

For Parents of Teens Attending a Party

Know where your teenagers will be:

Get the address and phone number of the people who are throwing the party and you expect a phone call if the location has changed.

Contact the parents of the teenager giving the party to:

- Verify the occasion and make sure a parent will be present.
- Offer assistance.
- Be sure that alcohol and drugs will not be permitted.

Know how your teen will get to and from the party, and be available to provide transportation if necessary.

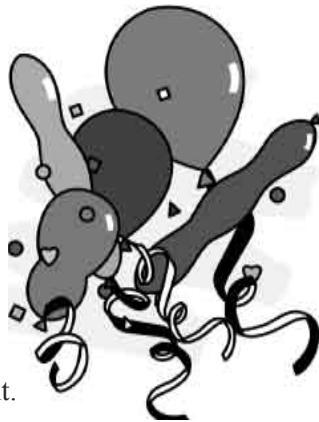
Urge your teenager to NEVER ride home with a driver who has been drinking.

Set the time teenagers are expected to return home.

Be awake or have them wake you up when they get home.

If your teenager stays overnight after the party, check with the friend's parents to make sure that:

- They want your teen to stay over and they'll be home.
- You avoid spontaneous "sleep overs" when possible.
- You and your teen call the next day to thank them for their hospitality.



Safety First When Buying Toys for the Holidays

The U.S. Consumer Product Safety Commission (CPSC) warns gift-givers to keep safety in mind when choosing toys for young children. It's important for parents and caregivers to take the time to read age-appropriate labels when choosing toys. This information can save a child's life.



The CPSC requires labels to be on all toys marketed for children from 3 years old to under 6 years old if the toys pose a choking hazard to children under age 3. These labels tell consumers that a toy is not safe for younger children and why it is not safe.

The following tips will help consumers choose appropriate toys at the holiday season and all year round:

- Select toys to suit the age, abilities, skill, and interest level of the intended child. Toys that are too advanced may pose safety hazards to younger children.
- For infants, toddlers, and all children who still put objects in their mouths, avoid toys with small parts which could pose a fatal choking hazard.
- For all children under 8 years old, avoid toys that have sharp edges and points.
- Do not purchase electric toys with heating elements for children under age 8.
- Be a label reader. Look for labels that give age recommendations and use that information as a guide.
- Look for sturdy construction, such as tightly secured eyes on dolls or stuffed animals and other potentially dangerous small parts.
- Check instructions for clarity. They should be clear to you, and when appropriate, to the child.

DON'T DRINK & DRIVE!

Make Sure Your Kids Don't Forget



- How to call 911 or “0” in emergencies, and how to use a public phone. Help them practice making emergency phone calls. Be sure emergency numbers — police, fire and emergency medical — are all by the phone.
- Their full name, address and phone number (including the area code), plus your work phone number. If you have a cellular phone and/or a beeper, teach your children these numbers as well.
- To walk and play with friends – not to be alone.
- To refuse rides or gifts from anyone, unless it's someone both you and your children know and trust.
- To stay alert to what is going on around them.
- To tell a trusted adult immediately if anyone, no matter who, touches them in any way that makes them feel uncomfortable.

Safe on the Stairways

- Have light switches at the top and bottom of all stairs and make sure the entire stairway is well lit.
- Make sure railings are sturdy with no missing posts and that they extend all the way along the stairs.
- Securely anchor the carpet on the stairs and remove any toys or other clutter.
- Check wooden steps and railings on porches and decks regularly for rotten timbers and loose boards.



School Policy Safety

It is always a good idea to check with your children's school about their policies concerning absences and the release of your children to anyone other than you. Be sure the school will not accept phone calls stating that the children will be picked up by someone other than their parents, and that the school will notify you if your child is not in class.



Be careful of public restrooms. When you first go in, look around. If you see a suspicious person who looks out of place or is behaving in a strange or threatening way, leave and come back later or find a more protected facility.

Use the same kind of safe and secure type of thinking when entering an elevator.

Safe & Secure at the ATM

- Don't follow a pattern of regularly using the same ATM at the same time each day.
- Don't approach an ATM holding your transaction card in your hand. Keep it hidden.
- Look around carefully.
- If the lights are out on an ATM at night, go to another location.
- Take another person with at night.
- Be alert. If something or someone makes you feel uneasy, don't withdraw cash. Cancel the transaction and leave.
- Use your body to shield the screen and keypad from view.
- Put withdrawn cash and your transaction card directly into your purse or wallet.
- Do not leave your transaction receipt in the trash bin at the ATM.
- Be cautious of anyone trying to stop you or ask you a question if you have just conducted an ATM transaction.
- If you are on foot and become uneasy, go directly from an ATM to an open store, restaurant or public place. If you drove, go straight from the ATM to your car after you finish your transaction. Make sure that no one is hiding or lurking around the car.



Domestic Violence: If You Are Abused, What Can You Do?

Domestic violence includes physical, emotional and sexual abuse, as well as the destruction of property and pets. Physical violence between spouses can include slapping, punching, kicking, pushing down a flight of stairs, twisting and breaking arms, scalding with hot liquids and irons, stabbings, and shootings. The violent person is solely responsible for his violent actions, regardless of any real or imagined causes. Using violence is a choice and there are alternatives to violence.

There are no easy answers, but there are things you can do to protect yourself.

- Call the police. Assault, even by family members, is a crime. The police often have information about shelters and other agencies that help victims of domestic violence.
- Leave, or have someone come stay with you. Go to a battered-woman's shelter. Call a crisis hotline or a health center in your community for help in locating a shelter. If you believe that you and your children are in danger, leave immediately.
- Get medical attention from your doctor or a hospital emergency room. Ask the staff to photograph your injuries and keep detailed records in case you decide to take legal action.

Don't Ignore the Problem

- Contact family court for information about an order of protection.

Candle Safety

- Always rest your candles on a fireproof surface, away from drafts.
- Never leave burning candles unattended.
- It is best not to keep candles lit for more than 4 hours at anytime.
- Before lighting, always trim the wick to 1/4 inch to prevent the candle from smoking. If you see the candle smoking or the flame grows too large during use, extinguish the candle, trim the wick, and re-light.
- If the flame grows too small during burning, carefully pour off the liquid wax.
- Keep candles out of reach of children and away from any flammable materials.



- Talk to someone. Part of the abuser's power comes from secrecy. Victims are often ashamed to let anyone know about intimate family problems. Go to a friend or neighbor, or call a domestic-violence hotline to talk to a counselor.
- Plan ahead and know what you will do if you are attacked again. If you decide to leave, choose a place to go, and set aside some money. Put important papers together—marriage license, birth certificates, check-books, savings account books, social security cards, insurance information—in a place where you can get them quickly.
- Try to plan for the future and set goals for yourself. Learn to think independently.

Safe on the Streets

- Be aware of who is near you and what is happening around you.
- Have your keys ready so you can unlock your car door or the door of your home quickly and get inside.
- Walk with an air of confidence and at a steady pace.
- If possible, don't walk alone after dark.
- Avoid public parks, parking lots, alleys and deserted areas.
- If a person follows you, change direction or run away.
- Don't carry a lot of money. If you must, don't keep it all in one place.
- Walk on the side of the street facing traffic.
- Don't walk at night near cars parked at the curb or close to doorways or shrubbery, which could conceal an attacker.
- If followed, don't run straight for home unless help is available.
- If you are suspicious of someone or think you are being followed, quicken or slow your pace, suddenly cross the street or stop in a store or public place.



Stay in your car or truck. You can become disoriented very quickly in wind-driven snow and cold.

Run the motor about 10 minutes per hour for heat.

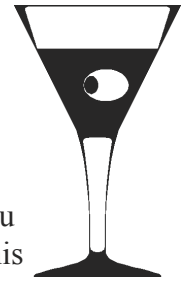
- Open the window a little for fresh air to avoid carbon monoxide poisoning.
- Make sure the exhaust pipe is not blocked.

Make yourself visible to rescuers:

- Turn on the dome light at night when running the engine.
- Tie a colored cloth (preferably red) to your antenna or door.
- Raise the hood indicating trouble after the snow stops falling.

Exercise from time to time by vigorously moving arms, legs, fingers and toes to keep blood circulating and to keep warm.

Signs of Alcohol and Drug Abuse On the Job



You are not helping a fellow employee who has a drug or alcohol problem if you ignore the problem, lie or cover up, do his or her job, or lend them money. Instead, help them to get help. Signs of abuse include:

- Frequent tardiness or absenteeism.
- Frequent complaints of not feeling well.
- Poor relationships with co-workers
- Uncharacteristic errors in judgement and poor concentration.
- Unusual flare-ups of temper.
- Deterioration of personal appearance and hygiene.
- Repeated or unusual accidents.
- Deteriorating job performance.
- Borrowing money from co-workers or frequently requesting advances on paychecks.
- Using a company credit card for personal business.

NEWS YOU NEED TO KNOW...

■ **Clients ... Don't forget to use the "Gift Certificate"** we recently 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 Winter already!** Don't forget to let us know if and when you're leaving the area this Winter so we can schedule arrange to service your system for the upcoming season. 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.

■ **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 2/28/04, just for mentioning this ad! Call or see us for details.

■ **Thanks for voting us #1 again (for the 5th 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!