

Good Advice - Written by a Police Officer

Things to tell our daughters, friends and all others that we hope will help keep them out of harm's way.

1. **The elbow is the strongest point in your body** (tip from *Tae Kwon Do*). If you are close enough to use it, do so!
2. **If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM.** Toss it away from you. I learned this from a tourist guide. Chances are that he is more interested in your wallet and/or purse than you and he will go for the wallet/purse - RUN LIKE MAD IN THE OTHER DIRECTION!
3. **If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy.** The driver won't see you, but everybody else will - this has saved lives.
4. **As soon as you get into your car, check for uninvited passengers, LOCK THE DOORS and DRIVE AWAY.** Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, making a list, etc.). The predator will be watching you and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head and tell you where to go. If someone gets into your car and puts a gun to your head, DO NOT DRIVE OFF, repeat, DO NOT DRIVE OFF! Instead, gun the engine and speed into anything wrecking the car. Your air bag will save you. The person in the back seat will get the worst of it. As soon as the car crashes, bail out and run. It is better than having them find your body in a remote location.
5. A few notes about **getting into your car in a parking lot or parking garage:**
 - A.) **Be aware:** look around you, look into your car, at the passenger side floor and in the back seat.
 - B.) **If you are parked next to a big van, enter your car from the passenger door.** Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
 - C.) **Look at the cars parked on both sides of your car.** If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY (and better paranoid than dead).
6. **ALWAYS take the elevator instead of the stairs.** Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!
7. **If the predator has a gun and, you are not under his control, ALWAYS RUN!** The predator will only hit a running target 4 in 100 times and, even then, it most likely WILL NOT be a vital organ. RUN, preferably in a zigzag pattern!
8. **As women, we are always trying to be sympathetic - STOP it.** Being sympathetic may get you raped or killed. Ted Bundy, the serial killer, was a good-looking, well-educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane or a limp and often asked for help into his vehicle, which is when he abducted his next victim.
9. **Crying Baby Tactic:** Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird. The police told her 'Whatever you do, DO NOT open the door.' The lady then said that it sounded like the baby had crawled near a window and she was worried that it would crawl to the street and get run over. The policeman said, 'We already have a unit on the way, whatever you do, DO NOT open the door.' He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls by women saying that they hear a baby's cries outside their doors when they're home alone at night.
10. **Water scam!** If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, DO NOT GO OUT TO INVESTIGATE! These people turn on your outside taps so that you will go out to investigate and then attack. Stay alert, keep safe, and look out for your neighbors!

Please pass this on. This information should probably be taken seriously because the Crying Baby Theory was mentioned on America's Most Wanted when they profiled the serial killer in Louisiana. It may save your life or the life of someone you care about.