"Don’t stay up late. You need your sleep." "If you don’t start eating better, you’ll never grow." "Don’t do that — it’s bad for you!" Does it ever seem that most of the things you want to do are things that “aren’t good for you?”

It isn’t always easy to do what’s healthy. If faced with a choice between a bacon burger and fries or a spinach and tofu salad for dinner, which would you pick? What if you had to choose between watching TV or going out for a run? Between doing something cool but risky or playing it safe?

Maybe you’re starting to have more control over decisions that affect you — from what you eat to how you spend your time. As you become more independent, you also become more responsible for your choices. And when it comes to your health, the decisions you make can have lasting effects.

All of us make everyday choices that affect our physical and emotional well-being, what we call our “health.” Some choices that are now made for you will be yours to make in the future. Others are in your hands already. How do you go about making good decisions concerning your health? Learning more about how your body works and what it needs to work well is a good way to start.
Let’s eat!

So you'd rather have a burger, fries, and shake than a spinach and tofu salad. Does that mean you'll never be healthy? It doesn't have to be that way.

Being healthy doesn't mean giving up everything you like. You can still have your burger and fries — if you only have them once in a while. If you cut back on sweets and fats, you'll find it easier to stick with a healthy diet than if you try to give up everything you like.

You've probably heard a lot of bad news about sugar and fat. Actually, your body needs a little of both because they provide energy. The problem is that most Americans eat too much sugar and fat. The excess amounts can cause many health problems, including obesity and heart disease.

The U.S. Department of Agriculture developed the Food Guide Pyramid as a guideline for healthy eating. It shows the types and amounts of foods you should try to eat every day. Nutritionists recommend eating as many different foods as you can. That way, you're more likely to have a balanced diet than if you eat a few foods all the time.

You may get enough energy from junk food to keep going, but your body won't work as well as it would with good nutrition. You'll feel tired and get sick much more easily if you're undernourished. The bottom line: You'll feel better and look better if you eat well.

New food pyramid

Create a spending and savings plan

Creating a basic financial plan may seem like a lot of work, but once you break it into a few steps, it's simple. The first step is to list out all your income — allowance, gifts and paid work (a part-time job, shoveling sidewalks, babysitting).

Next, begin tracking your expenditures. Target areas where you spend more to help you establish your most important saving categories.

This can be done in a few ways:

1. Write down what you spend each day in a small notebook or log it on your computer.
2. Track spending automatically with a debit card, if you have access to one.
3. Keep the receipts for your purchases — no matter how small — and add everything up weekly.

Once you have an idea of your spending, take a look at impulse purchases — deals from your favorite store or splurges while eating out. Maybe you're in the habit of always buying something when you're out with friends or perhaps you spend too much on movies or music downloads. Be sure to also look at your ATM usage since $10 or $20 withdrawals can add up quickly.

Finally, create categories for how you want to spend your money and then stick to your plan. With a complete overview of your income and spending, you'll feel empowered to enjoy your money and do more.

ACTIVITIES

Pick a healthy recipe from Deseret News' Family section. Figure out the amount of ingredients you would need to double the recipe for a crowd. Then figure the amounts you would need to cut it in half for just two or three servings.

Use Deseret News food ads to plan a meal that includes at least one serving from each of the five major groups in the Food Pyramid. Cut out the foods you've chosen and paste them on a piece of paper. How much will your meal cost?

Pretend you've been asked to design an ad to convince your friends to eat a healthy but unpopular food (pick one). What information will you use to persuade your audience? Share your finished ad with your class.
Who needs sleep?

With school, social activities, and the other things that keep you busy, sleep may be the last thing you worry about. Sleep deprivation (lack of adequate sleep) often begins around age 12 or 13 and remains a problem during the teen years. Biological changes during puberty can cause sleep patterns to change. Teenagers tend to be more alert at night and to sleep later in the morning.

People between the ages of 9 and 14 usually need nine or 10 hours of sleep every night. Many get much less than that. Some teenagers (and adults) are so used to being sleep deprived that they don’t even know they have a problem. If you’re used to getting by on a few hours’ sleep, you may think sleep deprivation is no big deal. But going without sleep has consequences. Not only does a sleepy person feel irritable and tired, he or she also has trouble concentrating, completing tasks, and using good judgment. In lab studies, severe sleep deprivation has led to hallucinations (“seeing” or “hearing” imaginary things or people) and delusions (mistaken ideas about what’s real).

Sleep deprivation can affect your relationships with friends and family, your grades, and your overall health. Getting enough sleep is just as important as good nutrition and exercise in helping you look and feel your best.

Have you ever wished you could catch yourself falling asleep? If you’ve ever tried it, you know it doesn’t work. Scientists who study sleep have to watch other people fall asleep in laboratories. Because of their research, we know there are several stages of sleep.

A person passes from drowsiness into stage 1 sleep as his muscles relax and his heart rate slows. This light phase of sleep lasts only a few minutes before merging into stage 2, a deeper sleep in which vague thoughts and dreams may occur. As the person moves into stage 3, an even deeper sleep, he becomes very relaxed, his heart rate slows even more, and his blood pressure drops. Stage 4 is the deepest sleep, in which the person is at his most relaxed and is very hard to awaken.

Dreams occur during REM sleep, a phase of light sleep that follows stage 4. REM sleep is named for the rapid eye movements that take place during this stage. (Scientists have theorized that these movements occur because the sleeper is watching events in his dreams.) Blood pressure, heart rate, and breathing may fluctuate during REM sleep. A person will pass through these stages several times in a night. Each time the cycle occurs, the REM stage gets a little longer and the deep sleep a little less deep.

ACTIVITY

Keep a sleep chart for two weeks. Keep track of the time you went to bed every night and the time you got up the next morning. How many hours of sleep did you average for the entire two-week period? Do you think you’re getting enough sleep? How can you tell?

Here are some tips to help you get a good night’s sleep every night:

• Get enough exercise. If you get 20 to 30 minutes of exercise at least three times a week, you’ll sleep better. (But don’t exercise right before going to bed.)
• Don’t drink too many sodas or eat too much chocolate, especially before going to bed. Caffeine can keep you awake.
• Eat a filling, nutritious meal early in the evening.
• Try to unwind before going to bed by reading, taking a bath, or doing some other quiet activity.
• If you’re upset or worried about something, try talking it over with someone well before bedtime. Stress can prevent you from sleeping well.
• Try to go to bed at the same time every night.

DID YOU KNOW

The average person spends more than 20 years of their life asleep.
Being active

When you think of exercise, do you think of the word “fun”? You should! Staying active makes you feel good. Besides making you fit, exercise is a great way to relieve stress and raise your spirits. (Enjoyable activities cause your body to release endorphins, natural chemicals that give you a sense of well-being.) The type of activity doesn’t matter, as long as it’s something you like to do. The best exercise is the one that makes you forget you’re exercising!

You don’t have to put on gym clothes and do monotonous exercises to be fit. Be creative. If you don’t like sports, find something else you enjoy. Walking around the mall, biking, dancing, exercising to music, swimming, working around the house—all of these activities burn up calories. The more energy you put into them, the more calories they burn.

Remember to warm up if you’re going to exercise hard. Start out by stretching gently. Begin the aerobic part of your exercise at a slow pace; jog in place or walk slowly to start with. To cool down afterward, taper off your activity gradually. End by gently stretching the muscles you’ve used.

If you haven’t exercised in a while, start slowly and work your way up to 20 or 30 minutes. If you have any health problems, talk to your doctor first!
Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service — a “day on, not a day off.”

Why Serve on MLK Day of Service?
Dr. King believed in a nation of freedom and justice for all, and encouraged all citizens to live up to the purpose and potential of America by applying the principles of nonviolence to make this country a better place to live — creating the Beloved Community.

The MLK Day of Service is a way to transform Rev. Dr. Martin Luther King Jr.’s life and teachings into community action that helps solve social problems. That service may meet a tangible need, or it may meet a need of the spirit. On this day, Americans of every age and background celebrate Dr. King through service projects that strengthen communities, empower individuals, bridge barriers and create solutions.

SOURCE: mlkday.gov
Little things make a big difference. Every day you have many chances to make a big difference by doing little things. If you see someone who looks sad, you smile at them. If someone has their hands full, you open the door for them. These things don’t seem like a big deal to you, but they are to the person you help.

You do these little things for the people you see every day: Your family, your friends, your neighbors and the people in your school class. They do things for you. Sometimes you do little things to make a stranger’s day better.

Little things make a big difference by being “catchy.” If you do a small act of kindness for someone, they are more likely to do an act of kindness — it’s contagious like a cold, but it makes people feel good instead.

Bigger things

Sometimes you want to do something bigger. That’s great. But where do you start? Start by finding an issue or problem on which to focus. Usually service is given in one of the following areas:

- Religion: churches
- Education: schools, libraries, research, adult education, tutoring
- Youth: Boy Scouts, Girl Scouts, 4-H, Little League, etc.
- Health: mental health, disabled, drug abuse, hospitals, nursing homes, clinics, hotlines
- Work-related: career training and jobs
- Environment: clean up and preservation
- Recreation: clubs, athletics, hobbies
- Human services: day care, crime prevention, homelessness, food, housing/shelter, safety, emergency preparedness and help
- Public/society benefit: civil rights, community improvement, science, technology
- Arts and culture: museums, concerts, plays, etc.
- Political: political parties and community groups

There are many issues and problems in the world that need to be improved. Don’t be discouraged. Just pick one thing. If you help make even one thing a little better, you have made a difference.

Get a group of your friends together to plan a “Super Project.”

Understanding needs vs. wants

Answer these questions each time you plan to make a purchase:

1. Do I really need it or would I like to have it?
2. Could I wait to buy it later by looking for a good sale to save money?
3. Could I borrow or rent it (equipment from a friend, books or DVDs from the library, etc.)?

Achieve your financial goals more quickly and save money by evaluating your needs vs. your wants on every purchase.

Activities

Keep a service diary. Write down the little things you do for others. Write down the little things people do for you.

Little things spread, like ripples in a pond. If you do little things for two people today, and each of those people do little things for two people tomorrow, and the good keeps growing, how many little things will have made a difference in 10 days? In 30 days?

The “A” section of the Deseret News has a lot of world news. Can you find an important issue people are working on in another part of the world? Make a list of ways people (including you) who could help with this faraway problem.

What do you think is a big problem in your community?

Draw an editorial cartoon about the issue.
Problem solving

After you choose a problem to work on, you need to do more research. Find out what really is the problem. What causes it? Who is affected by it?

Talk to people who have to deal with the problem — those with the problem, government workers who are paid to work with the problem and volunteers who try to help. They will be able to tell you much more. Find out about laws and policies that affect the problem and people.

One way to make sure you have done good research is to use the 5Ws and H. The five Ws and H are questions that reporters ask: Who, What, Where, When, Why and How. When you know the answers to these questions, you know a lot.

There are a lot of W and H questions you can ask. Here are a few to help you get started:

**Issue or problem:**
- What is the problem?
- Where is this a problem?
- When is this a problem?
- Why does this happen?
- Who is affected by the problem?
- How have people tried to help?

**Ideas! Ideas! Ideas!**

Most problems don’t have just one answer. There may be a lot of ways you can help. Brainstorming is a great way to start looking. When you brainstorm, you come up with as many ideas as you can think of — old, new, practical, wild — don’t stop to think about whether they are good ideas or not. If you brainstorm with a group of people you’ll have even more ideas.

Write down all of the ideas as they are said, or you might forget about some.

Some people have good ideas but they are too shy to say their ideas out loud. Another way to brainstorm is to give everyone a few pieces of paper. Ask them to write their ideas down, but don’t ask people to write their names on their ideas. Collect all of the ideas in a box. Mix them up and then read the ideas out loud. Assign someone else to write the ideas on the chalkboard or a big chart. If anyone has another idea, they can add it to the list.

After you have thought of all the ideas you can, talk about the pros (good things) and cons (problems) for each idea. Concentrate on the ideas you feel good about. It is OK to change an idea to make it better.

All of the ideas may not be possible because of safety, money or other concerns. Group members need to be willing to compromise and work with an adult to choose a workable idea.

**Involve the community**

Talk about your ideas with the people you will be helping. This is very important. You want to make sure that your idea will work and your service will really make a difference.

If your idea is to serve dinner at a homeless shelter, talk to the people who run the shelter. They may have another group helping on the day you planned to help. They may have special rules and equipment you need to know about. If you are planting trees around the school, talk to the principal first. You may be planning to plant a tree where there is a water line.

Chances are your ideas are great and the community will be happy about your help. Just make sure you check first.
Big plans

You’ve done your research and have an idea. Now you need to make a plan. Here are some things you need to plan. (You might do these in a different order, depending on your project.)

### Put your goals in writing
Write down what you want to do.

### Get approval
You will need approval from the people you are helping. If you are working as a group, get approval from your group leader (principal, teacher, Scout leader, etc.). Make a presentation to them. Share your research and your idea. Let the leader know how the project will help the community and help the people giving service.

### Find volunteers
You are probably going to need help. You might need a lot of people or just a few. You may need help from young people or adults. Ask people to help you. Research shows that most people will help if they are asked. Here are a few ways you can ask people to volunteer:
- Ask your friends in person or over the phone.
- Make posters and flyers asking for volunteers. Put the posters and flyers where the people you need will see them — school, church, places where kids hang out.
- Make announcements in newsletters.
- Let the newspaper know what you are doing and how the community can help. Use your imagination.

### Make a “to do” list
Make a list of the things you need to do to accomplish your goal. Be sure to include training volunteers to make sure they understand what they are to do and how to do it.

### Make a list of the things you will need
Will you need transportation? Will you need special tools? Do you need a place to work? If you are doing a food or clothing drive, make a list of items people can donate.

### Make assignments
Make sure everyone has something to do and knows when they have to have it done. Write it down where everyone can see. Include everyone. Usually if someone does not enjoy giving service, it’s because they did not have enough to do and did not feel needed.

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**Word search**

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**Early Christmas library makeover**

Kids at Meadowlark Elementary got a Christmas surprise a few hours before the start of holiday break. KSL’s Read Today and High Five teams partnered with the Deseret News and Elements Capital to provide a much needed update. The old library had pale, pastel walls with old, tattered books. The library was shut down and within a week’s time volunteers painted the walls, added new furniture, shelved ten-thousand dollars in new books and make it a fun space for students to have a comfortable and inviting space to read. Thanks to all the generosity and hard work, these students will have a much better experience reading. And teachers know it’s a priceless gift. Where is your favorite spot to read?
Jan. 20, 2017

The inauguration of Donald Trump

45th PRESIDENT OF THE UNITED STATES OF AMERICA

For more than 200 years American citizens have witnessed the Inauguration ceremonies of the President and Vice President of the United States. From the first Inauguration of George Washington to today, as we prepare for the 58th Presidential Inauguration, the swearing-in ceremonies represent both national renewal and continuity of leadership. As each president has offered a vision for America’s future, we reflect on the heritage of Inaugurations past.

U.S. presidents have been sworn into office 70 times — usually in public, sometimes in private following the death or resignation of a president, or because Inauguration Day fell on a Sunday.

The United States Constitution specified the oath to be taken by the president, but the framers of the Constitution provided that Congress would determine when and where the inauguration would take place. As the nation grew, so did the public interest in the presidential inaugurations. By the late 1820s, the ceremony moved outdoors, allowing more people to witness this important event firsthand. By the end of the 19th century, the presidential inauguration had evolved into an elaborate daylong event, marked by parades, fireworks, luncheons and glamorous inaugural balls. As the event evolved, so did the Senate’s role in the ceremony, and increasingly the House of Representatives became frustrated by its lack of involvement in the planning stage of presidential inaugurations.

In March of 1897, as preparations for William McKinley’s first Inauguration were underway, members of the House of Representatives protested when they learned
### The 58th Presidential Inauguration

**Flags flown:** 50-star flag in center; 21-star flag on either side ( flown when Illinois joined the Union in 1818); 13-star Betsy Ross flag on rear ends.

**Platform:** More than 10,000 sq. ft.; holds about 1,600 guests, dignitaries; half bark of oak trees to protect the surfaces of the Capitol.

**Upper West Terrace:** About 1,000 chairs.

**Swearing-in ceremony:**
- Chief Justice John Roberts administered presidential oath.
- Setting the stage:
  - Platform built to blend from scratch for each inaugural event.

**Construction details:**
- The platform is constructed entirely here scratch for each inaugural ceremony.
- West Front fountain was drained, filled with sand and wrapped to protect it from platform construction.

**Beast of a presidential limo:** During the inaugural parade, the President will ride in “the Beast,” a 9,900 lb., truck and tank, full of Arkansas auto experts speculate about, but the Secret Service refuses to disclose.

**Camera:** Night vision cameras can zoom a couple of feet.

**Body armor:** Kevlar-reinforced; puncture resistant.

**Blood supply:** Blood of the president types thought to be kept in trunk.

**Emergency gear:** Gas tank, oxygen tanks also kept in trunk.

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**Military presence:** About 7,000 service members will participate in ceremonial march in marching bands, color guards, saddle, batons.

**Parade:** Tradition began in 1809 for James Madison. Route 1.7 miles. Security. Almost all attendees will be screened.

**Where to watch:** Ticket holders: All 250,000 got the closed in restricted area. The public can gather on the Mall, watch swearing-in on Jubilators.

**How the motorcade vehicles travel:** When the presidential motorcade, the Beast, a series of limos and the Roadrunner, an armored Chevrolet Suburban, that handles the motorcade’s communications, are airlifted in an Air Force C-17.

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**Inaugural addresses compared:**
- The shortest:
  - President Obama (2009) spoke 6 minutes, 49 seconds.
- The longest:
  - Andy Jackson (1837) spoke 8 minutes, 35 seconds.

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**Parade start:** John Tyler task stuck out after speeches about succession process.

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**Lincoln Memorial:** 2 miles (3.2 km) from Capitol building; Mall measures 300 acres (121 ha).

**Presidential platform:** 3rd St. & Pennsylvania Ave.

**Swearing-in ceremony:** John Tyler’s great-grandson administered the oath of office.

**Unusual occurring:**
- The shortest: 85 words; 2 minutes, 49 seconds.
- The longest: 5 minutes, 5 seconds.

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**Swearing in:**
- Donald Trump and Gov. Mike Pence.
- President-elect Donald J. Trump and Vice President-elect Mike Pence will swear in on the west front of the United States Capitol.

**Theme for the inaugural ceremonies:** “Make America Great Again.”

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**Theme for the inaugurations:**
- James Madison: “We are not a party nation.”
- Andrew Jackson: “It is the first day of the new year.”
- “The age of reason is coming to an end.”
- John Tyler: “It is the first day of the new year.”

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**The traditional events:**
- Worship service usually a private service at a nearby church.
- Procession to the Capitol: President, vice president and spouses are escorted from the White House to the Capitol.
- Swearing-in ceremony: Vice president’s oath is the same one repeated by members of Congress; the president’s oath is written in the Constitution.

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**Inaugural address:** Can set the tone for a presidency.

**Inaugural platform:** Held in Statuary Hall of the U.S. Capitol.

**Presidential limousine:** From when president is on bench.

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**The public:** Can gather on the Mall, watch swearing-in on Jubilators.

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**How the motorcade vehicles travel:** When the presidential motorcade, the Beast, a series of limos and the Roadrunner, an armored Chevrolet Suburban, that handles the motorcade’s communications, are airlifted in an Air Force C-17.

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**Arlington Cemetery:** The Mall

**Area for ticket holders:** Standing, Seated.

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**Military presence:** About 7,000 service members will participate in ceremonial march in marching bands, color guards, saddle, batons.

**Parade:** Tradition began in 1809 for James Madison.

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**Where to watch:** Ticket holders: All 250,000 got the closed in restricted area. The public can gather on the Mall, watch swearing-in on Jubilators.

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**How the motorcade vehicles travel:** When the presidential motorcade, the Beast, a series of limos and the Roadrunner, an armored Chevrolet Suburban, that handles the motorcade’s communications, are airlifted in an Air Force C-17.
INAGURATION CONTINUED FROM PAGE 1

Senators would receive twice as many inaugural tickets. Representatives were further angered when they discovered the inaugural platform would be built entirely in front of the Senate wing of the Capitol. The Senate maintained its control over the 1897 Inauguration. However, in 1901, four years later, the Joint Congressional Committee on Inaugural Ceremonies was formed to oversee inaugural ceremonies at the U.S. Capitol.

The 1901 ceremony included parades and exhibitions viewed by the new President from a glass-enclosed reviewing stand at the White House, and the whole event was recorded — for the first time — by motion picture cameras.

Today, presidents deliver their inaugural address on the west front of the Capitol, but this has not always been the case. Until Andrew Jackson’s first inauguration in 1829, most presidents spoke in either the House or Senate chambers. Jackson became the first president to take his oath of office and deliver his address on the east front portico of the U.S. Capitol in 1829. With few exceptions, the next 37 inaugurations took place there, until 1981, when Ronald Reagan’s swearing-in ceremony and inaugural address occurred on the west front terrace of the Capitol. The west front has been used ever since.

Source: inaugural.senate.gov

The White House

Have you ever been to the White House? If so, you probably toured the state rooms that are open to the public. Every year, more than 1 million visitors come to the White House. They walk through eight rooms and three halls, learning how presidents and first ladies have furnished, entertained and lived in the most famous house in the nation, and probably the world. It is the only home of a nation’s leader that is open free to its citizens on a regular basis. The White House is a symbol, and it is important that all visitors receive a friendly White House welcome.

If you do tour the house, you will probably not meet the president. He works in the Oval Office in the West Wing of the house, and he lives with his family on the top two floors. To respect the president’s privacy, of course, these spaces are off limits to the public. To see the president in his office you must make an appointment.

However, for many years after the White House was first occupied by John and Abigail Adams in 1800, Americans came to White House public receptions, met the president, enjoyed cake and lemonade with the first lady, danced, chatted and even wandered around a bit. Customs changed with time. The Adamses had very formal receptions. President John Adams (1797-1801) invited only gentlemen to afternoon affairs. He would exchange bows and say just a few words. When all the gentlemen were greeted, Adams would bow once again, and they would depart. In the evenings, Mrs. Adams would hold a less formal reception called a levee. Men and women arrived without a formal invitation, but they were expected to dress and act in a proper manner. They drank cold punch and ate small cakes and fruit.

www.whitehouse.gov/history/whtour/ to take an online tour of the White House

![Ronald Reagan, the 40th president of the United States of America, delivering his inaugural address from a specially built platform in front of the Capitol during Inauguration Day ceremony.](Image)

Source: libraryofcongress.gov

**FIFTY-SIXTH INAUGURAL CEREMONIES JAN. 20, 2009 – BARACK H. OBAMA**

- Largest attendance of any event in the history of Washington, D.C.
- Largest attendance of any presidential inauguration in U.S. history
- First African American to hold the office of president of the United States
- First citizen born in Hawaii to hold the office
- Highest viewership ever of the swearing-in ceremonies on the Internet
- First woman, Sen. Dianne Feinstein, to emcee the ceremony

**TWENTIETH INAUGURAL CEREMONIES MARCH 4, 1865 – ABRAHAM LINCOLN**

- African Americans participated in the Inaugural parade for the first time.

**FOURTH INAUGURAL CEREMONIES MARCH 4, 1801 – THOMAS JEFFERSON**

- For the first time, a newspaper (the National Intelligencer) printed the inaugural address the morning of the inauguration.
- First inauguration in Washington, D.C.

Source: inaugural.senate.gov

The City Library

Check out these award worthy books chosen by the librarians at Salt Lake City Public Library.

- “The Girl Who Drank the Moon,” by Kelly Regan Barnhill. Every year, the people of the Protectorate leave a baby as an offering to the witch who lives in the forest. The witch, Xan rescues the children. One year, Xan accidentally feeds a baby moonlight instead of starlight, filling the ordinary child with extraordinary magic.

- “The Inquisitor’s Tale or Three Magical Children and Their Holy Dog,” by Adam Gidwitz. An exciting and hilarious medieval adventure from the bestselling author of A Tale Dark and Grimm.

- “Wolf Hollow,” by Lauren Wolk. A young girl’s kindness, compassion, and honesty overcome bullying.

- “Freedom Over Me: Eleven Slaves, Their Lives and Dreams Brought to Life,” by Ashley Bryan. Using original slave auction and plantation estate documents, Ashley Bryan offers a moving and powerful picture book that contrasts the monetary value of a slave with the priceless value of life experiences and dreams that a slave owner could never take away.

- “Snow White,” by Matt Phelan. Award-winning graphic novelist Matt Phelan delivers a darkly stylized noir Snow White set against the backdrop of Depression-era Manhattan.

The White House

John Adams

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