

# CRIME PREVENTION AND PERSONAL SAFETY TIPS

BY JAMES PAUL ELLISON

CRIME IS OUT THERE



**SAFETY FIRST!**

**DON'T BE A VICTIM**

**CRIME PREVENTION  
AND PERSONAL  
SAFETY TIPS**



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**BY**

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## **ACKNOWLEDGEMENTS**

To anyone wanting personal safety and crime prevention tips.



## **I am not here to scare you.**

I just want to **make you aware** of all the crime out there that we all face on a daily basis. **No one is immune** from becoming a crime victim. I want you to read this booklet from cover to cover then share it with your friends and loved ones.

## **This booklet is broken down into two sections.**

The first section is on **crime prevention** and the second section is on **personal safety**.

Under Crime Prevention some of the topics are: Assault, Battery, Kidnapping, Homicide, **Rape**, Arson, **Burglary**, Auto Theft, **Carjacking**, **Home Invasion**, and Mass Shootings.

Under Personal Safety some of the topics are: **Risky** short cuts to a destination, **dimly lit** areas, walking or **jogging alone**, road rage, using earphones when out and about, waiting 3 seconds when you get a green light in traffic, alcohol and drugs at parties, driving drunk, swimming pools, **Malls and Cinemas**.

**It may take time** to change your bad habits of not locking doors, using an alarm, walking alone, not knowing your surroundings and always on your cell phone. **Once you do apply** my crime prevention and personal safety tips you will be safer.





# **CRIME PREVENTION**



## **CRIME STATS:**

### **In 2016: From Facts Gathered From The FBI.**

There were **over 1.2 million** violent crimes committed within the USA. A 4.1 percent increase over 2015. There were 95,730 reported rapes and 17,250 murders according to The FBI Uniform Crime Reports (UCR) which were compiled by over 16,000 law enforcement agencies across the nation. There were 7.9 million property crimes with over \$15 billion dollars in losses not counting arson.

**Crime is out there. So be alert and aware of your surroundings. You need to protect yourself and your loved ones 24/7.**

Start thinking prevention right now. Do not rely on your police department or neighbors to watch your back. They do a great job but it is not enough. Crime stats prove that.

### **True Story on Crime Prevention:**

Every time my own 2 adult children come for a visit I have fits. **Why?** They do **nothing** related to what I tell them they need to do 24/7 on crime prevention. I am **constantly** locking our front and back door, the rear gate to our yard, closing and locking open windows, closing the garage, putting the alarm on and I could go on and on.

**Next time** they come for a visit I will get them hotel rooms and visit them away from my house. The only way you cannot be a victim of crime is to prevent it from happening in the first place.

**I wonder if you** will follow my advice in this booklet. You have to think crime prevention and personal safety, then you have to practice it 24/7. The more you read what I have to say I think and hope you will.

### **Carjacking:**

It is happening more and more and the criminals are becoming tactical. I just read about 4 carjackings in Atlanta in 3 days by 6 criminals. They are armed, dressed in black and used a firearm to shoot at the victims. A very bad and violent group for sure.

The victims in these cases were very lucky. They could have been forced into their home, assaulted, robbed or worse, killed. The crimes can occur at any hour, any day of the week and in any part of the city.

The police spokesman on the 4 carjackings said, “We are not safe. The crimes are happening at the same time in the same area.”

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One victim was robbed in his driveway, one getting off an entrance ramp after being rear ended and another at a golf course. This tells me they are driving around just looking for targets.

One victim said, “I didn’t know where they came from and I’m very aware of my surroundings.”

Another victim after being shot at 3 times said, “I am in shock. I shouldn’t even be standing here.”

### **Rape Kits:**

I heard on the news that over 100,000 rape kits were not even tested but were stored in different warehouses across the USA. This means 100,000 victims that were attacked and the criminals got away with the violent act. Some of the rapists are still out there waiting to attack again.

The victims reported the crimes, yet the police did nothing to find out who the criminals were as they did not test the rape kits for DNA. Very sad to know this.

### **What is DNA in criminal investigations?**

DNA encodes biological information and the police use this DNA as a forensic technique in criminal investigations to identify an unidentified person.

Criminals today are very smart. They watch television and crime shows. While sitting in jail or in prison they talk day and night to their fellow inmates. They discuss their crimes, how they got caught and how to avoid getting caught again. They learn quickly from their mistakes. When released, they team up.

You have to prevent yourself and your loved ones from being their next victim. You have to think like a criminal and say to yourself, “What if?”

“What if I...?” don’t lock my car, place my packages in the open, flash a lot of money in a bar, etc. You might be alright for a while but the criminal sooner or later will make you a victim.

**Banks have armed guards**, alarms, cameras and they still are robbed.

You have to make yourself a small target by sending a strong signal to the watching criminal that you are alert and aware of your surroundings. Put away your smart phone and pay attention to your surroundings. Know what is going on around you in a complete 360 degree circle.

**Be alert all the time.**

It is very sad we have to live like this but that is the normal world we live in now. You hear on the news about take-home police cars being broken into at the officer’s own residence and their firearms being stolen from their vehicle.

It happens because the policemen with the take-home cars feel safe. I wonder how the cops that lost those deadly firearms feel now!

**Watch people** exiting a store. How many are alert to their surroundings? How many are on their cell phone?

Crime is out there. Prevention is the key to not being a victim.

**Alarm companies pray on fear.**

They show in their ads a home burglarized and then say, “For \$25 a month you can be protected by our alarm system.” So you call and they come out. The alarm is installed in a few hours and monitoring is done at a central station.

“So far-so good, right?” Wrong!

**Why?**

I know you will not use your alarm every time you leave home or when you retire for the night? I use mine 24/7 at my house and I have never been a victim. I had one attempt 35 years ago.

**What trick did my criminal use on me?**

I later found out that the criminal would ride around our neighborhood in Kendall, Florida on a bicycle waiting for the right time to strike.

In my case it was when we just had our daughter and went for a stroll. I put the alarm on and we left for a walk.

During our ten minute walk by wife asked, “Why put the alarm on? We will be right back.”

“I looked at her and replied, ‘Prevention’. We bought an alarm system so we have to use it each and every time we depart our residence.”

**Boy was I right.** When I arrived back home a short time later the alarm panel showed an attempt by the front door bedroom window.



I went to the front door and saw a foot print in the dirt, the window pried open and the screen pushed in.

That push on the screen is what caused my alarm to go off and the bad guy to run away. What if.... We arrived home with no alarm on and the bad guy waiting for us with a gun?

We will never know because he ran off with the alarm ringing.

**Being a policeman at the time I knew just how it went down.**

The criminal saw us leave with the baby stroller, came back to our house and knocked at the front door. No one answered so he stepped to the left, pried open the window and pushed in the screen.

**That fast** and that simple. This occurred in broad daylight too. He was finally caught. Criminals are opportunists and are out there. They just wait for the right time to strike.

**They look for the easy targets.**

Why mug a young man when an elderly couple is coming down the block? The mugger knows he can out run an old man in his seventies.

Go one day to the courthouse and sit in on a few criminal cases. You will discover that the courts just issue probation on top of probation when the criminals are caught.

**When I was a cop** the courts worried more about the bad guy's rights than how the victim was doing. I would be asked, "Did you read him his rights?"

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This day and age you have to place the protection of you and your family in your own hands first, every minute of every day.

### **Prevention. What does this mean?**

You start with good lighting, lock your doors at all times and be aware of what is going on in your neighborhood. **If not** the criminals will just pick on each of us one at a time.

If you do install an alarm you have to use it 24/7. When you are at home relaxing you need the alarm on. If you have a dog, you know your pet will bark if it hears noises. Your dog is your early warning system. The alarm is too if it is armed.

### **Prevention is the key. Avoid being a victim.**

Just don't open your front door just because they say your name. Don't just open for anyone you do not know either. You will someday be a victim if you just open the door and say, "Hello."

What will you do if the criminal sticks a gun in your face and says, "Step back now?" You have just endangered not only yourself but your loved ones as well.

Maybe the criminal is looking for money to buy drugs. How nice of you to open your door. So much for prevention and keeping your doors locked.

### **Avoid being a victim of crime. Just think prevention.**

A woman pulls up to a gym and opens her trunk. She places her purse inside and closes it. The woman then enters the gym. When she returns an hour later she discovers that the trunk was pried open and her purse is now missing.

The woman then reports her credit cards as stolen and has to replace her driver's license too. The criminal already went on a shopping spree with her credit card. A big hassle for sure.

### **What the woman should have done.**

Just carry ID inside with her and leave the purse at home or place the purse in the trunk earlier, arrive at the gym a few blocks farther down the road, put her car alarm on, lock the doors and enjoy her exercise.

The criminal waiting in the family van would have no clue your purse was in the trunk and you would not be a victim. The poor lady that arrives ten minutes later and places her purse in the trunk will be the next victim.

The criminal would see the blue in color Honda pull up, the customer placing her purse in the trunk, locking the car and going inside.

The criminal would use his co-criminal to block the gym entrance with a large truck to hide them from view, pry open the trunk, remove the purse and drive away.

The truck would sit there 5 more minutes, then the other criminal would join his or her partner at the store and shop with the stolen credit cards.

### **Think prevention. Think like a criminal.**

Your car has locks so use them. Lock your doors as soon as you enter. Hide your packages in your trunk before you arrive at your next destination.

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The criminal watching you at your next stop will just see you exit, lock the car and go inside the store. Believe me, there will be a woman along soon enough that parks, leaves packages in the open and then enters the mall.

When pumping gas make sure your car is locked and the keys are in your pocket. Look around when pumping gas. Show the criminals you are alert to any trouble.

When you pull up to the pumps and you see strangers standing around pretending they are waiting for someone, move on to another gas station.

Recently a man left his car running with the keys in the ignition, and a gas pump nozzle in the tank and walked away. He went inside the store and returned a few minutes later. He finished pumping gas and left. He was very lucky a criminal wasn't around to steal his vehicle.

### **What if a criminal was around?**

He steals the car, the victim calls the police, the criminal is spotted and the chase is on. It ends miles down the road with the criminal running a red light at one hundred miles an hour and killing three people in the other car. Just because the victim did not turn off the motor, remove the car keys and place them in his pocket.

### **It is better to be safe than sorry.**

When you are walking to your car make sure you have your keys in your hand and you look around as you walk. Some women carry pepper spray just in case.

If someone does approach and wants you to get in the car then you need to act fast. Whatever you do, make sure you do not get in the car, weapon or not. Scream, yell and run. Drop or throw your car keys at them, but run.

Let them steal the car. It can be replaced. The criminals are expecting you to comply with their demands. "Get in the car." So look at them and run away.

If your kids are already in the car then stand your ground and fight. Scream, yell, spray the criminal with your pepper spray, do anything to get the attention of someone.

Keep your car doors locked at all times. Place your briefcase, jackets and other items in the trunk. Prevent the criminal from smashing a window and taking your belongings left in the open.

**Remember:**

Criminals will sit and wait all day for the right target to attack. If you are not aware of your surroundings they will someday grab your purse, steal your car or worse, grab you.

Take the keys with you and never leave children in the car unattended.

Check the back seat for a criminal hiding and waiting for you to enter your car. At night it is difficult to see if someone is hiding. Carry a small flashlight with you and always stay alert.

**Do not be an easy target.**

Look around you when walking or jogging. Do not wear headphones or use your cell phone. Be alert to sounds and to tricks to get your attention.

**An example:**

You are jogging when an elderly man stops at the stop sign, exits his vehicle with a piece of paper and asks you, “Where is Dorm Street?”

You stop walking or jogging and turn your back to the man to point behind you as Dorm is 2 blocks away.

When you turn around, that is when the man grabs you or knocks you out and drags you to his car and drives away. That easy and that quick.

In this example the woman was able to escape because she was sweaty from running and slipped away from his grip. She was very lucky he didn't hit her over the head.

It turns out the old man was helping his sick, middle-aged son stop women on the street. They came up with many ways to stop you or to distract you. **Never assume** the old man is just an old man.

Lock your car doors as soon as you enter. Do not sit and talk on the phone or sit there unprotected to put your makeup on. Watch for women that walk up selling or asking questions. Sometimes they are helping their evil lover grab their next victim.

**It is sad you have to think this way but you have no choice.**

**You have to prevent yourself from being a victim.**

If you do take a walk or jog then change up the times and direction of travel. Make it harder for a person to grab you or know a routine. Walk with a partner. Safety in numbers.

If confronted by someone then fight right then and there. The criminal with the firearm will not be expecting you to fight. That is why he showed you the firearm in the first place.

The criminal rather run away now and find an easier target later. Sad but true.

When entering an elevator be sure there are other women inside if a man enters. You might have to step out and wait for the next one.

**What if** he stops the elevator and tries to attack you?

**See, prevention is the key to your safety.**

If you have to walk to your car after work or it is dark then ask security to escort you or a co-worker that you trust. Just do not walk to your car alone. That is what the criminal is wanting you to do.

Criminals sit in their cells dreaming of all the ways they can attack you. **You have to out think them.** You have to be alert at all times.

**If you arrive home** and leave your garage open to unload your items then what will stop the bad guy from just walking in to your open house and attacking you?

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They think of ways to trap you: In your car, at work, while on a jog, an elevator, leaving a bar, etc. Be very aware of your surroundings and do not let them take advantage of you.

### **Always keep your hands free.**

Try not to be loaded down with packages or not watching who is walking up to you. They will try to push you inside your car and drive away.

If that happens you need to start fighting for your life. Kick, bite, scratch, yell but do something and do it fast.

**Criminals like to run in packs** so be aware of crowds. Say to yourself, “Why are those three men standing by the entrance to the mall or a convenience store?” Look for trouble signs and always be thinking safety and prevention.

The police try to do a good job but they can’t be everywhere. They try to drive around when not on calls to try to prevent crime by stopping and checking people out.

Park under street lights or close to the entrances of buildings. Have your keys in your hand and walk with a purpose. Let your body movements say to a criminal, “Hey I am alert and aware of you.”

If you do this each and every time then the criminal will look for some other person as his next victim. He doesn’t want trouble or to get caught. He will wait for the woman walking and day dreaming and not paying attention to anything.



**Remember:**

The jails are overcrowded, the judges just issue probation on top of probation and the police are on calls so they have less time to drive around and prevent crime from happening.

The criminals work in packs, they wait and plan their attacks, share information and give each other tips on how to kidnap, rape or rob. They always go for the easy type victim.

**Out of State License Plates:**

A criminal looks for a victim from out of state. Do you know **why?**

Because if they are caught the prosecutor needs the victim to testify in court and the criminal knows the victim will not show. He **lives 500 miles away.**

See, the criminal knows how the criminal justice system works. Even if the victim does show up to testify the criminal's defense lawyer will ask for a continuance. If granted the victim may not show up the second time. The case is then dismissed and the smart criminal walks free.

Things are stacked against you after being a victim. Many trial delays, plea bargains, probation, cases dropped, you name it and it happens. **You have to outsmart the crooks and be alert.**

**Dog attacks:** Attacks happen because the animal runs loose or jumps a fence. Walk with a big stick and carry pepper spray. Walk with others as well. There is safety in numbers. Report to the police when you see dogs just roaming the streets alone.

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**Why jog in a park**, the woods, walk in an isolated area when you can just walk up and down on your own street 100 times without any problems?

Your neighbors are nearby and if a stranger is in the area, you will know it right away. If a stranger is around then you need to notify the police so they can come out and investigate.

Tools you can use when you are away from your house are items like: A cell phone, whistle, pepper spray, other people with you, a large dog, screaming, looking around all the time, walking in daylight hours, etc.

### **What do I see instead?**

Jogging alone, in the woods, using head phones, using a cell phone, no dog. Just an easy target for sure. Sad but if I was the criminal this is the type of victim I would choose.

### **Background Data:**

You should hire a data background company when you hire a babysitter, a nanny, a nurse or your yard man. Run data on anyone that comes into your home.

I use **Full Circle Backgrounds.com** out of Jacksonville, Florida. It is owned by a former Secret Service Agent. Their phone number is (866) 512-7199

Run data background for sure on any new hires for your business. You don't want to hire a convicted felon using a fake name, do you?

The data will provide you with employment history, criminal convictions, bankruptcy, all previous addresses, vehicles, liens and much more.

### **Dating:**

How about dating a person? Find out all about him or her before going on your date by running data. Watch out that a date rape drug is not put in your drink.

**When you are home alone** keep your doors locked at all times. If a repair person is coming over to fix the washer, dryer or fix a leak, then make the person believe you are not alone.

Say, ‘We need to be quiet as my husband is sleeping’. Make the person think there is someone home with you.

Some criminals will use your bathroom. Some will remove medication but some will see if a man’s toothbrush is there. If so, it means a man lives there too.

**So go to Goodwill or the Salvation Army store** and buy men’s shoes, some shirts and hang them up and place the shoes by the front door. Make it look like you do not live alone.

After the repair person leaves, **double check** your windows and other doors to make sure they are secure. Some criminals will unlock the window and come back later at night. It is best to have someone with you when a repair person comes over.

**There is safety in numbers.**

**Sexual harassment** is very big today.

A boss might say, “Want a raise or want a better shift?”

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Then sleep with me.” Or they try touching you or making you bend over to pick something up. Harassment may lead to rape so complain to someone high up in the company and make them aware on what is going on.

**Document it** as well. Maybe you will have to quit and find a new employer. Sad you have to do this but it is better to play it safe. How many men in sales will try to take a female worker with them on an out-of-town trip? What do they have in mind?

I knew a single mother of two small children that worked as a cashier. Her boss wanted to sleep with her real bad. He got his way because he changed her work shift to a shift he knew she could not work because of the two small children.

To get her old shift back she felt forced to sleep with him. That is the danger of someone with power at work. People will take advantage of situations. I told her to hire a lawyer and sue. She did not and continued to sleep with her boss now and then.

### **Burglary:**

If you open your front door and find that your home has been broken into, **exit right away** and go to a neighbor. Wait for the police to arrive. Do not go into your home and look around. The criminal may still be inside the residence.

When I was a cop a woman went in and looked around when her house was burglarized. She then called the cops. When the cops arrived they took a report **but didn't** check the house.

A female cop went to use the victim's restroom and heard a noise in the shower/tub. She pulled her gun and arrested the burglar.

He was **hiding and waiting** for the cops to leave the woman's home. The victim and cops **were lucky** this criminal did not come out of hiding firing his firearm which he had on him.

**On all exterior doors Install dead bolt locks with keys.**

This prevents a criminal from breaking glass and reaching in to unlock your **flip type latch lock**. Hide the key under something nearby to make it harder for a criminal to run out if they did get in the home.

**If your car breaks down** then put on your emergency flashers and wait for the police. If anyone shows up offering to help, like change the tire, say "No, the police are on the way."

**Stay in your car** when anyone stops to help you. Lock your car door and blow the horn if the person will not leave. Maybe the criminal let your air out of your tire or bumps your car at a light. Anything to make you stop your car and get out.

**Do not fall for these very common tricks** that you see all the time on television.

**Remember**, criminals talk to each other and get ideas. Best to lock your doors and remain inside your vehicle and say the police are on the way.

**I do not have an ATM card. Why?**

The criminals stake out the machines and wait to rob the citizen. They know that is where the money is. When the bank issues you an ATM card just cut it up.

If you do get one and use the wrong machine the criminal may be waiting. **Just destroy** the ATM card.

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**If you are a robbery victim** then give up the money, jewelry or car keys. Let them have **material items**. They can be replaced. You want the robber to get what he came for and to leave. Do not fight back. The criminal may kill you to shut you up.

**Try to remember** the criminal's description and clothing worn, the voice, what he or she said, do things like that if you can. Leave home with less cash, credit cards and jewelry in case you are robbed.

**At work** hide your purse from plain view. Some criminals walk in asking for a job but are really there to steal. They may canvass the place and come back later knowing you are alone. They may pretend they need to use your phone.

**Make the person think you are not alone**. Say I do not know the answer. I will go ask my boss in the next room. Make it sound like you have company. If in doubt call the police and ask them to come out. It is better to play it safe.

**How should you carry your purse?** Should you hold onto the strap, put the purse over your chest?

**Nope. Carry it like a football** with no strap.

**Why?** If a criminal runs up and grabs it you will not be hurt. If using a strap you might get knocked down and dragged or try to fight back to hold onto your purse.

Place your money, ID, credit cards and car keys **in your pocket** when you go out. This way if a criminal does take your purse they will get nothing of value.

## **Scams:**

Do not fall for scams when people ask for money or even donations. Best to not even answer your phone if you don't recognize the number on the screen.

A few years ago I received an email saying a friend needed money to pay a hotel bill in Europe. The criminal knew my friend was in Europe from his **social media** postings.

The criminal tried getting me to wire funds to a certain location. It turns out it was a scam but some of his friends were ripped off because it sounded so convincing. They even used his wife's name in the email.

There are many people **addicted to** drugs, alcohol and gambling. They are always broke and in need of money. So they are always shoplifting, stealing and breaking into cars and businesses.

**That is why** you need to think like a criminal and make it harder for them to make you a victim.

**Do not** leave doors unlocked, things in the open, **do use** lights and alarms and **be** on the alert. Know your surroundings. The criminal is looking to make an easy score. **Do not help them.**

## **Are you thinking of buying a firearm?**

You need to keep it out of the hands of the criminal. Have a small safe, a lock box, a trigger guard so kids can't find and use the weapon.

**Thinking about carrying a firearm?**

Think weight, size, cost and how many rounds it holds. Talk to as many gun dealers as you can, attend gun shows, ask questions and ask current gun owners what they like and dislike about the firearm they purchased.

**Take a firearms course** and know what to do in any given situation. What if you saw a man running after another man waving a gun or shooting at him?

**What would you do?** Maybe it is a store owner chasing a criminal, or a policeman undercover.

**See, too many situations to name.**

**Best** is to not get involved and to **dial 911**. Let the cops with years of training take action.

Protect yourself and your loved ones. Think your own safety. Go to a gun range often and practice using your firearm. Keep it clean and oiled too.

If you have to place your firearm in your car for hours then where do you keep it? The trunk, a locked glovebox, under a floor mat, **where?**

**Best is in the trunk in a bolted down strong box.**

**Remember** to place the firearm in the bolted down lock box a few blocks from where you plan to exit the car. This way the criminal does not know a weapon is left unattended when they see you park, lock the car and depart.



### **Getting gas:**

Seems easy enough but it can be very dangerous. You have to leave your car, you are distracted, and the criminals park next to you pretending they are there to get gas as well.

At gas stations the criminals know you have money and/or credit cards. Most people leave the keys in the ignition making their vehicle an easy target.

### **Prevent anything from happening: How?**

By locking your car doors, keeping the keys on you and looking around when pumping gas. Make it harder for someone to just run up, enter your car and drive away.

### **Think safety every time you stop.**

If you are being robbed then you have to decide if you want to stand and fight by screaming or running or giving them your wallet and or purse and letting them take the car.

Just make sure you do not go with them or they force you to get in the trunk. You need to be ready to make a fast decision every time you do stop to buy gas, food or shop.

**Remember**, the criminal is looking for an easy way and waiting to pounce on a distracted person or a weak person, so always stay alert and be aware of your surroundings.

### **Practice being observant.**

Look at people and what they are wearing, notice the color of their clothing, the direction of travel, time of day, what they

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said, who they are with, their height, weight, race, accent, do they have a beard, a scar, a tattoo?

**If you were a policeman and over the air came this:** A male, unknown race, maybe six feet tall with a white shirt just robbed the victim. **Or this:** A white male, six feet tall, with a beard and glasses, a gold front tooth, wearing a white t-shirt, blue jeans and red tennis shoes ran South on Apple Road.

**The more you can observe** and report the better chance the criminal will be caught. So practice observing people, co-workers, and friends and try to remember details. Be more observant.

### **Think like a criminal.**

They see you leave your home in your car. So they knock to see if anyone is home. Then they smash a window or kick in a door and run in. They want to get in and out as fast as they can. They do not want to open all drawers and closets as the police may be on the way.

### **Make it hard for them to steal your stuff and to run out.**

Use deadbolt locks with key entry, hide the keys and place your good stuff in a **locked closet** with a good deadbolt lock. Pin the hinges so they can't remove the hinge and open the closet door, put your jewelry and guns in the special closet which may be in the hallway.

**Now the criminal** wastes time looking in your drawers, closets and has to pry open the special closet. The criminal has to go out a window as the doors are all locked. This **slows him down** and **helps you.**

**Take photos** of your items and record serial numbers in case your items are stolen. The police might later recover your stuff from pawn shops and flea markets. The police can also show photos and give a detailed description. It will help you with your insurance claim.

**Crime is 24/7 and never sleeps. You have to think like a criminal.**

You need all **the tools** you have available not to be a victim.

**Tools again are:** lighting, alarms, dogs, good locks, keeping doors locked at all times, not posting what you are doing on social media, staying off your phone, being alert, looking around, hiding your items, not advertising you bought big ticket items by leaving empty boxes at the curb and just being aware that **people might be up to no good.**

**Your garage can be a trap.**

Do not open your garage, pull in and close it before you exit your vehicle. The criminal follows you in and then what? You are trapped inside your garage with the criminal.

Best is to open the garage, exit the car and stand by your open door to the house. Once you are by the door, then you can close your garage. Pay attention to your surroundings. Watch to see if you are being followed home.

**Hotel clerks are not trained right.**

They say your name and room number out loud. The clerks give almost anyone a key if they pretend they are you. The criminal gets in the elevator with you and pretends he is a guest staying on the same floor.

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When you open your room he pushes you inside. Now you are a victim of robbery, maybe sexual assault or worse.

### **What to do?**

Wait to open your room door when no one is around. Think safety. Lock the room door once in and do not open if someone says words like housekeeping, maintenance, security, etc.

We were almost a hotel victim once. We had just checked in to our hotel room. I left to bring more items up from the car. My wife locked the room door. 10 seconds later she heard a knock. She asked, "Who is it?" The criminal ran away.

What if my wife opened the room door thinking it was me? My wife would be another victim. What if I returned and the criminal was in the room with a firearm? I would then be a victim as well.

I remember a police case where a family was relaxing on a sunny day by a fancy high-end resort pool. The 13 year old daughter wanted something from their hotel room.

The mom did not go with her daughter (**safety in numbers remember?**) and gave her daughter the room key. The mother waited and waited for her daughter to return. She **never did return.**

An investigation showed that a criminal followed her daughter to her room. When the 13 year old opened her room door the criminal pushed her in. He raped and tied her up. Very sad but true.

**Think safety.**

**Do not assume** the person in a uniform is legit. They may have broken into a dry cleaners and stolen the uniform with security, police, fire, ambulance, repairman on it.

**Like I said earlier, criminals are smart.**

**Not all people are nice just because they smile and say “Hello.”**

They will rob, rape or murder you if they need to. So be alert to whom you are letting into your home or business. Do not let your guard down. Stay alert. Sad you have to think and live that way but that is what you have to do 24/7.

**Nursing Homes:**

Look closely at which home you place a loved one in. Do not just go for the lowest price nursing home or the nearest one to your residence.

Ask other adults that come to visit their loved one if they ever had problems with staff. How is the food? Are the patients over medicated? They may be doped up because the staff do not want to be bothered all the time with demands from patients.

Do they offer outside excursions. Bingo, card games and other social activities? When you are with your loved one in the nursing home check for bruising and scratches. Maybe the patients are being mistreated.

You may want to place a hidden camera in the room to record how the nurses and other employees are treating your relative.

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Video does not lie. Check out a company called **PalmVid**. They offer an assorted selection of hidden cameras.

### **Nannies and Baby Sitters:**

Run a background check on these type people. Make sure they are whom they say they are.

**Call** Full Circle Backgrounds at (866) 512-7199. The company is owned by a former Secret Service Agent.

Set up a hidden camera in your residence in the rooms the baby sitter or nanny will be in. Are they alert and watching your loved one?

It is better to be safe than sorry later.

### **Cruelty to animals?**

Do people grow up and become violent? Some experts think so. Do you know of someone that went out of their way to hurt or kill a defenseless animal?

If you know of someone that is hurting animals then contact the police and make them aware. Animal crulity may be a **warning sign of future violence in the person.**

### **Peeping Toms:**

**Keep your blinds closed**, have plenty of night lights on timers, cut your bushes down below the window line and listen for dogs barking nearby. It may be a warning sign of someone walking around your neighborhood.

**Is there a neighborhood crime watch** in your area? If not, start one. Neighbors need to know their neighbors.

**Tear up mail or papers with personal information** into small pieces and secure your trash cans until the trash company is coming down your street. Do not sit the trash can at the curb the night before.

### **Why?**

A criminal may remove your trash and piece together information that may help them steal your identity, your credit card, obtain your bank account number or other personal information like your date of birth and social security number.

**Watch your car keys** as someone may remove a key or make a copy. Valet at hotels may do it if tempted.

**Watch for pickpockets.** They like working in teams. They like large crowds and they like door entryways where they can bump into you as if it was by accident.

Place your hand over your wallet or hold your purse close to your chest when getting into a crowded area. Tourist spots are favorite targets. You are busy watching a group perform and the criminal takes advantage of you not paying attention.

**Criminals will sell** your stolen items at pawn shops, garage sales and even to people pumping gas. They sell cheap and fast and are long gone before you know it. This is why you have to watch your purse and bags and to always pay attention.

**Criminals will think of ways to scam or rip you off.**

If a deal is too good to be true then maybe it is. Do not donate to any group that calls. Pick who you like and donate to them only, like the Red Cross for example.

**The Telephone:**

Hang up on people if they start asking too many questions or want something from you. Let your phone go to voicemail. See if they leave you a message.

Do not get fooled into buying something just because they start mentioning names of people you know whom they claimed already bought something or uses their services.

They get this information because your friends and loved ones use social media and mention your name, where you live and other information no one needs to know. Loose lips for sure!

**There is too much false identification floating around.**

The criminal uses a fake license to rent cars to use in burglaries or to get hired with an employer so they can steal. They later move on with a new set of fake identification and repeat their illegal activities all over again.

When I was a policeman there was a man that got hired as a desk clerk at a fancy hotel. He later switched to nights. One long holiday weekend he told guests checking in that the room safes were out of order and to use the free safety deposit boxes of the hotel.

**Some guests did.** Late Sunday night the dishonest clerk broke into all the safe deposit boxes, stole the contents and fled. The



police had no clue who he was because the identification he used was fake and the hotel never did a background check on him.

### **Working a night shift is tough.**

There are lots of robberies because of the easy cash. When I was a cop on duty I used to say, “The roaches are out now or it is just me and the bad guys.” So be careful at night.

### **Your smart phone may distract you from being alert.**

Try not to use it when walking to and from your car or to and from work. Be alert to your surroundings and once in your car lock the doors. Check to make sure no one is hiding in the back seat before you enter your car.

**A true story:** A friend of mine explained that his wife never locked her car doors. He hid in his wife’s backseat and waited for her to get off work. She entered her car and started driving away when he jumped up. I bet she will check her seat from now on and was lucky it was her husband that surprised her and not a criminal.

**Leaving your car running** is a very bad idea. Criminals will just open your driver’s door and drive away, even with your children in them.

It just happened in Jackson, MS at a Wal Mart Store. A lady left her six year old son in a running car and went inside. Two criminals stole her car. It was found hours later. Her child was killed by the criminals. Crime happens that fast.

You might wonder why the woman left her child in a running car. I was at a gas station and a woman went in and left two

small kids in a running car. I waited for her to come out and asked her why she left a car running with small kids inside. She swore at me and told me to mind my own business.

**Some people will never learn.**

**Criminals are just waiting for the right opportunity:**

They are waiting for people that are distracted. People on their smart phone. People walking on their own just day dreaming with no clue of what is going on around them.

**You are just making it easy to be a victim.**

In Biloxi, Mississippi there are many casinos and resorts. Every night, on the news we hear about criminals breaking into customers cars and stealing their valuables.

A jacket is very 'valuable' to a homeless person but maybe not to you. Hide things from plain view. Leave anything of value in the trunk.

**On almost every page of this book** I mention that prevention is the key to not being a victim. How many people will take my advice? How many will do what I suggest 24/7?

Not many. Maybe they will start listening **after they are a victim of crime.**

**Prevent** crime from happening by looking around when pulling up in your driveway. Stand by the door leading into your residence. **Then close** the garage so no one can sneak in. Now unload your groceries into your kitchen. The criminal will drive on by and look for a new victim with an open garage.

### **Garage Sales at your place.**

I do not like having garage sales. All I am doing is inviting strangers onto my property to look around. Maybe the stranger with evil intentions will come back with a co-criminal and rob me. Best to just donate to Good Will or Salvation Army and have a tax write off.

### **Social Media:**

Why people broadcast everything they are doing on websites I do not know. There they are showing off their two thousand dollar music system, their new 60 inch television, and saying they will be attending a concert at Blair Park at eight that tonight.

### **Guess what?**

The couple came home at midnight and found their house broken into. Their music system and other items were stolen along with their new car as the car keys were conveniently hanging on a hook by the garage door.

**Criminals love people like the young couple above.** Now you know why.

### **Why are the jails and prisons full of criminals?**

Because the criminals thought they would not get caught. Will they go straight once they are released from doing their sentence? Only time will tell.

**What percentage** of the released prisoners are re-arrested and within how many years? The answers according to an FBI

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report in 2016: Seventy Seven percent will be re-arrested within five years.

### **Why?**

Once released they get little help from society. For the criminal it is too much of a challenge to integrate back into their community and it is hard to reenter the labor force with a criminal record.

If the released prisoners are not successful in integrating back into society then the public will suffer as victims of crime.

The criminals for economic necessity and for reducing recidivism need to develop a job skill to make it once they are released from jail or prison. Did you know corrections spending varies widely from state to state?

**Just picture** yourself spending five long years in prison for robbery. You wake up one day and are set free. No one is there to bring you home, you have no family support and no job skills.

What do you do for shelter or for income? You have no clean clothes or a car to get you from point 'A to point B'. Life is hard as soon as you step away from the corrections facility.

No wonder you go back to prison within five years. At least in prison you have a roof over your head, free medical treatment and you are fed three meals a day.

### **Blackmail and Bribery:**

I know it happens. If someone does try to blackmail or bribe you just contact your local law enforcement agency. They have experts that will get to the bottom of this.

### **The same for Extortion.**

When I had my private investigative agency I fired an employee for not being honest and falsifying a report. At the termination he illegally tape-recorded our conversation. A violation of law in Florida where you need a two-party consent.

When I requested the tape he sent me a fax demanding his file and money in exchange for the audio tape. If I did not comply he was going to make copies of the tape and mail them out. This was extortion.

I contacted the police, they tape recorded our next conversation and when he showed up at my office to obtain what he demanded the police arrested him. **So always contact the police.**

**Stolen Property:** When your items are stolen, what does the criminal do with them? They sell them quickly to pawn shops, at flea markets, garage sales and to complete strangers at gas stations.

They stole it for free so any sale price is pure profit. They just want to get rid of the stolen property as fast as possible, find a new victim and start the whole process over.

When caught the criminals can claim they did not know the stuff they were selling was stolen. It is very hard to prosecute a person that plays dumb and claims they bought the stuff at a

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garage sale weeks earlier and want to sell it now to raise money to pay bills.

**Smart criminals know the law** and they keep quiet, wear gloves to avoid fingerprints and get rid of the clothes they were wearing when they commit a crime. They stay silent when questioned by law enforcement. Some even wear masks to hide their faces.

### **Crime shows that are popular on television is their teacher.**

They see people make mistakes and avoid making their own. This is why they commit arson and burn down the house or torch the stolen car to destroy evidence. This is why they use bleach as well.

**Out of town trips:** Do not advertise to anyone that you plan to go on a trip. You are inviting the criminal to break in your house and steal your property.

Recently an Uber driver dropped a family off at the airport and returned to their now vacant home and committed a burglary. He was caught because the family had installed a video system.

Do not tell co-workers, post on Face Book or tell the cashier at the store your plans. Just go on the trip. When you do go on your trip, secure your valuables in your locked closet, install timer lights and activate your alarm system.

**The goal is to slow down the criminal.** Make it difficult on the crook to remove anything from your home. The longer they remain inside the better chance the police will arrive and catch the crook red-handed.

### **Hotel Stays:**

Be alert when checking in a hotel. Make sure the desk clerk does not say out loud your room number. “Sir, room 345 is on the third floor to the left once you exit the elevator.”

**Now the criminal** in the lobby knows your room number and breaks in when you leave the hotel to sightsee or attend a business meeting. Sometimes they pretend they are you and the maid lets them into your room with the pass key.

### **Safety Deposit Box at the Bank:**

Get a box and use it. Why do people try to stash the jewelry in a drawer or box on top of their dresser at home? The criminal removes a pillow case from your bed, places any valuables inside the case and walks out of your home.

If a burglar tried my house they would find nothing of value. I have it in the bank. All my exterior doors are dead bolted with a key.

I have an alarm and I have the closet extra secured and place my television, camera and other electronics inside. This makes the criminal bring a tool to break in, take some time to break in and all the while the alarm is going off. The police have been notified as well and are on their way.

**Public Transport:** Where should you sit when riding on public transport? By the driver or by an exit are the best two locations for you. An extra set of eyes will be looking after you. If trouble comes on board you can exit and wait for the next mode of transportation.

**The Garage Remote:**

Do not leave your garage remote in your vehicle.

Take it with you when you shop, eat out in a restaurant or leave your vehicle unattended.

**Why?** The criminal will break your vehicle window, take your garage opener, look in your glovebox for your home address and then arrive at your residence. They will then open the garage with your remote and proceed to burglarize your home.

Some criminals have all day because the criminal's partner is watching you shop. They will contact their partner only when you return to your vehicle and discover your car broken into. Only then will the criminal exit your residence.

In the meantime what if your teenage daughter returns home from school and walks in via the front door and the criminal is waiting? **Now** besides the car burglary and home burglary you might have a rape victim or even a murder on your hands.

During last year's Super Bowl an NFL player's home was burglarized. The criminal knew he was not home because he was playing in the big game. So do not let people know your travel plans.

**Some criminals** watch and plan their crimes and others look for opportunities. A man walks in a model center of a new home development maybe looking for employment but once inside the model home or office he sees a woman working alone. **His plans change at that very moment.**

He might rob, rape and assault the woman all because she is working alone. This happens way too often. Some employers want to save money so they hire one person a shift instead of



two. Doing so leaves the one person employee subject to being a crime victim.

### **Social Media:**

I have many friends that love social media sites and spend all day adding photos and messages to the sites discussing what they just did and what they plan to do in the near future. **Me, I stay away from such sites.**

All you are doing is letting the criminal know where you will be later today or tomorrow. They make plans of their own. The plan is to arrive at your house, wait for you to depart and then break in and remove your valuables that you worked so hard to earn.

You have a house alarm but you did not turn it on when you leave for the day. So much for the protection you are paying for. Criminals love people that help them be successful at being a burglar.

Remember: **Do not** post your life on social media, **do use** your locks and alarms every time, have a safe like closet in your residence to store your valuables, take your garage remote with you when you exit the car, do not carry lots of cash and credit cards and secure unattended items in your trunk prior to arriving at your destination.

**Do the above every day** and you will reduce the chance of yourself and your loved ones from being a victim of crime.

**How to secure a hall closet to be a wall safe?** It is very easy to do. Your inside closet hinges have three screws in each plate. Remove the middle screw and replace it with a thick nail. Make a hole for the nail to fit into the door frame.

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Now close the closet and lock it with a dead bolt key type lock. The criminal cannot remove the door hinges and open the closet door because the nail is holding the door in place. This is a cheap way to convert a closet to a wall safe.

**The Court System:** A criminal finally gets arrested after committing many crimes. He is offered bond, pays his bail and is released back into society to continue making us victims.

His trial is delayed many times for various reasons. Finally he is offered a reduced sentence. He receives three years of probation. He walks out of court and continues his crime wave. This goes on daily all across the nation.

**When I was a police officer** I arrested the same people over and over. I watched the criminal walk free because the victim did not show up in court.

When the victim did show the state prosecutor did a plea bargain and the criminal received probation on top of his current probation. **The criminal was back on the street** to continue his crime spree. **To me it is a revolving door.**

**What is the difference between being charged with a Felony or a Misdemeanor?**

A felony is a year or more in jail. So the prosecutor uses the longer sentence the criminal is facing to plea bargain the criminal into pleading guilty and spending less time in jail.

You can read more about this at a website called **Findlaw.com**

The courts and jails are crowded and the police are over worked. This is why they plea bargain and offer the criminal more and more probation.

## **Credit Cards.**

Your credit cards are really cash. Try not to have and carry many in your wallet or purse. If your credit cards are stolen then your money loss is multiplied and so is the work needed to stop and cancel the cards.

When you review your statement, make sure you were not charged for items you did not purchase. Set up your credit card information online and review it daily. This will help you from being a fraud victim.

What if your child borrows your credit card to buy shoes but forget the card in the store? A criminal recovers it and starts using it. Some clerks do not ask for identification. They just swipe the credit card. If you check on line often you would see the fraud and stop it sooner.

**If you own or manage a business.** You need to conduct a background check on any new hire. The background check doesn't cost much and is money well spent. Maybe the applicant is using false identification or is hiding the fact he spent five years in prison.

A background check will catch the false application information. I use **www.fullcirclebackgrounds** out of Jacksonville, Florida. Their phone number is (866) 512-7199.

**Think safety** if and when you have to fire an employee. Maybe have security in the room when you do have to fire someone. The security officer can escort the person off your premises. Make sure you collect any keys or access cards the person has so you stop future access.

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Maybe hire a security consultant or have the crime prevention officer of your police department come out and do a security check. They will recommend changes and you can then implement the recommendations.

**What is your company policy** regarding drug and alcohol use? Do you conduct random drug test? You should.

**I would place an undercover investigator** inside a business and wait. My undercover investigators would obtain useful information and I would report their findings to the employer that hired me.

### **Sample Undercover Cases:**

At a movie house chain we discovered employees cleaning up after a movie were taking the used drink cups, washing them and then selling new drinks in the used cups. **Why?** They knew they could sell you a new drink and pocket the money. The manager or owner would count new cups sold and did not know about the employee using old drink cups. The undercover caught it.

At a fast food drive-up a 'smart' cashier brought her own change. When a customer placed an order and the cost was \$17.50 the cashier would hand the customer their order and their \$2.50 change from a \$20 bill. The cashier never had to open the register. **Why?** She just took her own change out of her pocket. The cashier paid the customer the \$2.50 and pocketed the \$20.00. Now the store owner lost on any profits and their food cost were higher. **Our undercover person** reported what the cashier was doing.

A nationwide business that made medical devices for your neck, back, feet, and other injured parts of your body lost over

\$500,000 worth of material, all from an inside job. **How?** The thief would steal these newly made items right from under the employer.

The criminal employees would place a UPS label on the shipment of goods they wanted to steal and ship it to their own house. The employer had no clue this was going on.

Our undercover warehouse employee was told by co-workers that was how they took what they wanted out of the business. The workers would laugh on their lunch break, “Our boss is paying for our shipments.”

**Criminals sit and think of ways to rip you off.** You need to do the same thing and think of the ways your employees can rip you off and stop it.

One of the best ways to prevent from being a victim is to hire an undercover investigator. Keep him or her for a few months. **You will be surprised** at what they will uncover.

Who is taking and who is selling illegal drugs? Who is stealing and how are they stealing? Who is loyal and not loyal to the employer and who used fake identification to get hired? You need to outsmart the criminal before you hire a crook.

**Kids left alone at home:** Some parents work two jobs and live paycheck to paycheck. They have no choice but to leave their children at home alone.

They give the child instructions on how to dial 911, to call them at work, to go to a neighbor and not to answer their locked door no matter who knocks.

**Hopefully** the children will listen to their parent, be alert and stay calm if trouble comes knocking. A good neighbor should

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be made aware that your kids are left unattended and you should exchange phone numbers.

If you work late and it gets dark the kids should be instructed to make sure all exterior doors are locked, that outside lights are turned on and that the television volume is turned down enough so the children can hear noises.

Just being alert and having a plan on what to do regarding strangers, injuries at home, having a first aid kit, what to do in case of a fire. (like where to meet outside the residence), not going back in for material items, all will help.

### **Mass Shootings:**

They are happening way too much. Recent shootings have occurred in malls, churches, at concerts, in restaurants, schools and on public transportation. If you do go to any crowded location have a plan just in case something bad happens. Know where exits are, run as fast as you can and be as quiet as you can.

**The shooter is looking to harm as many people as they can.** **This is why** they bring multiple firearms, extra ammo and homemade bombs. They also try to block exits. They hope you will freeze and do nothing.

Doing nothing is of course the worst thing you can do. Hopefully someone has called 911 and law enforcement is on the way. Try to slow the shooter down by locking doors and blocking entrances with as much furniture as you can. **Remember**, the shooter wants to enter quickly, shoot as many as he or she can and move on to the next room.

**Being an easy crime target by flashing money.**

Some people want the world to know they have money. They crave attention and want to feel important. Most rich people do not like to flash their wealth. **They drive** a simple car for years, live in the same house all their lives, wear no expensive jewelry and post nothing on social media.

**This is smart** on their part. Why be a target when you do not have to be. Live simple, keep to yourself, do not go out at midnight to a bar and stay till 4 am.

**Stay off** social media sites and do not draw attention to yourself. Keep quiet about any travel plans.

In the Navy they have a saying, 'Loose lips sink ships'. If you are in a bar, look at your watch and say, "My ship departs in 4 hours," look at what happens next.

The wrong person obtains this information and then plans on sinking the ship when it leaves port. So in the military the saying, 'Loose lips sinks ships' is taken seriously by everyone.

**Try to always think prevention.**

Think like a criminal. Stay alert, keep off your cell phone, pay attention to your surroundings and change your jogging route and times you go jogging.

Avoid crowds, giving people information about yourself, use your house alarm 24/7 and take your garage remote with you.

# **PERSONAL SAFETY**





Personal safety is a personal responsibility. You have to be aware of your surroundings day and night. If you are not aware you increase the chances of getting hurt or killed.

### **Road Rage:**

You are in your vehicle a lot of hours in a year. Sometimes you are stuck in heavy traffic and someone cuts you off or sneaks in your lane and you get mad.

**What do you do about it?** Do you blow your car horn, give the driver the middle finger, pull alongside and swear or worse, get out and confront the rude driver?

If you do any of the above actions it can escalate into a fight, vandalism or even a shooting. **Is it worth it? No.**

You have to learn to keep your cool in the heat of the moment. Turn your music up in the car and sing along or picture yourself walking on a sunny beach. Do anything that relaxes you. Pretend in your head the incident with the rude drive never occurred.

### **Living away from your parents:**

No more rules, no more hearing the word 'no'. You can now stay out as late as you want because you are a young adult. You are a free spirit.

**You have to grow up** fast if you want to be safe. It sounds cool to attend a wild party, to drink alcohol, try illegal drugs, to stay out all night, to have fun but at what price?

**What if** you hang out with the wrong crowd?

**What if** your loved ones the next day read in the newspaper or hear on the radio about a bunch of college kids out for a joy ride found dead in an upside down car in a pond, canal or in a lake.

It turns out the driver was drunk and speeding at 3 in the morning when he crashed.

As a parent I would be worried to think my son or daughter might be careless, go out and attend a wild party and end up dead like the young adults above in this example.

I would say, “Not my son or daughter, I raised them right.” I would then call my child and discuss what they are doing on their free time from class. Sounds like what any concerned parent would do, right?

The problem is your child wants to fit in, be accepted and to do what he or she wants. So he or she will lie and say they are in the dorm or apartment studying for an upcoming exam.

What she or he really plans to do is pay someone to do their homework, go out and buy a case of beer and get ready for that wild and crazy party everyone has been talking about.

You as a parent sooner or later will find out what your child has really been up to. **How will you find out?**

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Maybe by failing grades, a call from a teacher or worse, a call from the police that your loved one has been arrested, or injured in a car accident.

If that happens be very thankful. Some parents were notified their child is dead from using illegal drugs, from alcohol, driving drunk or in a fatal accident as a passenger. So much for wanting an education and being a responsible young adult.

### **Alcohol and Illegal Drugs:**

It is up to you as a young adult to say, **“NO”**. Life will go on if you do say no. Some people might think you are a nerd or a snitch, so what? Say to them, “Rather be safe than dead in a ditch.”

### **Driving or riding with someone that is drunk.**

Too many drivers get behind the wheel drunk thinking they can function normally. **I know this is true** because I drove drunk, crashed and my passengers were hurt.

### **My drunk driving accident:**

I was 18, in the U.S. Army, stationed in West Germany as a military policeman. I drove 4 friends to a bar in the next town over. When we left the bar around 3 a.m. my passengers all said I was drunk.

I told them I was not. They all entered the vehicle and we started driving back to the rural military base. We were almost home when a fellow passenger asked me a question.

I let go of the steering wheel and turned around to speak to my friend. I lost control of my car, rolled down a steep hill and landed in a wine harvest field.

The car was totaled, my fellow drunk passengers beat me up and we walked about a mile back to our barracks. Some had a broken arm, a twisted knee or a black eye.

My commander the next morning woke me up and asked, “What happened?”

I looked at my commander and said, “I hit a big rabbit.”

I look back on this now and realized just how lucky we all were that morning.

### **Driving Safely:**

Do not drive and get distracted by others in your vehicle, or try to change radio stations on your radio or do anything that will take your eyes off the road. Accidents can happen in a blink of an eye.

**When a red light turns green:** Wait 3 seconds before moving into the intersection. **Why?** Because a driver coming your way might be speeding thru the intersection trying to make the traffic light.

Look both ways before you proceed just to be sure. Too many people are hurt or killed because a distracted driver ran a red light they did or did not see.

**Some drivers are constantly on their phone.** I know because it happened to me years ago. I drove thru a school zone with

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flashing signs that said, 'School Zone'. The officer pulled me over and said, "Didn't you see the signs were flashing?"

I told him, "I did not."

I was too busy talking on the phone with a good friend I hadn't spoken to in years. Ever since that traffic stop I do not **talk, text or dial** when I am driving.

### **Showing Authority Respect:**

If you are ever stopped by law enforcement please show the officer respect, and listen to his commands.

Today, people bait the officer into hitting them. **Why?** They hope someone has been videoing the incident on their cell phone. Then the video is released to the public, they sue and the city settles quickly because they do not want negative publicity.

This type of baiting has been going on for a long time. I feel the cities act too fast and settle too quickly which just fuels the situation.

Back in the eighties when I was a policeman I had no such problems and the citizens would say, "Yes officer or no officer," and would comply with my commands. Not anymore.

### **Using Headphones:**

You see it all the time, people wearing headphones when walking or jogging. How are they going to hear their attacker sneaking up on them?

You need to send a signal to any criminal watching you that you are aware of your surroundings. Too many women are grabbed from behind and forced into the bushes or into a vehicle. Maybe if they heard a noise they may have had a chance to escape the attacker.

Be alert to what is going on around you. **What if?** You were an attacker and saw two different women walking. One was traveling north and the other was going south. The woman walking north had headphones on and was just day dreaming. The woman walking south was walking without headphones on and was looking around. Which would be your next victim? This is why you have to show the world that you are alert to your surroundings. Make the criminal pick someone else. Think personal safety.

**Risky Shortcuts:** There is a gap in a fence and the shortcut will reduce your travel time by 10 minutes. So you enter the gap and walk down the dimly lit path. **Big mistake.**

A robber or rapist is waiting for you. He knows someone will come along that will take the gap in the fence instead of the long walk down the block. He made it easier for you to do so by making the gap in the fence in the first place.

**Do not walk or jog alone.** Always find someone to walk or jog with you. There is safety in numbers. A criminal would rather deal with one victim than with 2 or more. Reduce the odds of being a victim and walk with a partner.

**Yell “Fire”.**

Do not yell ‘Help’. This day and age people will react faster to the word fire than to the word help. Studies have shown this fact to be true.

## CRIME PREVENTION AND PERSONAL SAFETY TIPS

**Money:** Do not flash money around. You are asking for the wrong attention if you do. **Think like a criminal.** Do you mug the college kid asking for a loan or do you mug the man that pulls out a wad of cash to loan the college kid money?

**Credit Cards:** Treat the credit cards as if they are money. Criminals will mug you for the plastic you carry just as fast as they would if you carried cash.

**Swimming Pools:** Make sure there is a first aid kit. Know how to perform CPR. Make sure there are flotation rings available to toss to the person in trouble.

**How much does a PI cost to follow your spouse?** If you are in doubt about your spouse cheating then in your heart you already know he or she is.

Is the spouse really working late? Has to travel out of town on business often? **Ask yourself:** How is my marriage? Do we have open communication going on? Are we fighting? Does he or she pay me attention like when we first met?

**Plan on spending at least \$2,000 at a minimum.** Can you handle the truth if your spouse is cheating? Plan on obtaining new credit cards, opening a new bank account, moving into your own place and hiring a lawyer.

Maybe you will take your spouse back as they are sorry and will not stray again. **I bet you will give him another chance because** you love him or her, have kids together and in your heart you want the marriage to work.

Having an affair can be expensive. You need extra money for that other woman or man. Also think about sexually transmitted diseases.



**An Abusive Relationship:** Do not stay in one. The person is controlling and making you live in fear. No matter what you say and do the man will keep hitting you.

I went on many domestic calls when I was a policeman. It was always the same two people over and over. He would beat her senseless but she would refuse to press charges. It got worse and worse. He finally killed her. No matter how many times I pulled her aside and told her to leave him she never would.

She would look at me with her one good eye, a broken jaw and say, “He is my husband, I love him.” Alcohol and drugs just made the violence worse. Some women would use the police as a tool. They would tell the husband, “I called 911. Now you are going to jail.”

No wonder many cops across the nation are killed on domestic calls. I hated going on them. The people don’t listen, they are drunk or high on drugs and no one wants to be told what to do in their own home.

When you went to arrest the husband the wife would turn on you. Sounds strange because it was the woman that called for your help in the first place. Why people stick together in an abusive relationship I will never know. That saying, “Love is blind,” must be true.

### **Types of addictions and vices:**

Drinking, smoking, gambling, taking drugs, swearing and sexual misbehavior can cause you lots of problems. Best is to not even get started. Avoid contact with anyone trying to get you on that type of lifestyle.

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**Suggestion: Place an imaginary loved one** on your left shoulder and a policeman on your right shoulder. **Why?** This will keep you from doing anything wrong. Would you flirt or accept a phone number if your spouse was standing next to you? The answer is NO. So have an imaginary spouse on your shoulder.

**Remember:** The criminals want you to be **their next victim.**  
**Shopping Mall Parking lots:** Be very alert walking to and from your car. The criminals have been sitting in their own cars watching all the customers arriving and are trying to select their next victim. Make sure you are never selected.

**How?** By being very aware how the criminal operates and showing them you are alert and aware of your surroundings. If you do, they will select an easier pray.

What are they looking for? A woman day dreaming on her head phones or distracted by her smart phone. The woman that has no clue in the world about her surroundings is the perfect next victim.

The criminals are looking for a woman alone. They see her pull up in her new BMW, exit the vehicle and walk into the mall. Now they set up their trap and wait. Like hunters in the jungle. But this is any mall USA.

A criminal can hide between cars and grab you, or they can wait for you to reach your car. You are distracted by your packages or you are on your cell phone. The future victim sees security riding around in a golf cart so she feels safe. Just like the criminal wants you to think.

When you open your car and start placing your packages in the car is when they pounce, just like a lion in the jungle. They will attack very quickly and use the element of surprise.

First they cover your mouth so you can't scream. Then they hit you to get your attention and to show they mean business and finally they put you either in your trunk or down on the floorboard and drive away.

No more than 30 seconds. Now they have their pray, the victim's car, money, credit cards, jewelry and can now even continue their crime spree by going to your house. They open the garage door with the remote and pull in, close the door and force you inside your own home.

So much for the 2-for-1 sale going on at the mall that has been advertised day and night for weeks. You have seen them say, 'Saturday only 10 to 4'. Well guess what, the criminal has seen them as well.

What should you have done in the above example? First, forget the sale day. You are not saving much, the parking lot is crowded, the lines for the cashier are too long and the criminals are waiting in their cars for you to return from the shopping spree.

Second, your hands will be full of packages and can't defend yourself if attacked. You are so excited you found, tried on and bought that red dress on sale that you will be blind to your surroundings. Just what the criminal hoped.

Do this every time you go out shopping to a mall or to any shop with a parking lot. Go shopping with a friend, be alert to your surroundings, look around often, try not to have your

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hands full when exiting, once you are at your car have your keys in your hand and once inside lock the doors and leave.

Parking lots are dangerous. Too many places a criminal can hide, jump up from or pull up in a van, slide the door open, pull you in and drive off.

**What about all the other customers** in the area? Simple, the criminal's partner distracted them to look the other way by blowing his car horn an extra-long time and yelling at someone walking by. People are watching this unfold, not you being a victim.

**I warned you criminals are smart** and they plan their attacks. At least the smart ones do. You have to outsmart them by being alert, being with a partner, staying off your cell phone and sending a signal with your body language that you are ready for anything.

**Cinemas:** Just another parking lot situation but with a twist. Here the criminal knows you will be away from your car for at least 2 hours. They have time to break in, steal your garage opener, look in your glove box for your home address and time to drive there and commit the burglary.

**Where are you?** Inside the cinema with your large drink and bag of popcorn. **What can you do?** Simple: Take your garage opener with you, lock your car and put your alarm on.

At your house, lock the door that leads into the house from the garage. You need to slow down the criminal as many ways as you can. Your good jewelry should be in a safety deposit box at the bank. **Is it?** I bet not.

**Blue lights at night:**

You are being pulled over by a law enforcement officer, right? **Maybe and maybe not.** Do not assume you are, just because blue lights are turned on at night. Keep driving slowly and drive to an open public location.

**In the meantime** call 911 and advise the dispatcher, “I am driving alone on Kenny Road in my car (describe make, model and color) and someone with blue lights is trying to pull me over. Can you verify please that I am being pulled over by law enforcement?”

**The police dispatcher will do this:** The dispatcher will get on the radio and ask if any of her units is on Kenny Road trying to pull over a woman in a (make, model and color) vehicle.

If no officer confirms they are in the area, she will let you know to keep driving slowly, not to stop and she will keep you on the phone. In the meantime the dispatcher will be sending police cars to you.

Do not **ASSUME** that the blue lights at night are real. If you do not stop the criminal will turn off his fake blue light and go in search of another victim.

**Kids with cell phones:**

At what age should a child have a cell phone? In the movie, ‘Money Ball’ the father asks where his daughter is. He is there to pick her up. His wife says, “She should be home any minute. Let me call her on her cell phone.”

The father replies, “She has a cell phone at age 11?”

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The ex says, “Yes, for emergencies.”

Just be warned about all the junk ads your children will receive and that child predators are trying to find young children using cell phones. They might be able to lure them away from you.

### **Overview of this booklet:**

I have covered a lot of different topics. I want you to understand that you have to live and think crime prevention and personal safety 24/7.

You need your loved ones and friends doing the same. We all get lax until something bad happens. Think like a criminal and make yourself less of a target.

Stay alert, get off the cell phone, quit posting on social media sites, start locking your doors, walk in pairs, do not take short cuts, take your garage remote with you and **you will reduce** the chance of being a crime victim.

### **I practice crime prevention and personal safety 24/7.**

## **Will you?**

## **ABOUT THE AUTHOR**

I am 63 years old. I was a military police officer in the U.S. Army for 3 years, a police officer in Miami Beach, Florida for 12 years and a pi/agency owner for 33 years. I have a degree in Criminal Justice from Florida International University in Miami, FL.

As a former police officer, I want to make you aware of the violent crimes occurring in our society today. At the same time, I want to provide you with safety tips to prevent you from becoming a victim. Prevention is the answer but you have to practice it 24/7.

### **About the Author**

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