

**LIFE SAVING
ADVICE**



Other books by Gloria G. Lee:

Be Not Defeated in Hard times
Know Your Enemy
The Trial Of The Mind
It is Time You Start Walking With God
If You Believe In God You Do Not Belong In Prison
Light A Candle in My Name
God's Encouraging Words To Heal Your Mind, Soul and Body
You Are The Prophet of Your Life
The Devil's Cauldron
Murdered Voices
The Wall

Edited: Jonathan Lee-Ames Hop, M.A. author – teacher

Do This In Remembrance of Me. 2002117872

Volume One The Deadliest Moment - Part One and Two
Volume Two Murder in the Family - Part One and Two
Volume Three The Career Rapist - Part One and Two
Volume Four The Recidivist - Part One and Two
Volume Five The Ultimate Punishment
Volume SixAnd Suddenly
Volume Seven The Silent Killer

Touch By The Light Publishing

Trademarks

All terms mentioned in this book that are known to be trademarks or service marks have been appropriately capitalized. Publisher's Page cannot attest to the accuracy of this information. Use of a term in this book should not be regarded as affecting the validity of any trademark or service mark.

PRINTED IN THE UNITED STATES

It is not light that we need, but fire; It is not the gentle shower, but thunder.

Since thieves, murderers, and rapists cannot be identified by their appearance women need some other means to help them identify these men less they destroy lives. We wrote Life Saving Advice to give women some of their characteristics: such as the man who stands outside the apartment complex smoking. You think his wife or girlfriend ordered him to smoke outside. Actually he is on a reconnaissance mission. He is watching when you come and go. When the lights come on or go off in your apartment and what rooms the lights are in. He is watching what car you regularly drive. This is how Dawn Bruce, 22, of Richmond, Virginia was killed by her neighbor, Mr. Robert Douglas Knight. Mr. Knight was sentenced to four life terms yet in 1994 he was eligible for parole if he served 26 years in prison, which means in 2020 a man who raped, sodomized and stabbed a woman in the heart while she was sleeping will be set free. The women in this country need to be terrified that this man is getting out. Never assume a man is not watching.

An Explanatory Note To The Reader

This book contains extremely sensitive information; our apologies and condolences to the reader if this information is regarding a relative, love one and or friend. Although this book contains in certain areas explicit descriptions of violence, extreme care was taken to allow the victims as much dignity as possible. As you read you will realize these descriptions were made to expand our understanding of violence and to prevent violence against women and children and violence in our communities.

This book was written to be purchased and read by adult men and women. If you are a young adult, a person who is not eligible to vote in his or her state, we suggest you read this book with your parent's permission and supervision. The information discussed is not pornographic it is historical, but it is a subject young adults should discuss with their parents or a responsible adult.

Copyright ©2016 Gloria G. Lee
Revised First Edition First Printing – January 2018

It is not light that we need, but fire; It is not the gentle shower, but thunder.

Thinking is The Issue.

Your life is the result of the decisions that you make during your lifetime. If you make logical unemotional decisions your life will reflect these choices. If you make illogical and emotional decisions your life will reflect those results. Proverbs 14:20 a calm undisturbed mind is life and health of the body.

When You Think and How Often You Think Determines the Quality of Life. If your thinking is defective, so is your life. You Must Let Others Change As You Must Let Yourself Change. Tradition can be deadly for yourself and your child.

Avoided, resting your thoughts on the emotion of fear.

Negative Emotions

Envy

Anger

Jealousy

Suspicion

Doubt and Indecision

Do not allow your thoughts to rest on Fear

Romans 8:15-16 For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." 16The Spirit himself testifies with our spirit that we are God's children.

2 Timothy 1:7 "God has not given us a spirit of fear, but of power, love, and a sound mind

It is not light that we need, but fire; It is not the gentle shower, but thunder.

FEAR COMES FROM THE DARKNESS NOT THE LORD - FEAR
ENTERS YOUR LIFE WHEN YOU DOUBT YOUR ABILITY AND
FAIL TO BELIEVE – FEAR IS TORMENTING

An opinion is the worse form of communication and is actually another example of fear and stupidity. Opinionated people miss out on life because they assume when people speak, they speak based on an opinion, when actually intelligent people speak based on fact. No one likes speaking to a person who conversation is fear laden.

As you read this book we want you to remember these words Thinking is the issue. You need to give the information we are sharing some serious thought. This is not a book to be goggled down like a chocolate bar. This is a book you need to consume slowly with great deal of contemplation.

Content

Partner Abuse

Life Saving Advice One

A woman must not depend upon the protection of man

Life Saving Advice Two

If You Are Not Ready To Die

Life Saving Advice Three

You Cannot Tell a Rapist by His Appearance

Life Saving Advice Four

Every time you look into the face of a man you have a 100% chance of looking into the face of a rapist.

Life Saving Advice Five

Has anyone ever told you that you talk too much?

Life Saving Advice Six

“Oh, battered women are safe, all they have to do is leave.

Life Saving Advice Seven

Life Saving Advice For The Male

The Escape Plan

Always Be Prepared to Run

Sexual objects – Sex Trafficking

How Dead Are You

What You Can Do to Help

Reading

This booklet was prepared to introduce the publication of the “Do This In Remembrance of Me series” and to introduce the National Women’s Partnership Program developed by the National Institute of the Study of Violence.

The National Institute of the Study of Violence is dedicated to the prevention of violence against women and children. We want the violence to stop. Women and children cannot develop and grow into a family unit if their environment is filled with violence. Because we believe the women and children in this country and the world should benefit directly from our efforts of developing this study the National Institute for the Study of Violence has decided to donate 10% of the purchase price to charitable and non-profit organizations working directly with women and children. The National Institute of the Study of Violence will make the 10% donation to these selected charities as long as the books are published. A 15% donation will be made to women shelters.

It is our intention to make “Do This In Remembrance of Me” the most widely read book in the nation and the world. We believe knowledge will bring about change. “Do This In Remembrance of Me” is being published in eight volumes. Each volume of “Do This In Remembrance of Me” is an 8 ½ x 11, book, of approximately 550 pages in length. The book was written to describe the violence experienced by women in hope that this information will prevent violence against women and children. The book was written for the male and female audience to create harmony not discord.

We believe the 10% donation to charitable organization concerned with women and children will improve the quality of life of women all around the world. We want to prevent children from going hungry, feeling displaced, neglected and abandoned. We believe these factors contribute to the fear and rage that develop in children causing them to become violent in adulthood. The

National Women's Partnership Program is a program designed to provide another source of revenue for community programs assisting women and children. A secondary benefit is information will be disseminated throughout the country detailing how violence is affecting the family. The main focus is to put the book in as many hands as possible so people can learn how devastating violence against women is to the family and the country.

There are businesses and corporations that are concerned about violence. Most chief operating officers are familiar with the problem of violence in the workplace. Every year women are murdered at work by estranged boyfriend and husbands. Businesses are trying to approach the problem and find solutions to protect all employees. The prevention of violence directly affects the productivity of all businesses and the stability of the nation. The practical aspect is that we have a product to sell that will favorably impact the workplace, the family, and the country. Our goal is to seek out businesses that will purchase the book for their employees and organizations that will sponsor fundraisers around the publication of the book. When the employer purchases the book he or she will be asked to select one of the listed charities to receive the 10% donation. If the book is purchased individually at conferences, meetings or seminars the purchaser will be asked to select the charity to receive the 10% donation.

The name, location, a brief description and purpose of all selected participating charities and non-profit organizations will be listed in the books and on our web page. This procedure should help further the cause of all participating organizations. The National Women's Partnership Program is an opportunity for organizations working with women and children to expand their business and corporate sponsors by offering new services to business and the community

The National Women's Partnership Program was designed to help stop the violence. We believe that if we work together this

task can be accomplished through our joint cooperation of collecting and disseminating information throughout the county. The need for our cooperation is reflected in the news reported May 5, 2001. In less than 5 hours the murder of three women was reported. A fisherman found the body of a young woman, identity unknown, in the Detroit River. The body of 21-year old Erin Johnson from Lansing, Michigan was found washed ashore in Cabo San Lucas, Mexico. Miss Johnson was on vacation in Mexico with her boyfriend. He told authorities he and Miss Johnson argued after dinner and he left her alongside of the road and went to sleep on the beach. The Mexican police are detaining the boyfriend. The body of Mrs. Robert Blake, wife of the movie star, was found shot to death in California. Mr. Robert Blake was arrested.

The husband of Cindy Lesko was arraigned for murder May 5, 2001. Cindy Lesko has been missing from her home in Michigan since 1994. Her body has never been found. Also in the news is the concern for Chandra Levy. She was missing from her home. We now know she was murdered. July 2001 a Michigan woman was shot to death at work, her husband later committed suicide. July 2001 a Michigan woman was shot to death while visiting a zoo with her child. Her mother died of a heart attack after being told how her daughter had died. July a woman and her boyfriend were shot to death in a mall. Their assailant was an ex-boyfriend, he later committed suicide. August 8, 2001 a child reported that she was assaulted aboard a plane while flying home from Kansas. Federal authorities detained her alleged assailant.

We believe women must now make a concerted effort to blanket this country with information regarding violence against women. We must attack this issue exactly like the country attacked the eradication of Small Pox. The goal must be the end of violence against women.



The Body of A Woman Was Found

The National Institute of The Study of Violence has built an extremely large website devoted to providing information to prevent violence against women and children. Please visit us and download our publication "The Body of A Woman Was Found. If you appreciate the information provided please email the selection to friends and family. Your attention to this detail will help save a life.

It is extremely important that we protect and support one another in our journey through life. Nothing is guaranteed including good health. So if we stand together against violence our world can be a better place.

The Institute has developed five objectives to tackle violence in the country and they are:

To get men to consider changing their lives by changing the way they think and to live their lives with standards and integrity and to consider the benefits of marriage.

To stop the number of women between the ages of 40 - 50 from being the fastest growing number of new Aids victims in the country: Loneliness and lack of companionship is causing this phenomenon.

To reduce the number of children born in one-parent families by decreasing fornication and increasing the number of marriages in the country: The more marriages we have the fewer children will be in foster care. Many children in our foster care system and fatherless homes become inmates in our prisons because they do not have a male present in the home functioning as a father. The absence of true fathers in the home has devastated our nation. Fathers are the stabilizing element of a family when in turmoil. A

It is not light that we need, but fire; It is not the gentle shower, but thunder.

father is the solidifying force that children go to for resolution or resolve.

To reduce the number of people committing adultery: Adultery destabilizes the family and brings violence into the home.

To stop non-related males from living in home with children: Many of these males are transients with no goals or purpose to their lives and some are drug users that end up violating children in their beds. Children are being stabbed, bitten, raped, kicked, scalded, strangled and murdered in their homes. This has to stop. These men do not belong in a home with children. They have lived in violent situations and they bring violence into the home. They have no patience or training to be caregivers.

Our premise is anyone can be a victim and unless you want tragedy to visit you then you must stand up and make an accounting of your life. You must stand for righteousness and accountability. You must stand for integrity and honor. You must stand for yourself and your fellow man and you must stand for right and not wrong. As citizens of this country we have an obligation to one another and that obligation extends beyond the grave. So by our actions we must speak for the victims by changing.

The Institute's premise is anyone can be a victim and unless you want tragedy to visit you then you must stand up and make an accounting of your life. You must stand for righteousness and accountability. You must stand for integrity and honor. You must stand for yourself and your fellow man and you must stand for right and not wrong. As citizens of this country we have an obligation to one another and that obligation extends beyond the grave. So by our actions we must speak for the victims by changing. More of the mission of the Institute is discuss in the article *The Body of A Woman Was Found*.

We thank you for reading our information and relating to our mission

It is not light that we need, but fire; It is not the gentle shower, but thunder.

Partner Abuse

The topic we are about to discuss today is often bound by ignorance and set to other plan -- and yet it is one of the most important topics of modern time – domestic violence. Although you think that domestic violence is something that happens far far away and that it is impossible that it's happening to you, -- you will be shocked to know that at least several of you is either victim or knows someone who is victim of domestic violence. According to The national intimate partner and sexual violence survey, an average of 20 people per minute experience intimate partner abuse every minute -- and every 1 in 3 women have experienced some form of physical violence by an intimate partner during their lifetime. The things get even worse when we know that slightly more than half of female victims of domestic violence live in households with children under the age of twelve. Think about that. If a young boy is watching his mother get beaten by his father, how do you think he will behave when he grows up? He will learn that it is ok to beat women, to insult women and to humiliate them. Even worse is when young girl is witnessing domestic violence. She will learn that it is ok for men to beat women. Therefore her chances of becoming a victim are far greater because this environment of domestic violence becomes normal to her. As you can see it doesn't take a bruise for a child to be victim of domestic violence. Kids who witness domestic violence are victims too.

So how is this possible? How is it possible that such destructive and horrible thing like domestic violence happen so often and to so many women and children? Why don't they say something? The other day I was reading a story that happened in 2007 about a young girl Pam who got pregnant with her boyfriend and they

15

It is not light that we need, but fire; It is not the gentle shower, but thunder.

decided to get married. Her sister said that she wasn't sure if she should marry him and that on her wedding day she was the saddest bride ever. One night Pam told her sister that she doesn't want to get married explaining that he often yells at her and that sometimes he even doesn't permit her to leave house. But she also said that it would be bad for the child to grow up without father, that he can provide financial security and that he will improve once they are married. Her sister told her that she doesn't have to be afraid, that she can raise her child on her own and that she shouldn't marry him only because he can provide financial security. "That mustn't be the reason to marry him" she said, "that definitely wouldn't be good for the baby, in fact it would certainly be wrong". Unfortunately Pam didn't listen and she married him after all. Later, her hopes of him improving completely vanished as he continued with same behavior. After the baby was born the things got worse. He would press her against the wall or to the floor and humiliated her by saying horrible things. Things went even further as he would get into her online accounts and controlled everything. Her sister kept saying to Pam to get out of there but Pam wouldn't listen. "He will be better, he will calm down" she used to say. Time for red flag was when he got a gun. He said it is for protection but pretty soon Pam found herself with gun pointed at her head. He told her if she ever tries to leave he will kill her and her child will have to grow up without a mother. Pam started searching for way out but unfortunately it was too late. One night a two uniformed men rang at the door of Pam's sister. They told her they found Pam and her husband dead at their home. Pam was killed and her husband committed suicide. He looked to her online accounts and found out that she was chatting with her old boyfriend. He completely snapped and after hitting her several times he killed her and himself.

Just because she was afraid that she won't be able to raise her child on her own, to provide financial security Pam was killed. Unfortunately there are thousands of stories just like this. And the reasons women stay in these kind of relationships are almost always the same. The most disturbing part of this is that women

accept domestic violence as part of their life. What does this mean? This means that if a woman is subjugated to domestic violence she won't say anything to anyone because she's afraid. She's afraid that she won't be able to manage her life by herself, she's afraid of what will people say if she's divorced and single in her age, she's afraid for her child. No one's life should look like this. Freedom is not when you choose to stay in a relationship with your abuser, it is not sacrificing yourself just because someone made you believe you depend on him. Freedom is about love and caressing for each other and if we keep quiet and close our eyes we won't be able to help many other women who are in danger and so I tell you it is our moral duty to speak and to do something about this issue.

If you think you are a victim of domestic violence, come and speak to us we love you and we want to help you. If you know someone for whom you think may be the victim, reach out to her and talk to her. If you were victim of domestic violence but you managed to get out, come and share your story, give hope to other victims. Together we can help victims and precisely because we can -- we must!

Domestic Violence

What does the face of domestic abuse look like?

I'm sure that most would have images of bruises or hands held over the mouths of women and children as they look into the camera of a stock-photographer. But domestic violence does not have to leave bruises to be abuse and often, the hands silencing victims are not literal.

Due to its very nature, domestic violence is secretive and difficult to recognize, from both the outsider and the victims' perspective before it is too late. Abusers are manipulative and deceitfully charming and often appear to be the loving, protective father or husband in public settings with the abuse continuing behind closed doors. If one were to apply the global statistic of 1 child in 3 being

It is not light that we need, but fire; It is not the gentle shower, but thunder.

victims of domestic abuse to our classrooms, friendship circles and work-spaces, how many children would we have to include? What would their faces look like? How would their abusers greet us in the corridors? And further yet, how many of these children would we have believed? We know their parents, we know their uncles and we know their homes but, to what extent do we really know their lives?

One of the earliest signs of abuse is that of the abuser cutting their partner off from the outside world; often preventing their partner from spending time with family and friends, manipulating them to quitting their job or to moving new cities away from any form of support system. They intentionally alter circumstances so that every aspect of their life can be controlled by the abuser, discouraging or preventing any form of financial independence, opinion or say of any kind. Furthermore, when things go wrong, it is always the victim who is blamed for the disruption even if this is not the case.

In many cases, women look back and feel guilty and ashamed that they “allowed” this to happen, and this is made worse by people asking: “why didn’t you just leave or fight back?” But ladies and gentlemen, I am here to tell you that violence is never ever the victim’s fault.

The fact that identifying domestic violence is so difficult makes combatting this epidemic seem impossible. Coupled with the fact that abusers tailor-make the balance of power so that the victims are unable to speak up for themselves or their families, the idea of leaving or trying to leave is an unconceivable eventuality for many victims trapped in the cycle of abuse.

Women have been oppressed for too long, and society has, for the most part, failed us. We have come to accept that violence is merely “a fact of life” or excusing it with: “I made him angry,” or “I should not have been wearing that.” But this is not true. These are

lies that abusers tell victims as a form of manipulation, and we will not stand for this. Nelson Mandela, a global icon in the struggle against violence and domination has said that “Freedom cannot be achieved until women have been emancipated from all forms of oppression,” however, he has also said that one of the greatest tools of the oppressor is the mind of the oppressed. When we are made to believe that we are powerless, that is exactly what we become. Surely if we are to believe the opposite, that too, is true? Educating young women, children and young men about the cycle of abuse and the many ugly faces of domestic violence is one way to cut the problem off at the roots. Establishing adequate shelters, counselling forums and support networks for victims to come together and provide a safety-net for women determined to leave is a necessity.

This October is Domestic Violence Month, and I will be travelling and speaking to many groups of young women from a variety of different backgrounds, beliefs and families. This month, I want young people everywhere to become equipped with the tools to combat violence in what I like to call the three L’s.

1. **Listen** to one another’s stories. Truly listen and understand where your fellow human being is coming from.
2. **Learn** about what domestic violence is, what it looks like and how it can affect victims and those around them. And finally, though it’s not really an “L”
3. **reLate**. Relate this information back to your friends, colleagues and classmates. The more that knowledge about abuse is shared, the greater our chance at fighting this epidemic we have.

In South Africa, there is a saying that has become iconic in women’s struggles against oppression and that reads: “You Strike a Woman, You Strike a Rock.” Ladies, if we are to come together and unite against this evil, they will be striking a mountain.

Women, whether married or single, condone various degrees of abuse for reasons such as no source of income, the fear of losing custody of the children, exposure to information, low self-esteem, stigmatization and many more. More often than not, the woman is prevailed upon to be forgiving regardless of the ordeal she undergoes daily or the scars she has tattooed all over her body. Most heart-wrenching is that fact that sometimes the physical trauma, the psychological torture and the emotional disenchantment transforms a once beautiful and loving woman into a recluse. To this end, many have died and many more are held in severe bondage they cannot easily escape from. .

Domestic violence is an act of intimidation, physical, verbal or emotional abuse that has become an epidemic. Often, we have woken up to read of murder and violence. Domestic violence happens across all sectors of society. It cuts across the educated and the illiterate, the religious and the freethinkers, classes of career women and stay-at-home wives, the married and the single as well as all ages.

Domestic violence occurs when a person uses physical violence, coercion, threats, intimidation, isolation, stalking, emotional abuse, sexual abuse or economic abuse to control another partner in a relationship. Domestic violence can be a single act or a pattern of behavior in relationships, which encompass dating, marriage, family and roommate relationships. It is a violation of the right we all have to healthy, supportive and safe relationships.

Domestic violence is a serious social problem and a national health concern with significant negative impacts on individuals and our communities. It is a primary cause of injury to women in the United States. According to the National Institute of Justice, over one third (37%) of women admitted to an emergency room for violence-related injuries were abused by an intimate partner. Additionally, one in three women in the United States are physically abused by a partner at some point in their lives. The Center for Disease Control

It is not light that we need, but fire; It is not the gentle shower, but thunder.

reports that approximately 1.3 million women are physically abused each year in the United States

Each domestic violence situation is different. Yet, all abusers use similar ways to get what they want and keep power and control. Batterers can be charming, sweet and apologetic one minute and abusive the next. The abused partner can be confused and kept off balance by these changes in the batterer's behavior. Sometimes survivors describe the abuser as having a "Jekyll/Hyde personality."

If violence or threat of violence has happened more than once or twice, it is extremely likely to happen again. The violence usually gets worse over time, increasing in both frequency and severity. It is common for the abuse to develop into a pattern or cycle of abuse.

- There is a build-up of tensions and a breakdown in communication
- A trigger occurs that sets off the batterer
- A violent event occurs
- The "honeymoon" period follows. The batterer apologizes, asks forgiveness, and swears it will never happen again. He "courts" the partner. The survivor wants to believe the batterer will change and they make up
- Life returns to "normal" until tensions begin again and the cycle continues.

Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Noticing and acknowledging the signs of an abusive relationship is the first step to ending it. If you recognize yourself or someone you know in the following descriptions of abuse, reach out now. There is help available. No one should live in fear of the person they love. Just as the use of physical violence on the street is illegal, the use of physical violence in a relationship is an illegal act for which the abuser can be arrested and prosecuted. You need to speak up and

It is not light that we need, but fire; It is not the gentle shower, but thunder.

say no to domestic violence. This message is to you who is in an abusive relationship, you who don't know what to do about your abusive relationship, you who don't know where to go to get help, you who don't know what your rights are.

An abuser may exert control by downplaying the seriousness of what they're doing to you. As a result, it's easy to underestimate the amount of danger you're in. It's vital to protect yourself from harm if you feel that you're being abused.

Decide if you're in any immediate danger

How likely is it that someone will hurt you? Sometimes it's hard to work out the danger or risks yourself. If you're unsure about your safety, it's important to talk to someone. If you feel uncomfortable, you may have to move to somewhere safe.

Get support

Making a decision to leave a situation where you feel unsafe may be hard and scary. If possible, talk to someone you trust, such as a friend, counsellor or youth worker.

Talk to the police

If you feel unsafe, talk to the police. They're there to protect you. You can also call state and territory support lines to talk about the risks you face.

Believe in yourself

If someone is hurting you, or threatening to hurt you, it can be hard to maintain your self-confidence or feelings of self-worth. You might even want to blame yourself. Remember that it's never okay for someone to hurt you or threaten to hurt you. The best thing you can do in this situation is to remove yourself.

Know your rights

Check out your legal rights at the Lawstuff website. Every state has laws designed to protect against all forms of domestic violence.

Where to go

Recognising that there's a problem is the first step in getting help. The second is to know that you're not alone. If you need to get out fast, you have a number of options.

Go to a refuge

A shelter or refuge is a place where you can seek temporary accommodation while you sort out your next steps. There are also usually other services available in refuges, including legal advice, emotional support, practical help (such as food and clothing), and good security.

Go to family or a friend

If you can, get in contact with a trusted family member or friend and ask if you can stay with them while you work out what to do next. This is not always the best thing to do especially if your partner knows everything about your friends and family. Use a best friend as a last result. It is better to try and get to a shelter in another city far away from family and friends as possible. Your spouse can be a stalker which means he will sit outside your parents' home watching them hoping they will lead him to you. .

If you suspect that someone you know is being abused, speak up! If you're hesitating—telling yourself that it's none of your business, you might be wrong, or the person might not want to talk about it—keep in mind that expressing your concern will let the person know that you care and may even save their life.

Talk to the person in private and let them know that you're concerned. Point out the things you've noticed that make you worried. Tell the person that you're there, whenever they feel ready to talk. Reassure the person that you'll keep whatever is said between the two of you, and let them know that you'll help in any way you can.

Remember, abusers are very good at controlling and manipulating their victims. People who have been emotionally abused or battered are depressed, drained, scared, ashamed, and confused. They need help to get out, yet they've often been isolated from their family and friends. By picking up on the warning signs and offering support, you can help them escape an abusive situation and begin healing.

Life Saving Advice (One)



He beat her 150 times.
She only got flowers
once.



Every 17 seconds, a woman is injured or killed by her partner.
For women and their children, the greatest danger is at home. They require medical or police attention.
But for nearly 4000 women each year, the danger is their life.
National Coalition Against Domestic Violence

“A woman must not depend upon the protection of man, but must be taught to protect herself.” Susan B. Anthony, women's activist

The Deadliest Moment Volume One Part One

The deadliest moment in a woman's life is the instant she tells her husband she would like a divorce or she tells her boyfriend she wants to end the relationship. There is no way a woman can calculate a man's reaction to a divorce request. This is why this moment should be carefully planned. A woman should never tell her mate that she wants to end the affair or marriage unless she is properly prepared. She should be prepared to flee. She should be prepared for any eventuality. If you are a woman, once you make the decision to leave, you must conduct yourself as if you are a general of an army. Ask yourself these questions: What will I need to do if he turns ugly, if he refuses the divorce, if he refuses to leave the house, if he begins to harass me at work? No woman should be so foolish as to think she can end a relationship without battle

It is not light that we need, but fire; It is not the gentle shower, but thunder.

scars. While you are at work or on the bus or elsewhere, begin to jot down notes. Ask yourself what important papers you will need if you have to leave the state. Forget these foolish notions: I should not have to leave my home. He has no right to bother me. I'm a citizen; I have a right to live wherever I want.

All of these ideas are true, but the bottom line is that a restraining order or a stalking order cannot save your life if your husband or boyfriend kicks in your door or climbs in your window and kills you. You must be prepared to protect yourself. It has been demonstrated time and time again that a woman cannot depend upon the police for help (see Mrs. Crystal Brame and Mrs. Diane Hall). She cannot depend upon her employer for help. She cannot depend upon her family for help. There are cases in this book in which women were killed in front of police, on the job, and in their family's home. You will read case after case in which the police said there was nothing they could do (see Mrs. Macheikia Franklin).

For years prosecutors said that there was nothing they could do about women being abused or stalked. There are cases in which police returned the man's guns (see Mrs. Kathleen Cauley), ignoring the woman's cry for help. We mean no disrespect to police officers* because many are valiant men, but women have died calling the police. The dichotomy that exists between a terrified woman and the police is that many police officers identify with the husband or boyfriend; this is especially true of older men and officers in rural areas (see Lori Michelkamp). They look at a situation of domestic violence and think, "Oh well, Johnny just needs to cool off. She probably pissed him off. All he needs to do is go get a drink and he'll feel better and they will kiss and make up." You must remember that most police officers are men and also that many of them beat their own wives or kill women (see Mrs. Vickie Barton, 40, of Ohio; Susan Louis Fyock of Pennsylvania; Sonya Ivanoff, 19, of Alaska; Cara Knotts, 20, of California). The same goes for legislators. Many of them are married and beat their wives. You must develop the mindset that you are on your own.

It is not light that we need, but fire; It is not the gentle shower, but thunder.

Your family cannot help you. Your girlfriends cannot help you, nor can the police help you (see Mrs. Sandra Maloney). You will function better if you view your operation as a situation that only you can carry out. Bus schedules and flight schedules should be reviewed and memorized. Memorize the telephone numbers for local taxi services. Begin salting away money. A woman should never be without money. If you have to drink water so be it, but keep the money in your pocket. In this country, a person is not respected if he or she does not have money. This is just a fact of life. Accept it and begin salting away money during good times so that if your boyfriend or husband turns violent, you can protect yourself and your children. You should place clothing strategically somewhere in the community. If you have children, get a knapsack and put food and toys in it, so that you can feed your children on a bus and keep them quiet so that you can think.

Leave the knapsack in a storage locker. Do not change your mailing address. Write the postmaster at your post office and tell him or her to return all your mail to sender. You do not have a forwarding address. You want all you mail returned to sender immediately. Write your creditors, etc. Tell them that you will be out of the country for a while and will notify them of a good mailing address soon, which you never will. Mail the letters just as you are leaving the city. Never give your creditors your new mailing address. You can keep up with your payments by recording the payments in a notebook. You can mail your payments to them indirectly but never give them your new mailing address. When you mail the payments, use money orders -- never personal checks -- and no electronic transfers; believe it or not, mailmen and creditors are nice people and helpful people. Unthinkingly, they can reveal the state or city your payments are coming from, thus the city and state to which you have moved. Have a lawyer send a letter to the credit bureaus, utility companies, the post office, and your creditors telling them not to release any information to anyone involving you. Also, tell your new mail carrier that you will never send anyone to pick up your mail at the post office. You must become sneaky. You

It is not light that we need, but fire; It is not the gentle shower, but thunder.

must become anonymous. You must disappear. All you have to do is make certain modifications to your behavior, and you can defeat your adversary.

The one thing you do not do is to tell your girlfriend, your sister, or your mother what you are planning to do until the moment you do it. Women talk too much. They run their mouths and offer suggestions that have gotten women killed. It is believed that Becky Simmons was murdered by her husband because he learned she was making plans to leave him. The mother of one of the victims in this book said she wished she had never told her daughter to go back to the man her daughter had left. Her daughter was murdered shortly after she returned home. Women have been known to say things like, "Girl, there is no way I would leave him with all the money he makes." "You're not going to find anyone as good as him." "A little slap now and then is okay; it makes him feel powerful." These women are stupid and should be treated as such. You do not listen to fools. No one deserves to be beaten. Why should a woman be beaten just to make her husband or her boyfriend feel powerful? Do not count on any of these people to help you. When a person is in a life-or-death struggle, he or she should depend only upon his or her own resources and fortitude. You must make up in your mind that you are strong and you are powerful and you can fight for yourself. You do not have to be defeated because you are a female. Men are not as smart as they think they are. Their greatest tool is their mouth: they talk a good game to terrorize women, but when there is a showdown, many implode.

The only system in the world designed so that one person must depend upon another person for his or her life is the military. In this system, the relationships are forged over time. The men and women of the military know that their lives depend on the physical and verbal performance of one another. They give their lives to ensure one another's performance. Begin to encourage yourself. As you make your plans, put them to memory. Do not keep the

pieces of paper you write on. Remember: the deadliest moment in your life will be when you tell your husband or boyfriend that you want to end the relationship. If you plan correctly, you can tell them by mail after you have left your home, mailing the letter just before you board the bus. If you leave by car, paint your car when you arrive at your new destination. You can also modify the appearance of your car by hanging dice across your visor. Put grotesque animals in the back window of the car. Give the interior a masculine look. Put sports decals on the car. Use your mind. It works. You just have to practice believing in yourself, just as you practiced not believing in yourself.

The woman in the greatest danger is the woman with children and no resources. She has to deal with the constraint of her children and governmental laws (see Mary Feldbruegge, 29). Do not depend upon social service to help you. Women have been shot to death in social service offices after the courts demanded the husband or boyfriend be given visitation rights to see his children. Mrs. Lorraine Kline was murdered on December 18, 1968, in a welfare office during a Christmas reunion with her husband. The reunion was arranged by Frank Wild Grube, age 23, a social worker. He too was shot to death. Mrs. Gertrude Didchenko, 43, was murdered on February 7, 1965, in the American Museum of Natural History in New York. The judge said that Mr. Didchenko must have visitation rights. Both women were mothers. In some cases, during visitations, the children are also murdered. On January 27, 2000, during a court-ordered visitation, Mrs. Anne Formosa, 33, of Longmont, Colorado, and two of her children were shot to death.

Do not sign up with social services just to get medical care for your child. Most hospitals will care for a child regardless of whether or not you have health insurance, especially university teaching hospitals. Registering with the state puts you right back in the line of fire. There are social workers who love to stand up in court saying that a child should see his or her father, ignoring the

father's propensity for violence. You must manipulate the system until you can get yourself in position to provide medical care for your children. Signing up with social services is a death sentence. You must build a life where you are in control, not a life in which the performance of another person's job can cost you your life or your children's lives (see Mrs. Angela Marie Alden). Go get a job, making the first consideration health care even if the health care is an HMO. Women have been murdered in welfare offices. Change your diet: eat only fruits, vegetables, and healthy foods. Take care to be extremely clean about yourself and your children. You want to prevent the possibility of disease that would warrant you going to a hospital. Make certain that your children are immunized and have extra eyeglasses. If you have to live in a shelter and have an automobile, park your car blocks away from the shelter and keep your mouth shut. You are not a taxi. You can take the women on errands and no one will help you when you need car repairs. Your objective is to get ahead and to protect your children. Living in a shelter can give you an opportunity to save enough money so that you can find clean and safe housing for your children. Living in a shelter can also present social problems that you must defend against; this is why, when you progress, you keep your mouth shut and leave the shelter as soon as possible. You do not have much time, so you must act quickly. Your best route is to seek union employment. When you work for a unionized employer, health insurance is usually one of the benefits. Also, union employment means that you have the benefit of union stewards or their legal departments if your boyfriend or husband finds you and begins harassing you. Unions are now asking employers to become more diligent in protecting people at work, which is a plus for you. Now do you see why unions are so important to America? In the past decade, unions and lawyers have been held up to ridicule, but it is the legal institution and the unions that provide women with the most support. So do not be fooled into attacking these two institutions. Unions see that women are given equal wages and possibilities for education and promotions. Do not be lulled into

thinking sexism does not exist in our society. Sexism is alive and well.

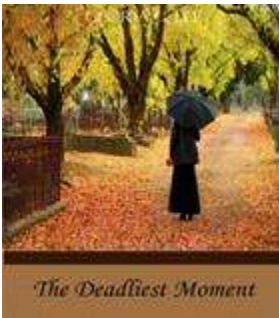
When the social worker at the shelter asks about the children's father, tell the social work that their father died. He was a gang member. He took drugs and overdosed. He never worked so he has no social security and no pension. You have no mother and no father. Your sister and brother were lost in the welfare system. You don't know where they are. You have no story to tell the women in the shelter. There was no graduation or prom night. Close all the doors to your past. What you are seeking is employment, housing, and an education, not a government handout. If you go into this situation with the mindset of accepting governmental assistance, you are setting yourself up for failure. Do not put the state in the position of having power over you. You will be just exchanging one tyrant for another. Take the job that offers medical insurance. Learn to cook soups and to smile and laugh with your children. Square your shoulders, hold your head up, and do what you have to do to protect yourself and your children.

Remember that if your husband or boyfriend finds you on public assistance and alerts the courts, your husband or boyfriend can force you to let him see the children by appealing to the magistrate. If you have limited resources, you will not be able to afford an attorney. How many women do you know who have records to demonstrate to the court why their husband or boyfriend should not be given visitation rights, or have the children live with him six months out of the year, because she fears for her life? Although you know that he is not interested in the children, he will use them because the object is to learn where you are living so that he can force you to come back to him (Mr. George Setzkom) or kill you or your children if you refuse. The courts can say what they damn well please, but a man who tells a woman he will kill her if she leaves him means just what he says. And that man will use whatever means are at his disposal to bring about this threat. Any judge in this country who wants to challenge this statement can

It is not light that we need, but fire; It is not the gentle shower, but thunder.

think again, because we can place before him or her thousands and thousands of obituaries and stories of women murdered by their husbands after a threat.

The courts in this country have not had to face this problem head-on because the murder of women is our society's dirty little secret. On January 4, 1986, Mrs. Judy Hayden McLean, 35, was shot to death in Paul, Idaho. Do you want to know when she was shot? She was shot to death at 4:00 in the morning. Do you want to know where she was shot? She was shot while sleeping in her bedroom with her husband. Do you want to know who shot her? Her ex-husband shot her to death. Do you want to know how the ex-husband got into the home? He crashed through the bedroom window. Do you want to know the gun he



Excerpts from Volume One Part One, The Deadliest Moment, pages 57, 58

It is not light that we need, but fire; It is not the gentle shower, but thunder.

Life Saving Advice (Two)

If You Are Not Ready To Die You Need To Read This Message And Act Accordingly

Please read this book carefully because all of the women we discuss are dead. They did not get a chance to finish their lives. The women did not survive the battering or the attack. Not one of the women was armed and most were murdered during a **sneak attack** (while they were sleeping). Men are trained as boys, when they played GI Joe, on how to conduct a sneak attack.

Women are well-wishers. We want everything to be well. We are hoppers and prayers. We hope that things will get better and we pray that things will get better. But one thing we do not do in all of our hoping and praying is think about what we should do if things do not get better in a reasonable length of time, for example the next day. Because women are well-wishers and hoppers and prayers we forget to take matters in our own hands and consider the occasion when things do not get better. Once a man hits you, slaps you or hits you in your face with his fist, the party is over. He can say baby I am sorry I will not do it again but you are a fool if you believe him. Read the story of the women in this book. Their husbands or boyfriends told them baby I am sorry I will never do it again. In a few days some of these women were dead. Always expect death to follow the apology.

For every woman who is murdered there is probably a child left behind. That child will be raised by a relative or placed in foster care. If placed in foster care the child languishes until adopted. Children who have lost their mothers do not always fare well in foster care even if adopted. Parentless children suffer. How would you like to be told your mother was murdered because your

father was angry that the court gave her custody of you? How would you like to be told your mother died and you will never see her again? These children suffer from being left behind. Society has yet to deal with the children who are present during murder. How many people do you know who have received therapy due to the death of a loved one? It does not matter how many uncles, cousins, sisters or brothers a child has; nothing takes the place of a parent. The function of a parent is to give a child a feeling of security, homeostasis and placement. No individual can take the place of a parent. The parent is the rock for the attachment of the child. A parent is the child's strength. A child is able to say no when a parent is present. The child is able to make choices and negotiate when their parents are present. Their sovereignty is taken away from them when they are motherless. Parents are the resolution of life for children and no child should be made to live without his or her mother. Do not count on the state to place your motherless child with one of your family members. Placing children in foster care has become as profitable as placing Black men in prison.

Children need their mothers and they should not have to suffer all their lives by having their mothers taken away from them. Living without a mother is worse than living without food or water. Social scientists can design thousands of grieving programs for children, who have lost their parents, but nothing will replace the pain and void a child feels in not being able to see his or her mother again. There was a man sitting in a bar during a fund raising event. When he learned money was being collected for a little girl because her mother was recently murdered he openly wept in that bar. He said the child's life would never be the same. He knows because he had to live without his mother. Do you realize how powerful the pain was inside this man for him to weep openly in a bar? He was not only crying for that child he was crying for himself.

There is too much unresolved pain left behind when a parent dies. The murder of a woman is not an isolated event. Your

It is not light that we need, but fire; It is not the gentle shower, but thunder.

death has a rippling effect; thousands and thousands of people are affected by one death. Murder is a scar on society. It is a signal that a conflict could not be resolved. Women should not have to live in isolation fearing for their lives.

The reason why the decisions you make regarding your safety and your health are so important is because you are a mother and you are the only natural protector of your children. If you make the wrong decision regarding your safety or health, your children will be left motherless. A motherless child is the most wretched person in the world. Understand this: motherless children must do as they are told; they have no negotiator and no sovereignty over their bodies. The children that survive foster care are dumped onto our city streets with no family affiliations, support, or hope to begin a future. What are they to do? They are poorly educated and bruised and battered emotionally. Predators spend their days look for motherless children. Motherless children are profitable. The predators use the naiveté of motherless children to their sexual and financial advantage. The motherless children are obliging because they have been trained to be conciliatory all their lives under the foster care system. Our society has moved so fast in the last fifty years that it has not considered those among us that are living in pain. The casualties are accumulating in our cemeteries. Many of these individuals were motherless children. It is not fair for you to leave your children motherless. Regardless of what society or your girlfriend says with respect to your responsibility toward your children you are intrinsically linked to the destiny of your child's life. The responsibility of a mother toward her child cannot be abdicated so every time you consider your safety you must ask yourself have I placed myself in a situation of danger (talking too much) by my decision or my failure to respond to a dangerous signal? If you chose to ignore this warning or if you feel insulted by our insolence, the next time you hear a child cry, stop and listen to the wailing when the child cries mommy.

One of our campaigns is to get the word out about motherless children and why women must fight to stay healthy for their children. Here are a few short stories of motherless children see if these stories do not motivate you to stand up and help. Doris Ann McLeod age 16 was placed in foster care. A pimp lured her from the home. He got her to prostitute once or twice, then she refused. When she became adamant and wanted to return home he took her to the basement hung her from the pipes and beat her to death. He did this in front of his three year old son. The man is now serving life in a Wisconsin prison. The judge ordered that every day on Doris McLeod's birthday the man is shown a picture of his victim. Sherri Canterbury age 11 lived in a foster care home in Lynn, Massachusetts. February 24, 1980 she was strangled to death after arguing with an eighteen-year-old male living in the group home. After she was murdered, her body was placed in the trunk of his car. He drove around for two days with her body in his car. Brittany Scott age 5 was murdered while in state custody. Her foster care provider beat her to death in January 1993. A 12-year-old foster child in Essie Scott's care refused to return home from school, saying that her foster mother had been beating her. The girl told social workers that Ms. Scott had hit her because two cans of peaches were opened and left in the basement and that she and other foster children were beaten with extension cords after their clothing was removed. Ariel Catherine Shaw 19 months died in a Georgia foster care home January 26, 2000. Kevin King, 20, was convicted in 1992 of the death Patricia Urbnski, 15. She died of blunt head trauma, strangulation and stab wounds to the chest. Kevin King was raised in foster care.

Wendy Joy Dansereau age 19 and a mother lived in Worchester, Massachusetts. She was strangled to death in a hotel on March 18, 1980. A hotel employee found her body. She was raised in state foster care. Lemaricus Davidson, 28, of Knoxville, Tennessee orchestrated two of the worst murders in state's history. He was sentenced to death in 2010. He was raised in foster care apart from his brother. Two-year-old Isaac Lethbridge died on

August 16, 2006 because a child welfare caseworker took him from his parents and placed him in an unsafe foster home environment. He was beaten and burned while in state custody foster "care." His fosterer, Charlsie Adams-Rogers, 59, went on trial for manslaughter. Jazzmin Davis was 15 years old when she was beaten to death. On September 2, 2008, police found the dead teenager and her brother in their feces and urine-soaked bedroom where they were often locked in a closet for days, every month. They looked starved and emaciated. "They were about 80 pounds, give or take a few pounds. "It was as if they had come out of a concentration camp. It was that bad." The list goes on. Every year foster children run away to escape only to be found prostituting and or murdered.

A foster child running away is an ongoing problem. At the age of 18 foster children are dumped on the street without family or friend's education or resources to support themselves to begin a life. This is frightening. Volunteer to reduce the number of women dying thereby reducing the number of children entering foster care. We do not need any more children in foster care. They are prone to victimization.

You decide, do you want your child standing over your casket crying or will you look at your circumstances and decided for your child. Leave the state and go nowhere familiar.

The Signal To Leave Too Many Red Flags

"Domestic violence is a "reality" lived by many Latina women, who perpetuate the cycle of violence because they are afraid or embarrassed to speak up. "I, too, was a victim of domestic violence, and I know how embarrassing it is to tell people what's going on in your life. "We, in the Latino and Black communities, are used to doing what we have to do to keep our families together, and sometimes that means to put up with abuse. But it's definitely

It is not light that we need, but fire; It is not the gentle shower, but thunder.

something we shouldn't put up with."
(35th)

Ald. Vilma Colom

Do Not Ignore These Red Flags. They are indicators of violence.

Domestic violence experts have compiled a list of behavioral signs that are often exhibited in men who have the potential to become violent. The more signs, the stronger the chances for violence. In some cases, only a couple of signs may be exhibited in a very exaggerated manner, such as extreme jealousy.

1. Jealousy
2. Controlling behavior
3. **Quick involvement or whirlwind courtships**
4. Unrealistic expectations
5. Forces isolation from friends and family
6. Blames others for problems
7. Blames others for feelings
8. Hypersensitivity or feelings hurt easily
9. Cruelty to animals or children
10. Playful use of force in sex
11. Verbal abuse
12. **Rigid gender roles**
13. Sudden mood changes
14. Past instances of battering
15. Threats of violence
16. Breaking, beating, throwing objects
17. Any force during arguments, including restraining person from leaving

Source: Project for Victims of Family Violence, Inc., Fayetteville, Ark.;
Center for Battered Women, Austin, Texas

It is not light that we need, but fire; It is not the gentle shower, but thunder.

Life Saving Advice (Three)

The Career Rapist



The Career Rapist (Volume 3 - Part 1)

You Cannot Tell a Rapist by His Appearance You Can Only
Identify A Rapist by His Conduct.
His Greatest Weapon is His Smile. His Primary Objective is
Opportunity.

This book was written to eliminate all of the emotional and intellectual hiding places of women. After reading this book you will not be able to stick your head in the sand any longer. Rape can happen to you and murder can happen to you and to anyone in your family or group of friends at any time and any place. The American woman is going to have to face the monsters in this country and defeat them. We cannot continue to allow men to rape and murder women and children at will. And we cannot continue to allow men and boys to force women and female children into a world of prostitution.

All a rapist needs is opportunity. He will act. He will act immediately or return after surveilling the area several times setting up the kill scene. A rapist is always looking for an opportunity. He will smile to appear friendly and look for isolation or helplessness in

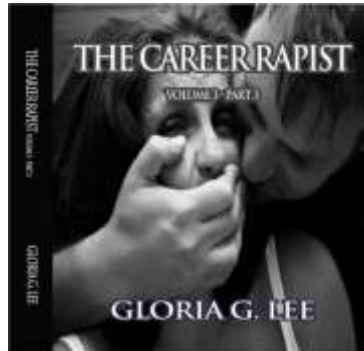
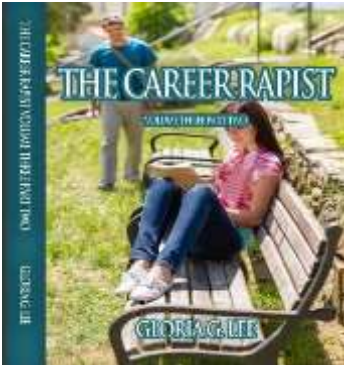
his victim. Above all he will strike. Ask yourself have I set up an environment for a rapist to strike. If so correct your behavior. The reason why the rapist has been successful is that women have failed to realized more than half the assaults committed against women are not related to domestic violence. We are so preoccupied with the word domestic violence the rapist has escaped our attention. We need to consider all assaults against women.

You are to never forget what you have learned while reading this book. Never! You are to teach it to your children, both male and female. They need to know there are evil forces in the world working toward their destruction. We can hopefully avoid many pitfalls by being alert to the dangers around us including being alert to the person with the winning smile. He is the most dangerous person of all, the man with the winning smile who offers you a drink or helps with your car.

This book is about 3,140 women who lost their lives because of a Career Rapist. Her assailant waited for his opportunity to strike. He did not have the face of a rapist. No one expected this behavior. What shocked most people was the assailant was so ordinary in his person. He used his position to gain access to the victim. His actions were unexpected.

Touched By The Light Publishing For Comments email
yithril11@netzero.net

Life Saving Advice (Four)



Volume 3 Part Two and Part Three

As you go about your day you must remember that every time you look into the face of a man you have a 100% chance of looking into the face of a rapist. No, of course not all men are rapists, but if you are serious about your safety, you should assume the man you see is a rapist and act accordingly. The murders we discuss in the Career Rapist prove this assertion.

When you look into the face of a man you must understand you do not know who he is. You are not privy to his thoughts. You have no idea of his experiences. You are not with him every hour of the day. You do not know how much pornography he watches on television or his choice of magazines. You do not know his fantasies. You do not know that he has hundreds of panties hiding in the garage that he visits every weekend. You cannot associate his education to his proclivity to rape nor can you associate his patriotism to his desire to murder. Why should it be a rare phenomenon for a CEO to be a rapist? Why should it be a rare

phenomenon for a doctor to be a rapist? Hundreds of rapes occur every year and many of the rapes are not reported. Who do you think purchase the first crop of virgins being brought into our country from China, Russia, the Baltic region or the Far East? Someone must be raping the women in this country, why not a CEO or doctor? Do you know how many wealthy businessmen fly to Thailand for sex vacations? Hundreds of young girls are raped on college campuses every year. Their assailants are not imprisoned. When is the first or last time you heard of a male student being imprisoned for raping a female student? Therefore, their assailants are still at large where many become graduate students. Why can't their assailants be working in one of the largest corporations in the country? If you want to be safe and live to old age you must expand your thinking.

The next time you look in a man's face you will realize how great the possibility is that you are looking into the face of a rapist because the number of rapists in the country is growing. Not all men are rapists, but we know that the vast majority of rapists are men, which is unsettling to say the least. Any time you look into the face of a man you must realize you are looking into the face of a rapist. I do not care if the man is White; the young and White kill as often and with as much frequency as the old and Black. Nothing precludes a man from being a rapist. Nothing! Any time you look into the face of a man you must realize you are looking into the face of a rapist. This is a life-saving assumption. To think counter to this assumption is to put your life in that man's hands. Accepting this fact may save your life. A career rapist told a police officer that he was driving a woman to a dope house to purchase marijuana and she told him how thankful she was that he was driving her because she felt safe with him. He told the officer he laughed to himself. After they purchased the marijuana he took the woman to a field and strangled her to death. He told the officer about the shocked look on her face. This man went on to murder over seven women. Another career rapist told a police officer that

It is not light that we need, but fire; It is not the gentle shower, but thunder.

he knew he had a woman as soon as she put her hands on his car door.

Corey Parker of Florida was raped and murdered by her neighbor. She was stabbed 84 times. Her neighbor was in a position to watch her every move. Corey Parker did nothing wrong. It was not her mode of dress; her number of boyfriends, or her promiscuity that cause her death. It was her neighbor's imagination that caused her death. That smiling young man who passes you in the hallway or passes you on the steps has a 100% possibility of being a rapist as were the men who murdered the following women and children.

Mrs. Tammy Cush, 23
Terria Hardy, 12
Heather Henninger 19
Karen Jaster 39,
Mrs. Shannon Marks 29
Sherry Prosser,8
Nancy Thoa 5
Mrs. Carmen Torres, 68
Virginia Vieira
Mrs. Cheryl Ann Warchol, 30
Mrs. Louise Ann Hemphill, 36
Margie Abt 19
Renee Y. Butler, 23
Constance Marie Carrillo 8
Darlene Copensky, 6
Linda Diloreto, 7
Shirley Diloreto, 39
Ladonna Francis 21
Ann Christine Gay 47
Felicia Hopkins 47
Maureen Hopkins17
Sylvia A. Merrill Howe 46
Agatha Hughes, 31

It is not light that we need, but fire; It is not the gentle shower, but thunder.

Mary Virginia Marshall 50
Sunita Movva,24
Carla Jo Otto
Carmen Joy Otto
Julie Rodriguez, 7
Barbara Ross, 40
Rebecca Lynn Ruppert, 19

Young Kavila, 30, a United Airlines flight attendant of Des Plaines, Illinois, was killed November 30, 1999. Her assailant lived in the apartment complex with his girlfriend. He has yet to be apprehended. He observed Ms. Kavila's habits. It is nothing for a rapist to conduct surveillance while smoking a cigarette in the apartment building courtyard, riding his bike in the neighborhood or walking to work. The neighbor has a perfect perch to observe. Erina J. Maharne was a 23-year-old woman. She lived and worked in Springfield, Massachusetts. She worked as a receptionist at WAQY Radio in East Longmeadow and she worked as a part-time model. She was industrious and wanted her chance to succeed at life. She did not participate in any risky behavior, nor did she associate with people who did alcohol or drugs. She lived in a first-floor apartment in a building filled with people going about their business every day, making a living and building a life. What she and others did not know was that her neighbor was a burglar and a rapist. He made his living by raping and robbing women (e.g. Cleophus Prince; five women in California). Her assailant had graduated to murder because he was getting tired of women identifying him. On August 26, 1995, Erina Maharne was stabbed to death in her apartment. It was a brutal murder. The assailant acted with extreme savagery. Erina Maharne was stabbed numerous times, twice in the heart. Before she was murdered around 2 a.m., Erina Maharne reported to the police that her apartment had been burglarized. The police came and took her story and left. Police found her dead at about noon later that day. The police did not check and see who was living in the apartment building. If the police had checked they would have learned a convicted sex offender on probation from Connecticut who operated as a burglar was living in the building with his girlfriend.

Police need to stop taking burglaries as routine, burglaries are preludes to murder. This is not the first case where the police responded to a reported burglary and the occupant was killed hours later. Our police departments need the latest computer systems

It is not light that we need, but fire; It is not the gentle shower, but thunder.

and programs allowing them to access extensive information in the field. Timothy U. Miller, 27, was arrested fifteen hours after Erina Maharne's body was found. He was charged with burglary. He confessed that he stole \$100 and a box of checks from Erina Maharne's apartment. He used the money to purchase crack cocaine. Timothy Miller was convicted of burglary and sentenced to three to five years in Massachusetts Correctional Institute. August 7, 1997 Timothy U. Miller, 29, was convicted and sentenced to two life sentences without parole. Erina Mahrne had four sisters. Imagine all the conversations and fun they had.

Notice Mr. Miller was living with a woman yet he was a rapist. In 1995 only a few cautious women (ages 35 to 50) were doing back ground checks on their suitors. Women began looking for supposedly heterosexual men having sex with men. Women looked for men being released from prison. Women begin to believe that they must change their definition of normal to include sex offenders living in the homes with children, sex offenders living next door, sex offenders being engaged to be married and married sex offenders. Women were beginning to view men as a danger to their health. Sex offenders cloak themselves in normality. They are fathers, boyfriends, employee's brothers and sons.

College student, Jodi Lynne Watts, 19, of Michigan, was killed by a social security field agent while she was jogging through city. A rapist can be a maintenance man, a jailer, a cable installer, a social worker or a police officer. No occupation, race or nationality precludes a man from being a rapist. The man you just met that you have not seen since high school has a 100% chance of being a rapist. His mother told everyone in the neighborhood that he went away to college or the Army after high school graduation when to her chagrin in actuality her son went to prison for a sexual assault. The mother did not think she was doing anyone any harm when she lied about her son's status. She just did not want to be embarrassed. She never envisioned that her little lie would lead to the death of a young woman. She never thought a woman would

It is not light that we need, but fire; It is not the gentle shower, but thunder.

be murdered because the young woman did not know that her son was imprisoned for a sexual assault. The mother did not know that rapists, once imprisoned, decide upon their release to kill their next victim thereby improving their chances of never being arrested and imprisoned again.

Trying to identify a rapist or a murderer by sight is no different than blind folding yourself and going eeenie meenie miney mo. Identifying a rapist by sight cannot be done. Their identity does not lie in their appearance, their identity lies in their behavior. Men must be watched. This is why every time you look into the face of a man you know he stands to be a rapist, be he father, brother or husband. Women need to improve their odds in escaping a rapist. Believing a male is too young to be a rapist or a man is too nice to be a rapist or a man has too much money to be a rapist is not true. The death of the women we researched disproves all of these notions. No male is too young to be a rapist, no male has too much money to be a rapist, and no male is too nice to be a rapist. In fact, there is no condition that precludes a fully developed male from being a rapist or a murderer including blindness.

You must accept the fact that one half of the nation's population is prey for the other half of the nation's population. In every book of Do This In Remembrance of Me this statement can be found....Women must always be alert. Women must always snoop, listen, and pry. The women who do not snoop, listen and pry are the women who are often caught off guard; who are raped assaulted or murdered.

1. Stop spilling your guts on the first date about everything and everyone you know; you may become a stalking victim.
2. Learn to shut up once the argument gets heated. Men love to tell the court the gun went off accidentally.
3. Stop threatening your boyfriend with child support. A man who we believe lived in Utah paid a man \$3,000 to kill his ex-girlfriend to avoid paying child support. Was he not stupid?

It is not light that we need, but fire; It is not the gentle shower, but thunder.

Yes he was stupid, but that is our point. You have no way of knowing whether or not the man you are talking to is an idiot, so why put yourself in his cross hairs by threatening him? If you are going to threaten a man you need to have a gun in your hands with the trigger cocked prepared to shoot. If you cannot kill do not threaten a man.

4. Stop threatening your boyfriend or your husband that you are leaving him. Just leave!
5. Always be prepared to flee, therefore stash money and clothing aside. If you have to make a choice between saving your money and eating, drink water. You should start saving the day you marry.
6. At the first sign of violence prepare to leave. Keep your mouth shut and tell no one of your plans or preparations. Why leave your children motherless because you want to give your boyfriend or husband a second chance? If they threaten your life, go. Just like a man has no right to commit a criminal act that will take him away from his children, a mother has no right to take a chance of losing her life through an act of violence leaving her children motherless. Nothing is more wretched than being a motherless child. Can you imagine being 2 years old and knowing as you grow up you will never see your mother's face or hear your mother's voice? Keep your mouth. Shut up and prepare quietly. Leave the state if need be and go nowhere near any relatives. That will be the first place he looks.
7. Consult an attorney regarding your estate and the affairs of your children. You do not want your husband and his mistress living off of the money they receive from your social security and life insurance policy once he decides to kill you.
8. Think. Just because your husband does not show signs of violence when you attempt to divorce him, does not mean he is not thinking violently. Ex-wives are murdered one, two, three, even five years after the divorce. There is always

preparation to murder even if the preparation takes place in the mind.

9. Your boyfriend or husband cannot babysit instead of paying child support. And no your boyfriend or husband cannot move back in after he loses his job or after he ran off with his girlfriend and she got him fired after nights of drinking and smoking marijuana. And no, your boyfriend or husband cannot do chores around the house instead of paying child support or to show you he has changed. And no that district court judge is probably not nice. There are nice judges, but you should make plans that you will appear before a judge looking to fulfill his own ego. Judges love to demonstrate their power in court; this is why they are judges. It is all about the penis with a man. The judge needs his job to express the power he lacks. Think, why would he take a \$110,000 job mired in safety when he could be out in the streets hustling for millions of dollars? \$110,000 is chicken feed for a competent attorney. The judge is just a man who is angry and sexually frustrated because he spent hours and hours in the library studying trying to graduate from college and he settled for a woman who does not love him nor fulfill him sexually. While other men were on campus drinking and having sex with various coeds, he was fighting to keep his grades up so he could stay in school. Do not think he did not envy the men having free sex, sex he did not have the courage to obtain. He dreams every day of claiming his manhood through days of sexual escapades though he will never experience this type of sex because he lacks the courage to live. Therefore, he will make your mother in law your babysitter by divorce decree thereby chaining you to her will. And yes that judge will order visitation for your children putting your life in danger. Judges abuse their wives just like police officers. A man's occupation does not preclude cruelty. ("Smiling faces sometimes...they don't tell the truth...smiling faces sometimes tell lies"). Do you know

the number of women who die each year during court ordered visitations? This is why you must stand up. We again repeat the phrase you have a 100% chance of looking into the face of a rapist every time you speak to a man. It does not matter if this man is your father, brother, cousin, uncle or grandfather. With each conversation you have a 100% chance to be speaking to a rapist. Excerpt from Volume Three Part Two, The Career Rapist, Epilogue, pages 417-421.

We again repeat the phrase you have a 100% chance of looking into the face of a rapist every time you speak to a man. It does not matter if this man is your father, brother, cousin, uncle or grandfather, or whether the man is a uniform police officer or a fireman. Every time you speak to a man you have the possibility of speaking to a rapist as testified by the number of women listed as raped and murdered in this book. When Margaret Lynn Eaton of Georgia looked into the face of Maurice Henderson she was looking into the face of the man that would later raped and murder her. He was a sex offender from Ohio hired by someone in her organization to work as a house parent at the Georgia juvenile detention center. You do not know the history of the people working around you so you should be cautious. A thorough background check should be made of anyone working around children and a thorough background check should be made of any male you are dating or any male you may be around for any length of time. This was not done and Ms. Margaret Lynn Eaton lost her life December 26, 1984. Any time you look into the face of a man you must realize you are looking into the face of a rapist. We do not care if the man is White; the young and White kill as often and with as much frequency as the old and Black. Nothing precludes a man from being a rapist. Nothing! Any time you look into the face of a man you must realize you have a 100% chance of looking into the face of a rapist. This is a lifesaving

assumption. To think counter to this assumption is to put your life in that man's hands

Accepting this fact may save your life. When you look in the face of your neighbor, coworker, cousin, grandfather, brother, father, or husband, you have a 100% chance of looking in the face of a person who will rape or kill you. This phrase applies to the judiciary and law enforcement as well. Oklahoma police officer Daniel Holtzclaw was convicted December 2015 for rape and sodomy. He was accused of raping 13 black females during traffic stops. One woman he raped while she was handcuffed to a hospital bed. One woman was a 57 year old grandmother. 6-foot-2, 260 pounds Daniel Holtzclaw was an Eastern Michigan linebacker that graduated in 2010. He was sentenced to 263 years in prison. He cried in court like the women he raped cried. One woman (the grandmother) said he did not have the right to rape her. She is the one who turned him in and fought until he was arrested. He forced his penis into her mouth after forcing her to remove her clothes and knell on the ground at 2 am. She was driving home after playing dominoes with a friend. He preyed on Black women wonder why. His fellow officers who arrested him said after each rape he got bolder. He raped a 17 year old on her mother's front porch. The more than 12,000 women we researched make this statement true. If you value your life you will act accordingly. Most footballers get away with their rapes because so many people ignore the situation. Sasha Menu Courey, a University of Missouri swimmer, was allegedly raped by one or more members of the Missouri football team in 2010. Courey told a rape crisis counselor, a campus therapist, a nurse, two doctors, and an athletic department administrator that she was raped. Yet nothing happened. Not one footballer was disturbed. How much do you want to gamble that these men shall graduate and go on to manage a Fortune 500 company? These footballers will leave

campus telling one another “we’re safe. We’re in the clear. Don’t worry, three months from now the world will forget all about her; besides everyone thinks she is crazy anyway. She was not a reliable person. She wanted attention. We’re safe.”

“**Evil** is unspectacular and always human And **shares our bed** and eats at **our own table**”

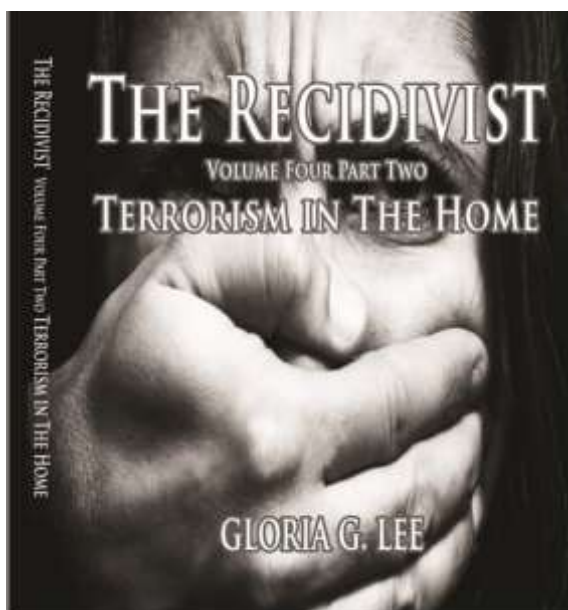
Wystan Hugh Auden, British-American poet

We wonder what some of the superior thinking children in this country would feel if they were told that their fathers were rapist while in college.

The well fed always look down on the poor and blame these people for their condition. What if the reverse was true. What if the well fed were responsible for the condition of the poor in this country. What if the children of the well fed actually knew how their fathers made their money, how their fathers abused women on the business trips to Mexico, South America or the Far East. What if the children were told that the behavior of their fathers aided and abetted sex trafficking, prostitution because of their conduct? Would they sing a different tune or would they just smile and walk away.

“Of All the preposterous assumptions of humanity over humanity, nothing exceeds most of the criticisms made on the habits of the poor by the well-housed, well-warmed and well-fed.”
Herman Melville

Life Saving Advice (Five)



Volume Four Part Two **Chapter Thirteen**

Has anyone ever told you that you talk too much? Well you do. Believe it, you talk too much. That is correct. There is no way to say be quiet except to be blunt and say “shut up.” You may not want to die, but your children want to live regardless of how angry you are or the fact that you feel you’re in the right. Being dead, and lying right alongside the bodies of your children is stupid. When people visit the cemetery it does not matter who was right or who was wrong, the only thing that matters is someone is dead never to be seen again. Go back and read the last few pages of Volume Four Part One and note all the women who were murdered while arguing. If you have to bite down on your tongue, do not argue. We do not care how right you feel. There are situation

53

It is not light that we need, but fire; It is not the gentle shower, but thunder.

where you can be literally dead right. You are going to get tired of holding your tongue but just remember you can out smart him. Keep your mouth shut make plans collect money and leave. This can be done in a day. Have a garage sale in anticipation of bad times. Tell him no you did not make that much money from the garage sale. You let some of the things go for almost nothing to clear the garage. One thing you must always remember proper preparation prevents poor performance. If you set about make plans during the good times, you will have several alternatives if and when the bad times come. So the first time he hits you, you can leave and never return. Also remember we said the day you get married or take up with any man you should start a saving account unknown to anyone. The savings account is your way out. We do not care if you are starving drink water but do not use this money. This money is for the protection of yourself and your children when you have to flee. The author of this book spent years eating peanut butter off a spoon (no bread was available) or either a happy meal, a \$1.00 hamburgers or 25 cent bag of Lays Potato Chips to survive. Once you make up your mind to survive you will be surprise what you can do. One woman left home with just her child and a car. She lucked up on a job at Baker's Square. She worked as a waitress then finally got to be a manager. Her child played underneath the counter while she worked. By the time she got to be manager she was rock hard. She worked long hours. She dug her heels in. She and her son were going to survive no matter what. God gave your survival skills use them. It is better to live and proudly face yourself in the mirror as a survivor than to argue and leave your children motherless.

If You Want to Live

SHUT

54

It is not light that we need, but fire; It is not the gentle shower, but thunder.

UP

Be Quiet

You cannot hear and your senses will not work when you have your mouth open.

Who told you that the proper procedure for seeking a divorce is to tell your husband or your boyfriend you are leaving? Why do you have to talk? Where in the Bible does it say that you have to tell him you are leaving? Where in family law does it say you have to tell your husband you are leaving? Emily Post is dead and we are in the 21st century. Proper procedures apply to etiquette and to business, not marriage and survival. Man is the most dangerous animal on this planet and if you want to live to be old and gray, you better treat man like he is the most dangerous animal on this planet. You are never to mouth the words "I'm leaving." Do not use an ultimatum as a threat. He knows you do not mean it. You have gone back on your word in the past so why not now? He knows you lie. He knows the first time you said you would leave him you went back on your word.

You are a poor negotiator. Recognize this fact and do not negotiate. He knows you are going to go back on your word. How many times have you said, "If you keep using cocaine I am going to leave. If you don't get a job I am going to leave. If you keep drinking I am going to leave." Why threaten? Just leave. You have no power. The first time you acquiesce to him you lost your power. The first reason why you have no power in this situation is because you are oscillating. You are bluffing and you hope he cares enough about you to change his ways. The second reason why you have no power in this situation is you have no "violence"

It is not light that we need, but fire; It is not the gentle shower, but thunder.

inside of you. You do not possess little packets of violence that you can whip out at a moments' notice and use them to gain control. The only thing men understand is violence. They learn violence early. They learn that violence controls. Violence gives a person the greater influence, the greater position at work, the greater position in the food chain, or the greater position at the bank. If women possessed little packets of violence then the murder statistics would not be as they are.

Men should be taken at their word when they say they are going to murder their wives, children and the kill themselves.

Here are four deadly behaviors that can precipitate murder-suicide: if you return to a job your spouse knows about; if you return to your home to pick up your belongings; if you do not leaving after the first threat; if you show up for a court ordered visitation unaccompanied. We shall talk more about keeping your mouth close in order to save your life.

"Poor decisions with poor consequences" Miami homicide Sgt. Johnny Herrera, 2008

"I can't tell you when the human mind snaps such as Bochicchio. We're dealing with people whose relationship has died and they're still alive spewing all this hatred and animosity. It's really the darkest sides of human behavior that we see. They say that in criminal cases, you see bad people at their worst. In these cases, you see good people at their worst."

Mike Fasano, family lawyer Victor Salamone

"It's kind of the ultimate control, that you kill the person because you don't want them to have a life without you. Lots of people perceive that there was a sudden snapping, like this was the perfect couple, when in reality, there is a history."

Linda Langford, of the National Center for College Health and Safety

It is not light that we need, but fire; It is not the gentle shower, but thunder.