



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

WAR ON WOMEN IN NYC: ASSAULTS ON THE RISE vs. 2010

JOSEPH P. ADDABBO JR July 19, 2011

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Senator Addabbo Joins Local Woman to Bring Free Self-Defense Classes to Area

Senior Centers this Summer

Queens, NY, July 18, 2011 -- You hear it on the news every other week: more attacks are taking place in New York City and sadly, seniors have been targeted as well. The reality of the world we live in today is that 1 in 6 women will be assaulted in their lifetimes. Every two minutes, somewhere in the U.S., a woman is assaulted. According to New York City crime statistics, rapes have increased 30% YTD vs. 2010. As scary as these statistics are, they are based on only 40% of the cases being reported. These statistics were

reason enough for Evon Reyes, founder of Fearless Fighting Females, to join forces with **NYS Senator Joseph P. Addabbo, Jr.**, who represents her district in Albany, to bring *free* self-defense workshops to their community.

With the recent cuts to senior centers and attacks on older adult women making headlines in the city, it just made sense to them to start their efforts with local seniors. Senator Addabbo's office has reached out to several senior centers in his district to offer a series of self-defense classes led by Ms. Reyes. The response has been positive. Hour-long classes started **July 14** at the **Forest Park Senior Center, 89-02 91st Street, Woodhaven**. Classes will continue on **August 2 at 11:15 AM**, at the **Middle Village Senior Center, 69-10 75th Street, Middle Village, 718-894-3441**. More classes will be scheduled at various senior centers in Addabbo's district this summer. Call Pete DeLucia in Senator Addabbo's Howard Beach office for dates, times, locations: 718-738-1111.

"I felt compelled to do something. I needed to help other women and girls," Reyes says. "There are six basic things we can do as women to help reduce our chances of being attacked. Every time I teach those basics in a class, I feel empowered by my women students and it fills me with so much joy. I definitely feel I receive so much more than what I give. I am excited to teach older adults how to fight off an attacker."

Adds Senator Addabbo, "Most of my district's senior centers are predominantly attended by women. When I met Evon Reyes and she described her self-defense classes, which **specialize in personal development and assertiveness training for women of diverse ages**, I knew my seniors would welcome the idea. Evon's training methods have produced positive results in the lives of her students who don't want to become tomorrow's crime statistics. We're hoping many men at the centers will also fearlessly join the classes."

About Fearless Fighting Females

Fearless Fighting Females was founded in 2010 focused on two goals: to empower a woman by reminding her of what a powerful and spectacular creature she is; and to reaffirm what every woman should already know -- that no obstacle or challenge can stop her from dreaming or making dreams come true. According to Reyes, "Fearless Fighting Females is for all of us who fight to overcome our deepest fears so that we may conquer the challenges of tomorrow. I also hope that through my message and my donation to Autism Speaks, we can help raise awareness of the 'epidemic' of autism spectrum disorders and help to find a cure."

Evon Reyes has volunteered her time to local organizations and within her community by offering free one-hour self-defense workshops with WET Production Risk Takers Program, Girl Scouts of America, and the York College Women's Center. If you'd like more information about this topic, or to schedule an interview with Evon, please call her at 347-351-6782 or e-mail Fearlessff.info@gmail.com.

Fearless Fighting Females

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