summer is here! Please be aware of the warmer weather and heat related health problems. Monitor your children to keep them safe as they play outdoors. Keep an extra eye on your neighbors who are elderly because they are very much at risk.

Exposure to extreme heat can make people seriously ill. Unchecked heat-related illnesses may become a serious problem in a short period of time and can cause death. Though anyone can become a victim to excessive heat; the elderly are among those people most at risk. In recent years, several hundred persons have died in cities across the country as a result of excessive heat during heat waves. Heat cramps, heat exhaustion, and heat strokes are conditions caused by overexposure to heat. Furthermore, during heavy exercise, a person’s body can generate 10 to 20 times the amount of heat than it does at rest.

Los Angeles has experienced some of the hottest weather in the nation. Los Angeles Police Officers and the citizens of Los Angeles should be aware of risk factors for heat related illnesses in addition to the symptoms of people who might be experiencing a heat related illness.

Los Angeles Police Officers and the citizens of Los Angeles should also be particularly aware of individuals who are at high risk for excessive heat exposure, and make special efforts to insure these individuals are properly cared for. Everyone in Los Angeles is encouraged to check on people they know or come in contact with who are at risk for excessive heat exposure. Everyone should also be prepared to advise at risk individuals of preventive measures for heat exposure and offer assistance when needed. The following information will assist in that endeavor.

HEAT-RELATED TERMS

Heat Wave: More than 48 hours of heat measuring at least 90 degrees Fahrenheit and high humidity (80% relative humidity) expected.
Heat Index: A number in degrees Fahrenheit that tells how hot it really feels with the heat, and humidity. Exposure to full sunshine can increase the heat index by 15 degrees Fahrenheit.
Heat Cramps: Usually the first symptom of overexposure. The symptoms are painful muscle spasms. Care for heat cramps with rest and fluid intake. Do not take salt tablets. Activity can resume when the cramps subside, but fluid intake should continue.
Heat Exhaustion: Less dangerous than heat stroke, heat exhaustion typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy perspiring. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, perspiration does not evaporate as it should because of high
humidity or too many layers of clothing. As a result, the body is not cooled properly. Body temperature will be near normal.

Heat Stroke: Also known as sunstroke, heat stroke is life threatening. The victim’s temperature control system, which produces perspiration to cool the body, stops working. The body temperature can rise so high that damage and death may result if the body is not cooled quickly. Signals include the following: hot, red and dry skin; changes in consciousness; rapid/weak pulse and rapid/shallow breathing. Body temperature can be very high, sometimes as high as 105 degrees Fahrenheit.

RISK FACTORS FOR HEAT ILLNESSES

- Age
- Level of physical activity
- General health
- Heart disease
- High blood pressure
- Skin disease
- Kidney disease
- Liver disease
- Alcohol consumption
- Use of water pills
- Use of allergy pills
- Smoking
- Drug use
- Clothing worn
- Lack of air conditioning
- Poor ventilation in home

SYMPTOMS OF HEAT EXHAUSTION

- Headache
- Nausea
- Fatigue
- Dizziness or lightheadedness (usually conscious but may faint)
- Actively sweating
- Skin cool and pale
- Core temperature over 102 degrees

TREATMENT FOR HEAT EXHAUSTION

- Shady place or air conditioned room
- Keep cool
- Increase fluids
- Cold wet towels
- Fan
- May require intravenous fluids
• Immediate action is necessary

SYMPTOMS OF HEAT STROKE

• Headache
• Flushed skin
• Dry skin
• Warm skin
• Rapid pulse
• Incoherent speech
• Disoriented and confused
• Aggressive
• Possibly unconscious
• Temperature over 105 degrees

TREATMENT OF HEAT STROKE

• Shady place or air conditioned room
• Remove most of clothes
• Apply cool, wet towels
• Fan to increase air flow
• Call 911 or transport to an emergency room

GENERAL HEAT WAVE EMERGENCY TIPS

Dress for the heat: Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun’s energy. It is also a good idea to wear hats or use an umbrella. Also, it takes 4 to 7 days to get used to unusual heat. If you know you’ll be exposed to hot temperatures, spend more time each day in the heat for about a week before beginning you task.

Drink water: Carry water or juice with you and drink continuously even if you do not feel thirsty. Keep your drinking water cool by keeping it in the refrigerator. Avoid alcohol and caffeine, which dehydrate the body.

Eat small meals and eat more often: Avoid foods high in protein, which increase metabolic heat.

Salt tablets: Avoid using salt tablets unless directed to do so by a physician.
East Wilmington Basic Car Area 5A17
Police Officer II Perez, Roger
Office: (310) 726-7924
Cell: (310) 869-2096
E-mail address: 33802@lapd.online

Call 311 for any City of Los Angeles service or entity
June 2012

I wanted to stay in touch with my great East Wilmington community and give you the crime updates.

I want to extend my warm thanks to all you community members who participated in our ongoing “Peace Walks” in the Wilmington area in the month of May. The peace march was extremely successful thanks to great community members who make it a point to be involved in their community.

Just a reminder “Wilmington United “meets every 1st Wednesday of the month at 626 N. Avalon Blvd. Let’s keep this action going and continued calling us so that we can continue keeping crime down and your community safer.

We continued to run our “Illegal Vendor Task Force” on a monthly basis. During our task force in the month of May we recovered approx. 24 push-carts, 19 coolers and several dozen pounds of perishable foods. The Health Dept. took (2) full truck loads of product during our task force. We will continue to have a zero tolerance on “illegal vendors” in Wilmington and make the quality of life better for our residence.

Once again I am very proud of my East Wilmington community and proud to serve your community needs.

You can check our department web site and link to Harbor Division if you have any questions or concerns regarding above matter, or feel free to call me on my city cell phone and I will be more than glad to answer any questions.

Also let’s continued to practice the “Lock it or lose it” system that we place for our community, that goes for your vehicles and homes, please make sure your home windows and doors are lock and secure during the night and when you leave your home, even if it’s just for a bit!!!!

Keeping your valuables out of sight will prevent you from being a victim of any property crime. If u can remember the phrase we use in LAPD “Lock it or Lose It”, then u will be fine.

www.lapdonline.org for more information and crime maps.

Please feel free to contact me at the above phone numbers if you have any questions or concerns regarding your area.
To report NARCOTIC ACTIVITY in the East Wilmington area, please call the Harbor Station Narcotics Detectives at (310) 726-7840. You can make the call anonymous or please leave a message.

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San Pedro – Basic Car Area 5A85
Acting Senior Lead Officer Paul WInter (310) 869-2168
Email Address: 32508@lapd.online

Crime Trends:

Basic Car area 5A85 covers the areas of south of 18th St, between the border of the city of Los Angeles to the west to the Cabrillo Marina on the East. It also covers the area surrounding San Pedro High School between 7th St, to Pacific Ave to 18th St to Leland St.

Burglary and Theft from Motor Vehicle (BFMV/TFMV) and Grand Theft Automobile (GTA) have been an increasing problem in the Southern San Pedro Area. The best way to avoid becoming a Victim is to take preventative measures. Always lock your doors and windows, even if you only plan on being away from your home or vehicle for a few minutes. Don’t leave anything in your vehicle open to view that might attract thieves. This includes but is not limited to purses and bags, laptop computers, iPods, cellphones, GPS devices, expensive sunglasses and tools. Thieves are practiced at spotting an easy target. Do you part to prevent them from targeting you!

Specifically we have been noticing a marked increase in BFMV’s and TFMV’s in the parking lots of local parks including, Peck Park, Friendship/Bogdanovich Park, White Point, The Field of Dreams and the Softball Fields on Gaffey near the LAPD firing range. The most common times these crimes are occurring is when the parks are at their busiest especially during sporting events. If you find yourself at one of these parks please be extra aware of your surroundings. Take note of anyone that seems to be loitering around cars without any specific direction or purpose, and of course if you see anyone trying to open car doors or peeling into cars please call 9-1-1. As a response to this we are going to be deploying a “bait car” in the area. These are great tools and we are hoping to have some real success.

Quality of Life:

As always we are targeting chronic truants and curfew violators. In conjunction with these efforts we are also working towards reducing the instances of graffiti and general vandalism that is occurring in the San Pedro Area. If you have any information we are always interested.

The landslide on Paseo Del Mar is still causing a great deal of curiosity and concern. Fortunately the environmental engineering firm that the city hired to complete a survey of the area has successfully finished the first stage of their survey. The preliminary report released shows no significant movement in the landslide or surrounding areas. This is GREAT news for all of the residents who live in the area and all of the regular visitors to our White Point Nature Preserve. The engineering firm will continue to monitor and track activity in the area and the city is
The South Shores Neighborhood has had a recent increase in solicitors and door to door salespeople. These individuals vary in age and ethnicity. However there is a commonality among them all in that they are deflective, unresponsive or verbally aggressive when questioned by citizens, they have no paperwork from their supposed “charities”; they have no city issued permits and often decline to identify themselves. All of these things tend to indicate that there are less than legitimate sales people. If you see these types of individuals in your area, certainly don’t purchase anything from them, and more importantly, don’t answer the door and don’t engage with them. If you see these individuals engaging in illegal or potentially illegal behavior such as peeking into parked cars, trying to open doors or windows or walking to the rear of properties, call the front desk of Harbor Station at (310) 726-7700 or call 9-1-1 if you feel the situation warrants it. I, along with your neighbors, appreciate your cooperation and diligence in this matter.

Neighborhood Events and Meetings:

If you are interested in starting a neighborhood watch for your block or neighborhood please contact me and I would be happy to help you set one up. Neighborhood Watches are a great way to get to know your neighbors in an informal setting and allow citizens to take a more active role in protecting their neighborhood and keeping their families, homes and possessions safe from criminals. I would love to get a NW going in the neighborhood north of Pt. Fermin, and in the neighborhoods near 25th and Gaffey and around San Pedro High School.