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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Please Don't Call It Trivia ! Vol. #1

By John Bernhisel

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Please Don't Call it Trivia !!

For source information go to <http://www.bernhisel.com>

1. Halloween will next fall on a full moon in 2020.
2. The Great London Fire of 1666 destroyed over 13,000 homes and 87 churches and yet only six people are known to have died.
3. Author Ian Fleming named his most famous character after the renowned ornithologist James Bond.
4. The literacy rate among women in the war ravaged country of Somalia is only 26 percent.
5. A 170 pound man would have to run 2.5 miles to burn the 273 calories in one Snickers Bar.
6. The study of flags is called vexillology.
7. While running the bases for his 755 home runs, Hank Aaron ran 51.5 miles.
8. The 2004 Boston Marathon had 59 finishers that were over 70 years old!
9. The Colorado Rockies play home games at 5,280 feet Coors Field. The second highest ball park is in Phoenix where the diamondbacks play at only 1,090 ft.
10. Captain James Cook called what is now Tonga "The Friendly Islands".
11. The median value of a house in San Francisco is \$647,000.
12. Larry Page, the Billionaire co-founder of Google is only 31 years old.
13. Gold will turn to a gas at just over 5000 degrees F.
14. On July 22, 1964 the low temperature at the South Pole was negative 113°F.
15. The Tallest Building in Miami is 444 feet higher than the highest "mountain" in Florida.

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John M. Bernhisel is a teacher, librarian and entrepreneur and lives in Wyoming with his wife and four children. His claim to fame is that he has thrown up on four continents.

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10 Simple Things To Make Yourself A HARD TARGET

By William B. Doyle

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Recent events have shocked the world and left us feeling exposed and vulnerable. However, we can implement some simple techniques in our daily lives to make ourselves a "Hard Target" for terrorists (and criminals).

Terrorists = Criminals.

These easy steps will frustrate terrorists/criminals and make them seek other prey:

***** Keep a Low Profile *****

- Your dress, conduct and mannerisms should not attract attention.
- Make an effort to blend into the local environment. This is especially true when traveling.
- Avoid publicity and don't go out in large groups.
- Stay away from civil disturbances and demonstrations.

***** Be Unpredictable *****

- Vary your route to and from work and the time you leave and return home.
- Vary the way you dress.
- Don't exercise at the same time and place every day, never alone, on deserted streets, or country roads.
- Let people close to you know where you are going, what you'll be doing, and when you should be back.

***** Be Alert *****

- Watch for anything/anyone suspicious or out of place. This includes vehicles, delivery vans, etc. parked in your neighborhood.

- Don't give personal information over the telephone, via email, chat rooms, on your website, etc. Don't just throw away periodicals, billing statements, etc. that contain your name, address, account numbers, etc. – shred/destroy the address label or page where such information appears.
- If you think you are being followed, go to a pre-selected secure area (local police station, well lighted public place, etc.).
- Immediately report the incident to the local law enforcement agencies, or your local Embassy (if overseas). Try to note the make/model, color, license plate, driver & passengers, of the suspect vehicle (if you have a cell phone, you can be giving authorities a description while you are enroute to your pre-selected secure area).

This may be a smack of paranoia but those of us that have experience in law enforcement, physical security, anti-terrorism, etc. know that terrorists & criminals often seek out easier "soft targets" rather than the difficult "hard targets".

By implementing the above techniques and the 130+ other methods in my E-book "How To Make Yourself A HARD TARGET For Terrorists", you will significantly enhance you, your loved ones' and friends' safety.

For information on how to obtain your copy, go to:
<http://www.wbdoyle.com/hardtarg.html> ...

...or send a blank email to:
<mailto:hardtarg@wbdoyle.com> .

Be sure to keep an eye out for the "HARD TARGET" ebook series ("works-in-progress"):

- * HARD TARGET Vol 1
"How To Make Yourself A HARD TARGET For Terrorists!"
- * HARD TARGET Vol 2
"Your Guide To Terrorism"
- * HARD TARGET Vol 3
"Basic Terrorism 101"

* HARD TARGET Vol 4

"How To Increase Your TERRORISM AWARENESS"

* HARD TARGET Vol 5

"Terrorist Incidents 19XX – 2001"

* HARD TARGET Vol 6

"How To PROTECT YOURSELF From Terrorists"

* HARD TARGET Vol 7

"How To DETECT Terrorist/Criminal SURVEILLANCE"

* HARD TARGET Vol 8

"How To Survive As A TERRORIST HOSTAGE"

William B. Doyle served over 20 years in the U.S.Navy and trained over 1000 military personnel, familymembers & DOD civilians as an Anti-Terrorism Training Officer. He also has experience as a Naval Law Enforce-ment, Physical Security and Force Protection Officer.



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