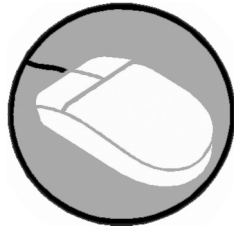


Kids Rules for Online Safety



I will not give out personal information such as my address, telephone number, or the name and location of my school, without my parents permission. Nor will I give out my parents' work address or telephone number without their permission.

I will tell my parents right away if I come across any information that makes me feel uncomfortable.

I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.

I will never send a person my picture or anything else without first checking with my parents.

I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do, I will tell my parents right away so that they can contact the service provider.

I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

I will not give out my Internet password to anyone (even my best friends) other than my parents.

I will be a good online citizen and not do anything that hurts other people or is against the law.

How You Can Tell if Your Child is Using Drugs

Identifying illegal drug use may help prevent further abuse. Possible signs include:

- Change in moods - more irritable, secretive, withdrawn, overly sensitive, inappropriately angry, euphoric.
- Less responsible - late coming home, late for school or class, dishonest.
- Changing friends or changing life styles - new interests, unexplained cash.
- Physical deterioration - difficulty in concentration, loss of coordination, loss of weight, unhealthy appearance.



Update Your Central Station Notification List

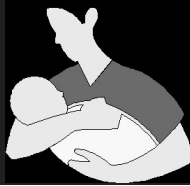
The information our central station uses when responding to your alarm sometimes needs to be updated. Often, the changes occur in the list you have given us of friends, relatives or employees. They are the people who are notified after the authorities are dispatched on an alarm to your home or business.

Here's how to update your list in case someone moves, changes their phone number or changes employment:

Provide us with your name, pass code identification number and the new information. This must be sent in writing to our office with your signature. If the change is for a business location, the request must be on business letterhead.

If you change your own phone number, notify us immediately.

Guide for Baby Sitters



When you baby sit you are entrusted with a child's life. Your primary responsibility is to care for the child's needs and to keep him or her safe and happy. You can prepare yourself for this important trust by following these guidelines.

- Get written instructions about any medicines to be given to the children – how much and at what time(s).
- Always get approval for any friends or other visitors you would like to have over while the parents are out.
- Be sure to meet the family dog.
- Take a walk through the house and check for any special locks, note any windows that cannot be climbed out of, and anything else that would be a problem in the event of an emergency.
- During the walk through, check for hazards and things that the children can get into, such as matches, lighter fluid, electric cords, plastic bags, medication, or anything else that you feel may be dangerous.
- Look to see if there is a pool. Check for doggie doors and any unlocked doors or windows leading to that area.
- Have a mental fire drill: that is, plan on more ways than one to get yourself and the children out of the house in case of fire.
- Be sure to find out if you are to give the children anything to eat or drink before bed.
- Make sure all the doors and windows are locked from the inside, and lock the front door after the parents leave.
- Find out who you should call in case of an emergency. Be sure to get their phone number.
- Have the following information written down and readily accessible in the event of an emergency: Family name, child's name(s), house address with nearest cross street, instructions on how to contact the parents, phone number(s) of close relatives and neighbors, doctor's name

and phone number along with a medical release. Include the phone number of the poison control center for your area.

- In the event of an emergency: Call 9-1-1. Identify yourself by name, tell them you are baby sitting and state the problem. State the address of the house where you are and the nearest cross street. (Be sure to specify north, South, Avenue, Street, etc.). Give the phone number you are calling from.

What to Do After the Parents Leave

- If it is evening, turn on the porch/ outside light.
- If the children are asleep, check on them about every 15 minutes.
- If the children are up, know their location at all times and never leave them alone too long.
- If for any reason you must leave the house, **take the children with you!**
- **Do not** open the door for anyone unless you personally know the person. If someone insists on coming in and you do not recognize them, or if you suspect a prowler, **Call the Police at 9-1-1.**



Electrical Safety Tips

- Check appliance cords frequently for cracks and signs of wear. Replace if necessary.
- Always plug cords into appliances first, then into the wall. Keep cords away from hot surfaces.
- Always unplug appliances before working on them, even when changing a light bulb.
- Never poke metal objects into appliances.
- Keep appliances away from water. If an appliance falls into water, unplug it from the wall before retrieving it.
- Don't overload outlets. If smoke comes out of an outlet, shut off the power at the circuit breaker or fuse box.
- Never vacuum wet carpet.
- Outlets should have safety covers. If an outlet feels warm, call an electrician.
- Only use the correct wattage light bulb to avoid overheating. If unsure, don't use a bulb over 60 watts.

Dogs Can Be a Very Effective Security Device

Dogs are a great addition to both your home and your security system. A dog's highly developed senses of smell and hearing allows it to detect intruders long before you might. By giving warning of the presence of intruders, the dog allows you time to take protective action while warning the intruder that his presence has been detected.



When searching for a dog, it is probably best to get a house dog. A yard dog might be a better deterrent, but a house dog is more likely to be a better defense if, for instance, you haven't set your alarm and an intruder actually gains entry to your home.

Large dogs are generally better than smaller dogs but more important than its size is its "voice" — the louder and more persistent the bark, the better.

Keep these following guidelines in mind to ensure the best situation for you and your dog:

- The dog's principal use is to serve as a warning device and as a deterrent.
- A specially trained security/attack dog is not a good idea except in the most extraordinary circumstances.
- The best-trained dog will not be effective if its handler cannot interpret its actions.
- Dogs that have been improperly trained may often be more vicious and uncontrollable than totally untrained dogs.
- Large dogs provide excellent security when carefully trained and monitored.

Looking for a Dog?

If you are currently looking for a dog there is a web site that can help.

This site lets you input your own criteria from size/weight, to one that is tolerable by allergy sufferers, to one that is ideal as a guard dog – and much more.

Once you input your criteria you receive a list of breeds ranked from most to least suitable to your preferences. Get online and go to the below link.

http://selectsmart.com/beta_dog/

Protection Against A Con Artist

A con artist is a clever actor who disarms his victims with an affable 'nice guy' approach. Behind the friendly exterior lurks a shrewd psychologist who can isolate potential victims and break down their resistance to his proposals.

To protect yourself against the con artist, be suspicious about extraordinary promises of big or unusual monetary returns, or a "bargain" no one else can match. Always investigate before investing money or signing a contract. Don't discuss your personal finances or give cash to strangers.

The list of fraudulent schemes is endless, but there are things you can do to avoid becoming a victim. For example, when being solicited by anyone, become more cautious when you hear phrases like cash only, secret plan, or last chance.

For more details on types of fraud schemes and how to avoid them, visit the Downey, CA Police Department web site at

<http://www.downeypd.org/cons.htm>

Grandparents Can Help Prevent Poisonings

How grandparents handle and store their prescription medications can save a child's life. Long overlooked as a major link in preventing childhood poisonings, poison hotline callers are frequently reporting that children have taken their grandparent's medication.

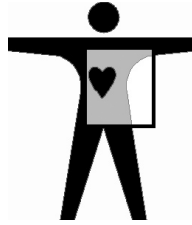
The medications that are most often involved in deaths due to poisoning from medicine are sleeping aids, antidepressants, cardiac medication and pain killers.

By following a few guidelines, grandparents can prevent the possibility of a child being poisoned from medications.

- Don't abandon child proofing practices because your own children are grown.
- Ask for child-safety caps on all medications
- Don't leave prescriptions in purses or luggage where children can get at them.
- Don't store medication in bowls or other dishes where they might be mistaken as candy.



Heart Attack Warning Signs



Some heart attacks are sudden and intense – the “movie heart attack” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- ◆ **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ◆ **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ◆ **Shortness of breath.** This feeling often comes

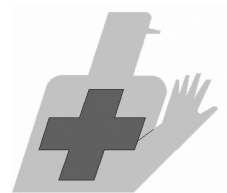
along with chest discomfort. But it can occur before the chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or light-headedness.

If you or someone you’re with has chest discomfort, especially with one or more of the other signs, don’t wait longer than a few minutes (no more than 5) before calling for help. Call 9-1-1 and Get to a hospital right away.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. You’ll get treated faster in the hospital if you come by ambulance too.

If you can’t reach EMS, have someone drive you to the hospital right away. If you’re the one having symptoms, don’t drive yourself, unless you have absolutely no other option.



NEWS YOU NEED TO KNOW...

- **Clients ...** Don’t forget to use the “Gift Certificate” we gave you with our Holiday card. You’ll get 10% off your next purchase of any product that we carry (up to 6/30/04). If you misplaced your Gift Certificate, call us at 518-523-1600 (or stop by Mon. - Fri. 8:30 AM - 4:30 PM).
- **Clients ...** It’s hard to believe it’s Spring already! Don’t forget to let us know if and when you’re leaving/returning to the area this Spring so we can schedule arrange to service your system for the upcoming Summer. Call us at 518-523-1600 (or stop by Mon. - Fri. 8:30 AM - 4:30 PM) to make arrangements.
- **Thanks for over 21 Years of Business ... since 1982 !** We couldn’t have done it without you! To show our appreciation, you can still receive 21% (up to \$ 500.) off any new security system (or on any upgrades or additions to your existing system) anytime up to 7/30/04, just for mentioning this ad! Call or see us for details.
- **COMSEC is now part of the Security Associates (SAI) National Dealer Advisory Council!** COMSEC’S President, Bill Borland, has recently been appointed to our central station’s National Dealer Advisory Council, representing all of the security dealers that utilize their service in the Northeastern US. “It is a great honor for both myself and COMSEC to be appointed to this council and I’m looking forward to helping SAI continue to serve its clients with superior service now and in the future,” Mr. Borland said. As you may know, SAI monitoring operations are now consolidated into two fully redundant, technically advanced “host” centers in Arlington Heights, Illinois and Pompano Beach, Florida. Today, over 3000 alarm companies call it “home” for their central monitoring!

Well, that’s about it for this issue. We would like to hear from our readers - comments, suggestions, criticisms, whatever. We want to reflect the feelings of not only our Company, but of our clients and friends as well.

Send your comments, letters and suggestions to us at: 43 Saranac Avenue, Lake Placid, New York 12946

OR call us at 518-523-1600 (8:30 AM-4:30PM Weekdays). Thank You!