



# THE GOOD NIGHT CHECK

written by Steven Brass



<b>1</b>	<b>BEFORE GOING TO BED</b> Make it a nightly habit of a quick walk around your home before going to bed.
<b>2</b>	<b>WINDOWS &amp; DOORS</b> Check to ensure all windows and doors are secure. Turn on your perimeter alarm.
<b>3</b>	<b>OPEN WINDOWS AT NIGHT</b> If you leave some windows open for fresh air, set your window frame locks to a height that prevents anyone from entering.
<b>4</b>	<b>BEFORE LEAVING HOME</b> You can repeat this tour before leaving your home to ensure all windows and doors are securely locked. This is a good practice when you are staying home or leaving home.

**If there are any suspicious activities please call 911, which is the plan behind our Neighborhood Watch program.**

*Steven Brass, currently the Vistoso Hills Community Neighborhood Watch volunteer, is a professional **Personal Safety Specialist** and author on *Self-Defense* who has studied a variety of martial arts that include Karate, Kickboxing, Systema and Aikido.*

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