



Employee of the Quarter:

Helping You Feel Safe Again

Certified Security awarded Tony Williams the "Employee of the Quarter" award.



Tony has been with Certified since 1998

and in the security industry since 1988.

He is a great example of the experience and leadership Certified brings to its customers and technical staff.

He has numerous responsibilities, but is ultimately responsible for job completion.

On a personal level, Tony and his wife Rhonda have two beautiful children, Alexis and Cameron. Though work keeps him busy, Tony is involved in his children's sports including coaching soccer, baseball and football. He enjoys golf and is passionate about softball.

Congratulations to Tony for earning this prestigious award. ●

FREE YEAR OF MONITORING

January 1st we kicked off a brand new program to reward our customers who refer their friends to us. Here is how it works ... when just 3 of your friends become customers of Certified Security this year (2006) you will receive 1 year of free monitoring service added to your existing agreement. We have already had hundreds of names and numbers turned in, so just contact our office to submit a few of your friends, family, co-workers or anyone you might want to consider recommending.

Middleburg Man Knows It Pays to be Certified!

Middleburg is a small town surrounded by beautiful countryside and populated by hard-working people. It's one of those places that comes to mind when we think about safe communities to live in.

It felt so safe that the Ryan Worthington family didn't even bother to activate the security system in their home. But then the unexpected happened.

Over the Thanksgiving holiday they were one of the many houses that were broken into. They were angry and felt violated. The burglars got away with thousands of dollars worth of property, including Ryan's hunting bow and it was right before he was to leave on a hunting trip.

Worthington made sure his system was upgraded and his monitoring was activated before leaving on his

trip. Sometimes criminals hit the same house more than once and Worthington wasn't taking any chances. Amazingly, the day after the system was upgraded and activated the burglars tried to break in again! This time when they tried to come in, the system went off. Inside and outside sirens alerted the police and neighbors. The thieves ran away empty handed!

It gets better. A few days later the criminals took the hunting bow to a pawnshop. They didn't think to take the original receipt (with Ryan's name on it) out of the box. The police were called and the thieves went to jail. Worthington's wife said she was glad they got the system, otherwise they would have been victimized a second time. ●

Safety for Senior Citizens

It's an interesting paradox. Older citizens are generally fearful of being victimized by criminals. However, statistically, as people grow older their chances of becoming victims of a physical attack or street-crime actually decreases. In reality, senior citizens are actually more apt to become victims of frauds and con games rather than victims of assault or other physical threats.

If you, or a loved one, are overly concerned about being victimized here are some common-sense precautions that can help to conquer the fearfulness and also prevent actual crimes:

- Go places with friends or family, not alone.
- Carry your purse close to your body, not dangling by the straps.
- Carry your wallet in an inside coat pocket or a front trouser pocket.

- Don't carry credit cards or large amounts of cash with you.
- Use direct deposit for any checks you receive on a regular basis.
- Whether you are the driver of a vehicle or a passenger, always keep the doors locked.
- Sit close to the driver when riding on a bus.
- If something or someone makes you feel uneasy, trust your instincts and leave.

When it comes to frauds and con games, remember this: *The would-be perpetrators are some of the nicest people you're ever going to meet!* A con artist's sole purpose is to make you believe that he or she is kind, honest and trustworthy and has only your best interest at heart. Always be cautious and suspicious whenever a stranger wants to be your *new best friend* – and, offers you a deal that sounds too good to be true. ●



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Simple Tips to Slimmer Waists

Everyone knows that eating right and exercising are the keys to weight control. But not everyone knows these tips to make your efforts pay off fast ...

Eat breakfast. It's true – regular meals and occasional low-cal snacks help prevent the “famine-then-feast” syndrome. Great start: Fill up first thing with high-fiber cereal, whole-grain bread or fresh fruit.

Bite into a pickle or lemon. Advantages: Neither has any calories to speak of, and the sour taste will curb your appetite. Don't have either? Try brushing your teeth.

Post a list of small projects on the refrigerator. Then, whenever you're bored and tempted to snack, tackle an item from your list. Result: It will help you ride out crave attacks.

Serve yourself half the amount you usually eat if you tend to eat whatever is in front of you. And make less food look like more by using smaller plates.

Exercise in the morning. Why: After fasting overnight, two-thirds of the calories burned come from stored fat which contains more calories than carbohydrates – the main energy source in afternoon workouts.



Keep calories burning with aerobic exercise, like biking, swimming, or rowing. Advantage: A single session burns calories during the workout and for several hours afterward.

Take your time. It takes about 20 minutes for your brain to receive the signal that you are full. So gulping food quickly may lead to overeating. Strategies: Set your silverware down between bites ... chew slowly ... savor each flavor and texture. And play soft, soothing background music, which tends to slow the meal. ●

HAPPY SLIMMER DAYS AHEAD!

Secure Your Future

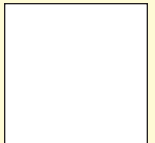
As the demand for our products and services continues to grow, we will also be looking for qualified candidates for our outside sales department. If you think you have the passion and commitment to help people every day, give us a call. We offer the best long-term financially and emotionally rewarding career opportunity. ●

Wrist Saver

Here's a quick way to relieve wrist pain and strain that can result from typing and other repetitive motions. Rest your elbow on a desk with your hand hanging over the edge. Stretch your fingers as far back as you can with your other hand and hold for five seconds. Repeat for the other hand. Try it! It works! ●



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Had Your Phones Worked On?

If you have had any phone work performed at your home or business, we encourage you to test your alarm system to be sure that your alarm communication has not been interrupted. Some examples of this may be having DSL or Voice Over IP installed in your home or business. If you discover this has occurred when testing your system, please call us immediately so we can assist you in restoring your point of communication. ●



Reminder to Our Customers

We want to make sure you have the best service possible, so don't forget:

- Test your system monthly.
- Let us know if you have changed your keyholders or phone numbers.