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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!

Recommended Carjacking Precautions

By Bill Wallmuller

The carjacking of parked vehicles or those on the road which come to a stop depends on the car owner being inattentive to their surroundings. Carjackers, like street robbers, prefer the element of surprise. Most victims say they never saw the carjacker until they appeared at their car door.

There are some recommendations to reduce your risk of being carjacked; we have listed some of those common sense recommendations below:

- Always park in well-lighted areas, if you plan to arrive/leave after dark.
- Don't park in isolated or visually obstructed areas near walls or heavy foliage.
- Use valet parking or an attended garage, especially if you're a woman driving alone.
- As you walk to your car be alert to suspicious persons sitting in cars.
- Ask for a security escort if you are alone at a shopping center. Do not be too shy to make the request.
- Watch out for young males loitering in the area (handing out flyers, etc.)
- If someone tries to approach, change direction or run to a busy store.
- Follow your instincts if they tell you to walk/run away to a busy place.
- As you approach your vehicle, look under, around, and inside your car.
- If safe, open the door, enter quickly, and lock the doors.
- Don't be a target by turning your back while loading packages into the car.

Recommended Carjacking Precautions

- Make it your habit to always start your car and drive away immediately. Don't hang a round using your cell phone etc, leave as soon as you get into your car.
- Teach and practice with your children to enter and exit the car quickly.
- In the city, always drive with your car doors locked and windows rolled up.
- When stopped in traffic leave enough room to maneuver and escape if necessary.
- If you are bumped in traffic, by young males, be suspicious of the accident.
- Wave to follow, and drive to a gas station or busy place before getting out.
- If you are ever confronted by an armed carjacker don't resist.
- Give up your keys or money if demanded without resistance.
- Don't argue, fight or chase the robber. You can be seriously injured.
- Never agree to be kidnapped. Drop the cars keys and run and scream for help.
- If you are forced to drive, consider crashing your car near a busy intersection so bystanders can come to your aid and call the police.
- Call the police immediately to report the crime and provide detailed information.

Do these recommendations sound too hard to put into effect everyday? You are correct if you answer "no". The alternative could be both dangerous and costly. Take action today.

Bill Wallmuller, the founder of Merokee Enterprises, is pleased to be involved in the "war on crime". You can visit the defense product Website at:

<http://www.personal-defense-technology.com>

Tips For Removing Asbestos Vinyl Tiles

By Kirsten Hawkins

Asbestos vinyl tiles are mostly used for flooring in the homes. However, with the growing awareness about the harmful effects of asbestos, people are removing the asbestos vinyl tiles from their homes and other buildings. You can either hire a professional company for removing the asbestos tiles or do it yourself with the help of some simple tips mentioned herein. However, you have to follow certain safety precautions to avoid asbestos exposure to you and your family during and after the removal process.

Recommended Carjacking Precautions

Precautions for removing asbestos vinyl tiles are necessary because exposure to Asbestos dust is dangerous. Asbestos is a natural fibrous mineral and can break into tiny light particles polluting the air especially when it is dry. Hence care should be taken for the proper removal of tiles from the floors. Exposure to asbestos is known to cause serious diseases such as asbestosis, respiratory problems and some types of cancers.

Removal of asbestos vinyl tiles is easier and safer than the sheeting. Tiles are safer to remove than the sheeting because the asbestos is embedded and held together by a vinyl resin in tiles.

Safety Precautions for Removing Asbestos Vinyl Tiles:

- Keep all the tools and protective clothing in the room before starting the removal procedure.
- Take precautions not to break the tiles while removing
- Use warm water to soften the adhesive and to prevent asbestos particles from floating in the air
- Never sand the tiles or the glue because sanding may release dangerous quantities of asbestos dust into the air.
- The safe way to remove the asbestos vinyl tiles and the glue is to wet them with warm water and popping them up with a floor scraper.
- If the tiles are glued to a layer of underlayment, you can remove large sections of the tiles and underlayment to reduce the amount of asbestos released in the air.
- Specialists in asbestos abatement opine that it is much safer to remove large chunks of floor than smaller pieces.
- Keep wetting the removed material with water to prevent release of asbestos fibers.
- Store and seal all the removed material in containers and seal them with duct tapes.
- Clean the floor and surrounding surface with water.
- Dispose of the protective clothing and removed material in containers with adequate asbestos labeling.
- Consult the landfill personnel before disposing of the asbestos containing materials.

Kirsten Hawkins is a asbestos and mesothelioma specialist from Nashville, TN. Visit

<http://www.asbestosblog.org/>

for information on asbestos reform, mesothelioma lawsuit news, and

more.

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