July 2024 Evidence Log

I ASK KINDLY TO PLEASE SPREAD THE WEBSITE, ALL HANDBOOKS, STUDY MATERIALS AND VIDEOS LIKE A DIVINE WILD FIRE TO ANYBODY THAT YOU KNOW THAT MAY BENEFIT FROM THE INFORMATION THAT IS BEING MADE AVAILABLE. THE TSDB LIST NEEDS MORE EXPOSURE, DOCUMENTATION, CIRCULATION OF KNOWLEDGE, ABSOLUTE ACCOUNTABILITY. THIS IS HOW WE ARE GOING TO DISMANTLE THE LIST FOR ALL INVOLVED. I CONSECRATE MY LIFE TO SERVING THE CHRISTOS MISSION AND THE RESTORATION OF FREEDOM AND PLANETARY LIBERATION.

I ASK THAT IF YOU ARE ABLE TO DONATE PLEASE CONSIDER DONATING TO THE PLATFORM AS WE ARE USING ALL RESOURCES TO CONTINUE TO PROVIDE HANDBOOKS AND ASCENSION TOOLS FOR HUMANITY. YOUR DONATION WILL MAKE A HUGE DIFFERENCE! TRUTH OF RIZA DOES NOT HAVE A SOCIAL MEDIA PRESENCE, ADS OR INVOLVEMENT WITH THIRD PARTY GROUPS BY INTELLIGENT DESIGN. I WILL ALWAYS STAND FOR HUMANITY'S FREEDOMS. FOR OTHER TI'S, WE ARE IN THIS TOGETHER. LET'S EXPOSE EVERYTHING POSSIBLE THROUGH DIVINE STRENGTH AND COURAGE! WE ARE VICTORIOUS, GLEAMING IN SOLAR LIGHT!

TRUTHOFRIZA.COM

OCT2023 all of my closest friends in which I never thought would turn their backs started acting insanely funky and then all in the same week they all said that they hated my guts and wanted me out of their life. It was like they were reading a script. Never spoke to them again. Family members all started turning on me, drama stirring in all of these places and it eventually led to me just releasing everyone and everything, isolating from everything except for my husband and my relationship with God. The way they turn family , friends, people at work against you is through programming the individuals in their sleep, wiping memories – inserting different ones, inserting false reality lenses, inserting thoughts and it's all done through wifi for the most part. Cellphone towers and highly calculated satellite beam sensor pulses is involved. It is suggested to turn your wifi off / unplug your wifi off when you sleep. I have seen so many people talk to me kindly and then the next day be outrageously rude after meeting me. Please see this link for more information on how they do this to our family and friends , those closest to us. It can be incredibly difficult to maintain a compassionate heart when those closest to you are being mind controlled to hate your existence https://energeticsynthesis.com/resource-tools/blog-timeline-shift/3921-ffr-during-sleep-state

July 2 2024 - Moving Day

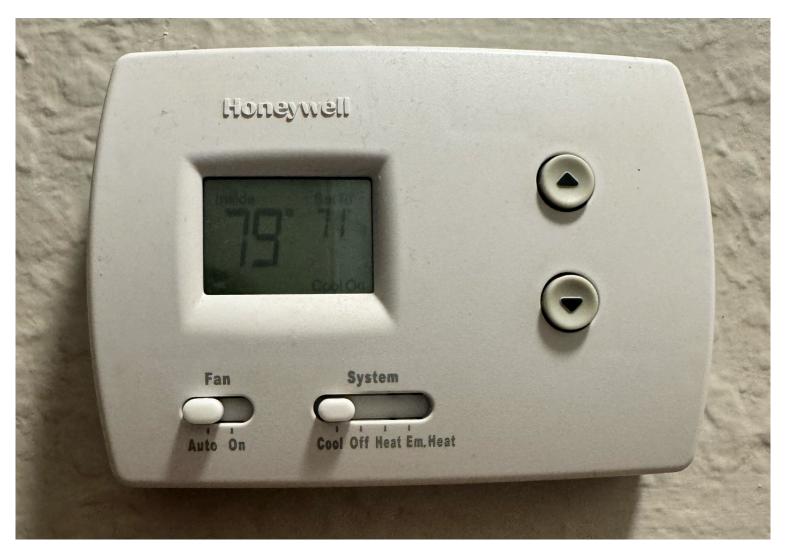
I try to update this with more lengthier annotations and with explicit details of all of the attacks but today is one of those days where I barely have it in me. V2K technology and attacks are always

heavier when driving for a long amount of time passing 100's of cell towers. FL has a cell tower just about every 3 miles - 5 miles. Constant forced implanted thoughts of suicide, leaving my husband, for the last hour on repeat in my head has been " you have nothing to live for" Just to make it very clear I will never lose the faith and love that I have with my husband and my life. We will Get justice for the other millions of people

Being covertly attacked. We will prevail and we will Get justice mark my words.

4 helicopters today and a handful of planes all tracking and following us - We were followed the entire time while driving. Today was moving day which means we packed all of our belongings and moved to a brand new location. Drove 3 1/2 hours to get to this new location and upon arriving there was already a TI plane flying directly over our brand new rental. (later found that plane belonged to a flight school where all participants flying planes have been mind controlled to fly over our house low and slow everyday - these people flying aren't even consciously deciding that they want to fly over our house. Their neurobiology is being controlled to form extremely annoying noise campaigns and no peace under the cover of your rental is where our flight course is) i have everything on video recording -You can see the streamer of that by looking for "Evidence Streamer July 2024" I try to be as transparent as possible and gather as much evidence as we can because we are dealing with psychopathic criminals that are working in the military , DARPA, FBI & CIA deploying covert electronic weaponry.

The ac got broken from a satellite. it's been running since we got here and it went from 78' to 80' riddle me that - as the sun is going down? It's been blowing for hours and hasn't changed temperature. Not even 24 hours into settling into this new spot. The constant weather warfare has backed off a little bit. Everyday is the same. I am currently on my menstrual cycle running off of about 4 hours of sleep a day. For the most part I consume raw liver, raw milk to make sure I can function optimal during this time even with sleep deprivation tactics deployed. I derive all of my vitality and nutrients from grass fed bison or cow raw liver. I have liver about 2/3 times a day and raw milk constantly due to the lack of sleep. For sure these evidence logs will turn into an outlet of speech as well as logging the thousands of different attacks- Maybe you might find some support through some of my annotations. I will never stop speaking the truth !! I AM GSF (GOD SOVEREIGN FREE)



Our Guardian Host Support Network assisted us in fixing the AC and protecting it from outside electronic manipulation Krystal Cube Mechanisms and Krystal Star Rainbow Algorithms to transit any deployed AI robotty spiders residing in other dimensions. AC is holding 73' now in the FL summer heat.

July 3 2024

Constant planes all day, more planes all day at this location than our last location (later found planes were a nearby flight school with their flight course so "coincidentally " placed above our rental to practice their maneuvers) This new rental is more tucked backed in the woods and away from neighboring houses. The helicopters that do come are hiding in the tree lines, they circle really far out to where you can only hear the slight whirl of the propellers. I am not able to get those on video record , we do have about 100 different helicopters recorded since June2024. (we also later found out through calling several people that the people flying these helicopters 2/3 times they are mind controlled " just to fly here, I have asked people about why they wanted to fly over the house and their responses have been that is where I wanted to fly?" These people do not know that their decisions are being controlled by cell phone towers)

Helicopter 1 9:29 AM outskirts really far out circling. Owls being used to spy as well as hawks. Now

for the owl and hawks being used as a spy, when you see these hawks and owls they fly to a nearby tree really close to you and you can literally walk up to them and look them in the eye. Through multidimensional perspective you can see the wires around the Birds Eye's looping back to some sort of feed back look connected to an off world demonic essence that is usurping the body of the bird. I know it sounds wild, I thought the same thing when I first was able to walk up to the bird and get a good look at it through its pupils. The pupils told me everything I needed to know in regards to what these birds were being used for around me.

Everything is documented on video as well along with explanation to understand their attacks. I will start adding my forced dream simulations here too so that everything is documented.

DREAM SIMULATION EMF BROADCASTS

Riza: 7ish AM- in this forced dreaming scenario I was walking and I heard this buzzing sound I started becoming conscious in the dream simulations, for the most part I know I'm being forced into situations that aren't Krystik. I looked up at the buzzing and it was a bug looking drone following me. I pulled out this signal jammer type thing which made the drone fall to the ground. I immediately started locating the SD slots of recordings and found myself looking at archives of recorded data, the reason why I put my dreams in here is because I normally become lucid and can start to understand what is really going on out there. Anyways I found these SD slots containing my name in all capital letters as well as other names. I clicked on the other names and I started finding lists of vaccines and injections as well as like black budget doctors and surgery's with implants. I clicked on my name and I found picture recordings of myself at the last rental I just moved from. After scrolling down more names some guy popped up ,hit me knocked me out and drug me to some location. From there I woke up still in the forced dreaming being held down by one lunar demonic woman, nasty and one Transgender woman with a really weird metallic transhumanistic penis. The women kept trying to shove black metal dildos into my sex organs while I kept saying no - I do not consent. I kept yelling and screaming holy mother holy father help until I was popped back here in my waking 3D life.

After discussing it over with my husband i have the intuitive hit that they record our dreams and torture experiences for others to watch like a tv show airing between those who run this stupid program/ list I have had dreams like This happen so many times I am just now starting to log them down for others to see.

the reason for such copious detailed notes with the monthly synopsis and the evidence logs is because it displays how everything happens as it happens, the evidence is absolutely undeniable at this point. The more people that are able to read this targeted or not = the awareness that millions of people are being covertly targeted

July 4 2024

DREAM SIMULATION

Always around the same around 5 AM - 7 Am sleeping. The only thing I remember was mockery and people treating me really rude and somehow frogs and bugs kept falling out of my pant leg in this situation. I was grossed out to keep finding bugs and frogs in my pants. There came a part where two snakes all black came up and bit me in the hand injecting some type of venom and I knocked out and woke up here.

July 5 2024

I have decided that I will no longer sleep in. When my husband is up I am up also so now they don't have the ability to Harass me through forced dreams. With the extra hours that I am not sleeping I will use this time to meditate more and create more content.

Edit: the night of July 5 coming into July 6 was absolutely horrible sleep. We are now in the works of finding out how to get the best sleep with forced wake ups, forced dreaming harassment nightmares.

July 6 2024

Yesterday we bought a drone to get better footage of these propeller unmarked planes and they have been acting very odd, not coming around directly over the house, they wait until the budget friendly drone is out of battery and then come bolting over the house. I am still able to get everything on my phone camera. Another update though is as these people know that we bought a drone we ended up getting the best night of sleep all but some mind controlled humans shooting off fireworks at 11:30 and midnight which woke us up. Other than that we only had 2 forced wake ups at 4:30 and 5:30 all while catching a low flying Ariel vehicle during midnight looking for the loud fireworks. We have that night low flying air craft on video recording.



intelligence gathering, maritime

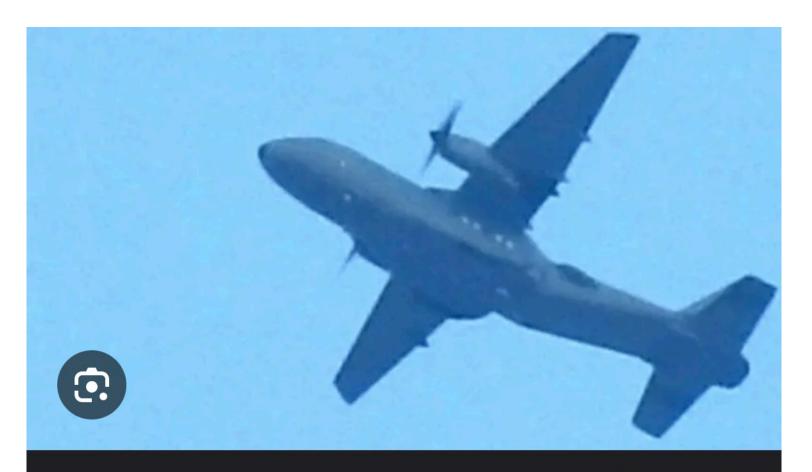
surveillance, observation (e.g. artillery

patrol, battlefield and airspace

spotting), and law enforcement.

I think the other aircrafts they have been used against us are similar to Raytheon sentinel surveillance aircrafts to collect data on - brain mapping, energetic signature processing, emf pulsing. It is not a for sure but this is what I find hovering over us about maybe once a week I see the same type of plane pass right over myself when I am outside.

After further searching I found the correct model. To break this down we have FBI propeller planes that spy on us 24/7/365 which we have on video and then on occasion we have military air force spy jets and then another type of plane that I am still learning about. I have the military Air Force spy jet on video recording logged. Which is seen below



This Mysterious Military Spy Plane Has Been Flying Circles Over ...



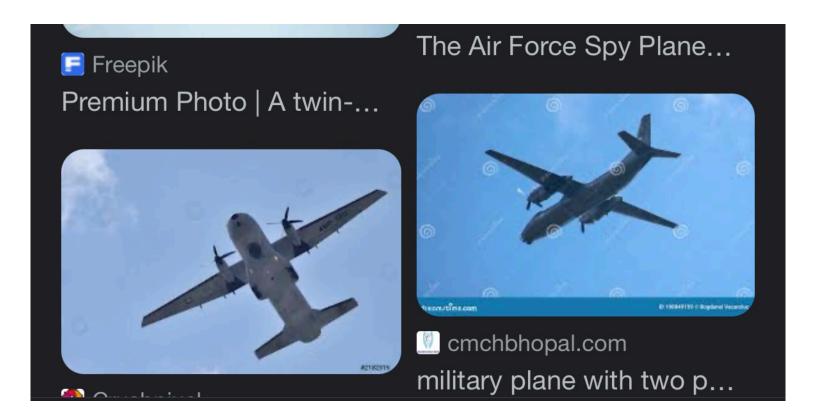
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The Intercept



July 7th

Here are the FBI / CIA- three letter agencies cessna models spy planes that Harass us 24/7. 100% yes to harassment via non direct mind control through flight schools.



What's Spooky About the FBI's Fleet of Spy Planes? | ACLU



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1 Share



Ars Technica
FBI planes gathered day...





☐ WNYC Studios
Using Fake Companies, ...



Which we have all on record. Why are all military, CIA, FBI spy planes constantly following my husband and I ?????? Not to mention military and CIA helicopters DAILY !!!!!!!!!! THEY FOLLOW us everywhere we go.



Helicopter 1 at 16:50 ish and then the 2nd helicopter came blazing over the house 17 ish.

July 11 2024

Weather warfare- harsh rains V2K increased when it is storming helicopter 1 right over house 7:58 AM.

Constant loud Cessna planes 600ft- 1400ft right over house. Been moving my body and mind quiet a bit through movement therapy- started a brand new subliminal playlist to program my mind not have someone else try to program my mind through V2K transmissions and subliminal dreams. Started my new 2024 Night Subliminal Playlist.

July 12 2024

DREAM SIMULATION

Lately the targeted individual program has been deploying insertable demonic essences and spirits if a helicopter sees me (Riza) fully or I see the helicopter fully. When my husband is seen by the helicopter in the physical it also inserts demonic essences into my Husbands body that I have to clear later through chamber clearings.

In this dream I heard the helicopter approaching and I was trying to get out of the way from windows and get behind a wall but the helicopter came up so fast and literally inserted like 100 demonic essences into my body I could feel the inserts slide into my body it almost felt like bullets hitting my body, somebody just pressing round after round of glass into my face and belly. A black man (black figure) popped out the helicopter and then tried to hit me - I woke up and immediately went to discuss this experience with guidance groups and cleared myself of all demonic essences. I saw at least 50 different demonic essences walk out of my body into the transit gates.

Everyday Cessna planes and 4 ish pm surveillance jets make about two or three passes over the house

July 13 2024

My husband and I ended up finding an app called Flight Radar 24 and I am able to see all of the Cessna planes doing there routes everyday and past playback flights. This app also shows helicopters in the area and their flight path over our house. The flight paths match all of my recorded videos. Pulled the serial numbers, registration numbers for further documentation of what I could find. Some planes and helicopters have no serial # and no registration number. I have everything written down including all serial numbers and registration numbers with pictures of the planes and helicopters for potential litigation cases in the future. The constant surveillance has been paired with dream manipulations and V2K transmissions regarding divorce and suicide today. The V2K transmission have visual

Images of bugs crawling in my mouth and spiders crawling in my hair and across my body. I do my best to ignore all of it and everything. I have decided that I am done sleeping in. Normally I wake up at 9 ish AM everyday, but at this point the forced dream torture is just too much... I'd rather just wake up at the forced 5 AM and start my day regardless of how much sleep was gotten. By me waking up at that time I'll skip the harassment. They normally harass me heavy 5 AM to 9 ish AM and my husband earlier in the night With torture scenes.

DREAM SIMULATION

This experience probably was one of my worst that left the worst taste in my mouth and over all emotionally traumatizing. The dream started off with this blonde haired man talking to me about the TI program and how he loves watching me. I was telling him how I was going to shut down the entire program and that cosmic mother will find you. She will find you and evict you off this earth. You will

not exist anymore. He called to his side two gang stalkers (energetic signature of what a gang stalker feels like) and got me by the arm and carried me off while I was kicking and screaming that cosmic mother will evict you, you will be held accountable. Don't touch me, two helicopters flew over my head in this scenario and I started puking blood and my teeth started falling out everywhere. As I was puking blood and my teeth were falling out the men behind were talking about "alright we are going to go get the JJ" they were referring to the Johnson and Johnson MRNA alien metallics and other metals, nano particles / nano bot sensors vaccine. They were speaking about how I needed to get vaccinated. They were talking about it as if it would kill me. My mother popped up and started crying and she was saying how she didn't believe me about the targeted individual attacks and she kept calling me a lier. I kept screaming at the men how I will never get stupid injectable weapons and go ahead and start packing your bags because when I get out I will find you and evict you.

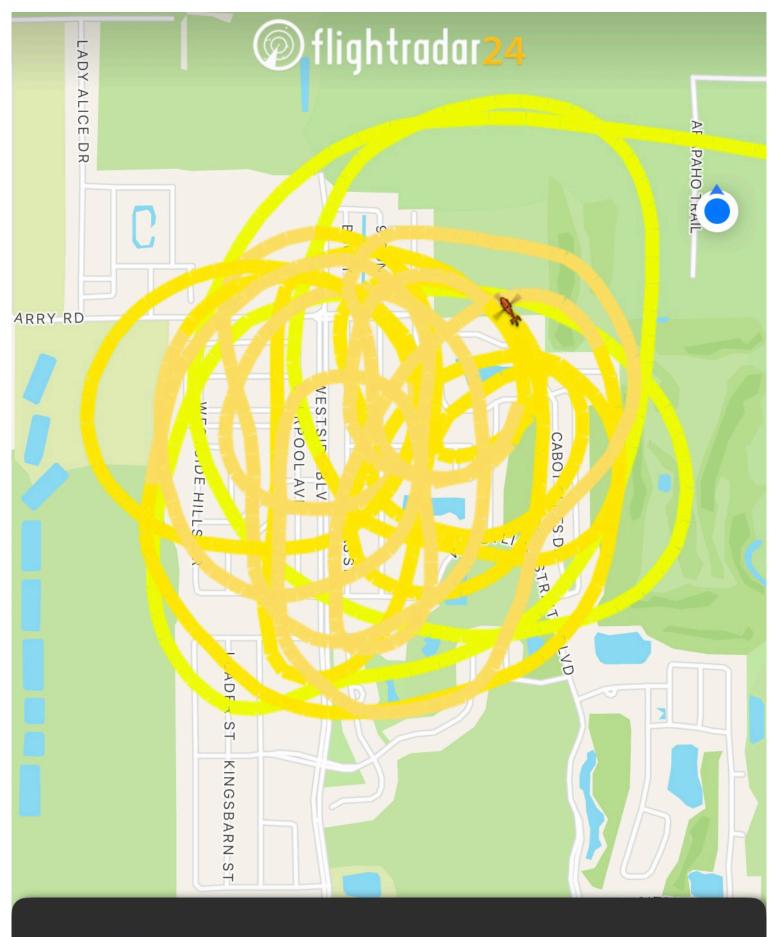
I woke up from this scenario feeling traumatized and tired like my energy got drained. I am not vaccinated and never will be....ever. Back in MAR2024 I had a conversation with my mother that I was getting attacked so bad that this was the last phone call we can have because they will Come after you. Mind you this program took my husband's grandmother back in DEC2023 - I halted all communications with my family due to the death threats and the already killed family member that looked like a natural cause. I haven't talked to my mother in so long since they started deploying mind control weapons at my family to create unneeded drama. These mind control weapons were deployed towards my best friends and eventually they turned their back on me and left my life stating that they hated my guts - for what reason.... No clue.

Helicopter 1 3:36 PM right over house Helicopter 2 3:41 PM outskirts in tree line Helicopter 3 4:00 PM

July 14 2024

I have switched my lifestyle to waking up at the first sign of a forced wake up. Helicopter came at 2:53 AM and circled in the lot across the street for thirty minutes attempting to do Brain mapping interfaces through ai. I have the screen recording and the helicopter. The registration and serial number was not available. Over the past days since I am writing this late I have been watching this Bell OH-58A Kiowa do several circles with Brian mapping in other locations.

Ours:







N/A NOT AVAILABLE

Departed N/A

Arriving in N/A

BAROMETRIC ALT.
500 ft
GROUND SPEED

45 kts

Bell OH-58A Kiowa

REG. N/A

Others:



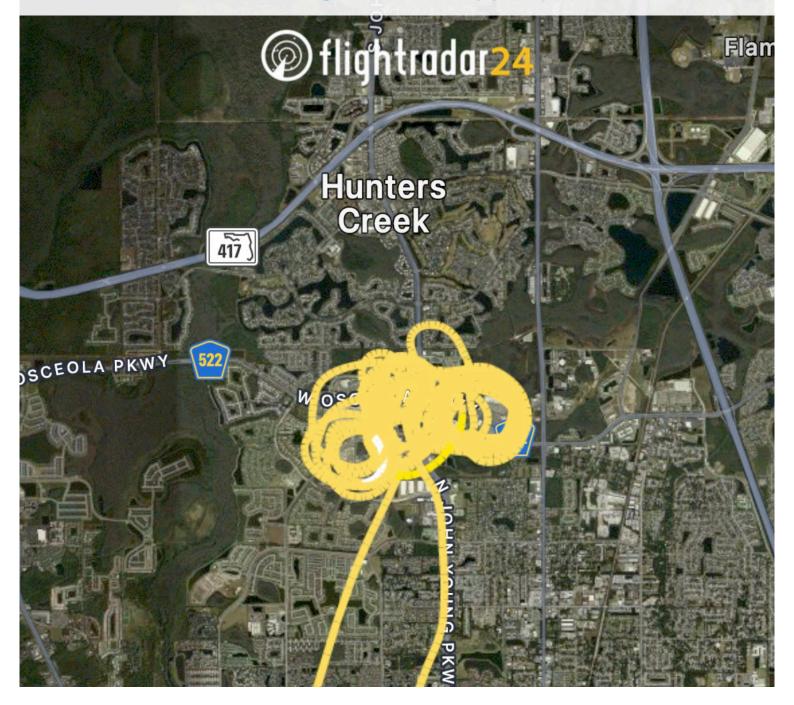


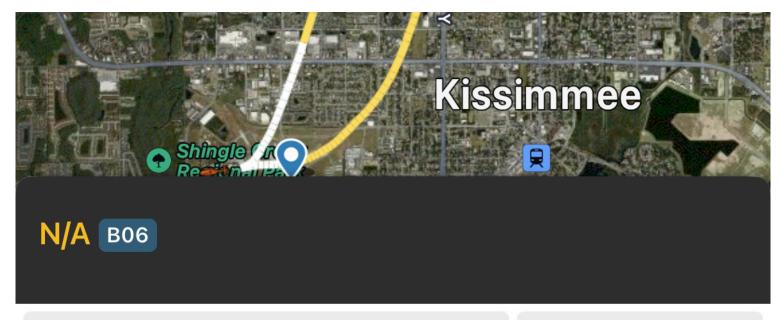
GENERAL MOTORS IS GRATEFUL FOR THE U.S. MILITARY COMMUNITY



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N/A
NOT AVAILABLE

Departed N/A

Arriving in N/A

BAROMETRIC ALT.

Oft

GROUND SPEED

35 kts

Bell OH-58A Kiowa

REG. N/A

Now ask yourself why would they need to do this in the middle of the night ???? With all registration and serial numbers blocked for viewing

Same day another helicopter came time stamp is in the July synopsis and it was a helicopter from Air Force fun helicopters tours

Flight Radar 24 app has proven evidence of what helicopters attack us and ALL planes.

July 15 2024

Forced wake up 6:39 AM - started my day doing more research about the Targeted Individual Program. Rabbit hole keeps running deeper and deeper and annotating all logs. Cessna and Piper PA planes flying over the house constantly, loud and low. 800ft doing maneuvers practically in the front yard.

July 16 2024

Wake up 0600 AM first plane 7:00 AM - going back to working on some things and looking at the

logs

Constant planes.

Been going through the Flight Radar 24 play back the helicopter that sprayed our house back in JUNE2024 was Lee County Control District (mosquito control helicopters) N764MC & N868MC landing at the Buckingham Army Air Field with filled drum tanks of chemicals. In the future we will be calling some mosquitoes control places and asking questions as well as some hospitals that have dispatched their helicopters to blaze directly over our house everyday.

July 17 2024

Last night we ended up getting the best night of rest. We slept for 7 hours straight. First time in over a year. They haven't flew a helicopter since we put in a direct call to the Air Force Fun Helicopters. Continuing my research and matching helicopters with their Correct video documentation and registrations numbers. Still back logging all the way back from DEC2023. Constant planes per usual with video documentation.

I ended up calling Lee County Mosquito County Control District about the helicopters with sprayers that sprayed our roof JUNE2024. The chief pilot said that he was going to get back to me on further investigation. Making sure to document everything that I can since we normally have helicopters and planes harassing us everyday.

*** I've been learning more about the mRNA 2020 bio weapon that contains alien and unknown metallics that people normally call graphene. It is not graphene because I find the same substance and substraight of metallics sprayed onto helicopters and this allows them to spray demonic essences practically all over us when they pass. I have seen these metallics inside computers, on helicopters, the inner workings of electric cars, and in peoples bodies via the vaccine***

July 18 2024

Another night with wonderful sleep. No interruptions something is shifting. Constant planes flying over the house during day. Still logging documentation. Satellite pings are still on going and my phone is now tapped. I will be calling more places. I have police departments logged and other aviation companies, but due to some police departments serving this multi billion dollar program they will get a call way later. I will not be calling the police departments because I know they are in on the Ti program / list. The chief pilot from Lee County did not get back to us yet- I will give him until Friday (jul19) to get back to us.

Edit : (JULY 19) that chief pilot never got back to us... have called over again trying to get in touch

with the chief pilot. No further information as to why their helicopters were spraying our roof. Video documentation is in June Streamer

Military helicopter 1 11:38 AM didn't get it on video moving way to fast. I was inside pre-occupied with something else. I did get the sound recording.

Helicopter 2 at 12:12 pm N145CL Metro Aviation Corporation departure n/a and n/a on landing (Airbus Helicopters H145) serial 9188 - Cessna flying over house at the same time

July 19 2024

Please refer to the synopsis

July 20 2024

We called a lot of people and had some not the nicest interaction when asking questions about the ownership of these helicopters that people are using to blaze over our house. Everyone we have called has not called us back or returned our call. I understand it is a Saturday - we started calling and inquiring, asking questions on Monday July 15th. I'm already on the list which means I can ask questions and dig my nose into places that is our rightful place of knowing what the heck is going on !?!?

We put in a noise abatement / noise complaint with Sunstate aviation and asked them to change their western and western- southern practice flight routes when training people and 100% the course scooted over and now it is MUCH quieter. So what happened was somehow through all of this the aviations schools flight courses moved to right over our house. All three flight schoosl the "practice " course is right over our house. We move every month so I'm going to see if more aviation schools flight courses change to our location. Other than that it is normal noise pollution from flights like Alaska airlines. Commercial planes.

I understand that through constant traumatization and sensitization to helicopters blazing over the house and noise campaigns that my ears are ultra sensitive to sound and I'm constantly vigilant of my surroundings. The amount of planes has dropped off.

July 21 2024

Dream harassment, I am live time working on putting the Emerald Toolkit together and more uploads and man have my attacks increased. Constant stabbing in my back/ kidneys, sleep deprivation tactics, V2K mindcontrol to slow me down. The V2K transmissions are gaslighting me, when I'm actively using my mind to type and put together the Emerald Toolkit I get on looping pattern that I do not know what I am talking about and that there is no point in continuing to upload for Truth of

Riza and build out any type of knowledge archives. At this point everything is a little gnat in my face, it is annoying and it has picked up the pace with certain attacks being deployed. I will be adding a big preface to the emerlad toolkit because my attacks have been taken up a whole other notch.

Edit on our phone calls to others: we have called Airforce Fun Helicopters, Lee County Mosquito Control District, ATI Jet call and calls with Mechanics, got hung up on three times by mechanic at ATI Jet regarding the mislabel of Cessna plane at Sunstate Aviation and the LearJet60 with ATI Jet Services. Add detailing that N295SG was flying for thirty minutes straight circling the house while on the phone with ATI Jet regarding this entire situation. C172 started upping his altitude as soon as we got off the phone and flew away. Called Sunstate Aviation, Orlando Health Air Care Services. Did more digging and called Airforce fun helicopters again about the helicopter that was used and the answer was different than before, after digging more I found that helicopter that was used for sale on a website and I called Jane Doe the owner of said helicopter. She hung up on us one time after inquiring, was extremely rude and arrogant when just confronted about what the helicopter was doing. She hung up and we called back and she said she would ask the pilot flying that helicopter. We will see if she gets back to us. So far - all the people we have called have not gotten back to us at all. Not through phone or email or text. If we have no more calls back we are going to inquire all over again Monday afternoon.

I will continue to work on the Emerald Toolkit until completed and then keep pressing forward with my upload/ creation flow.

(this is when I found out all planes and helicopters 2/3 is normally mind control to make the people fly like that and act like this)

July 22 2024

4 Helicopters in our area, blazed by. We have called so many individuals and haven't gotten anything back. We will continue to call and grab information that is needed about what is going on here. Currently in the works of creating the Emerald Toolkit for the Targeted Individual Community and every time I start working on it or continue the progress of it I get slammed with Mind control patterning attempting to change my

Emotions and create some sort of blank slating in my mind so that I feel like
I am not knowledgeable about the topic at hand and that I'm actually insane. The levels of targeted mind control have been INSANE during the time of writing the Emerald Toolkit. I have uncovered ALOT of information by calling these people who fly the helicopters. Turns out people are being mind controlled to Fly their planes and helicopters right over our house and above us when we are outside at super low altitudes. All of this is possible through the use of military grade mind control to control someone's nervous systemvia injected alien metallics. Still putting more pieces together of the targeted attacks and dragon consciousness. I got books by Robert Duncan coming in for my

future research. I also went down the rabbit hole of targeted justice board members substack specifically those articles that speak about people emitting demonic fields or having connection to the demonic realm through mRNA nano technologies. I've already been seeing this ability to attach demonics on things like helicopters to be used against the spiritual community. If you are connected to god and Christos it is a full out war for us right now during this final drama conflict. If you so feel called please start reading and learning about everything on their substacks available to the public **Richard Lighthouse E Books** more knowledge more power - our birthright to know what is going on.

July 29 2024

Haven't updated in a long time with copious note taking. We had helicopters attempt to take a cloning of our brain signature as well as more attacks when uploading certain projects. I have gotten to my point in embodiment that whatever they want to attack me with I don't really care. I am peaceful inside of my being and nothing they can do will get me off this feeling of inner peace. I know we will all get justice I don't know how or when it is just a knowing. We have already all won. No need for me to get upset at what they try to do so that i don't like my life. I am using this list as a form of self mastery. That is it. I will continue to create handbooks and bodies of work through any and all attacks. I am okay. My world is okay. I am unstoppable, invincible, all forth coming.

Edit: since writing this down we have had more helicopters attempt to take our Brain signature through orbiting patterns. They will never be able to get a clone of my brain because I absolutely refuse to give up the connection to my soul. I won't give nothing up. I'm defending my consciousness. I will expose them though...

July 30 2024

We had two helicopters at the same time trying to get Brain signatures from us and sell them on the dark web. One helicopter came around 3:30 PM and we started running and leaving the housemoving all around. The helicopter started its orbital pattern and we knew what was up. Orbital patterns = brain scanning / clonning. We didn't get in the car this time through Intuitive asking and testing it wasn't In Our highest and best interest to leave the house in a car during rush hour. We stayed on foot and jumped some fences to get farther away from the helicopter. On video recording you can see the helicopter following us and moving as we move and try to get further away from it. During this particular situation two helicopters came and started circling at the same time and following us. I believe the first helicopter was running out of gas because it was circling for an 1 + 30 minutes and went and landed at the Kissimmee airport. It was a sherif helicopter and then came right back for more -circled 1 hour after the previous incident with the same orbital patterns