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## Behind the Badge

# E-News from the Law Enforcement Foundation

Dear LEF Supporter,

Welcome to the Law Enforcement Foundation's July e-newsletter - where we share stories of your generosity in action and safety tips for running or walking outdoors.

### **Nationwide Insurance Foundation Honored with Friend of the Foundation Award**

In June, the Nationwide Insurance Foundation received the Friend of the Foundation Award from the Law Enforcement Foundation. President Chad Jester accepted the award on behalf of the organization. Since 1991, the Nationwide Insurance Foundation has provided more than \$400,000 to support LEF programs.

In 2009, the Foundation celebrated its 50th anniversary. Over the past 10 years alone, the Nationwide Insurance Foundation has awarded more than \$223 million to nonprofit organizations to help positively impact the quality of life in communities in which Nationwide's customers, employees, agents and their families live and work.

Many thanks to the Nationwide Insurance Foundation for its financial investment and continued support of the Law Enforcement Foundation.

### **Thank You to Our Loyal Supporters!**

Please join us in extending sincere appreciation to our recent donors for their support of LEF:

- Bicknell Fund, \$2,000
- Emerson Network Power and Liebert Products Group, \$4,000
- Mr. and Mrs. Archie Griffin, \$1,000
- Robert and Sylvia Reitman Family Philanthropic Fund, \$100

*Supporting law enforcement is an investment in your community. Please make a tax-deductible donation at [www.lef-oh.org](http://www.lef-oh.org) to show your support!*

### **Running and Walking Safely - Our Safety Tip of the Month\***

Summer is the perfect time to get outside and increase your activity level. By following these safety guidelines for running and walking, you'll be able to enjoy the summer sunshine and stay safe too!

Before you leave:

- Plan your outing. Always tell someone where you are going, the route you plan to take and what time you expect to be back.
- Wear an identification tag or carry a driver's license. Carry information about any medical conditions, drug allergies or other special medical needs somewhere on your body.
- Don't wear jewelry or carry cash.
- Wear reflective material.
- Check with local police about criminal activity in areas you intend to run or walk.

On the road:

- Stay alert at all times. Awareness decreases your vulnerability.
- Run or walk against traffic so you can observe approaching automobiles.
- Run or walk with a partner and/or a dog.
- Don't wear headsets. Listen to your surroundings.
- Carry a cell phone.
- Exercise in familiar areas. Know which businesses or stores are open.
- Vary your route. Again, make sure you tell someone where you are going.
- Avoid unpopulated areas, deserted streets, poor lighting and overgrown trails.
- Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving. If asked for directions, stay an arms' length away.
- Trust your intuition about a person or an area.
- Call the police if anything happens to you or seems out of the ordinary.

\*Adapted from the Westerville, Ohio Police Department July 2010 Newsletter

Safer communities through education  
and leadership in law enforcement education.

Law Enforcement Foundation, 6277 Riverside Drive, Ste. 2N, Dublin, Ohio 43017 614-761-9479 [www.lef-oh.org](http://www.lef-oh.org)

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