



FOR IMMEDIATE RELEASE

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Time for a "Reality Check!"

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Not around for the live show? Past episodes are archived and available On Demand!

On the VoiceAmerica.com Talkradio Network

In the spirit of the new year and fresh starts, Crime Prevention Specialist Susan Bartelstone interviews Larry Lawton, who was convicted of armed robbery in 1996 and spent 11 years in some of the toughest federal prisons in the country.

While in prison, he was tortured and put into solitary confinement for months at a time for speaking up about prison abuse. But, he also worked as a gang mediator and counselor, became a paralegal and came out changed. He's since founded The Reality Check Program—a life-changing course for at-risk kids that shows them what prison life is really like—and has affected hundreds of troubled lives so far. His story is so inspiring that a movie is being made of his life.

Also, stay tuned for tips on what to do if you view a crime in progress and how to help someone in trouble without putting yourself in danger.

Here's how to tune in:



go to <http://www.modavox.com/voiceamerica> on the VoiceAmerica flagship network and plug in *Susan Bartelstone* in the search box and scroll down the menu on the left to find the show you want.

Easier way: go directly to <http://tinyurl.com/crimeprevention101> and do the same thing.

Note: By default, you might be listening LIVE to VoiceAmerica.com when you first log on. To listen to Crime Prevention 101 archives, simply choose from any of the links provided from the menu on the left.

Talking the Talk Because She's Walked The Walk!

Years ago, Susan Bartelstone had a bad break-up with a guy, complete with physical and emotional bruises, and determined to learn how to protect herself. Today, she's a certified Crime Prevention Specialist and Personal Safety expert, with 17 years combined training in WWII Combatives, self defense and martial arts. Along the way, she deterred five extremely dangerous criminal encounters, fought her way out of a surprise attack and, for the past 18 years, has taught

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safety skills to men and women from such organizations as American Express, the U.S. Post Office and the Livery Cab Owners Coalition of New York.

Author of *Think Fast and Prevent a Violent Crime: How to Respond to Danger in 20 Seconds (or Less!)*, which is based on her own experiences, she's been featured in a long and varied list of media; the "Today Show," "America's Most Wanted" and *Self Magazine* to name but a few.

Dubbed "the Ann Landers of Self Defense," she's helped thousands of people solve their personal safety dilemmas with her practical advice—which stresses the many opportunities you have to avoid or defuse a criminal encounter...and how to use your brains instead of your muscles in a fight.



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