

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Shopping is Great ... Just Don't be Bait ...**

**By Michelle Annese**

**Shopping is Great ... Just Don't be Bait ...**

by: **Michelle Annese**

It's dark out. It's late. You've closed down the mall with your bags and packages in hand. You did so good finding the terrific deals and gifts for your family and friends. And with the kids not around, you were able to accomplish so much. As your running the mental gift list in your head, you're not aware that you didn't park under any lights ... Or who parked next to you. Fumbling with the shopping bags, half-way through the lot, you start searching for your keys, you hear your cell phone go off... And then ... without warning someone approaches you ...

Are you at risk? What makes a woman a perfect target? Here are 7 top tactics and weaknesses criminals who were interviewed say they look for to take advantage of you. They aren't just for the busy holiday season either. It's all year round. Don't fall for them anytime and you can protect yourself from becoming one of the New Year's next statistics.

1. Coming up to my vehicle, did I look around – aware of who is near it? Am I walking my packages in a cart or carrying them in my hand?

Criminals interviewed say they want to attack the woman who is walking alone and not aware of her surroundings. Always put shopping bags in a cart. This allows you ample time to react if someone approaches you. If you're carrying bags, this renders your hands useless to protect yourself and gives a criminal a bonus. Remember... the buddy system. Late night shopping always needs to be a 'girl's night out' affair.

2. Are my keys already in my hand before leaving the store?

Again, awareness plays a huge part. Also, with a key in hand, it can be a terrific weapon if you're suddenly grabbed.

## Shopping is Great ... Just Don't be Bait ...

3. Am I talking on the cell phone ... fixing my hair... counting my change... writing in the checkbook... and not paying attention?

Paying attention is the key. Take care of all that `stuff' in the store. NOT in the parking lot, or outside of the vehicle.

4. Is there anyone loitering around my vehicle... if so... are they suspicious enough to making me go back into the store?

Don't think your being silly. NO SUCH THING. Especially when your safety is on the line. If you're not comfortable with walking to your car, ask security to accompany you or if there isn't security available, a store manager will do it - it is their job. That's what they are getting paid to do.

5. Is my vehicle in a well-lit area? Is it easily visible to passer-bys? If I can't see my car really well, who can?

Criminals say they do not want to be noticed, recognized, or slowed down in any way. If you're not easily seen by others at a mall or store, that makes you a perfect target for a criminal.

6. If I have automatic keyless entry, did I hit the unlock button twice ... making it easy for someone to get into my passenger side door?

Get into the habit of opening just your driver's side door. New technology is wonderful when you're with others, loading packages, during the day. But, at night when your field of vision is limited, don't take any chances. Criminals are hoping that you'll make their job easier for them.

7. If I am approached by someone - no matter how much help I need, it's OK to turn them down.

Remember, criminals will do and say anything they can to gain your trust. DON'T FALL FOR IT!!! If a stranger wants to help you with your bags, tell them no, thank you. If they still insist, tell them no again. Criminal interviews revealed that they will try to play on a victim's heartstrings to get access to the vehicle, a purse, or for the vehicle keys - and move-in for the attack when trust is gained and it's least expected.

Want more? To keep up to date with criminal tactics and learn some of the best self-defense tips available, go to

for more ways to protect yourself and what we need to teach

our mothers and daughters about safety.

Michelle Annese is a third degree black belt with 15 years experience in the martial arts and has exclusive training with law enforcement and security experts. She is co-owner of AmeriQuest Martial Arts in Waynesboro, VA - USA. Ms. Annese is the author of 'The Realtor Survival Guide' and has programs and seminars available around the country for women and children self-defense. For more

safety information go to

. You can also send your security and self-defense

questions to her at [safetyquest@adelphia.net](mailto:safetyquest@adelphia.net)

Michelle Annese  
SafetyQuest LLC  
1160 Ohio St.  
Waynesboro, VA 22980

Articles available for reprint in its entirety with urls intact.

## **Become An Expert Carp Fish Fisherman**

**By Areeb Khatib**

Carp fishing is both dreadful and irritating. The carp are smart enough to reject food that they don't trust. The feeling of watching the entire action, that gets over with the blink of an eye is great. It's awesome when the reel is trembling noisily as you hang for dear life.

To keep the carp on the surface is easy. You just have to keep supplying the pellets, biscuits, chickpeas, bread and re-hydrated corn by attaching them to the hooks. Carp prefer bread. You can also use biscuits but soften them by dipping in water for around 2 minutes. Then for an hour, keep them in sealed sandwich bag. To find out which biscuit would be firm enough to cast, test different brands. Super gluing the pellet into the shank is another way to hook baits.

Let them be at ease, around the bait as they start feeding. This is an ideal situation for the fisherman as the carp stop being suspicious. For zig rigs too, this tactic is applicable. Once carp are feeding, drop the bait but not directly on them. Drop the bait away from the feeding area, and then slowly bring it closer. Keep on supplying food while the bait is hanging so the carp remain in the same position.

Tips to start

·For success use hair rig. Use food items that carp like. They will not come near if the food is not to their liking. ·Spider Line, 50 lbs test, can also be used. After that a leader material that fits the situation can be tried. ·Hook the hair loop but before that thread the bait on the baiting needle. To enhance the attractiveness of the bait, use foam dipped in a flavor. ·By straightening a long shank hook, make a baiting needle. First slide the bait on the shank and then onto the hair. Slide the bait using a needle. ·It is favorable to use a float as this helps in further distancing and easy identification of the location. ·The controller float rig is important. To the mainline of at least 3 feet length with a 10 lbs Drennan double strength, a leader can be attached with the help of a swivel. A low diameter mono will do if it is properly visible while it floats.

In the words of experts, the method in which the bait is introduced is what helps in catching the carp

## Shopping is Great ... Just Don't be Bait ...

rather than the bait itself. If food is positioned in one place for a few days before the bait, the carp can be fooled. They will stop being suspicious. Their numbers will multiply too. So to be successful, try to be patient.

Areeb Khatib is involved with an online fishing project that informs and educates the fishing enthusiast through well-written articles. Discover how to get better at Fishing – Bass, Saltwater, Trout, Fly Fishing, & More:

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**

**Impair Healthy Healing In People Over The Age Of 30!**

