

# Simple self-defense skills for holiday shopping

Holiday shopping can frazzle anyone’s brain. Shoppers are trying to remember if gifts have been purchased for everyone on this year’s list while calculating whether it is better to use a 15 percent off coupon or sign up for an in-store credit card for extra savings. Personal safety at the mall and in the parking lot is the last thing on most people’s minds. Poorly lit parking garages, arms full of packages, keys buried in the bottom of an overflowing purse and other factors can make women particularly easy targets for predators.

To help women stay safe this holiday shopping season, Krav Maga Worldwide, the industry leader in self-defense and fitness, has put together a list of personal

safety tips to keep in mind when shopping.

1. Stay aware of your surroundings by scanning your environment. No matter how busy you are, do not allow your mind to wander. It might seem important in the moment to be making a to-do list in your head, but if you are worrying if you will have time to stop at the specialty food store on your way home to pick up appetizers for tomorrow’s party you might not notice someone following you to your vehicle.

2. Park in well lit areas — even if it means that you have to walk a bit further. It is best to avoid shopping after the sun has gone down, but if you must try to bring a friend or family member along with you. When you park, avoid park-

ing next to vans, trucks with camper shells, or cars with tinted windows. You want to keep your car as visible to as many people as possible and as such you should also avoid parking next to tall shrubs or plants that could block views of your vehicle.



3. Don’t wear your purse so that the strap crosses your body. Wearing a purse strap across your body makes you more connected to your bag. If someone tries to steal your purse, you will be pulled with the strap. You can become unbalanced and put into a vulnerable position or you could end up in a physical altercation with the assailant. If your purse is draped on one shoulder you can easily let go of it.

4. Dress casually and comfortably. The mall



during holiday shopping season is not the time to make a fashion statement. It is better to leave the high heels and flashy statement making pieces at home. Jeans and sneakers will help you blend in and if needed enable you to make a quick getaway. Also, avoid wearing large and expensive looking jewelry that can draw additional attention to you.

5. Don’t hesitate to ask a security guard to walk you to your car. If you are shopping at night and the crowds at the mall have thinned out for the day, taking an extra step to stay safe is always a good idea. Or, plan ahead and pay the few extra dollars to valet park your car so you do not have to walk to it alone with arms full of bags.

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<div><div>Delta Belle 216 S. First St. <b>20% OFF</b> ENTIRE PURCHASE Valid only on Saturday, 11/25/17</div></div>	<div><div>Rita’s Shoppe 218 S. First St. <b>10% OFF</b> ENTIRE PURCHASE Valid only on Saturday, 11/25/17</div></div>	<div><div>Sister Antiques 211 S. First St. <b>10% OFF</b> ENTIRE PURCHASE Valid only on Saturday, 11/25/17</div></div>	<div><div>Beau and Arrow 228 S. First St. <b>25% OFF</b> JACKETS/COATS <b>10% OFF</b> ENTIRE PURCHASE Valid only on Saturday, 11/25/17</div></div>	<div><div>Southern Suite Salon 223 S. First St. <b>10% OFF</b> ANY SERVICE (Select Stylists) Valid only on 11/25/17 + <b>GIVEAWAYS ALL DAY</b></div></div>
<div><div>Peddler’s Mart 222 S. First St. <b>20% OFF</b> A CHRISTMAS ORNAMENT OF YOUR CHOICE Expires 12/24/17</div></div>	<div><div>Crossridge Gifts 126 S. First St. <b>10% OFF</b> ENTIRE PURCHASE Valid only on Saturday, 11/25/17</div></div>	<div><div>The Station Burger Co. 516 S. First St. <b>10% OFF</b> ENTIRE MEAL With receipt from Downtown Merchant Expires 12/31/17</div></div>	<div><div>Hammered Nail 1119 First St. <b>20% OFF</b> ENTIRE PURCHASE Valid only on Saturday, 11/25/17</div></div>	<div><div>Tiffany Allen 214 S. First St. <b>25% OFF</b> TOTAL PURCHASE Valid only on Saturday, 11/25/17</div></div>
<div><div>Foxy Zazz 219 S. First St. <b>20% OFF</b> On \$20+ Regular Priced Item Expires 1/15/17</div></div>	<div><div>The Lighthouse 510 S. First St. <b>20% OFF</b> ENTIRE PURCHASE Expires 12/24/17</div></div>	<div><div>Warren’s Jewelers 213 S. First St. <b>25% OFF</b> ANY MERCHANDISE IN STOCK Expires 12/24/17</div></div>	<div><div>Whitby’s Flowers &amp; Gifts 411 S. Third St. <b>25% OFF</b> ALL CHRISTMAS ITEMS Expires 12/26/17</div></div>	<div><div>Joann’s 212 S. First St. <b>\$100 OFF</b> 2017 IN-STOCK GOWNS Restrictions May Apply, See Store Manager. Expires 12/31/17</div></div>