



TEAM GREELY

INTERCEPTOR

ALWAYS ON GUARD DEFENDING FREEDOM

February 2009

Mount Redoubt still rumbling

John Pennell

Fort Richardson Public Affairs

Scientists from the Alaska Volcano Observatory are closely monitoring Redoubt volcano after a significant increase in seismic activity shook the mountain beginning Jan. 25.

The AVO has increased the volcano's Aviation Color Code from "yellow" to "orange" and the Volcano Alert Level from "advisory" to "watch," and warns an eruption could occur within hours or days if such activity continues.

The Aviation Color Codes range from Green to Red, with Orange being the second highest level of concern. The Volcano Alert Levels are Normal, Advisory, Watch and Warning.

According to the AVO Web site (www.avo.alaska.edu), the Watch/Orange combination is used when a volcano is exhibiting heightened or escalating unrest with increased potential of eruption or an eruption is underway that poses limited hazards including no or minor volcanic-ash emissions.

Redoubt is on the western side of Cook Inlet, roughly 106 miles southwest of Anchorage. It is one of several active volcanoes within ash-fall distance of Fort



Photo by C. Gardner, Alaska Volcano Observatory/U.S. Geological Survey

Redoubt Volcano is one of the active volcanoes of the Cook Inlet region. Steam and volcanic gas rise above the summit of the volcano following the 1989 to 1990 eruptions.

Richardson. Redoubt last erupted in 1989-90, according to the AVO, producing ash plumes which affected international air traffic and lightly dusted Anchorage and other communities.

"Fort Greely Garrison has been preparing for a potential eruption, and the possible, though unlikely, potential for ash fallout on the installation since Jan. 25," said Lt. Col. Chris Chronis, Fort Greely Garrison commander.

A previous eruption in 1989 had minimal impact on Fort Greely and Delta Junction. "However, to ensure the safety and well-being of personnel and our ability to accomplish

our various missions, we have published and distributed a Volcano Preparedness OPORD to all tenant activities, prepared Volcano awareness slides for the Command Channel, and prepared alert messages for the Garrison Marke and 'Giant Voice,'" said Chronis. "Protective equipment and supplies, to include 2,000 individual face masks, are on hand for distribution to the Garrison population should we experience any ash fallout. We will continue to closely monitor the Redoubt situation."

The AVO had previously issued warnings of increased activity within Redoubt in November 2008 following increased emissions of volcanic gases, melting snow and ice near the volcano's summit and a subtle increase in seismicity.

Volcanic ash consists of tiny, jagged

See **REDOUBT** Page 4

In the unlikely event of ash fallout on Fort Greely from a Redoubt eruption, employees and residents should monitor the Garrison Marke and Command Channel (GCI Ch. 6) for instructions. If necessary, messages will also be relayed via the "Giant Voice."

Command Corner

Commander addresses top topics



Lt. Col. Chris Chronis
Garrison Commander

The shortest month of the year has arrived ... February.

The days are getting longer and although Interior Alaska will likely not feel the effects of "springtime" until May, officially we are less than 45 days until the Vernal Equinox or "spring."

In this Command Corner, I would like to address some current issues affecting Fort Greely.

Volcano

As many of you know, the Garrison has been preparing for the potential eruption of the Mt. Redoubt Volcano near Anchorage, and the possible, though unlikely, potential for ash fallout on the installation since scientists from the Alaska Volcano Observatory first observed a significant increase in seismic activity Jan. 25.

A previous eruption in 1989 had minimal impact on Fort Greely and Delta Junction. However, to ensure the safety and well-being of personnel and our ability to accomplish our various missions, we have published and distributed a Volcano Preparedness OPORD to all tenant activities, prepared Volcano awareness slides for the Command Channel, and prepared alert messages for the Garrison Marque and "Giant Voice." Protective equipment and supplies, to include 2,000 individual face masks, are on hand for distribution to the Garrison population should we experience any ash fallout. We will continue to closely monitor the Redoubt situation.

African American History

February is African American History Month. It is a time to honor the contribu-

tions of African Americans and I encourage everyone to attend Fort Greely's African American History Month Celebration at 11:30 a.m., Feb. 26, in the Gabriel Auditorium.

Special Events

On the topic of special events, I want to encourage all members of Team Greely to support the many events held at the installation. Just recently the Harlem Ambassadors performed here and the Indoor Football League's Fairbanks Grizzlies players, cheerleaders and mascot were also here.

These morale-boosting, family-friendly events take a lot of work to plan and execute so please attend as many as you can to ensure these types of events continue at Fort Greely.

Privatized Housing

For those who attended our Residential Communities Initiative Town Hall in January you realize that the privatized housing project for Fort Greely is on track.

Construction on the first of 126 new homes will begin this Summer and the entire project will be complete by 2015. Subject matter experts are on hand to field numerous questions from Fort Greely residents.

The bottom line is that privatized housing will improve the Quality of Life for Soldiers and Family Members here by providing safe, quality, affordable and well-maintained housing.

Detailed information about RCI is available on the web at www.greely.army.mil Just click on RCI at the top of the page.

CAC

Another Quality of Life initiative for Fort Greely is well on its way to becoming a reality. A design team for the Fort Greely Community Activity Center (CAC) was at the installation this week. Construction on the center, which will be located at the parade field behind the fire department, should begin in the Summer of 2010.

The CAC will contain a bowling center, bar and snack bar in addition to meeting space.

Swimming Pool

I am sure by now everyone has heard the reason for the temporary closure of the Fitness Center Swimming Pool.

For those who did not get the word, the pool was closed in December as part of the nationwide shutdown of swimming pools required under the Virginia Graeme Baker Pool and Spa Safety Act.

Entrapment and hair entanglement on suction outlets in pools and spas prompted passage of the Virginia Graeme Baker Pool Safety Act.

The required drain covers for Fort Greely have arrived. A heat exchanger is also on order and is due in soon.

Once drain covers and the heat exchanger are installed the pool will be filled and water tested before re-opening the first week of March.

Be Safe

Finally, as always, please be safe. We

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Commanding Officer Lt. Col. Chris Chronis
Deputy Commander Louis Roach
Public Affairs Officer Kent Cummins

COMMAND CORNER, from Page 2

got through the holiday season unscathed. However, the cold weather is still here and it's important to practice cold weather safety. Dress appropriately to avoid cold weather-related injuries. Take care of your vehicle and carry emergency supplies. Let people know where you are going, when you will get there, and call them when you arrive. Take care of your home...furnace, wood stove, pellet stove, baseboard heat... whatever you use to heat your home; make sure it's operating properly and have emergency supplies on hand.

Cabin Fever

Finally, get out of your house/barracks

and DO SOMETHING! "Cabin Fever" can be a reality in Winter Alaska. Go to the movies, go out to dinner, or take an MWR Outdoor Rec trip. Everybody needs to exercise daily for at least 30 minutes, get out and see the sun, eat right, take vitamins, and limit alcohol consumption – and check on your soldiers, family members and neighbors!

Physical, mental, spiritual health and the "buddy system" are all tools we use to combat the effects of "Cabin Fever."

Emergency Kits

The on-going activity at Mount Redoubt and the recent power outage in Delta Junction caused by high winds are

good reminders to keep and maintain an emergency kit in your home.

The kit should be packed with 3 days worth of emergency supplies, such as non-perishable food, water, blankets, a first aid kit, flashlights, batteries and more.

For more detailed information on emergency preparedness kits contact the Garrison Safety Office at 873-5239; or check out FEMA's Website at www.fema.gov, or the American Red Cross Website at www.redcross.org

Team Greely ... keep up the good work and continue to be safe!

- Lt. Col. Chris Chronis

A Message from the Chaplain ...

"The 7 Habits of Highly Effective People"

Vince Cepeda
Chaplain

As we journey through this long Alaskan winter, perhaps you are losing your focus and perspective and are feeling a little down, discouraged, disturbed, or depressed.

Allow me to share a wonderful resource that has personally sharpened my outlook and perspective: "*The 7 Habits of Highly Effective People*" by Stephen Covey of the Franklin Covey Institute.

In September 2008, my wife, Audrey, and I had the opportunity to participate in Facilitator Training at a Franklin Covey Training Conference and it has helped us to improve our ability to incorporate Biblical principles in the lives of our family in a practical way.

As part of the Army's Strong Bonds Program, the "7 Habits" materials have assisted Soldiers and their Family Members in setting goals that will help them to grow personally and in their relationships.

Workshops on the "7 Habits" currently offered through Strong Bonds are "The 7 Habits of a Successful Marriage," "The 7 Habits of Successful Military Families," and the "The 7 Habits of Highly Effective Teens."

The "7 Habits" focuses on the development of the following specific habits in one's life that can assist an individual in more effectively putting his or her life values into practice.

The first three Habits deal with self-mastery ... they deal with "you."

These three Habits are helpful in cultivating what Covey refers to as a "private victory" in one's personal life, which enables one to be more effective

in one's relationships with others.

Habits 4, 5, and 6 deal with "relationships and teamwork," which Covey considers to be critical for achieving what he calls "public victory." A key emphasis is on the necessity of getting one's personal life in order before one can be an effective team player.

Finally, Habit 7 deals with the importance of implementing an ongoing practice of participating in activities which encourage "renewal" in one's life. This enables one to maintain a sharp and fresh outlook and approach to handling life's challenges.

On Feb. 1-2, we offered the "7 Habits of Highly Effective Teens" workshop for youth ages 12-18 at the Fort Greely Chapel Annex. I am confident that those who participated will benefit greatly from this experience.

For more information on Covey workshops, please contact me at 854-1924.

Habit 1

Be Proactive

Habit 2

Begin with the End in Mind

Habit 3

Put First Things First

Habit 4

Think Win-Win

Habit 5

Seek First to Understand Then to Be Understood

Habit 6

Synergize

Habit 7

Sharpen the Saw

REDOUBT, from Page 1

pieces of rock and glass. Ash is hard, abrasive, mildly corrosive, conducts electricity when wet and does not dissolve in water. Ash is spread over broad areas by wind and can create health hazards.

Have disaster supplies on hand:

- Flashlight and extra batteries.
- First aid kit and manual.
- Emergency food and water.
- Non-electric can opener.
- Essential medicines.
- Dust mask and sturdy shoes.

Protection from falling ash:

- Wear long-sleeved shirts and long pants.
- Use goggles and wear eyeglasses instead of contact lenses.
- Stay away from areas downwind from the volcano to avoid volcanic ash.
- Stay indoors until the ash has settled, unless there is a danger of the roof collapsing.
- Close doors, windows and all ventilation in the house.
- Clear heavy ash from flat or low-pitched roofs and rain gutters.
- Avoid running car or truck engines. Driving can stir up volcanic ash that can clog engines, damage moving parts and stall vehicles.
- Avoid driving in heavy ash fall, unless absolutely required. If you have to drive, keep speed down to 35 mph or slower.
- The Directorate of Public Works will assist housing residents to keep ash out of buildings, machinery, vehicles, down-

spouts, water supplies and wastewater systems as much as possible. The most effective method to prevent ash-induced damage to machinery is to shut down, close off or seal equipment until ash is removed from the immediate environment, but this may not be practical in all cases, especially for critical facilities.

- Minimize exposure to airborne ash by using dust or filter masks (or a wet cloth, for example a handkerchief) and minimizing travel.

Actions to take if an ash cloud is approaching:

- Close doors and windows.
- Place damp towels at door thresholds and other draft sources. Tape drafty windows.
- Protect sensitive electronics and do not uncover until the environment is totally ash-free.
- If you have chronic bronchitis, emphysema or asthma, stay inside and avoid unnecessary exposure to the ash.
- If you have children, know your school's emergency plan and have indoor games and activities ready.

What to do if volcanic ash is falling:

- Don't panic - stay calm.
- Stay indoors.
- If outside, seek shelter (e.g. car or building).
- Use a mask, handkerchief or cloth over your nose and mouth.
- If warning is given before ash fall starts, go home from work if authorized.

- Do not tie up phone lines with non-emergency calls.
- Listen to local newscasts for information on the eruption and cleanup plans.

The AVO is a joint program of the U.S. Geological Survey, the Geophysical Institute of the University of Alaska Fairbanks and the State of Alaska Division of Geological and Geophysical Surveys.

For more information about volcanoes and preparing for a potential eruption, visit:

- Federal Emergency Management Agency volcano fact sheet: www.fema.gov/hazard/volcano/index.shtm
- USGS ash fall preparedness Web site: volcanoes.usgs.gov/ash/
- AVO Redoubt activity monitor: www.avo.alaska.edu/activity/Redoubt.php
- Ted Stevens International Airport flight status: aia-mufids.dot.state.ak.us/
- Anchorage Office of Emergency Management volcanic ash information: www.muni.org/oem/Volcanic%20Ash%20Alert.cfm
- Alaska Division of Homeland Security and Emergency Management volcano mitigation: www.ak-prepared.com/plans/mitigation/volcano.htm
- AVO puff prediction for potential Redoubt ash cloud: puff.images.alaska.edu/watch_Redoubt.shtml
- USGS volcano status map: volcano.wr.usgs.gov/activity/

Safety Office tips for firearms

- Teach children they shouldn't touch guns and if they see a gun, leave it alone and notify an adult.
- If your children play at another home, talk to the parents there about gun safety.
- Treat every gun as if it were loaded.
- While target shooting, know your target and what is beyond it.
- Always point a firearm down and in a safe direction, never at people.
- Always store guns unloaded.
- Keep ammunition in a separate place, and lock it up.
- Lock firearms in a rack or safe, and hide the keys or combination.
- If there is mental illness in your home, severe depressions, or potential for violence, don't just lock up guns ... get rid of them.
- More than 3 million BB guns and pellet guns are sold in the U.S. every year, as well. These safety tips apply to them, too.

Greely Office offers tax help

The Fort Greely Tax Assistance Center can help active duty, National Guard, Reservists, and military retirees with their taxes. The service is free.

The tax assistance center is located in Post Headquarters, Bldg. 501, Room 107.

The service is available from 8 a.m. to 4:30 p.m. weekdays through April 15.

To schedule an appointment and to verify what documentation is needed to prepare taxes, call 873-5034.

A few items to assemble before the appointment include social security card, W-2s and 1099s, Form 1098 for mortgage interest and taxes paid, prior year's tax return, and documentation of charitable contributions.

National African American History Month

BY THE PRESIDENT OF THE
UNITED STATES OF AMERICA

A PROCLAMATION

The history of African Americans is unique and rich, and one that has helped to define what it means to be an American. Arriving on ships on the shores of North America more than 300 years ago, recognized more as possessions than people, African Americans have come to know the freedoms fought for in establishing the United States and gained through the use of our founding principles of freedom of speech, freedom of the press, the right to assembly, and due process of law. The ideals of the Founders became more real and more true for every citizen as African Americans pressed us to realize our full potential as a Nation and to uphold those ideals for all who enter into our borders and embrace the notion that we are all endowed with certain unalienable rights.

Since Carter G. Woodson first sought to illuminate the African American experience, each February we pause to reflect on the contributions of this community to our national identity. The history is one of struggle for the recognition of each person's humanity as well as an influence on the broader American culture. African Americans designed our beautiful Capital City, gave us the melodic rhythms of New Orleans Jazz, issued new discoveries in science and medicine, and forced us to examine ourselves in the pages of classic literature. This legacy has only added luster to the brand of the United States, which

**Fort Greely
African American
History Month
Celebration**

11:30 a.m.

Feb. 26, 2009

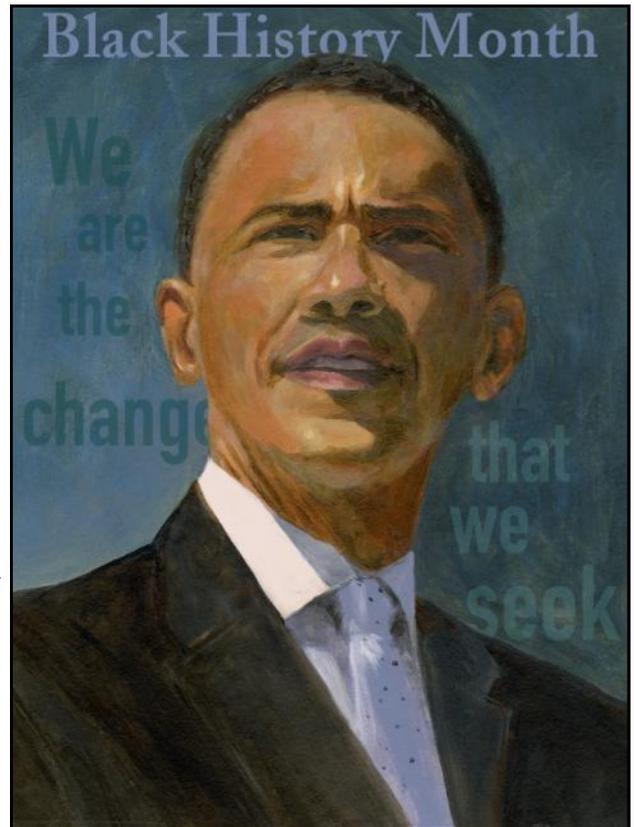
Gabriel Auditorium

has drawn immigrants to our shores for centuries.

This year's theme, "The Quest for Black Citizenship in the Americas," is a chance to examine the evolution of our country and how African Americans helped draw us ever closer to becoming a more perfect union.

The narrative of the African American pursuit of full citizenship with all of the rights and privileges afforded others in this country is also the story of a maturing young Nation. The voices and examples of the African American people worked collectively to remove the boulders of systemic racism and discrimination that pervaded our laws and our public consciousness for decades. Through the work of Frederick Douglass and Harriet Tubman, Booker T. Washington and George Washington Carver, Martin Luther King and Thurgood Marshall, the African American community has steadily made progress toward the dreams within its grasp and the promise of our Nation. Meanwhile, the belief that those dreams might one day be realized by all of our citizens gave African American men and women the same sense of duty and love of country that led them to shed blood in every war we have ever fought, to invest hard-earned resources in their communities with the hope of self empowerment, and to pass the ideals of this great land down to their children and grandchildren.

As we mark National African American History Month, we should take note of this special moment in our Nation's history and the actors who worked so diligently to deliver us to this place. One such organization is the National Association for the Advancement of Colored People -- the NAACP -- which this year will witness 100 years of service to the Nation on February 12. Because of their work, including



the contributions of those luminaries on the front lines and great advocates behind the scenes, we as a Nation were able to take the dramatic steps we have in recent history.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim February 2009 as National African American History Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate ceremonies, activities, and programs that raise awareness and appreciation of African American history.

IN WITNESS WHEREOF, I have hereunto set my hand this second day of February, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-third.

-BARACK OBAMA



Photos by Kent Cummins

Greely Gridiron Day

(Photos Clockwise) The Fairbanks Grizzlies mascot was a hit with the children at Greely's Gridiron Day, Jan. 24, at the Fitness Center. Lady Grizzlies cheerleader, Angela Licon, and Rich Lester, from Morale Welfare and Recreation, enjoy the festivities during Gridiron Day. Players and cheerleaders from the Indoor Football League team pose for a group photo during the event. The pre-Super Bowl Tailgate Party is one of many morale-boosting, family-friendly events available to members of Team Greely throughout the year.

Army launches Year of the NCO

We invite you to join the celebration of one of America's greatest assets, the NCO Corps, the "backbone of the American Army."

Catherine Abbott

Media Relations Division, OCPA

With more than 200 years of service, the U.S. Army's Noncommissioned Officer Corps has distinguished itself as the world's most accomplished group of military professionals.

In recognition of America's sergeants' commitment to service and willingness to make great sacrifices on behalf of our Nation, Secretary of the Army Pete Geren established 2009 as "The Year of the NCO."

Throughout 2009, the Army will honor NCOs through initiatives and events that enhance awareness and public understanding of the roles and responsibilities of today's NCO; and enhance and accelerate the development of NCOs through education, fitness, and leadership development initiatives.

We invite you to join the celebration of one of America's greatest assets, the NCO Corps, the "backbone of the American Army."

The Army's most senior leaders officially kicked off the Army's Year of the NCO Jan. 5 at Fort Bliss, Texas - home of the Army's Sergeants Major Academy. Secretary of the Army, Chief of Staff of the Army George W. Casey Jr., and Sergeant Major of the Army Ken-

neth O. Preston announced in a letter the three had signed that 2009 will be the "Year of the NCO" - implementing a year-long set of initiatives focused on better developing the service's noncommissioned officer corps.

"Today's NCO operates autonomously, and always with confidence and competence," Geren said during his address at the Association of the United States Army annual meeting in October, where he unveiled the Army's plan to observe the Year of the NCO. "Our NCOs are empowered and trusted like no other NCO in the world, and most advanced armies in the world today are going to school on our model."

Casey said the year-long recognition will focus on making enhancements to areas like NCO education, fitness and leadership. It is also meant to foster pride in service amongst NCOs and let the American public know what a "national asset" they have in the NCO Corps.

Throughout the year the Army will implement several education initiatives to include the Army Career Tracker pilot and Phase 1 of Structured and Guided Self Development. The Army will also launch the Warrior University Web site, including the "College of the American Soldier" and will begin transformation of the NCO Education System.

The NCO Creed

No one is more professional than I. I am a Noncommissioned Officer, a leader of soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army". I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All soldiers are entitled to outstanding leadership; I will provide that leadership. I know my soldiers and I will always place their needs above my own. I will communicate consistently with my soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!

MDA conducts successful rocket motor test of newest target

The Missile Defense Agency successfully conducted a static fire test of the propulsion system for its new strategic target.

The two-stage launch vehicle, or LV-2, is part of the Agency's Flexible Target Family and will be used to test the Ballistic Missile Defense System later this year. As a cost reduction initiative, the Agency integrated former Navy Trident

Missile C4 rocket motors into its new LV-2 design.

The test was conducted Jan. 22 at China Lake Naval Warfare Center in Ridgecrest, Calif. The first C4 rocket motor static test was conducted almost 26 years ago, and this was the first static test of a C4 motor since 1996. The C4 rocket motor was retired from U.S. Navy operational service in 2005.

The Flexible Target Family, developed by prime contractor Lockheed Martin Space Systems Company, is composed of targets that emulate various degrees of ballistic missile threats with a broad range of performance characteristics and features in order to present targeted behaviors that can be tailored to test multiple Ballistic Missile Defense System capabilities. The two-stage intermediate/long-range target uses Trident C4 Stage 1 and Stage 2 motors for the required trajectories, accommodating the desired capability for heavier payloads, longer range distances, higher velocities and variable launch capabilities. The LV2 first flight is planned for late Spring during a planned missile defense flight test.

Coming Soon



- ◆ **Friday, Feb. 6, 7p.m.**
The Boy in the Striped Pajamas (PG-13)
- ◆ **Saturday, Feb. 7, 7p.m.**
The Day the Earth Stood Still (PG-13)
- ◆ **Sunday, Feb. 8, 7 p.m.**
Nothing Like the Holidays (PG-13)

- ◆ **Friday, Feb. 13, 7 p.m.**
Cadillac Records
- ◆ **Saturday, Feb. 14, 1 p.m.**
Everyone's Hero (G)
- ◆ **Saturday, Feb. 14, 7 p.m.**
Delgo (PG)
- ◆ **Sunday, Feb. 15, 7 p.m.**
Cadillac Records (R)

- ◆ **Friday, Feb. 20, 7 p.m.**
The Tale of Despereaux (G)
- ◆ **Saturday, Feb. 21, 1 p.m.**
The Tale of Despereaux (G)
- ◆ **Saturday, Feb. 21, 7 p.m.**
Seven Pounds (PG-13)
- ◆ **Sunday, Feb. 22, 7 p.m.**
Yes Man (PG-13)

- ◆ **Friday, Feb. 27, 7 p.m.**
Bedtime Stories (PG)
- ◆ **Saturday, Feb. 28, 1 p.m.**
Mr. Magorium's Wonder Emporium (G)
- ◆ **Saturday, Feb. 28, 7 p.m.**
Marley and Me (PG)



Photo by Kent Cummins

Celebrating Dr. King

Lt. Col. Chris Chronis, Fort Greely Garrison Commander, and Charles Bailey, Contract Performance Evaluator for the Directorate of Public Works, cut a Dr. Martin Luther King Jr. birthday cake during Team Greely's celebration of Dr. King, Jan. 15, at the Post Theater. Fort Greely members joined together to remember and honor the civil rights leader who brought change through nonviolent protest. The highlight of the celebration was Bailey's reenactment of King's "I Have a Dream" speech.

News Notes

Youth Services Dance

The Youth Services Sweetheart's Dance is 7 p.m., Feb. 13, at Bldg. 653. For more information call 873-3405.

Sweetheart's Dance

The Adults Sweetheart's Dance is 8 p.m., Feb. 21, at the Gabriel Auditorium. For more information call 873-4336.

Self Defense

A Youth Self-Defense Awareness

Class is slated for Feb. 13-20. For information, call 873-3406 or 873-4599. An Adults Self-Defense Awareness Class is set for Feb. 13-20. Cost is \$60. For information, call 873-2696

Warrior Zone Hours

The Warrior Zone is open from 6 p.m.-2 a.m., Tuesday through Thursday; and 5 p.m.-2 a.m., Friday and Saturday. The Zone is closed on Sundays and Mondays.

Valentine's Gift Help

A "for guys only" class is scheduled

from 11 a.m. to noon on Feb. 9 and 12 at Gabriel Auditorium. For more information, call 873-4346.

SAD

A Seasonal Affective Disorder class is set for 10 to 11 a.m., Feb. 10, at Gabriel Auditorium. Call 873-4346 to sign up.

Resume Training

Resume and Resuxim training is slated for Feb. 10-12 at Gabriel Auditorium. Call 873-4346 for times and to sign up.