

**For Immediate Release****#1-19****NYC EMERGENCY MANAGEMENT'S LATEST "PREP TALK" EPISODE  
HIGHLIGHTS EMERGENCY PREPAREDNESS IN 2019***Special guest encourages listeners to "Resolve to Be Ready" this year**#PrepTalkNYC {Click to listen to [episode 23](#)}*

**January 9, 2019** — It is not too late to make a New Year's resolution to be more prepared. That is the message the New York City Emergency Management Department wants New Yorkers to know. In the latest "Prep Talk" [episode](#), special guest Katelyn James provides an expert perspective about how individuals can practice preparedness in 2019. James discusses NYC Emergency Management's "Resolve to Be Ready" calendar, an interactive tool filled with simple tips that can help people work preparedness into their busy schedules. For more information on how you can "Resolve to Be Ready" in 2019, visit [NYC.gov/EmergencyManagement](http://NYC.gov/EmergencyManagement), and subscribe to the NYC Emergency Management YouTube channel to stay prepared for emergencies. You can listen to the latest [episode](#) on [SoundCloud](#) and [iTunes](#), and [subscribe now](#) to stay up-to-date on the latest episodes.

**Profile**

**Katelyn James** is a program specialist in the Community Engagement unit for the New York City Emergency Management Department. Since 2014, Katelyn's program has visited hundreds of schools across New York City, training more than 200,000 students in emergency preparedness. In 2015, James launched Ready Girl, the emergency preparedness superhero that has created a new platform for teaching kids about safety and preparedness. In 2016, Ready Girl teamed up with Marvel Custom Solutions to launch a preparedness comic book. The following year, James received the Outstanding Achievement Award in Public Awareness from the National Hurricane Conference in New Orleans for the creation of Ready Girl. James has appeared on Fox 5's Good Day New York, ABC 7, CBS, and New York 1 representing NYC Emergency Management on numerous emergency related events. James graduated from Pace University in 2014 with a degree in Political Science and Peace and Justice Studies and currently attends New York Law School as an evening student.

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