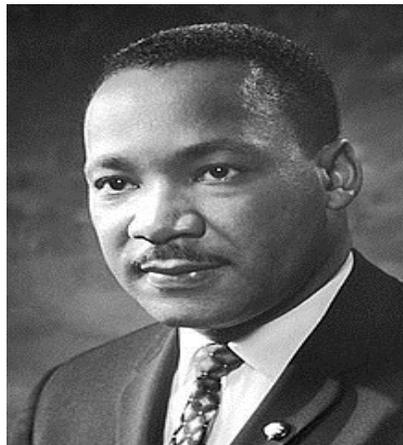


Port City Youth Exclusive News

Martin Luther King Jr. Day

This day marks the birthday of Martin Luther King Jr. It is observed on the third Monday of January each year, which is around King's birthday, January 15. King was the chief spokesperson for nonviolent activism in the Civil Rights Movement, which successfully protested racial discrimination in federal and state law. In 1968 they began a campaign to honor him after he was assassinated. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

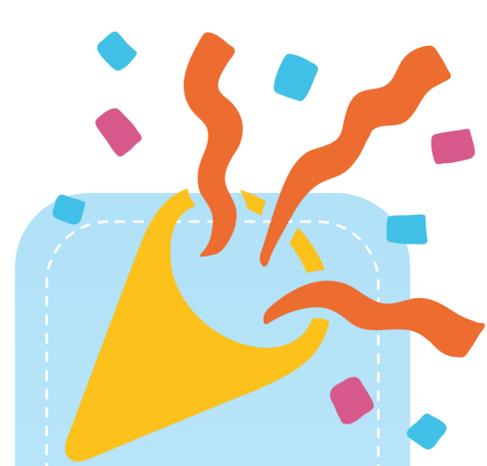


New Year New Me

A new year is a great way time to get healthy, save money, start or finish Hiset program, enroll in college, or even start a career. Whatever it may be, make sure you capitalize on this opportunity to get something you've been wanting to do done.

Fun Facts About New Year's Resolution

- On average, about 45% of Americans consistently make a resolution for the new year.
- The most common resolution made is to increase the amount of exercise that one gets
- Unfortunately, about 22% of resolutions fail after about a week, 40% after a month, 50% after 3 months, and 60% after 6 months.
- Around 38% of people claim to NEVER make a resolution.
- The number one reason for failed resolutions? Lack of a clear goal.



Important Dates

01/01 New Years Day

01/07 Professional
Development Day

02/21 Martin Luther King
Jr. Day