

# Fighting off attackers

You've just gotten off work, late in the evening, and slowly as you approach your car, a mysterious man approaches you. What do you do?

Well, you could hit him with your purse, scratch his eyes or just plain scream. If he lets you. But just what is the most effective self-defense?

A presentation, sponsored by the Lansing Public Library, on the corner of Ridge Road and Chicago Avenue, will answer these questions and include audience participation in counterattacks, karate and judo.

The presentation is part of the street safety program offered by the Cook County Sheriff's Office. Deputy Lawrence Ostrowski and his wife Patricia will also show a film on how women can defend themselves and instruct women on what they can carry for protection.

The public is invited to the show which will be held August 8 at 7:30 p.m. No advance registration is required.

"This is something any women who is out alone at night can use," Joan Jensen, Lansing librarian, said. "It includes teen-agers to senior citizens."

She related an incident about a girl who was attacked and injured in the neck and legs in a scuffle. "She was a big girl and did not know how to protect herself. The judge let the attacker go because the girl was not hysterical when the police found her."

"People can ask questions and participate

in the program," she added. "Women don't have as much equipment to protect themselves with now as they did in the Victorian era. Then they had hat pins and spiked heels."

"Carrying a can of hairspray is a suggestion to ward off attackers. But if this were my only means I would have to have him hold my purse so I could rummage through it. This wouldn't be helpful for me." Ms. Jensen related.

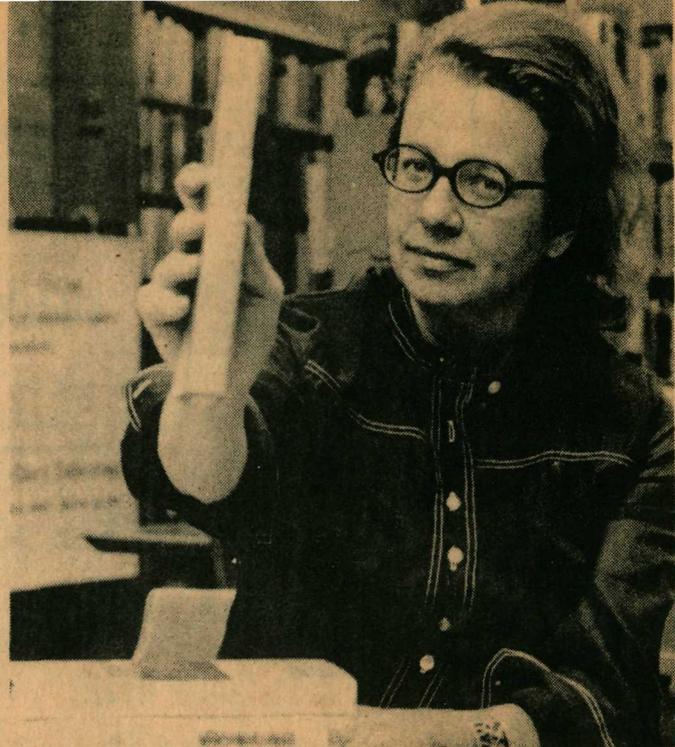
Cook County Sherriff Richard J. Elrod has described what woman can do to protect themselves and what items they can carry.

Elrod suggests carrying something in your purse with which to protect yourself. He does not advise weapons or mace but some kind of spray such as hairspray, perfume or deodorant. Use this on the assailant's eyes. The sudden spray will throw him off guard and you will be able to get away.

Don't walk alone in poorly lit areas.

Yell or scream to alarm the attacker. Do not attack him physically. The scream will catch him first. Then try to use a physical act to catch him off-guard like a shin kick or wrist hold. This will enable you to strike a blow to a vital area and run to a place of safety.

If you have been attacked, call the police. Try to describe your assailant. Follow up by going to a police lineup and identify the person if he is apprehended.



How would you like to get this across the bridge of your nose? Lansing Librarian Joan Jensen demonstrates how a book can be used as a defense weapon. She has made arrangements to have a demonstration on self protection presented at the library by Sheriff Richard Elrod's office next month. (SUN Photo)

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