Visit the **Lone Star College-Kingwood Women’s Center** in SCC 201, a place where women can find connections, resources, a room for nursing moms, mentoring and two computers for your use!! **Our hours are 8:30 a.m. to 4:30 p.m., Monday, Tuesday and Wednesday, 281-318-4332.** You may also contact the director to receive your monthly newsletter by email or for additional information about the Women’s Center. Diane.K.Blanco@Lonestar.edu.

**The Women’s Self-Defense Class** has been a great experience demonstrating simple ways we can protect ourselves, if we ever have the need. We will continue to offer these classes periodically all year. Watch for new dates!

### Safety Tips Everyone Should Practice!

It is not enough for you to just practice personal self-defense, you must also be aware of your environmental defense.

1. **Your home—**
   a. If you have a home security system, use it every day, even if you are just gone for an hour. Burglars do not always strike at night or on weekends.
   b. Trim large shrubs which may provide cover for someone who could hide there. Also trim branches that hang over your home and provide access to the 2nd story.
   c. Be sure you have a peep hole in your front door that is low enough for everyone in the family to use.
   d. If you are out or on vacation, use timers to activate at least one light inside that can be seen from the front of the house.
   e. Motion detector lights are excellent for your home’s exterior and now come in solar forms.
   f. Never, ever post on any social media that you are away from home. Save your cute photos for your return. Not everyone who might be reading your Facebook is an upstanding citizen.
   g. Alert your neighbors of your absence and always leave them a cell phone number where you can be reached in an emergency.
   h. Cancel newspaper delivery, have a nice neighbor pick up your mail and keep an eye out for anything unusual like a moving van or U-Haul at your home.
   i. Replace any exterior doors which have glass panes or secure them better with keyed dead bolts. Thieves can simply break the glass and reach inside and unlock.
   j. Pet doors, if they are large, can provide easy access for small crooks.
Examine the exterior of your home as if you were a thief looking for a way in. Torn screens, ladders left outside or tools can provide a way in. Be sure all tool sheds are locked and secure.

No matter how innocent a person looks who comes to your door selling magazines or needs to use a phone, etc., do not admit them. Speak to them through the door and offer to make a call for them. If they are a solicitor, let them know that solicitation in your neighborhood is illegal, and you are going to report them if they don’t leave. Every member of your family needs this information.

Young children should never answer the door or let anyone know they are home alone. Rehearsals are also good for children to practice what to do if approached by a stranger, lost, etc. Role playing is more likely to be effective than just a lecture.

Mace is a very effective weapon for self-protection, if you have practiced using it and know how to quickly activate it.

**Color Codes of Alertness**

1. **White Zone**: You are relaxed, unaware and unprepared. Your only chance at defense is if your attacker is inept. Walking while texting or talking on the phone is a perfect example.
2. **Yellow Zone**: You are relaxed but alert. You use your eyes and ears to monitor all around you. You move with confidence.
3. **Orange Zone**: You are alerted by something. The person walking toward you doesn’t look right. You want to remain in a high state of alertness until whatever has made you uncomfortable is gone or you have moved to a safer area.
4. **Red Zone**: It’s on!! You are looking for an avenue of escape. You are grabbing a potential weapon from your purse or your surrounds. You know where your cell phone is. You know what to do. If you need the police/assistance, you always need to know your exact location. Be alert to where you are at all times, even in the white zone. So when you make that 911 call, you can name the street and the intersection.


**HSPHES Health Services for our community**

In August, we anticipate that Harris County Public Health & Environmental Services will be on campus with their mobile clinic to provide some services and testing to our college community—students, faculty and staff. Their services are very low cost or free in some cases but in order to have them here, we need to know how many people are interested in this service, which will include STI/HIV and other screenings and pregnancy prevention. Please email me if you are interested in signing up for any health or wellness exam/service at Diane.K.Blanco@Lonestar.edu. If you prefer to go to one of their clinics, call for an appointment 713-212-6800. Humble Health Clinic, 1730 Humble Place Dr., M-F, 8-5.