

Identify and Avoid Being Stalked

I can't say that I wasn't warned. My friend said "Don't go out with that guy, he's a stalker!" But by then it was too late. We were already dancing the night away and I wouldn't listen.

Then the phone calls started... 20 a day. Next, he would strangely show up wherever I went. Then he broke into my house when I was out. My roommate caught him trying to steal and chased him out with a machete and called the police.

When I was called in to the State Attorney's office for a deposition the Assistant State Attorney showed me the stalker's rap sheet. You could almost hear my jaw hit the floor. The sheet was a mile long! Fraud, theft, drugs, you name it and it was listed. Luckily, I was granted a restraining order. I changed my address, phone number and vehicle.

The whole ordeal was a nightmare and I'm smarter now, but I am worried about those who aren't. Knowledge is power, so arm yourself with information about stalking.

Definition of Stalking:

First of all, it is good to understand what stalking is. It is the willful, malicious, and repeated following or harassing of another person that threatens his or her safety. And don't think stalkers are only men. According to the American Journal of Psychiatry, female stalkers are as predatory as males and comprise 13% of all stalkers. These women stalkers also often target other women.

Category of Stalkers:

Psychotic Stalkers - The psychotic stalkers typically have a pre-existing mental disorder such as schizophrenia, delusional disorder, or bipolar disorder with psychosis. Those in this category typically have stalking as a symptom of the psychiatric disorder.

Non-psychotic Stalkers - The non-psychotic stalker typically also has a mental disorder but fully grasp what they are doing and the mental health condition is not the cause of the stalking. Such disorders might include: substance dependence, personality disorder, and obsessive compulsive disorder.

Types of Stalking

To better identify a stalker it helps to understand the five main types described here:

Predatory - this stalker will spy on the victim to prepare and plan an attack on the victim.

Incompetent suitor - this stalker has a fixation on the victim and a sense of entitlement to a relationship with the victim.

Intimacy seeking - this stalker intends to create an intimate connection with the victim and believes the victim is a "soul mate".

Rejected - this stalker pursues the victim to correct or avenge being rejected by the victim.

Resentful - this stalker intends to pursue the victim with a vendetta and is motivated by intimidating, distressing, and creating a sense of powerlessness in the victim.

Women who stalk women for non-intimacy reasons are typically doing so as a resentful type stalker or as a predatory type stalker due to feeling slighted by the victim and believing that the victim deserves consequences for perceived damage done to the stalker.

Stalking Behavior

- Follow you and show up wherever you are.
- Send unwanted gifts, letters, cards, or e-mails.
- Damage your home, car, or other property.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or global positioning systems (GPS), to track where you go.
- Drive by or hang out at your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Find out about you by using public records or online search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.
- Posting information or spreading rumors about you on the Internet, in a public place, or by word of mouth.
- Other actions that control, track, or frighten you.

What You Can Do:

- If you are in immediate danger, call 911.
- Trust your instincts. Don't downplay the danger. If you feel you are unsafe, you probably are.
- Take threats seriously. Danger generally is higher when the stalker talks about suicide or murder, or when a victim tries to leave or end the relationship.

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Some stalkers are more obvious than others, but don't take chances. If you feel you are unsafe you probably are. Don't downplay the danger and seek safety and help immediately.

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 31. EGO 2-7 Kim Bankston during Band Breaks | 01. David Bowman 1-3:30 pm Jammin' with the Steve Venini Band 6-10 | 02. Luke 1-3:30 pm T.J. Karaoke 6-10 | 03. Allen Truesdell 1-3:30 pm and Allen Truesdell 6 - 8:30 pm | 04. Luke Sommer Glenn 1-3:30 pm Kevin Hurley 6 - 8:30pm | 05. David Bowman 2-5 pm THE REGS 7-11 | 06. Luke & Dave 2-6 Gypsy Road Band 7-11 |
| 07. Mr. Nice Guy 2-7 Kim Bankston during Band Breaks | 08. David Bowman 1-3:30 pm Jammin' with the Steve Venini Band 6-10 | 09. Luke 1-3:30pm T.J. Karaoke 6-10 | 10. Allen Truesdell 1-3:30 pm and Allen Truesdell 6 - 8:30 pm | 11. John McKenna 1-3:30pm Kevin Hurley 6 - 8:30pm | 12. David Bowman 2-5 pm Blackwater Sound 7-11 | 13. Luke & Dave 2-6 Gladezmen 7-11 (Swamp Night) |
| 14. No Restrictions 2-7 Kim Bankston during Band Breaks | 15. David Bowman 1-3:30 pm Jammin' with the Steve Venini Band 6-10 | 16. Luke 1-3:30 pm T.J. Karaoke 6-10 | 17. Allen Truesdell 1-3:30 pm and Allen Truesdell 6 - 8:30 pm | 18. Luke Sommer Glenn 1-3:30 pm Kevin Hurley 6 - 8:30pm | 19. David Bowman 2-5 pm Mosquito Heads 7-11 | 20. Luke & Dave 2-6 Justa Head 7-11 |
| 21. Mr. Nice Guy 2-7 Kim Bankston during Band Breaks | 22. David Bowman 1-3:30 pm Jammin' with the Steve Venini Band 6-10 | 23. Luke 1-3:30 pm T.J. Karaoke 6-10 | 24. Allen Truesdell 1-3:30 pm and Allen Truesdell 6 - 8:30 pm | 25. John McKenna 1-3:30pm Kevin Hurley 6 - 8:30pm | 26. David Bowman 2-5 pm Exit 19 7-11 | 27. Luke & Dave 2-6 Whipping Post 7-11 |
| 28. The REGS 2-7 Kim Bankston during Band Breaks | 29. David Bowman 1-3:30 pm Jammin' with the Steve Venini Band 6-10 | 30. Luke 1-3:30 pm T.J. Karaoke 6-10 | 31. Allen Truesdell 1-3:30 pm and Allen Truesdell 6 - 8:30 pm | 01. Luke Sommer Glenn 1-3:30 pm Kevin Hurley 6 - 8:30pm | 02. David Bowman 2-5 pm The Regs 7-11 | 03. Luke & Dave 2-6 to be announced 7-11 |

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