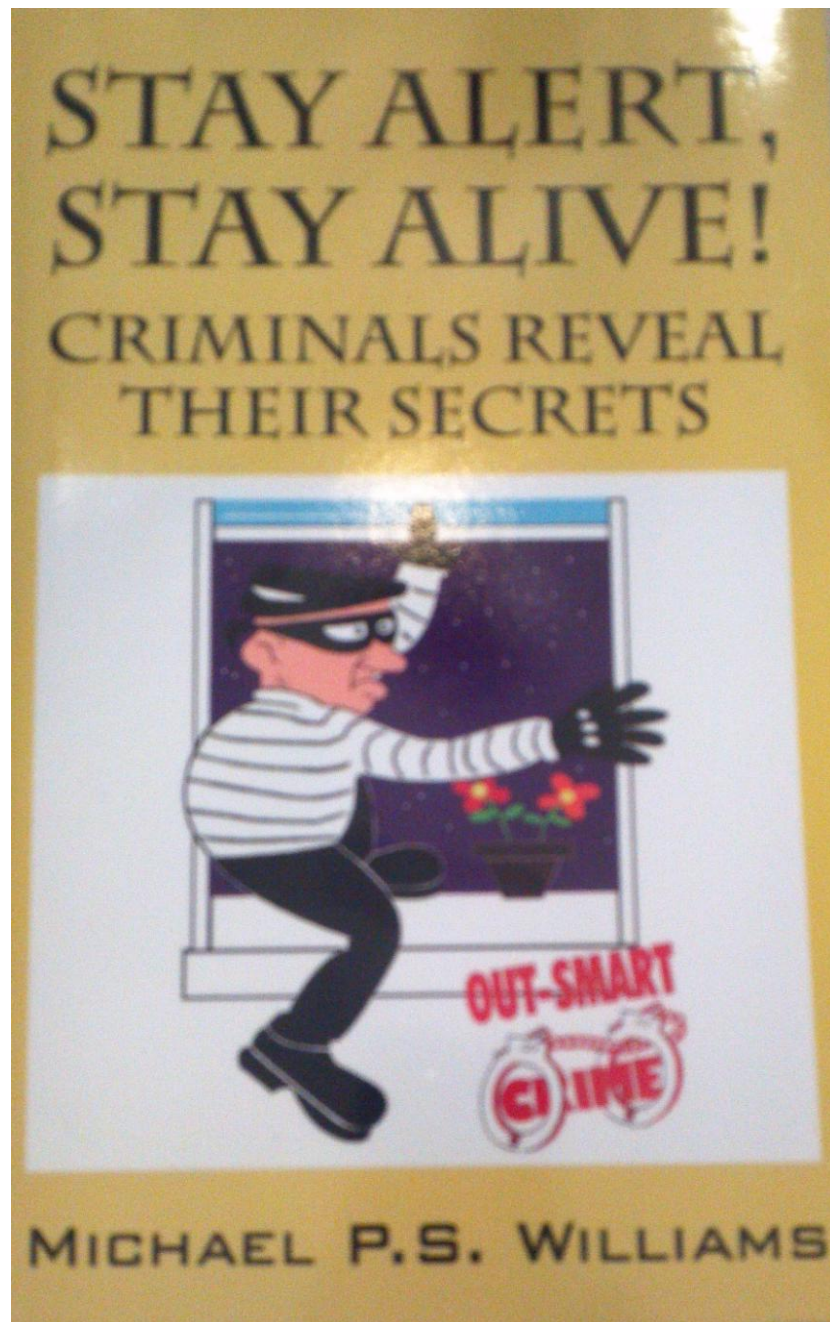


STAY ALERT! STAY ALIVE!

CRIMINALS REVEAL THEIR SECRETS

MICHAEL P.S. WILLIAMS



Outskirts Press, Inc.
Denver, Colorado

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Criminals Reveal Their Secrets

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Outskirts Press

<http://www.outskirtspress.com>

ISBN-10: 1-59800-186-8

ISBN-13: 978-1-59800-186-X

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Printed in the United States of America

Foreword

When I was asked by Mike to write the forward to his book, I was honored. After all, I've known Mike Williams for 20 years. He and I started our law enforcement careers at about the same time at Ft. Bragg, NC. We were both "hard chargers" assigned to the U.S. Army's undercover operations. Since then, he and I both moved up through the ranks and eventually, retired. Mike's list of accomplishments could be the source of a book all by itself, but let me give you just one highlight.

In 1993, I was sitting in front of my TV set in the Fort Campbell Drug Suppression Team Office watching CNN, when an interview came on. It seems the largest drug seizure in Caribbean history had just occurred, \$52 million in cocaine. The person being interviewed was...First Lieutenant Mike Williams.

His unit, in direct support of a US Drug Enforcement Administration (DEA) undercover operation had uncovered the cocaine during an airdrop off the coast of St. Croix, Virgin Island.

I wasn't surprised. After all, here was a guy who had gone from being a Sergeant to being a Lieutenant in the 3 years since I'd last seen him. Nor was I surprised when I reported to the Criminal Investigation Command's Group office to find, none other than Captain Mike Williams in charge of the section

I was assigned. Did I mention that the book he's written is the result of over 20 years of law enforcement in the United States and 14 foreign countries?

Read this book. Share this book with family members and friends. And if you are lucky enough to see one of Mike's live seminars, you will be in for a real treat.

The contents of both this book and the live seminar deliver the same message:

“STAY ALERT!, STAY ALIVE!”

Patrick E. Coffey
Director
PC Investigations, Inc.

Dedication

Thank you God for the many talents and abilities you have given me. One of which is the ability to write.

This book is dedicated to the memory of my mother, Lula Belle Williams and my best friend, T.J. If heaven has a library, I know you both are in there reading this book.

I also want to thank my children, Aubree'Ann and Wesley, for their patience as they watched their Dad grow up.

To those relatives, teachers and friends who helped shape my character and taught me life's most valuable lessons: Uncle Lester, Aunt Rose, Uncle Dave, Aunt Roselee, Danky, Mammie, Aunt Altha, Brenda, Levi, Eli, Bettye Jean, Jacki, Jeremy, Arielle and Rana, Sarah and Delacy, Beverly and Kayla.

Coach Threatts, Coach Custer, Mr. Crenshaw, and Mr. P.

Finally, to my Loving wife, Yolanda...thanks for your constant inspiration...and Love.

How I Developed My Strategies

Growing up in Pittsburgh, Philadelphia, and Detroit, I experienced a range of criminal activity in my neighborhoods. The most profound were the break-in in my apartment, one robbery of a family member at knifepoint, and one robbery of a family member at gunpoint.

I have lived in “bad” and “good” neighborhoods (only one of the six crimes mentioned happened in the “bad” neighborhood). Living in the “good” neighborhoods gave me a false sense of security. Growing up, my mother never talked to me about crime prevention. She wasn’t in law enforcement. Really, what could she tell me? “Be careful!” was about the extent of my crime prevention lesson.

After 18 years of law enforcement, I noticed that only my law enforcement friends taught their families how to protect themselves. My other “civilian” friends would say they didn’t want to scare the kids. Only after a break-in did one of them come to me for advice. Soon, I started studying crime reports and crime statistics. I narrowed my focus to studying victims and then criminals. I started interviewing victims and asking them what they did during the time of the actual crime. Then I

would interview the perpetrators and ask them questions like: why did you pick a particular victim?, how did you plan your crime?, where did you learn to commit a particular crime?, and other details of the criminal mind.

I believe this book is the most realistic and comprehensive training available to date, written from the dual point of view of victim and criminal.

My wish is to open the reader's mind to the concept that when one of us falls victim to a crime, all of us hurt. After studying these methods for many years, my fondest wish is to hear the collective sigh of a grateful nation.

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Introduction

An ounce of prevention is worth a pound of cure

Crime Prevention. What do you think of when you hear those words? I'll tell you what I think. Remember the scene in the movie "Night Shift" when Michael Keaton is explaining what the word "prostitution" means to a room full of prostitutes? It was hilariously funny to watch him dig his own grave and then pull the hole in after him. My initial question was rhetorical. I know you know what "Crime Prevention" means...don't you? But this is how I see it and this is how we're going to define it before we attack and defeat the crime with prevention. Your mother was right when she said: an ounce of prevention is worth a pound of cure. Let me ask you another question. Which fireman/public servant in the following story is you?:

#1—Spends his time polishing all the awards for heroism on his walls. Occasionally, he'll even polish the fire truck. Mainly, he sits in the firehouse and waits for the alarm to sound. Then quicker than you can say "Backdraft," he is off again putting out another fire.

#2—Rides around town checking fire hydrants, making sure there's enough pressure to squirt from the fire hoses in case there's a fire. He goes into office buildings and checks the fire extinguishers on each floor to make sure they'll operate properly in an emergency. Finally, he routinely goes around to

schools and teaches kids what to do in case of fire. In 3 years there have been zero fires in his neighborhood.

Which one are you? Fireman #1 is a firefighter. He's at his best after things have gone bad. His eyesight is blurry, his hindsight is 20/20. Fireman #2 is a Fire Preventer. He's at his best before things go bad. His eyesight is 20/20. His hindsight remains dormant.

If you're Fireman #1, take heart. We can improve you, we can make you better...faster, stronger...(Sorry, I got carried away with the "Six Million Dollar Man" introduction). Enough of the nostalgia, get ready to "... Stay Alert! Stay Alive!

“Street Smarts” IQ Test

“Street Smarts” IQ Test

1) (Men) Do you put your wallet in your:

- A. Back pocket
- B. Front pocket
- C. Jacket pocket
- D. Shoe

2) (Women) How many of these items are in your purse?

- A. Checkbook
- B. Keys
- C. Wallet w/credit cards
- D. Loose change
- E. Deli sandwich

3) Do you jog or walk:

- A. By yourself early in the morning
- B. By yourself late at night when the streets are quiet and dark and filled with lions and tigers and bears, oh my!

With your Walkman™ turned up to 300 dB

4) Do you:

A. Leave your car running while you dash into the Quick Mart?

B. Turn your engine off and take your keys.

OK class, pencils down. Relax, there are no failures and even those of you who answered all the questions correctly don't apply for your Mensa memberships just yet.

Let's discuss the answers.

Question #1—The correct answer is (B). In Chapter 1, (*Basic Street Smarts*), we'll tell you how professional pick-pockets work and why they prefer you to have your wallet in your back pocket.

Question #2—If you have up to 4 of these items in your purse, a thief will hit the jackpot when he snatches your purse. In the Chapter 1 section entitled “If Someone Tries to Rob You,” you'll learn what to do. By the way, if you have all six items in your purse, seek professional help. And **get that sandwich out of your purse!**

Question #3—The correct answer is (A). Bad guys are notoriously late risers. Besides, the air is cleaner first thing in the morning before those daily commuters hear the command, “Start Your Engines.”

Question #4—OK, this was a gimme. Who among us isn't guilty of this one? When I was four or five years old, we lived in Selma, AL. My dad bought his first new car. He'd save up \$3,000 during a three-year period to buy a Chevrolet something-or-other. Anyway, he parked the car outside our house and ran inside to get my mother and me so we could go for a ride. By the time we got to the front door (about 2 minutes) the car was gone. The police found it the next day, stripped bare. Remember this was 1958! In Chapter 5, you'll learn how to protect your car from theft and carjacking.

In the following chapters, you are going to read many things you can do to prevent crime, and if you're not careful, you may learn something. Make sense? Let's start with “Street Smarts 101.”

Chapter 1

On the Streets
“Stay Alert, Stay Alive”
Part I: “Street Smarts 101”



“STAY ALERT, STAY ALIVE”

When I was a paratrooper in the United States Army’s elite 82nd Airborne Division at Fort Bragg, NC, we had a term for soldiers who were not paratroopers. We called them “legs.”

You see, you could spot a paratrooper a mile away because we wore a distinctive maroon beret and we tucked our pants into our “jump boots,” (special boots designed for jumping out of airplanes). On the other hand, “legs” wore regular camouflage hats and their pant *legs* were *straight*. Hence the name, “Straight Legs.” The Airborne paratrooper motto is “Airborne, Airborne, all the way!” The motto of the “Straight Legs” was, “Stay a Leg, Stay Alive.” Paratroopers wore a t-shirt that inferred when trouble broke out anywhere in the world to, “Send Me!” “Legs” had t-shirts which read, “***Send Them!***” They would also ask, “Why would anybody jump out of a perfectly good airplane?” The first rule in **Basic Street Smarts 101** is “Stay Alert!, Stay Alive!”

What does that mean?

Rule #1: Don’t Look Like a Victim

Remember this! Whenever you are on the street, at the mall, at the bus stop, or in any public forum, stay alert and be aware of your surroundings. Now, you’re still asking yourself, “Okay, how do I **not** look like a victim?” The answer is easy—look confident. Hold your head up, stick your chest out, and pull that nasty looking gut in, you maggot! (Sorry, all those years in the Army caused a flashback). When you walk, walk like you’re going somewhere, even if you’ve been there before. Walk with a purpose.

CTU ALERT

(Through out this book you will find (CTU)Criminals Tell Us Alerts. These are the specific things criminals told me during my interviews with them)



CTU Alert!

Criminals tell us that they choose their victims like a lion chooses which member of the gazelle herd is Sunday dinner. Both of these attacking animals pick the weakest, the slowest, and the most vulnerable—the one that looks like it will put up the least resistance.

Look in a ¾-length or full-length mirror. What do you see? Try this little experiment: Stand in front of a mirror and close your eyes. Get a picture in your mind of Woody Allen in the movie “Annie Hall,” or any other Woody Allen movie for that matter. Now without opening your eyes, pretend to be Woody Allen. Stand like he stands. Hold your head, shoulders, and arms like he does. Now open your eyes and take a look. What do you see? V-I-C-T-I-M. Now close your eyes again. This time you’re Arnold Schwarzenegger in the movie “Terminator,” (or any other Arnold movie for that matter—well maybe except “Twins”). Stand like Arnold, now walk like Arnold. Now, with your best Arnold impersonation, say “I’ll be back.” Open your eyes. How did that feel? My guess is that you felt powerful, unstoppable, but most of all, in control. I would also guess that when you did your Woody Allen impression, you felt small, weak, and lacked confidence. Would-be criminals can “smell” fear. They can’t explain it, but they know it when they see it. What do you see when you look at yourself? Be honest. If you don’t look confident, start practicing. Do it now!

In addition to looking confident on the outside, you’ve got to develop some tools on the inside.

Let's talk about using your sixth sense. You know that little voice in your head that says things like, "Don't do that, don't go that way, don't say that." We all have that sixth sense, but most of us ignore it. It's a subtle, but powerful

voice. You need to learn to hear that “little voice” inside and turn up its volume so that it sounds like James Earl Jones when he booms, “This is CNN,” or like the robot in “Lost in Space” when it bellows, “Danger, Will Robinson!” You can practice listening to your sixth sense by catching yourself in the act of leaping before you look. For example, when you park your car at the mall or at the movies at night your sixth sense will tell you where to park the car. Listen to it. When you meet some-one on the street or in the mall or theatre, pay attention to what you *feel* about that person and not what you think about the person. If that person makes you feel uneasy, move away from that person. Listen to your sixth sense.

On a less esoteric note, ask yourself how well you know your own neighborhood. Answer the following questions:

Where is the nearest police station?

Where is the nearest fire station?

Where is the nearest public telephone?

Where is the nearest hospital?

Where is the nearest 24-hour mart?

Let’s talk about walking, whether in your own neighborhood or unfamiliar streets. First of all, you should avoid, if possible, unfamiliar streets. But if you find yourself on foot, stick to well-lit, well-traveled streets. No shortcuts, no matter how tempting, through parking lots or wooded areas. Put that expensive Rolex in your pocket. Ditto ladies, for that diamond ring. Don’t keep all your cash in your wallet or purse. Instead, keep 8-10 one dollar bills in your pocket. If someone tries to rob you, throw the one dollar bills in the air and run.

4 Stay Alert, Stay Alive

CTU ALERT



CTU Alert!

Criminals tell us that all they really want is your cash. If they see you are wearing a nice watch or ring, they'll be too busy picking up all that money so they can purchase drugs.

If you ***feel*** that someone is following you, change directions, cross the street, or both. Walk quickly to a well-lit area, store or restaurant. If your sixth sense tells you to be afraid, pull the pin on your Personal Body Alarm TM and yell for help. Again, ladies, if you have to work late, ask a colleague or the night security guard to walk you to your car. Keep your keys in one hand and your Pepper Spray TM in the other. If you carry a purse, keep it close to your body, not dangling from the straps. Men, put your wallet in your front pants pocket, not your jacket pocket, and definitely not your back pocket. Why? Pickpockets are trained to “lift” wallets from the back pocket. While we’re talking about pickpockets, let’s examine their MO (modus operandi).

Pickpockets are everywhere and usually work in teams. The first individual’s job is to distract the “mark” (that’s you). For example, on a crowded street, someone stops you and says, “Excuse me, what time is it?” When you look at your watch, the second one casually bumps into you and steals the wallet that you have so cooperatively left in your back pocket. Criminals tell us they practice this maneuver at the State Pen graduate school. I leave you with this thought: know the con even if you don’t know the con men.

Chapter 2

ATM

“Automatic Theft of Money



CTU Alert!

Criminals applauded the advent and overwhelming use of automated teller machines or ATM's. They also tell us that it is less risky than robbing a bank and the escape is easier, especially at night. So the first rule of safety when using an ATM is to use them during the day. Check your wallet before you leave work. Short on cash? Stop by the ATM in your office building or at your bank on the way home.

If you use a drive-up ATM, follow these precautions, especially after dark:

Keep your car in drive, and your doors locked. Don't put it in park. If you are approached, all you have to do is "floor it," blowing your horn as you speed away.

Look around before putting your card in the ATM.

Punch in your code/in number. Look around again.

Punch in the amount. Look around again.

CTU Alert!

Criminals tell us that it's at this point they strike.

Be prepared. Keep ever vigilant (outside mirror, rear view mirror, left side, and right side, repeat), until you hear that annoying beeping that signals your cash is ready. Immediately press the “I do not want to make another transaction” key. Take your money and ATM cards, roll up your window, and drive away.

If you must use a walkup ATM observe the following precautions:

Don't leave the engine running.

Insert ATM card—look around to see if anyone is approaching. If you have Pepper Spray, have it ready.

Put in your pin/code number—look around again.

Put in your withdrawal amount—look around and keep looking around until you hear the annoying beep signaling you to take your money.

Quickly remove your money and look around until you get back into your vehicle. Lock the door and drive away.

Let's talk briefly about your car. We've touched on a few precautions and we devote the entire Part II—*In Your Car, Wheels of (MIS) Fortune*, to the subject of carjacking. But briefly, let's outline a few headlights, er, a few highlights about car safety. First, keep your car in good working condition. Make sure you've got enough gas to get you where you're going and back. Keep your windows up and your doors locked. Don't leave your car running just because you're only running into the

Quick Mark for a loaf of bread (or a deli sandwich) or the cleaners, or to pay for your gas.

CTU Alert!



*Criminals tell us that this is their favorite time to take a car.
It's guaranteed to have a full tank of gas.*

Watch where you park, avoid underground parking if possible. If you think someone is following you, don't drive home. Instead, head for the police, fire, or gas station. And last but not least, don't hitchhike, and don't pick up hitchhikers.

As a final precaution, purchase a portable car alarm like the S.W.A.T. AutoAlarm. Criminals tell us that this is the one alarm they dislike the most. Why? Because this inexpensive portable car alarm does what a lot of more expensive, permanently installed car alarms can't. When installed on the steering wheel, it emits a flashing light that warns would-be criminals that your car has an alarm. Additionally, it has a motion sensor that can be set for different degrees of sensitivity. When an intruder enters your car, a 60 dB alarm sounds. Keep in mind that 30dB can cause temporary hearing loss. (Remember your last Rolling Stones concert when, after the music had stopped, everybody was still yelling at each other like the music was still playing? And what about that ringing in your ears that lasted for a half an hour?).

If the ear piercing 60 dB isn't enough inside a closed vehicle, the S.W.A.T. Alarm simultaneously flashes a strobe light which temporarily blinds the intruder (at night that is). The would-be thief hurriedly exits your vehicle enroute to finding an easier target. Why wouldn't he just break the alarm? Because, criminals tell us that, as a rule, car thieves don't carry hammer with them. They usually carry nothing more than illegally obtained Slim-Jim TM or a flat-tipped screwdriver, neither of which can disable the S.W.A.T. Alarm. At a cost of less than \$100, there is nothing on the market that compares to its versatility, durability, and portability.

Chapter 3

Public Transportation
“Buses and Subways”

(The underground trains, not the sandwich shops)



Michael P.S. Williams

Rule #1 stays the same. Stay Alert, Stay Alive. When you board the bus or subway, sit close to the driver or other friendly faces. What's a "friendly face?" Here's a story that might help illustrate this concept. There was a time in America when most travel was done either on foot or by horseback, for those who could afford it. A certain foot traveler was stuck on one side of an intermittent stream, unable to cross. After a while, a group of riders on horseback approached the same side of the stream as the foot traveler and transported him to the far side. When all had safely crossed, one of the other riders asked the traveler why he asked one horseman over all the others for a ride. The traveler replied, "Some folks have 'yes' faces and some have 'no' faces, he had a 'yes' face." Unknown to the traveler, the only man with a "yes" face was Thomas Jefferson, then the President of the United States. (And now you know...the rest of the story, as Paul Harvey would say). The bottom line is, again, trust your 6th sense. But if someone does bother you, don't be embarrassed to shout "Leave me alone!" and if that doesn't work, activate your Personal Body Alarm TM. Finally, watch who gets off the bus or subway with you. If your now finely tuned 6th sense tells you to walk with the others who have also gotten off the bus, listen to it.

Chapter 4

If Someone Tries to Rob You
“(D-Day–Sound the Alarm!)”



Michael P.S. Williams

If a robbery is imminent and occurs, give up whatever property the robber wants. Don't give up your life. We'll talk about more active resistance measures in Parts 2 and 3. But for now, just give up your watch or ring, throw the money or wallet in the air and run screaming at the top of your lungs. Criminals tell us that 9 times out of 10, they won't chase you. After all, they have what they wanted, your property and money. But if they do chase you, activate your Personal Body Alarm TM and keep screaming for help. If they catch you—faint.

CTU ALERT



CTU Alert!

Criminals tell us they don't want a physical fight, just your money. Robbers, for the most part, are not killers.



Chapter 5

Carjacking

“Gimme Your CAR Keys, JACK!”

Part II: In Your Car, “Wheels of (MIS) Fortune”



Michael P.S. Williams

What is carjacking? Stated simply, carjacking is stealing a car by force. Because of the sensational way in which carjacking has been portrayed by the media, it is the most feared of all criminal activity. Statistically, your chance of being carjacked is about the same as your being struck by lightning.

This chapter will focus on preventative measures as well as actions you should take if the unthinkable happens.

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Criminals tell us that carjacking is a crime of opportunity. Stealing a car is usually the first step they take before they commit a follow-up crime like armed robbery of a convenience store. The car they just carjacked serves as their getaway vehicle. Identified by the store clerk and traced to...guess who? You. For some gang members, carjacking is a rite of passage, a test before the gang admits them. Criminals tell us that cars, especially luxury models, provide quick cash for drugs. They also tell us that alarms work as a deterrent. However, more sophisticated and more expensive alarms are not necessarily better. At State Pen Graduate School, criminals obtain copies of the schematics of the most popular alarms from the internet. Why, you might ask, do those incarcerated have access to the internet? That's the subject of my next book, "You have the right to remain...in Jail/Jail is not supposed to be fun." Criminals also tell us that alarms that activate inside the car are the worst. Alarms like the s.w.a.t. Auto Alarm mentioned in Part I can be used when your car is unoccupied. A stolen car is also good barter material for guns, and carjacking is still primarily a crime perpetrated by teens and young adults.

It should be noted that most local and state criminal codes don't define "carjacking." It is usually reported as other armed robbery or simply auto theft. Therefore, no real statistics exist. And if you think carjacking is an urban/big city problem, think again. Carjacking happens in small towns, suburbs, and rural areas. Part 4 is dedicated to the discussion of Rural Crime Prevention.

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Criminals tell us that carjackers look for opportunity. Who is driving is not important. What is being driven is. Luxury cars are at the top of the carjacker food chain. As of this writing, the most popular cars for stealing/carjacking are the following:

1. 1994 Honda Accord midsize
2. 1998 Honda Civic compact
3. 2006 Ford F-150 pickup
4. 1991 Toyota Camry midsize
5. 2000 Dodge Caravan minivan
6. 1994 Acura Integra compact
7. 1999 Chevrolet Silverado pickup
8. 2004 Dodge Ram pickup
9. 2002 Ford Explorer SUV

10. 1994 Nissan Sentra compact

What do carjackers look for? Criminals tell us the following places are the most likely to be “hit-spots.”

Intersections—especially those controlled by traffic signals or stop signs. The stop sign is not the place to start fiddling with your car radio—Stay Alert, Stay Alive! Lock your doors and roll your windows up.

Parking lots—especially those designated for mass transit and shopping malls. Watch where you park. If the car next to you still has people on it, park somewhere else.

Here's a question for you: When is it most likely you'll be carjacked? After you've parked and headed for the mall or when you come back loaded with goodies? If confronted, what should you do? In this case, the proverbial pound of prevention is worth a pound of cure. Let's go back to the house before you decided to go to the mall. You've prepared your key ring to reduce the risk of losing your car. And how did you do that? First you separated your ignition key from your trunk key. Next, you put together a set of "bogus" keys on one key ring along with your trunk key. In most cases, the ignition key and trunk key look similar. You'll find the rest of your "bogus" keys around the house (i.e. old padlock keys, keys to the house you used to live in, etc.). I'd bet that if you looked real closely at your present key ring, you'd find one or two keys with no purpose. On your second set, the "real" set, you'll have the ignition key, house key, safe deposit key, etc. Now let's go to the mall. After you've parked but before you get out of the car, you take the "bogus" keys and put them in your right pocket if you're right-handed, or visa versa if you're a lefty. I'll explain shortly why this is important.

OK, you've finished shopping and you're headed back to your car. As you approach your car, a man confronts you and demands the keys to your car. You reach in your front right pocket and hand him the "bogus" keys. When he takes them, run like hell. What's he going to do? He's going to try to open the door as quickly as he can and drive away with the bank's, I mean, your car. He won't get far. By now you've notified mall security, who've notified the police, and all the bad guy has for his trouble is a set of "bogus" keys. Now, let's talk about a few of the other ways carjackers operate.

Chapter 6

Bump and Rob



Michael P.S. Williams

The first technique is called the “Bump and Rob.” Here’s how it’s done. A car with at least two people rear-ends you. This is called the “bump.” You quickly get out of your car to check for damage and/or to exchange insurance information. At the same time, both of the bad guys also get out. While you’re talking to the driver, the second bad guy jumps in your car which was left running, and drives away (the “rob”). The bad guy you were talking to jumps back into his car and drives away. The only thing you can do is try to get the license plate number. Even if you do get a plate number, the police will discover that either the plate or the cars used in the “bump and rob” are stolen.

Here’s what you should have done. If you’re bumped by another car, don’t immediately get out of your car. Look in your rearview mirror or turn around to see who bumped you. Remember the bump isn’t meant to cause damage to your car or to injure you. It’s meant to elicit the automatic response of you getting out of your car and leave it running. If the situation doesn’t feel right (6thsense) or the occupants of the other car don’t look right (6th sense again) **DON’T GET OUT!** Instead, signal the driver to follow you. Then drive to the nearest police or fire department. A local restaurant, hotel, or gas station are also good choices. Any place that’s crowded is an excellent choice.

But if you can’t resist getting out of your car and demonstrating your righteous indignation, take your key out of the ignition. Remember, you’ve got a set of “bogus” keys. Put the real set in your pocket and carry the “bogus” set. If the bad guys demand your keys, throw them in the air and run. Later in chapter 7, “How to Jack Back,” we’ll discuss what to do if you are forced to go with a carjacker.

Here are a few other ways to reduce your risk. Some of these have been mentioned before, but at the risk of being repetitious, let me reiterate the following:

When you walk, walk with confidence, walk with a purpose.

Walk with your car keys in your hand. If you're street smart, you'll have a "bogus" set of keys.

Use your 6th sense. Trust your instincts—if something doesn't feel right, lock your doors and drive away.

VIP Tip—When you're coming to a stop in traffic, leave enough room to get around the car in front of you, especially if your 6th sense tells you there's something wrong in the car behind you.

In 3-lane traffic, use the center lane. This makes it virtually impossible for a would-be carjacker to get to you.

Travel with a companion.

Don't stop to assist strangers whose car has broken down. Use your cellular phone to call for help, or purchase a "CALL THE POLICE" sign that stays rolled up in your glove box until you need it. (A good back up, since cell phones don't work sometimes).

Park in a garage that has an attendant. Leave only your ignition key.

Don't leave valuables in plain view. Put your valuables in the trunk. Most new cars have a lock on the trunk release. Use it.

Don't park near dumpsters or tall trucks, large vans, or anything else that reduces your visibility.

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Criminals tell us this is one of their favorite places to work. They look for indications as to where you live in your glove box or they look for mail, which, as you know, has your home address.



Chapter 7

If Someone Tries to Carjack You “How to Jack Back”



Michael P.S. Williams

Now let's talk about what to do if the worse case scenario happens—you're carjacked.

If the carjacker is driving, within the **VERY FIRST MINUTE** you **MUST** decide that you are **NOT** going to go with him to wherever his ultimate destination is. Here's the sad reason why: If you are a woman, your chances of coming back alive are 1 in 10. That's only 10%! You have everything to lose by going along peacefully. **DO NOT GO ALONG PEACEFULLY.** Instead, pick a target, a crash site. Then grab the steering wheel and pull down as hard as you can and crash. This act of self-preservation will do three things:

Guarantee that you will not be taken to a place from where you probably won't come back alive.

Insures that the worst that could happen is a few injuries.

Draws attention to your life or death situation. The car-jacker will run away.

This **WILL** save your life. When you yank that steering wheel down you will force your car to swerve quickly to the right. There's a Law of Physics, which states that for every action there is an equal and opposite reaction—this is your ally. The opposite reaction is that the carjacker will be forced to the left, hopefully banging his rancid head on the window. If your door will open, **GET OUT! Run!**

If you're driving, believe it or not, you are in control. Again, pick a target like a fire hydrant or another car, and crash into it. Immediately **GET OUT AND RUN!**

We close this chapter with the reminder that the measures we've outlined are extreme measures to counteract extreme measures. The things we've suggested are designed to **SAVE YOUR LIFE.**

Chapter 8

Check the Doors

“Knock Three Times”

**Part III: In Your Home (or Apartment) “Your House is
your Castle So...Build a Moat”**



Michael P.S. Williams

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One out of ten homes will be burglarized this year.

Criminals tell us that they spend no longer than 60 seconds trying to break into a home. Good locks and good alarms are a big deterrent for burglars. Did you know that in almost 50% of all residential burglaries, the thief simply came in through an unlocked door or window?

Ask yourself, if you were locked out of your home, would you still be able to get in? If you're like most Americans, you keep one of the back windows unlocked or you hide a spare key in your mailbox or flower garden. Criminals know all your hiding places. My advice is to keep a spare key with a trusted neighbor.

So what's a person to do to protect his castle? The bad news is that no matter how sophisticated your alarm system is, if a criminal is determined to break in, they'll do just that...break in. The good news is that for a small amount of time and money, (and by following the Crime Prevention measures in this chapter) you can make your home more secure and put the odds in your favor of not being a victim.

Let's start with the most popular method of entry—the door. Are your doors sturdy or flimsy? The bottom line is that when it comes to doors, solid wood or metal are your best choices.

The front door should have a wide-angle peephole viewer. The purpose of this special type of peephole is to see who is outside without opening the door. I call the old-fashioned peephole the Wal-eyed peephole because when you look through it, it gives you the same impression as a Wal-eyed fish, blurry and myopic.

Before we talk about deterrents, just a short comment about door chains. They don't work. They're flimsy, break easily, and **DON'T KEEP OUT INTRUDERS!**

When it comes to deterrents, the old adage is, you get what you pay for. As with anything else, prices and quality vary. During my research for this book, I've personally tested a dozen alarms. They range in price from a few dollars to a few thousand dollars. In Chapter 11, "Be Alarmed, Be Very Alarmed," we'll discuss, in detail, what works, what doesn't work, and why.

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Criminals tell us they check the doors for flimsiness before attempting to break in. They also tell us that they carry the tools they use—screwdrivers and credit cards. A regular flat-tipped screwdriver is used to “jimmy the door jamb.” What this means is the bad guy pries open the mechanism that is located between the door and the area adjacent to it, which is called the jamb.



Chapter 9

Check the Outside

“On the Outside Looking In”



Michael P.S. Williams

It's a good idea to step outside the sanctity of your castle to see how the Huns (bad guys) see your castle.

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Criminals tell us that, like Gremlins and cockroaches, they hate bright lights.

So the first thing you should do is put a 60-100 watt light bulb on the front porch, foyer, or entrance. If your house has floodlights on the outside of your home, turn them on. (Don't wait for the flood). If they have burned out, replace them. For a few extra dollars you can install do-it-yourself motion detection lights. These have the advantage of not being lit all night and they signal to you and the bad guy, that something's not quite right. If you decide to install these motion sensors, make sure they are aligned properly and placed high enough so the bad guys can't, simply, unscrew the bulbs. What I really meant by that is make sure there is no "dead space" where a bad guy can "hug the house" (stay close to the house) and the sensors won't pick up his movements. Once installed, test it yourself at night. Some of these systems are very sensitive and any stray dog or cat will light up your yard like Yankee Stadium, during a twilight doubleheader.

If you're away from your house for extended periods of time or if you travel, invest in timers for your lights.

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Criminals tell us that lights left on 24 hours a day signal an empty house—one that will probably be broken into that night.

When you set your timers, have the lights come on at different time, in different rooms. This creates the illusion that you're home.

Before we close this chapter, here are a few more proactive things to do:

Make a list of your valuables by serial number. Keep the list in your office or at a trusted friend or relative's house.

Take photos of your valuables and put the serial numbers on the back. Again, keep these in a location other than your house.

Don't let the mail pile up. Notify the post office if you're going to be out of town for more than two days, or ask a neighbor to hold your mail for you.

Purchase an inexpensive engraver from a local hardware store and engrave your name on all your valuables like TVs, VCRs, stereos, and computers.

Together, these are the least expensive things you can do to protect yourself and your property. In the next chapter we'll discuss the pros and cons (no pun intended) of alarms.

Chapter 10

Alarms

“Be Alarmed, Be Very Alarmed”



Michael P.S. Williams

If you have valuables in your home, (and who among us doesn't) if you live in an isolated area or if anyone in your neighborhood has ever been the victim of a break-in, you need an alarm.

Alarms range from a free 'lean a metal chair against the door system to a \$250,000 put Inspector Gadget to shame system.'

I'm devoting an entire chapter, in this new edition, on how to choose the best and least expensive Home Security System.

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Once a month, test your system. NO, not some night at 11:00pm. Saturday at 12:00 noon is probably a better time. This way you won't wake up your neighbors and risk being kicked out of the sub-division. Also, don't set off false alarms. Remember a few years back when car alarms were coming into vogue? Remember the parking lots at the mall? Every car had their alarms set to the highest sensitivity where merely brushing up against a car set off WWII Blitzkrieg alarms. In time, people became desensitized to the sounds of car alarms. Now, no one notices when a car alarm goes off. People will stop paying attention to your alarm, too. Remember the children's story of the boy who cried wolf? Besides, most communities have noise pollution laws and you could find yourself being fined. Don't you be the "bad guy" to your neighbors. The real bad guys don't need any more help. They've already got their agenda, and unfortunately, it sometimes includes more than stealing.

Burglars sometimes commit violent crimes in the course of a break-in.

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Criminals tell us that they try to be in and out of a house they've broken into within 2-3 minutes. They also tell us that if confronted, their mode changes from thief to armed robber and sometimes to rapist and murderer.

If you arrive home and notice the front door partially open or the window open DO NOT GO IN! Instead, immediately go to a neighbor's house and call the police. If you own a cellular phone, drive away from your house and call the police. Dialing 911 works on most cellular phones.

But what if it's at night and you and your family are in bed? If you hear a noise, the first thing you should do is dial 911 or call the police.

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Criminals tell us that the first thing they do upon breaking into your home is to disable the telephone.

How do they do it? Cut the phone line? Only in Hollywood movies. Instead, they simply take the receiver off the hook and unplug the phone. This disables all the telephones in the house. What do you do now? Remember to bring your cellular phone in the house with you. The reasons for doing this are simple: first, now you have a way to call the police if the bad guy disables your regular phone. Second...



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Criminals tell us that they like to take your cellular phone from your car and use it to help them break into your house. Here's how: after the bad guys have stolen your car phone, they call their accomplices and they call the police. They call the police? Stay with me. Yes, they call the police and report an armed robbery/shots fired at the convenience store a few miles from your home but within the jurisdiction of your local police force. This type of call will have every police car within a 10-mile radius responding. This "buys" the bad guy time. Remember, they only need 2-3 minutes.

Back to our scenario. You didn't bring your cellular phone into the house, you hear a noise, and your bedroom phone has been disabled. What do you do now? Our research indicates that people will do one of the following:

Get a gun and wait

Barricade themselves into their bedroom

Lock the bedroom door and hide or sit quietly

Get a gun and go looking for the burglar

I don't advise any of the above. Let's take a look at them one at a time so we can see the inherent flaws in these spur of the moment plans. Then we'll outline better, safer approaches.

Response #1

Get a Gun and Wait

The problem with this response is that you and your spouse are protected but what about the rest of the family? Most houses are built with the master bedroom on one end and the other bedrooms on the opposite end. If there are stairs they usually separate one end of the house from the other.

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Criminals tell us that the first room they try to enter is the master bedroom? Why? Because that's usually where the jewelry and money are. They also know that that's where the gun is. So they will sometimes skip the master bedroom and try their luck at the other end of the house. Unfortunately, that's where the kids and/or your mother are.

Response #2

Barricade Themselves In Their Bedrooms

A surprising number of people attempt to barricade themselves into their bedrooms. They try to move the bed, the dresser, the chest-of-drawers, or whatever is heavy, in front of the door. Again, this response gives you and your spouse a measure of protection, but not the rest of the family. By the way, have you ever tried to move bedroom furniture, as heavy and bulky as it is, at 2:00 in the morning?

Response #3

Lock the Bedroom Door, Hide and/or Sit Quietly

Locking the door is usually the first response. But where are you going to hide in your bedroom? Under the bed? In the closet? Behind the door, sit quietly? You've got to have a better plan than that. Your family deserves a fighting chance.

Response #4

Get a Gun and Go Looking for the Burglar

In my corporate seminars, this is the scenario we role-play. This is the most dangerous response but also the one selected first by 87% of the participants! Before becoming Macho Man and leaving your bedroom, ask yourself these questions:

How many burglars are there?

Do they have guns?

What kinds of guns do they have?

If you don't know the answers to these questions (and you don't), don't go looking for the burglars. Only bad things can happen if you rely on this response. By the way, did you know that in a real-life shooting situation, trained policemen hit their targets only one of six shots...at 10-15 feet. One out of six shots! When was the last time you were at the firing range or practiced shooting at moving targets...at night?

By now you're probably asking yourself, "If all these responses are wrong, then what should I do?" The good news is that, for the most part, burglars are not murderers. Most don't even carry guns and most never go upstairs. Also, burglars only want to take what they can carry. If you're not home, then yes, that includes TVs, stereos, and VCRs. We are going to plan for the case in which a burglar does venture upstairs or away from the living room. There is a relatively safe response to consider when faced with a break-in. The most important thing you can do is to have a plan. Each and every family member should be included in your plan. The following is the plan we use in our corporate seminars. It's a good idea to make this a family event.

Include everyone in the house, from 4-year-old junior to 78-year-old grandma. Before we get the specifics of our plan, let me ask you a question. Why don't you have a plan? I know why, it's Granny's fault. You see, when Granny was growing up, burglars were things that happened to other people. You know, those other people from "the other side of the tracks," and those people from "the bad neighborhoods." And because of those "facts," Granny saw no reason to have a plan. Anyway, she

Didn't want to scare her children with stuff like that. But today is a different day! Crime has crossed the tracks and the suburbs are now ground zero.

So tell Granny to shut up/keep quiet while we deal with a plan for TODAY.

Fact: Forty-nine percent of all break-ins occur during the day! Let's start with installing a Burglar Alarm. No, not the \$5,000 kind, but the kind that does the same thing, but for a fraction of the cost. During my research of burglar alarm systems, I found one device that does what needs to be done...for under \$100! It's called the Protect-All and in my opinion, it's the best burglar alarm system on the market for under **\$1,000**. The Protect-All is perfect for families where:

Someone comes home after everyone else is already asleep and wants to let themselves in without setting off the alarm, or

For those who want all their doors alarmed while they are not home.

The Protect-All comes with:

Entry/exit delay to let yourself in and out

Fully adjustable vibration sensitivity

Private, changeable pass code

A 130 decibel ear piercing stream

Easy mountability on the inside of any door

Battery operation

Portability

You could put one of the alarms on every outside door on your house for under \$200! (4 doors).

So now it's 2:00 am and you hear your Protect-All alarm go off. What do you do? First, call the police on your cellular phone, which you now have in your bedroom, remember? Then

these things can protect you...but what about the rest of your family? I've discovered a device that when properly used, protects everyone in the house. The device is non-lethal and will reduce any intruder into a blubbering, sobbing piece of maggot #&#&. And it's not tear gas.

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Criminals tell us that they practice sniffing tear gas so that they can build up a resistance to it. It's a fact that many people are naturally immune to the effects of tear gas. Also, criminals who are high, drunk, or psychotic are not affected by tear gas.

What I'm talking about is FBI approved strength OC spray. OC stands for Oleoresin Capsicum—the strongest spray you can legally use on a human being.

Chapter 11

Check the Doors

“Country Doors Come with Locks Too”

**Part IV: Country Mouse, Listen to Your City Mouse
Cousin**



Michael P.S. Williams

So you live outside the hustle and bustle and bright lights of the city? Think you're safe? Think again.

Rural communities have become the new #1 target for the bad guys. Why? Because of the laid back lifestyle and the "that's-a-big-city-problem" attitude.

True or False? If you live in the country or the suburbs you can leave your doors unlocked? The answer use to be True, now it's definitely False. Crime has migrated to the suburbs and rural communities. Why? The bad guys see rural communities and "country bumpkins" like the old Hee-Haw television show. That translates to "easy pickins" for the bad guys.

Don't let your guard down just because you live in the rural community. You have your own set of problems which are unique to you. Your City Mouse cousins don't have to deal with theft of:

- Expensive farm equipment

- Livestock

- Crops

- Timber

Who is committing these crimes? Unfortunately, it's not al-ways the bad guys from the big, bad city. Alcohol and drug-related problems have found new homes in rural areas of the country. Rural areas also have their share of robbery, assault, and auto theft.

Now's the time to take a page out of your City Mouse cousin's book of crime prevention. Organize neighborhood watch groups. Be good neighbors. Look out for each other's property, livestock, and equipment. Remember what we told your City Mouse cousin about his 6th sense? It also applies to you. If something doesn't "look right" or "feel right," contact your local sheriff.

Now we're going to outline specifics on these and many more areas relating to crime prevention in rural areas.

Do your doors have locks? Of course they do. Do you routinely use them? If you live in a rural area, probably not. **USE THE LOCKS! Why?**

(Sung to the tune of "The Beverly Hillbillies")

Come and listen to my story bout a man named Fred
Came home one day, someone'd stolen both his sheds
He went in the house just to get a bite of food
But to his surprise, they'd stole the 'fridgerator too
Fred didn't use the sense the Good Lord gave him, and he
sure didn't use his locks.

As additional protection, do the following:

Lock basements

Lock storage sheds

Lock all windows

Put a broomstick in the track of your sliding glass doors to prevent the door from being opened from the outside

Put screws in the upper track of your sliding glass door to prevent the door from being lifted out

Put "No Hunting" and/or "No Trespassing" signs up

Furthermore, cockroaches, er, thieves hate bright lights. Install them on the outside of your house and turn them on

Purchase and install motion sensors

Use automatic timers for inside and outside lights

Keep surrounding buildings, like shed and barns, well lit

Finally, don't let your guard down. You've worked hard for the things you own. Don't give them away by being lackadaisical in the all-important area of crime prevention.

Chapter 12

Protect Equipment and Livestock

“Good Fences Make Good Neighbors”



Michael P.S. Williams

The old saying, “good fences make good neighbors” was never truer than it is today. Let’s fact it, crime is a big business and a thief will steal anything. During my career, I’ve busted criminals who had in their possession pallets of doors (yes, actual doors), cases of doorknobs and boxes of padlocks! These are all things designed to keep thieves out. This particular thief was trying to sell me these items, designed to keep him honest, in exchange for drugs and money. Isn’t it ironic?

Are your fences in good repair? Are they permanently in the ground with cement? Is the wire so cheap it can be cut with standard wire cutters?

Here are a few more hints on protecting your equipment and livestock:

When now in use or during the off season, keep small equipment, like four-wheelers, lawn mowers and snowmobiles, locked in the storage shed

Mark all your equipment with a permanent identification number (for example, your house number or RD number). **DO NOT USE YOUR SOCIAL SECURITY NUMBER OR DRIVER’S LICENSE NUMBER!!**

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Criminals tell us they create new identities by using Social Security numbers. They can get a duplicate of your driver's license by using your Social Security number. Voila! And when they begin their latest crime spree, they'll have you to thank. By the way, they'll also have you "take the fall" when they get caught. How? At the crime scene, they will accidentally (on purpose) drop the wallet containing your driver's license, Social Security number, and credit cards they obtained in your name. The police will enter this data into the National Crime Information Center (NCIC). Then they will go straight to your house and arrest you in front of your family, friends and neighbors. You can't even sue for false arrest. After all, the police were acting in "good faith based upon information found at the crime scene."

Lock your gas pumps, gas tanks, storage bins, and grain elevators with heavy-duty padlocks.

Don't leave keys in vehicles or farm equipment

Always lock trucks when you are not using them

Don't leave tools out in the open or in the back of your trucks

Don't leave your major equipment in the field overnight—either lock them in the barn or park them near the house

If you must leave equipment unattended for an extended period, disable it by removing the battery, rotor and/or distributor

LIVESTOCK

Take regular count of your livestock. What's regular? Only you know what's regular for you...but guess how many times the folks in Las Vegas count their money? Twenty-four times...per day!

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Stop modern-day rustlers by branding all livestock. Ear tags and neck tags are OK, but they can be removed.

Mark your livestock soon after birth.

A final word on guns:

Keep guns locked, unloaded, and secured away from children, even if everyone who lives with you is old enough and responsible enough to handle a gun. Don't forget that family members and friends with curious children sometimes come to visit.

Securing your guns also keeps them away from would-be-thieves.

Remember, "Good Fences (and locks) Make Good Neighbors."

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The Seminar

Lots of things are going on in the world out here today, and what this seminar is designed to do is to give you some information that you can use and take back with you to share with individuals, family members and friends. It does no good for you to get this information and keep it to your-self. I want you to pass it on to as many people as you know.

There are a lot of things going on in the world and there's a lot of people talking to you about it. Newspapers and magazines are discussing these issues on a regular basis. This seminar will be your One-Stop shopping department.

Let's get started:

When you go home tonight and turn on the TV, what are you going to hear on the evening news? Crime... somebody got robbed, somebody got raped, there was a fire set, things of that nature. And every day this week when you turn on the TV at 6 O' Clock, you're going to hear about the same things happening. That's because it's happening day in and day out.

What I want to try to do through this seminar is to give you some information... some practical information that you can Use to help put you in a position so that you don't have to be on the evening news.

As a law enforcement officer, there was a frustration level when I arrived to a crime scene. The only thing I could do is to take a report, turn it in, and hope that a detective or somebody can find out what happened to that person's property. You move on to the next street corner. That frustrated me and my fellow officers. This is what I did in interviewing criminals that I actually had the opportunity to catch... I talked to them

about why they did. I would ask them, Why did you pick this Person? Why did you commit the crime at this time “How did you break into that house?” And I got a lot of information. So much information that I turned it into a book and I called it “Stay Alert!, Stay Alive!”. This seminar was based on that book. The book serves as a vehicle so that I could get out and talk to more people about it.

Now there are lots of people out there giving seminars and giving you crime prevention and safety tips. I attend some of these seminars, because I want to hear myself, what some of these people are talking about. In one seminar I went to a couple of months ago, as I was getting in my seat, the lady started talking to the people and she said “Hey look, if you ever get yourself caught in a crime situation and somebody’s getting ready to rob you, what I want you to do is to... throw up !.”

Okay? I don’t know about you guys, but I can’t throw up on demand. And if any of you guys can, I want to move you back a bit. I don’t want you near me.

Sound like a pretty good tip? I don’t think so and I don’t think it’s going to work well if somebody’s going to rob you.

Three reasons why there’s such a crime problem today. The first is because of unemployment. I don’t care who the President is, or what party’s in charge of Congress, there’s go-ing to be a certain number of people who are going to be out of work. Now these people choose to be out of work. They’re going to be out of work on purpose, because their job is steal-ing things. So when you go to your regular job at 8 or 9 o’clock in the morning on Monday... they’re still asleep. They get up at 10 or 11 and then they go to their job... which is breaking into your house and stealing your stuff that you worked so hard for. So it doesn’t

matter what time of year it is or who's in power, these people are going to steal from you.

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I'm going to talk to you a little later about how they do it and give you some ways to stop them from breaking into your home.

The second big reason why there's such a crime problem is because of drugs. In the seventies it was marijuana, in the 80s it was cocaine, in the 90s it was crack. Ladies and gentlemen, let me tell about the newest drug that's out on the street today. It's called Moon Rock. Moon Rock is a combination of crack cocaine that's dusted with heroin. First time users become addicted. It creates a \$500 a day drug habit. Now, in order to support a \$500 a day drug habit, an individual has to steal about \$2700 worth of stereos, TVs and car stereos, to convert that to \$500 in cash, per day, p-e-r d-a-y. That's a lot of stealing, that's a lot of breaking into places. And where are they breaking into again? They are breaking into our houses.

Now during the introduction you learned that I was a D.A.R.E. (Drug Awareness Resistance Education) instructor. Are you familiar with the DARE program in high schools? If your local high school does not have a DARE Program, contact your local Police Department and ask them for help in starting one. One of the things I like to do during my presentation is to show the kids the actual drugs that are out on the street. Not pictures, but the real drug because I want them to see what it looks like. So I have the drugs on a placard. I have the uppers and downers and a dime bag of marijuana. So at one of the presentations, one of the kids in the back said he couldn't see the drugs. So I passed my placard around. Big mistake! Well, when my placard came back around, I noticed that my dime bag of marijuana was missing. So I said "Time out guys." I walked over to the gymnasium door, I locked it, I walked back over to the kids and I said, "If I have to wait 5 minutes to get my dime bag back, somebody's going to be in trouble. And if I have to

wait 6 minutes, I'm going to have to call the police and somebody in here is going to jail today". So I saw a trash can

on the floor, I picked it up and called one of the kids to the front and I said “Hey look, I’m going to turn my back and pass this can round and when the trashcan comes back I’d better have my dime bag in there.” So I turned my back, gave him the trash can and waited for a couple of minutes. When I heard him come back, he put it down on the floor. I looked in the trashcan and **THREE** dime bags were in there. A little bit of guilt goes a long way doesn’t it?

Drugs are a huge problem. I want to talk to you about another drug that’s out on the street today. It goes by a number of different street names. You’ve probably heard it called GHB. You may have heard it called Ruffies, but the newest name is Special K, which incidentally is a cat tranquilizer. People are breaking into veterinarians’ offices, taking cat tranquilizers the vets use, grinding them up and putting them in people’s drinks. The common term you hear all the time is date rape drugs. Atlanta is the capital for GHB; it’s the acronym for Georgia Home Boy. And why? Because it’s produced mostly in Georgia. Two months ago, the largest seizure of GHB, the date rape drug, was seized in Decatur, GA. \$24 Million Dollars worth.

You’ve got to be very careful about where you go and about what you drink. Keep this in mind, if you don’t see the person **MAKE** the drink, don’t **TAKE** the drink. If somebody walks up to you and says, “Hey, can I buy you a drink?” What are you going to say? “No, Thank you.” Because, what’s hap-pening is that these people are getting the stuff and then putting it in your drink. You need to know the symptoms, and what happens to you or if somebody else exhibits these symptoms. First of all, your eyes get really heavy. Your speech starts to slur. You feel off balanced sitting in your chair. When you go to stand up... you can’t. If you go to stand up and you’re feeling this way,

what I want you to do is fall down. That will draw a crowd towards you; because if you don't, this is what happens: You get up out your chair and you start to weave a

little bit, and a guy walks up to you and he says “Excuse me ma’am, you look like you’re having a little trouble, Can I walk you to your car?” That’s the guy that put it in your drink. So what you have to do is take care of yourself if you start feeling that way. It’s a scary thing. And depending on the amount that they put in your drink, it can knock you out from 6 to 8 hours.

The unfortunate part about this is that if a sexual assault occurs, the woman is in such a relaxed state that there is no forced penetration. It looks like consensual sex, so you can’t even file a rape charge because you’re so relaxed when it happens. Know these symptoms; pass this information on.

If you have a drink, get in the habit of keeping your hand on your drink at all times even if you’re sitting at the bar or restaurant. If you’re at a party place and you’re going to go out on the dance floor, either, take the drink with you, or finish it before you go out on the dance floor. DO NOT put that drink down and then come back to it afterwards, because that’s the opportunity that the perpetrator is looking for. When he sees that drink he’s going to put something in it. Unfortunately, and I hope there are no bartenders reading this, it’s not against you personally, but people are paying bartenders to put this stuff in people’s drinks. We’ve got a number of locations in and around Atlanta, where we’ve discovered that bartenders are being paid \$100. That means that they will put something in somebody’s drink twice, or about \$50 a pop. It is colorless; it is odorless. They get it on their thumb and rub it around the edge of your glass. If they give you a straw, they touch the end of the straw with it. Be very careful about who you take a drink from.

We are starting to get reports now that these same people that are using these date rape drugs on women are starting to use

them on men. So guys, when you're out watching the Sun-day football game, and a guy walks up to you, "Say buddy, can

I buy you a beer?” What are you going to say? The answer is NO, ‘cause they want to be your buddy, your butt buddy. You don’t want that, so be very careful, gentlemen, about whom you take a drink from too. It’s not just for the ladies; it’s for the men also.

Huge Problem! Where are they getting this stuff? I’ll tell you, besides breaking into veterinarian’s offices, one other place they get them is off the internet. If you log on to the correct site on the internet, you will come upon a site that sells a kit that teaches you how to make your own date rape drug with ingredients you can find in grocery stores, and drug stores. You put them together according to the kit’s ingredients and instructions, and you’ve got your own date rape drug. The kits are \$49.95 for one and if you buy two or more, they reduce the price to \$29.95. So it’s a huge problem, but as I said at the beginning, don’t keep this to yourself, pass this information to your daughters, nieces, aunts, uncles and let them know that this stuff is out there, what the symptoms are, what to look for: Drugs – huge problem.

The third biggest problem we have that’s causing so much crime is because of gangs. There is a proliferation of gangs out here. I can talk for an hour about gangs, but I’ll just give you the highlights.

How many people think they have gangs in their neighborhood? A survey was done, from downtown Atlanta, fifty miles, north, south, east and west of Atlanta. We have identified 173 gangs. These gangs are in your neighborhood. Look for the signs: if you see initials and things scrawled on the walls and sidewalks, go the other way.

Two gangs I'm going to tell you about in particular are causing a lot of problems. The first one is called the Latin Kings and the Latin Queens. They are very big in the Southern

part of the United States, Georgia, South Carolina, Florida, Texas. You probably heard stories about them a couple of years ago. They had an initiation, a very violent initiation, where a girl was told she had to shoot somebody to get into the gang. She shot the girl, the girl didn't die, so they shot her;... killed her. That trial was over about 8 or 9 months ago and the perpetrators, both females, are in jail. So don't think that this is just guys that join these gangs. That's why they call them the Latin Kings and the Latin Queens. If you want to learn more about the Latin Kings and the Latin Queens, log on to their web site. They'll tell you all about themselves: Where they like to hang out, what their colors are, what kind of cars they like to steal. They'll tell you everything they want you to know.

These gangs sometimes have very violent initiations for membership. In some instances, a would-be gang member has to either rob, rape, maim or kill somebody to get into the gang. They do this to keep law enforcement officers from infiltrating into the gang. A law enforcement officer can't do those types of things.

Another gang that's out there I want to tell you about. It's called the F.O.L.K.S. Nation. If you see these initials any-where, FOLKS, go the other way. The Folks Nation is a combination of the Crypts and the Bloods. You all heard of those guys right? They formed another group called the F.O.L.K.S. Nation. Their specialty is assassinations and home break- ins. I'm going to tell you about some of their techniques in a few minutes. By the way, the initials FOLKS stand for: Followers Of Lord King Satan. That gives you an idea of what they are into Huh? And if you want to learn more about them, they too have a web site. Log on, they'll tell you everything that they are into.

If you've got kids, keep an eye on them, because these people start recruiting at age 6. They recruited one 6 year old

and turned him into a hit man. He was the number 1 hit man for the FOLKS Nation. Why a six year old? Anybody got any ideas? You're not going to put a 6 year old in an electric chair? No. He's not even going to go to jail. So they taught this kid how to kill people, now it's his job. Six years old.

Look at your kids when they leave the house in the morning. Let me give you a couple of the gang signs: If a kid has the top button buttoned on his shirt and no other buttons but-toned... that's a gang sign. If your kid walks out the door, and he's got one shoe laced up, and the other one unlaced, you think he's just being a slob. It's a gang sign. When you see them in the mall walking toward each other, that's how they identify each other; in those ways. The headbands they used to wear around their heads, they don't do that anymore. If you see one headband wrapped around the wrist... that's a follower. Two headbands of different colors wrapped around the wrist ...that's a leader. Know what these signs are. Look at your kids when they're walking out the door. They want to identify with these gangs. They don't necessarily want to be in them, but it's cool to be around them, so they want to be a part of them. The only problem is, that if they've got the wrong gang sign on that day and they run into a different gang that day, bad things can happen. Keep an eye on your kids as they are walking out the door going to school in the morning, and be sure you don't see anything that looks out of the ordinary with them; because if you do, they are trying to identify with the gangs in the school.

I have lots of other things to tell you about. As I mentioned before, I want to tell you about how these guys break into your homes. Let's get to that.

This is what the bad guys do... they walk up to your house and knock on your door, now this is the part that's important, if nobody answers, they get a pair of channel locks, that you can

get from Home Depot for seven bucks. They take the channel locks, put them under your door handle, and squeeze it, turn very quickly upward, and it breaks right off. And then they kick in your door. The reason why they can be kicked in your door, is because in the morning when you left your house in a hurry, late for work, you forgot to put the dead bolt on. In 80% of the break-ins, police find that there is a deadbolt lock on the door... not used. Use your deadbolt lock. Police are taught how to break in doors and how to kick in doors. If there's a deadbolt lock on it, it's not going to happen, you can't kick it in.

Bad guys also practice breaking in doors and kicking in doors in old abandoned buildings. They learn how to kick in doors, but if you have a deadbolt lock, use it. If you don't have a deadbolt, get one.

Another thing I want you to do: On the inside of your door, there are two screws, they are standard builders' 1 inch screws. Also on the other side of the wall where the door closes, there is a lock plate it also has two screws in it. Some-time today or tomorrow or this weekend, take those two screws out, you'll see that they are one inch builder screws. They are very cheap and bend very easily. Builders use them because they meet the building code in most states, but they also make it easy to break into your house. Replace those with a six or seven inch wood screw. I used to get them at Home Depot off the shelf, but you have to special order them.

Take the short screws out and put the long screws in. Here's why, on this side of the wall where there is a light switch, there is a stud. This screw goes through there into the first stud into the house. Now when the bad guy tries to kick in your door, he has to kick through the door and the door jam. The seven-inch

wood screw and the first stud in your house. When he tries, he can't do it. These screws cost about a dollar

each. Get some of these and replace the short wood screws in your doors.

A couple of other things I want to point out. This time let's talk about traveling. They use to give you room keys when you checked into a hotel or motel. Not anymore. They give you a card key that looks like a credit card. Well what's happening now is that the bad guy goes to the hotel and gets a room. He gets a card key like the one you have for your room. Now when he gets to the room, he takes a magnet and runs it across the strip on the back of the card until it's demagnetized. Now it's a blank strip. All he has to do is go to your door and put it in the slot. The electronic impulse from your door makes an imprint on the blank card. When he takes it out and puts it back in, the imprints match and he's inside your room. That's all it takes! We've talked to hotels about fixing this technology. A lot of them told us they have, but they haven't told us how, so we don't believe that they've done it.

What I suggest that you do, is what I do. When you check into a hotel, do what I do: I make them re-card my key while I'm standing there. They'll hand me the key and I'll give it right back to them and say, "Will you re-card the key for me?" Because, just the way I walked out of a Holiday Inn with this card, the bad guys do also. If I went back to the hotel and put this in the door, it would probably open. The reason why, is that it costs the hotel a dollar and fifty cents each time they re-key a card. They don't want to do it. Make them do it, it's one of the safe things you can do. And oh, by the way, while you're in your room, if it has a double lock on it, use it. But 60% of the hotel room doors in this country do not have double locks on them. So what do you do? Get yourself an empty Coke can, put some pennies in it and put it on the door handle. So if anybody tries to

shake your door handle, the Coke can will fall, giving you an early warning that somebody's trying to get into your room. This gives you time to make a phone call.

That's all you need to do.

Here are some of the things you could use to help protect yourself. How about on the road when you're driving. You're driving down the road and your car breaks down, what do you do? I want you to pull over to the side of the road, put your flashers on, if it's at night, put the dome light on, lower your window about an inch, get on your cell phone and make a call. However, have you ever been in an area where you can't get a signal? Then your cell phone wouldn't do you much good, would it? Or you forgot to charge it the night before and you've got no battery power. That can happen when you're on the road.

And by the way, keep your tank full of gas. Keep the car tuned up. Ladies, gentlemen, "E" does not stand for "Enough to get me where I'm going." Okay. Keep some gas in there. But if you get to a place where you can't get a signal in your car, what I suggest is that you have one of these in the glove box. It is a "Call the Police" sign. It works very simply; you just peel it off and put it on your windshield. I'll tell you what. People driving down the road, talking on the cell phone, love to use the cell phone. "Hey girl, I got to call you back, just passed a "Call the Police" sign." People will make that call for you. I did a seminar at UGA, one of the girls was driving back to Kennesaw, her car broke down on Interstate 75, she pulled out her "Call the Police" sign and put it out. About 10 minutes later, a police officer showed up and asked her if she was okay. She said yes and the next thing he said was "Ma'am, please take your "Call the Police" sign down, in the last ten minutes we've received 15 calls!" The other benefit of having one of these signs is that if I'm a criminal and I see you stopped on the side of the road, I'm not going to stop if I see the sign because I don't know if the next car that shows up will be a Policeman. They do work. I

suggest that in every car you have, you take a “Call the Police” sign, roll it up and put it in the

glove box, just in case you can't get a signal or no one in the car has a cell phone. You never know when you might need it. And by the way, if it's at night I said I want you to turn your dome light on. That only works if you're a woman. Police officers are trained that if they see a woman and it's at night and the dome light is on, they are supposed to stop and give assistance. Sorry Guys, only for the ladies.

Other things I see people use for their personal protection: I see people walking around carrying personal body alarms that give you an audible signal and flash. It's not a bad thing to have if you've got to have something. It's not the best thing to have, but it beats walking around with nothing.

People are always asking me about stun guns and tasers so let me tell you about them. This one works fine, but there are a couple of disadvantages to it. First of all, it's got to be properly charged. It will not work through long sleeved shirts. It will not work through jackets and sweaters. For it to work effectively, I have to be very close to you and touch you with it for it to work. So, if you have to use a taser like this, the first thing I suggest, is that you pick a criminal that is properly dressed. Otherwise I wouldn't suggest you use this one.

If you're going to use a stun gun, THIS is the baby I want you to have, 270,000 volts. I don't have to be near you to get you. I can get you from right here (10-12 feet) with it, but I won't. I used to keep it charged and use it for display, but at the end of a seminar I was talking to somebody, a guy just walked up, pointed it at his buddy, and presses the button, and POW!! So now I take the charger out of it. It's not charged. It's about one hundred bucks to buy one. But I know if you could, you'd have one of these bad boys walking down the road with it. This will

flat drop a horse, this is the AT&T model, 'cause it will reach out and touch somebody.

Other things that I see people use for their personal protection: Anybody got any pepper spray? If you have some, and you've had it for more than a year, throw it away it's no good. The ingredients separate after twelve months. The other thing about that pepper spray is that you really have to be accurate if you use it, since it comes out in a straight stream. The instructions tell you to test it when you first buy it. You test it and it works fine. The only problem is that it has a mineral base to it and it hardens the tip after you test it. So that when the bad guy is coming to you and you really need it, it dribbles down your fingers. Then all you can do is just throw it at the guy.

If you're going to use a pepper spray, I suggest you use the one police officers carry and the one that I carry. This is Oleoresin Capsicum, designed for police protection because they asked for a device that was non-lethal, but that would be effective in stopping criminals. This particular model is a large unit, it also comes in a small size you can put on your key chain. This one has 10 to 15 sprays in it and it comes out in a fog, like a fire extinguisher does. So you don't have to be accurate. When it gets in a person's eyes, it blinds them, they can't see. When they take the first breath, it attacks his lungs, the capillaries; it feels like they've been hit in the chest with a sledgehammer, the person's on the ground for about 15 to 20 minutes. Police officers have to be sprayed with it in order to carry it. I've been sprayed with it. And I'm telling you, I cried, I layed down on the ground and I called for my Momma. It didn't help. Three days later I still couldn't drive my car because I still couldn't see. That's how powerfully the stuff works.

I do seminars all over the country, and one of the places is for the Park Rangers. They carry this, and the reason why is that it will stop a bear. It works on Pit Bulls, Rottweillers and trained

police dogs and again park rangers carry it because it works on bears. I carry it when I run. It has a nice little clip-on

so I can keep it on my side. One day I'm going for a run in my neighborhood and this pit bull is coming up on me. I'm a pet owner, so I'm not going to spray the dog just because he's coming up on me, I know he wants me out of his area. So I slow down to walk and I'm walking through the area, but he isn't having it. He starts coming at me, full speed. So I put my finger on the trigger, I reached around and I hit him with a blast and he runs away. The next week I'm going for my run, I hear the pit bull, except he's inside the yard. The owner hears him bark and he runs outside to see what's going on. And he looks at me and goes: "Hey, you're the guy that sprayed my dog last week." I said "I sure did." He said "Thanks, he ain't been out the yard since." I'm not saying that you should use this to train dogs, but it is effective in the way that it works.

It will last three years. If you ever have to use it, give me a call and I'll replace it for free. Just like a month ago a lady did; she purchased a pepper spray from me, I do make it available to people who attend the seminar, because I'm licensed to do so. She was on her way to church and she stopped at the ATM to get some money to put in the plate. She did what I told her to do when she got to the ATM. She put her card in, she looked around, she pressed two of the numbers in her sequence, she looked around, she pressed the other two, she looked around, she put in how much money she wanted, she looked around, the money came out, she looked around, and when she did, the bad guy jumped out of the bushes. She had her finger on the pepper spray, just like I told her.

When he jumped out she turned. I told you this has 15 sprays in it. How much do you think she let him have? **THE WHOLE THING!!!** What do you think? she just hit him with a couple of squirts? Oh no, she hit him with the whole thing. You should

have seen the video; it's hilarious! I'm trying to get in on the World's Funniest Videos. This guy was running around, he ran into the wall. He ran into the bushes. She

jumped in her car and called 911. Then she did something I don't want you to do. She got mad. She got out the car, the guy was still down on the ground and she came over and gave him a couple of kicks. Not just the head, she kicked him in the "gooligawalligawallager" you know what I mean. I don't suggest that you do that, I suggest you spray and run the other way. Don't just stand there looking at the guy, like "Hey that hurts doesn't it?" No, I want you to get out of the area. Get to a place of safety and make the call to the police.

Be very careful when you are walking to your cars, especially during the day. During the day, we get this false sense of security. Because during the day we let people get close to us. I bet during the day, walking out to the parking lot and some-body walks by you this close, you won't say anything. You won't even feel anything. But at night, if I get this close to you, you're going to feel a little bit differently. Your fighting senses go up. You start to think "Something's wrong, this guy is too close to me." Raise your level of awareness during the day AND at night.

Keep a five to six foot perimeter around you, all the time. If somebody gets inside that perimeter, something's wrong. They need to keep their space. If they do you put your finger on the trigger of your OC Pepper Spray. Keep that five to six foot perimeter because criminals aren't hiding at night all the time. Sometimes they're hiding in daylight, broad daylight. And they are not dressed like bums. Sometimes they are dressed just like me in a suit and tie. So don't ever let your guard down at any time. Keep your safety awareness going all the time.

When you're walking towards your car, look under to before you get to it. Because bad guys are hiding underneath cars now; they will hide under your car or SUV, and as you stand there

trying to open the door, they take a knife and they cut your Achilles tendon. You can't run if your Achilles tendon is

cut. So look under your car before you get there.

If you're coming from the mall you've got packages. (I sit in the malls, I watch people all the time, it's what I do.) I watch people when I'm on a surveillance or just gathering information. I'll see some lady coming out of K-Mart. She's got the baby under this arm, she's got packages under this one, she's walking to the car, she gets to the car, she puts the packages on top, she puts the packages in the trunk, she puts the baby in the car. There she is, half way in, half way out of the car. That's when the bad guy attacks, because that's when you're most vulnerable.

Get to the car, put everything inside and close the door, lock it, then get organized. Because the bad guy is just waiting for an opportunity; their methodology is that they want to control, dominate and they want to manipulate you. One of the ways they do that is when they've got you in their clutches, is by using duct tape. They take the duct tape, put it around your wrists, on your mouth, they put it around your ankles, and you are controlled. But what we are finding is that criminals aren't taking duct tape as much as they used to, it's kind of big and bulky, and hard to fit into your pocket. So they don't carry this as much as they used to.

What I'm going to tell you now is probably the most sensitive thing you're going to hear today. Criminals aren't carrying duct tape as much as they used to, to control three victims, we are starting to get reports now that criminals are using... super glue. They're taking super glue, putting it between your fingers, putting your fingers together and controlling you. Super glue on your eyelids and closing the eyes; Super glue on your lips and closing your lips. And ladies and gentlemen, if this is a gang initiation, and it calls for death as some of them do, they're

taking super glue, squeezing it up both nostrils and closing the nostrils. In six minutes you are dead.

I didn't come here today to scare you guys, I came to give you information that you can use. If after this seminar, I can look you all in the headlights and you can give me a north/ south nod when I ask if you've learned one new thing today you can use to be safer, I'll sleep good tonight.

People ask me all the time, what about guns? How about if I carry a gun? They want to get a "piece." What I suggest you do is, if you're going to use a gun, learn how to use it. Get certified and qualified on how to do that. Take instructions; learn how to use it. Learn its' capabilities; learn how to load and unload it at night in the dark. Go to the range, once or twice a week and shoot it so you become accurate.

Is that what you're going to do? No. You're going to go to the store; you're going to buy a gun, go out into the woods and put two Coke cans on a stump. You're going to take two shots at it and swear you're an expert. You're going to take the gun home, store it up in the closet, and that's where the bad guy is going to find it when he breaks into your house.

Each year in this country, 187,000 people are shot in their own home with their own gun. Every year in our school system, 46,000 handguns are taken to school. They're easy to put in a backpack, hence easy to take to school. Do I recommend that you have a gun? Yeah, if you live where I live. I live in Kennesaw, GA and everybody in Kennesaw's got a gun. It's the law! Really, it's a city ordinance that all homeowners in the City of Kennesaw, GA have to have a handgun. If you're a homeowner, and you live in Kennesaw, You gotta have a gun. People don't believe that, but it's the city law.

I'll give you a quick story: when I moved into Kennesaw, I lived three doors down from the Chief of Police. When I

moved in, the Chief and his wife came down. They brought us a nice little apple pie and we were eating apple pie and talking. Then the chief said "So Mike, what are you packing?" I said "Chief, I have a nine mil, a 45, a 38, two shot guns and a bow and arrow. The Chief said "Welcome to the neighborhood Mike.. You're going fit in just fine."

Crooks driving up Interstate 75 to commit crime, say: "Where are we man?" one answers: "Kennesaw" and the other says: "Keep driving"

There are lots of other things we can talk about, but the big thing is this, if you're ever in a situation where somebody gets a hold of you and they're going to kidnap you, lots of carjack-ing going on in and around Atlanta, What I want you to do is, and I've got to look at everybody when I say this, **DON'T GO ANYWHERE WITH ANYBODY, AT ANY TIME, FOR ANY REASON.** Don't ever go. Because, my personal phi-losophy is: If you're going to do something to me, do it to me right here. If you're going to stab me, stab me right here. If you're going to shoot me, shoot me right here. Because right here, there are people around, hospitals close by, someone can hear the noise, all those things are in my favor. **OUT THERE**, you don't know what's going to happen. If he says "Just drive, I'm not going to hurt you." **DON'T BELIEVE HIM.** He's going to hurt you. Decide right now that you're not going any-where with anybody at any time for any reason.

If you're driving, I want you to run into the first non-movable object you can find. Fire hydrants are good. The car in front of you is good. Why? Because, if you run into the car in front of you, he's going to stop; he's going to get out; he's going to make a scene. The bad guy doesn't want that, he's go-ing to get out and run. I told a lady to do this one time, she turned into a

fire-hydrant, but something happened that I hadn't predicted.
When she turned into the fire hydrant, the air

bags deployed.... Knocked The Criminal Out!!! I don't know if anybody's been in an accident where the air bag deployed, but They Will Mess You Up!! An air bag broke my glasses and scratched me up so badly I had to go to the emergency room; and that's in a little accident going fifteen – twenty miles an hour. So if you've got that advantage, run into some-thing that's immovable. Remember I said immovable. Don't want you running into the first Mac truck coming the other way. Run into something immovable, like a fire hydrant, or the car in front of you, a sidewalk, anything, but don't go anywhere with anybody. Tell your daughters, tell your sons, tell teenage drivers: **Don't Go Anywhere With Anybody** if you find yourself in that situation.

There are lots of thing that we covered today, lots of information. If you feel that the information is good and you want me to talk to somebody else contact me at :

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