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AUGUST 2000

65 Intimacy Secrets Men Need You to Know By Tonight

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Every 21 seconds, a violent crime is committed in the U.S., according to the FBI. Don't be a victim. You can be your own bodyguard if you follow these self-protection tips from FBI and VIP security experts.

By Dana Hudepohl



Van plan: Don't get too close.

15 ways To Save Your Life

"MAKE SURE YOU WAKE UP CHARLIE TO WALK YOU TO your car," Melissa's fiancé whispered at 6:30 A.M. as he kissed her goodbye and left for work. But after fixing her curly, shoulder-length brown hair and slipping her 5'2" frame into black pants and a striped tank top, the 23-year-old decided she didn't need an escort from her fiancé's roommate; she could get from the third-floor apartment to her 1998 Honda Civic in the parking lot on her own.

After stepping off the elevator and into the early-morning darkness and heavy humidity of St. Petersburg, Florida, Melissa started walking to her car. Her mind was on the nursing home where she worked as an activities director—until she heard a man say, "Excuse me." Turning, she suddenly found herself facing a 5'9" stranger with longish brown hair who hadn't shaved in several days. Then he switched his tone from what had sounded normal to a high-pitched baby-like voice. "You're afraid of me?" Dropping a few octaves to an eerie, deep voice, he walked toward her and warned: "I'm armed."

Back in his falsetto, he taunted, "You don't believe me, do you?"

Then, in a deep voice: "You should."

Melissa realized in a flash that she couldn't make it to her car, so she turned abruptly and ran. Finding the stairs, she headed back up to the apartment. Midway up the second flight, the stranger grabbed her from behind, pounding his dirty nails into her back. That's when she saw the long, serrated knife at his side and started screaming for her life, shrieking, "Charlie! Charlie!" Deterred by the attention being drawn to the confrontation, the would-be attacker took off in the other direction.

Every 21 seconds, a violent crime is committed in the United States, according to the FBI. But many of these crimes could have been avoided had the victim simply picked up on a few clues. "Being alert to your surroundings is enough to prevent 95 percent of all attacks," insists Richard J. Machowicz, former U.S. Navy SEAL and personal protection specialist for celebrities and politicians in Los Angeles and current author of *Unleashing the Warrior Within* (Hyperion, 2000).

Glamour asked Machowicz and other top protection specialists for their best save-your-life and rape-prevention strategies and then created this Street-Smarts Aptitude Test—your S.S.A.T.—to help you avoid ever becoming the victim of a violent crime.

1 You're walking to your car after shopping in the mall. You notice a van parked unusually close to it. A man is sitting in the passenger seat. You...

- a) smile and get into your car, not thinking anything of it.
- b) put your head down—the last thing you want is to make eye contact—and run to get to your car.
- c) find a security guard to accompany you to your car.

ANSWER: C. You probably already know to look inside your own car for anyone hiding in the backseat. But it's also important to check that no one is lurking in the vehicles parked next to yours. While you fumble with your lock, that person could grab you and pull you into his vehicle, intending to rape, rob or even murder you. Vans are particularly conducive to this kind of crime because they often have blacked-out windows and sliding doors, notes Patrick D. Malone, a Cleveland-based security consultant and personal safety instructor.

That's why, when you feel uneasy, it's smart to ask a security guard to escort you to your car, even if it seems a little paranoid. Jack Harrison Trawick, who by 1992 confessed to four murders—at least one of which he committed after forcing a woman into his van—said flat-

out during prison interviews that appeared in *The Evil That Men Do*, by Stephen G. Michaud, that he would drive away when a woman he was targeting went to find a mall security officer. "Don't be afraid of looking stupid," advises Machowicz. "That will get you into more trouble than anything."

2 You are struggling with several bags of groceries when a passerby pleasantly offers to help. You say no thanks, but he politely insists. You...

- a) give him one of the bags to carry. You're not going to let him into the house anyway.
- b) at the risk of pissing him off, raise your hands to the stop position and say, "I don't want your help."
- c) continue to try to talk him out of it.

ANSWER: B. Women often have a problem saying no, and that's what a predator is looking for, according to Gavin de Becker, author of *The Gift of Fear* (Little, Brown), whose firm provides security for celebrities, political figures and other individuals. A criminal—and it could be a woman sent by a man to reel you in—often "interviews" potential victims, according to Malone, to gauge how easy a target they'd be. For example, a predator might say something like, "Oh, don't be so nervous," to see if you'll try to prove him wrong—a sign of vulnerability because it indicates you'd rather please him than stand up for yourself (your best response is silence). De Becker tells of one woman who let a "helper" carry her groceries inside after he assured her they could leave the door open and he'd just put the bags down and go. He raped her for three hours. Better not to let any stranger near your door. If he, or she, won't take no for an answer, get away, advises Malone—run if you have to.

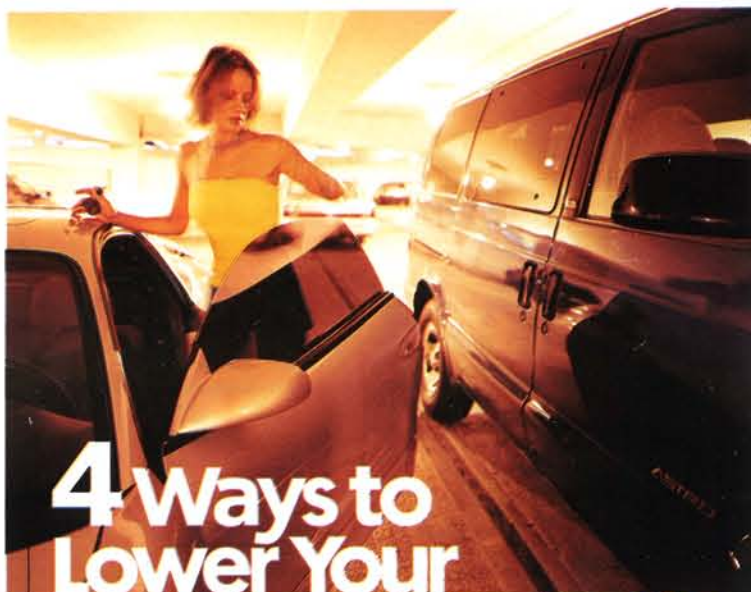
3 You've received three messages within 12 hours from the guy you met in a chat room last night. You...

- a) LOL (laugh out loud) as you respond to each one. SexKitten5 was a clever screen name to string him in.
- b) delete them. What a nutcase!
- c) print them out.

ANSWER: C. Cyberstalking is the newest of crimes against women, asserts Peter Smerick, a partner of the Academy Group, Inc., which consists of former criminal profilers for the FBI's elite Behavioral Science Unit. CBS-TV recently reported the gory story of Beth Wadsworth, from California, who invited a new Net friend to visit and was left beaten to a barely-breathing pulp.

"Women have a tendency to release too much personal information to a total stranger," notes Smerick. Don't give anyone your real full name, because with that in hand, a stalker could easily get your home address off the Internet and show up at your door.

If a guy starts plastering you with e-mails, stop answering him immediately and change your password and/or Internet carrier, advises Smerick. In his mind, even an e-mail telling him you don't want to talk anymore may mean, *She's still writing to me—deep down she really does like me.* Also, print out every e-mail, because to prove a



4 Ways to Lower Your Rape Risk Instantly

In the next two minutes, a woman in America will be raped, according to government statistics. She'll most likely be raped between the hours of 6 P.M. and 6 A.M. And if she's like one fourth of victims, her rapist will be a stranger. Don't be one of those victims. Here's how to make yourself rape repellent:

- **Take the elevator** (stairwells are more dangerous). And get off if a weird man gets on. Which is sillier, bolting out or closing yourself up in a soundproof steel chamber with a scary stranger?
- **Stand with your back** to the wall while waiting for a train,

meeting a friend outside your office or wherever you are. Otherwise, a rapist could sneak up behind you and grab you when your guard is down.

- **Don't answer the door** for a strange woman. She could be part of a new scam in which a woman fronts for dangerous men. That's what happened recently to a New York City apartment dweller who opened the door for a woman only to be brutally raped by two armed men behind her.
- **Trade in your heels for flats** if you're walking alone at night. What's your best sprint time in stilettos?

stalking case, "the victim is responsible for gathering the evidence," says Smerick. For further advice, log on to www.cyberangels.org.

4 You're jogging in the park with your headphones on, feeling confident because you've remembered to bring along your trusty cell phone. You...

- a) turn onto an empty trail to enjoy the A.M. serenity. If anyone tries anything, you'll dial 911.
- b) stay on the beaten path. You'd only go off it with a running buddy.
- c) don't worry about attackers. You can outrun just about anyone.

ANSWER: B. Never let a cell phone inflate your sense of security. While your Motorola can be a lifesaver if you break down in your car, it will probably prove useless during an attack. "If a guy is grabbing my throat, I'm not going to pull out the cell phone and dial 911," points out Machowicz. A better security idea: Get a friend to jog with you (criminals don't typically like to deal with two *(continued on page 255)*)

MICHAEL GIL