

McCarthy, Dan

From: Hiben, Lesa
Sent: Monday, November 09, 1998 10:39 AM
To: McCarthy, Dan
Cc: Kuykendall, George
Subject: self defense / rape prevention class

Thank you for allowing Alex to present this very important class here in the hospital Saturday, Oct. 31. I attended last year's as well as this year's class (as a refresher). I believe every woman in this organization could benefit from taking the class every six months to sharpen our skills.

It's interesting to see even the more timid people involved in the class; it brings out their confidence. That new attitude can potentially save someone great pain or worse. It's great to be able to apply the kicks and other skills; to learn our own strength and to feel a sense of control.

As Tom Wolter stated, "we at SACH are no longer protected in a little bubble, the bubble has been broken". It's up to us to learn to protect ourselves. This class teaches us the techniques and the tools to not panic and to hopefully prevent a crisis.

Thank you to Alex and all who volunteered their time.
Lesla Hiben