



NEWS RELEASE

Office of Public Relations

Diné College • Tsaile, AZ 86556 • (928) 724-6635
bdotson@dinecollege.edu

CONTACT: Bernie Dotson

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Diné College R.A.D. Training Teaches Self-Defense

Active Shooter Threat Training Program at Shiprock on June 29th, 30th

TSAILE, Ariz. — Diné College recently held a two-day self-defense training seminar for women, where female employees at the college were taught life-saving verbal and physical tools to increase confidence and defend against unwarranted aggression.

Two seminar-styled sessions taught how to combat shoving, sucker punches and unwelcomed verbal and physical confrontations. The first-time ever sessions took place at the college's main campus in Tsaile.

"This is about self-awareness and safety," Anjeanette Lang, an executive assistant in the human resources department at Diné College, said. Lang co-coordinated the sessions along with Adrian Lewis, a security officer at Diné College's Shiprock campus. There are five satellite sites in the Diné College consortium.

"In a general sense, it's important that we all have some basic knowledge about emergency response protocol when it comes to people who work here. We serve students, staff, and faculty," Lang said.

For eight hours on June 20th and 21st, six participants went through rape aggression defense and physical defense tactics for women. The

sessions featured lectures, discussions and hands-on simulations. The sessions were taught by Lewis, a U.S. Army veteran and security officer at the Shiprock campus. Cherokee Dee, also a U.S. Army veteran and Shiprock campus security officer, assisted in the teaching of the sessions. Marlencia Chee, a college success coordinator from the Shiprock campus, spoke to participants about resources relevant to domestic violence.

"I think it's something that more ladies should attend," Crystal Littleben, who works as a project coordinator with the Navajo Cultural Arts Program at the Tsaille main campus, said. "I would like to attend the next one. You have to be consistent with something like this."

Lang said a two-day active shooter threat training program is slated for June 29th and June 30th at Diné College's Shiprock campus.