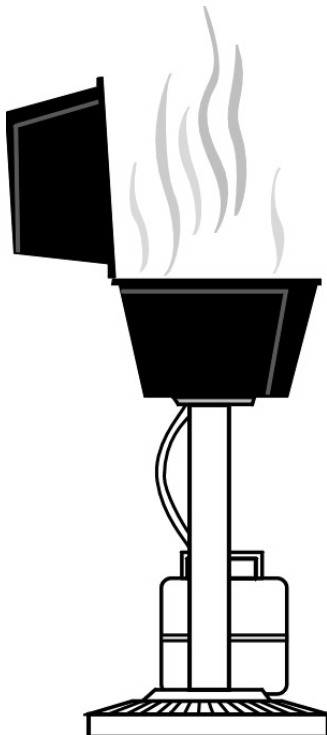


Cooking Outdoors: Barbecue Safety

One of the great pleasures of summer is eating and cooking outdoors with family and friends. The popularity of this activity is evident from the great number of outdoor grills or barbecues being sold each year.

Such grills can be fun to cook on but they can also be dangerous. Here are some suggestions to enjoy outdoor eating in safety:

- **Never** use charcoal barbecues in an enclosed space. Combustion of charcoal emits carbon monoxide gas, which - even in small quantities - can cause injury or death.
- Don't be tempted on a rainy day to use outdoor cooking equipment inside, not even in a garage or on a porch or balcony.



- Once a fire has started, **never** add starter fluid. Fire may follow the stream of fluid back to the container, causing an explosion and scattering flaming liquid.
- Use great caution in disposing of ashes. Ashes may contain live coals, which can start a fire if not disposed of properly. The safest method is to wet the ashes thoroughly with water before emptying the barbecue.

Water Safety Tips for Kids



If you and your children will be vacationing near lakes, rivers or the ocean, here are some swimming tips for kids that will keep them safe and secure:

- Wear a life jacket.
- Learn to swim. Ask your parents for swimming lessons.
- Never go near the water without your parents or someone else who can swim.
- Always swim in a safe area, a place that was made for swimming.
- Never dive into any lake or river. Tree stumps, rocks and floating logs can cause serious injury or death.
- Don't push or jump on others.
- Never pretend you are drowning.

What you can do to prevent drownings:

- **Don't leave children unattended – even for a few seconds – near a wading or swimming pool.**
- **Put up 4-sided child proof fencing around the pool area and keep gates locked when not in use.**
- **Have life preservers or personal flotation devices nearby in case of emergency.**

Child Abuse: Dealing with Anger

When you feel you are “losing it” and are reaching your boiling point try some of these techniques suggested by the National Committee to Prevent Child Abuse:

- Put your hands over your mouth and count to 10. Or 20, if necessary.
- Stop in your tracks. Press your lips together and breathe deeply.
- Phone a friend and tell your friend how upset you are.
- Recite the alphabet, or a poem you have committed to memory.
- If someone can watch the children, take a short walk. Smell the flowers. Cool off.
- Take a warm bath, or splash cold water on your face.
- Pick up a pencil and record your thought. “I am very, very angry!” “I am just about at the end of my rope!” “I am glad I’m getting this anger out of my system, or Lord knows what I might do.”

Do whatever works for you. Just remember that words can cut like a knife and deeply hurt a child.

Safe and Secure While Camping

As beautiful and fascinating as the great outdoors can be, too many people forget that there are dangers.

Following some simple rules and going by plain old common sense can keep you safe and secure as you enjoy getting away and back into nature.

Never take chances. Avoid paths above sheer drops, especially if the rock is crumbly. Keep a watch also for rocks falling from above.

Don’t attempt to wade into deep, fast-moving streams without a safety line. A stream bed may look shallow where you are trying to cross. Just a few yards down the stream could lurk at least one dead tree, well hidden by the foaming water. If you are swept off your feet, you could become entangled and drown.

Avoid wild animals. Squirrels and chipmunks may look cute, but their front teeth are made for cracking nuts. A fawn who has wandered away from its mother may be tame, but its mother is not.

Watch out for snakes. If you spot one, freeze. Don’t make any threatening moves and it will prob-

HOTEL TIPS

Place a flashlight next to your bed. It’s much too dangerous to be stumbling around in a dark hotel in the middle of the night if the electricity goes out. Also, if you have to evacuate in the event of a fire, the flashlight will help guide you down a smoke filled hallway.

Remember, if there is a fire or other such emergency, you are pretty much on your own to evacuate yourself, especially at night. What you learn in the few minutes it takes you to orient yourself to your room and the surrounding areas could mean the difference between life and death.

If possible, select a hotel that has installed modern electronic guest room locks. The majority of these locks automatically change the lock combination with every new guest so there is little chance of someone having a duplicate key to your room. If you lose or misplace your key, ask to have your room re-keyed immediately.

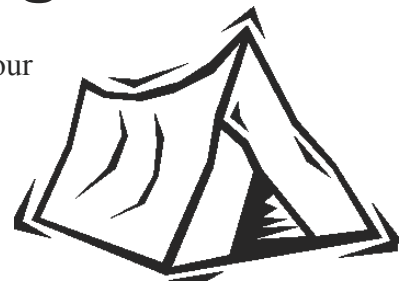
ably wriggle away.

Never leave food in your tent at night if there are bears in the area. You and the tent will just be obstacles to a bear that smells food.

Even on short trips, bring tools, water, food and emergency items. Make sure you have a good map and a compass.

Always let someone know where you are going and when you expect to return.

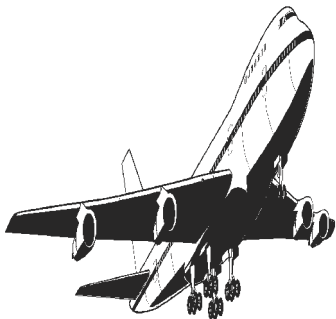
And remember, wild animals aren’t the only hazards you might encounter. Every year there are many reports of rapes, assaults, robberies and other crimes in isolated camping areas. You can best protect yourself by checking in with ranger stations or park police and by camping at sites they suggest. Take time to find out how to reach help on foot. If you are threatened and your car is nearby, your horn will carry a long distance in the still mountain air.



Car Rental Security

- If renting a car, pick a car you are familiar with. If not, take time to see where the lights, brakes, turn signals, windshield wipers, and spare tire are and how they work ... **BEFORE YOU DRIVE AWAY!**
- Don't rent a car at night. Stay in the hotel and rent it in the morning.
- Always lock your car when entering or leaving it.
- Park in well-lit, busy areas and check the vehicle's interior and surrounding area before getting back into it.
- Carry wallets, checkbooks, and purses with you. Always lock valuables out of sight.
- Place maps and travel brochures in the glove compartment. Do not advertise that you are a tourist.
- If lost, drive to a public place and check the map. Don't stop along a street or the highway.

DON'T DRINK & DRIVE!



If you are traveling by plane, don't pack your luggage so it's bulging at the seams. Make sure that you lock it. Over packed bags may pop open if they are dropped. Even locked bags can be broken into so keep your valuables with you on carry-on luggage. Keep it in sight at all times.

If you have a number of packages or pieces of carry-on luggage and you have a long layover in an

airline terminal, use one of the coin-operated lockers preferably near your departure gate. Once you are ready to get on board and you have retrieved all your packages, be extremely careful about accepting assistance from anyone other than air carrier personnel or skycaps.

Always safeguard your airline tickets. Unused tickets are redeemable for cash, but many thieves steal and then resell valid

tickets. Some thieves have been known to approach passengers in waiting areas and ask to see their tickets. They then take the valid tickets from the passengers' flight coupon books and then hand them boarding passes picked out of the trash container.

Find out what the taxi fares are from the airport to your destination in advance. Unscrupulous drivers will often overcharge an uninformed visitor.

Your garage and its possessions are part of your home too. Keeping it locked is just as important as keeping your home locked, especially if the garage is attached to your home.



Tips for Bicycle Safety

- Protect your head. Wear a helmet.
- See and be seen.
- Avoid biking at night.
- Stay alert. Always keep a lookout for obstacles in your path.
- Go with the flow. Keep to the *right*.
- Check for traffic. Always be aware of the traffic around you.
- Learn the rules of the road. Obey traffic laws.
- Make sure your bicycle is adjusted properly.
- Always check your brakes before riding.
- Make sure the wheels are securely fastened.



Home Security During Your Vacation

- Arrange for a friend or neighbor to bring in your mail and newspapers. If this isn't possible, cancel the deliveries until you return.
- If you have a second car, arrange for it to be occasionally moved.
- Arrange to have your dog fed, watered and walked at home rather than at a kennel.
- Make sure your property will be kept up. Arrange to have your lawn cut or snow shoveled as needed (depending on the season) while you are away.
- Have your garbage put out for pickup as usual.
- Notify police and provide them with the names of neighbors or house sitters who will be helping out and any others who have a set of your keys.
- Install timing devices that will automatically turn lights on and off after dark.
- Be discreet about your travel plans. Don't leave notes on your door announcing your absence and don't have your answering machine say that you will be out of town.
- Leave blinds and drapes in positions that they would normally be in if you were home. Have a friend or neighbor stop by from time to time to adjust them.
- Don't pack your car the night before. Load it quickly in the morning right before you leave.
- Make sure the alarm is set before you leave and that all the doors and windows are locked.
- Teach any neighbor or house sitter who will be helping out, how to use the alarm system.
- Notify us of your plans and have your alarm system checked before you leave.

NEWS YOU NEED TO KNOW...

- **Clients ... It's hard to believe it's Summer already!** Don't forget to let us know if and when you're leaving the area this coming Fall so we can schedule arrange to service your system for the upcoming winter. You may also want to consider additional fire and/or low temperature detection in case you plan to keep the heat and/or electricity on while you're away. Call us at 518-523-1600 (or stop by Mon. - Fri. 8:30 AM - 4:30 PM) to make arrangements.
- **Thanks for over 22 Years of Business ...since 1982!** We couldn't have done it without You! To show our appreciation, you can receive 22% (up to \$500) off any new security system (or on any upgrades or additions to your existing system) anytime up to 10/31/04, just for mentioning this ad! Call or see us for details.
- **Thanks for voting us #1 again (for the 6th year in a row!)** As some of you may know, we were awarded the Adirondack Daily Enterprise/Lake Placid News 'Best of Mountains/Reader's Choice' award for "Best Security Systems Service" for 2003. This makes it our fifth year in a row that we have received this distinction & want to thank each & every one of you who voted for us...it's an honor to serve you and we're proud of our accomplishment!
- **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 it's client's 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!