

CONNECT 123

Your family • Community • World



NATIONAL

Staying healthy

MONTH

What does “healthy” mean?

“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.

ACTIVITY

Throughout your study of health, watch Deseret News for articles on health issues. These may include articles on medical research, health-care laws, new treatments, etc. Keep your articles in a notebook or scrapbook. Which issues are most important in your community? State? In the United States? Worldwide?



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.

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!

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 way too much sugar and fat. The excess amounts can cause many health problems, including obesity and heart disease.

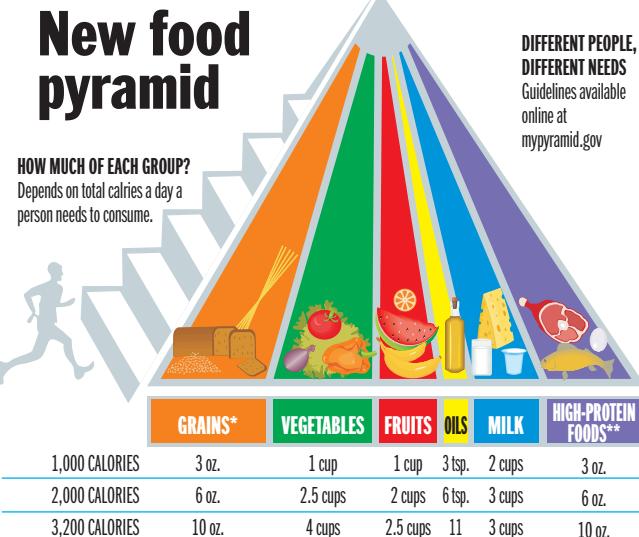
The U.S. Department of Agriculture developed the Food Guide Pyramid as a guideline for healthy eating. It shows the types and amounts of foods you should try to eat every day. Nutri-

tionists 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

HOW MUCH OF EACH GROUP?
Depends on total calories a day a person needs to consume.



DIFFERENT PEOPLE,
DIFFERENT NEEDS
Guidelines available
online at
mypyramid.gov

According to the National Cholesterol Education Program, all healthy Americans over 2 years of age should follow these guidelines to reduce their risk of getting heart disease:

- No more than 30 percent of the calories you eat should come from fat.
- Less than 10 percent of calories should come from saturated fat.
- You should eat less than 300 milligrams of cholesterol a day.

Food supplies the body with nutrients, the materials it needs for good health. Although a person may live a few weeks without food, body processes will eventually break down and stop without it:

Water: Water carries other nutrients to the body's tissues and transforms food into energy and building material. Water also carries away waste and cools the body.

Carbohydrates: Sugars and starches are carbohydrates. They supply energy that enables the body to do its work.

Fats: Fats are a form of very concentrated energy. They are made up of glycerol (a kind of alcohol) and fatty acids.

Proteins: Proteins supply energy and

building material for muscles, hair, and skin. Proteins called enzymes are present in every cell of the body and speed up chemical reactions. Proteins also fight diseases and act as chemical messengers.

Minerals: Minerals maintain body structures and fluids and are necessary for growth. Some minerals help form bones and teeth.

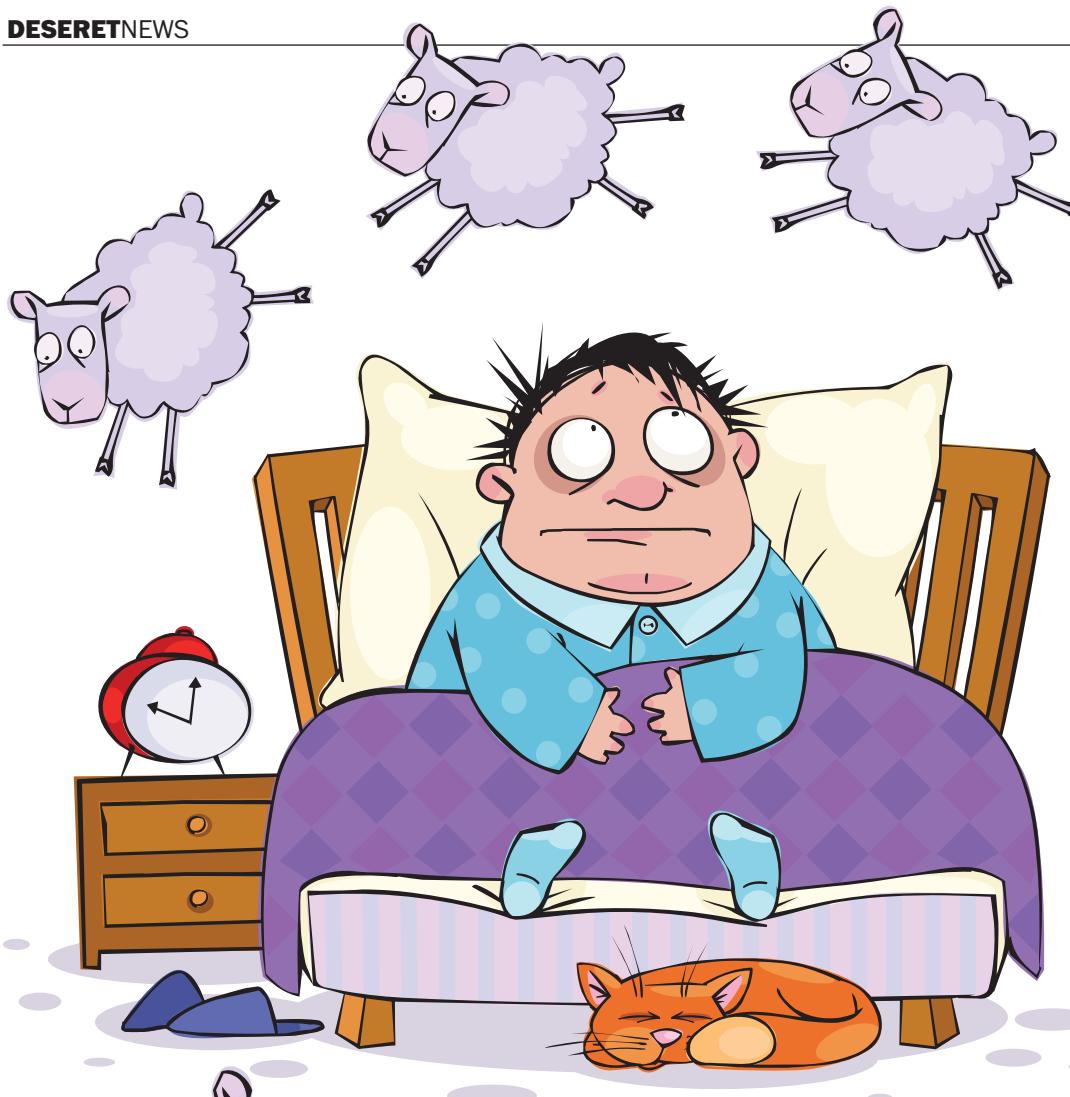
Vitamins: Vitamins control the chemical processes that turn food into energy and body tissue.

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.

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?

While you are sleeping

STAGE 1 SLEEP

Lasts only a few minutes before merging into Stage 2.

STAGE 2 SLEEP

A deeper sleep in which vague thoughts and dreams may occur.

STAGE 3 SLEEP

The person becomes very relaxed, heart rate slows even more, blood pressure drops.

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 a great deal 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.

STAGE 4 SLEEP

The deepest sleep: person is at his most relaxed and is very hard to awaken.

REM SLEEP

Named for the rapid eye movements that occur. Dreams occur during REM sleep.

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.



Building self-esteem

Self-esteem means the same thing as self-respect. Having self-esteem means that most of the time you feel good about yourself and have confidence in your abilities. Everyone feels depressed and unsure at times. However, people with self-esteem can usually bounce back from problems fairly easily.

Some people have higher self-esteem than others because their experiences have made them that way. But self-esteem can also be developed, in much the same way that you develop your mind through learning or your body through exercise. The more you treat yourself as if you matter, the more you begin to feel that you do. Taking care of your health is one of the most important ways you treat yourself with respect. Can you think of some other ways?



DESERET NEWS

CLASSROOM Connections

Connect 1•2•3 is a FREE monthly educational section available only to schools through the Deseret News. Published by the Deseret News Newspapers in Education

Connect 1•2•3
NIE Deseret News
55 N. 300 West

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!

ACTIVITY

Look in your newspaper for pictures of people exercising. How many different kinds of exercise can your class find?

Try to pick out comic strip characters with high self-esteem and low self-esteem. What differences do you see between them?

Look through your newspaper for articles about people who you believe have high self-esteem. What qualities does the person have that lead you to that conclusion?

WORD SEARCH

ACTIVE	ENDORPHINS	NUTRITION
AEROBIC	EXERCISE	PHYSICAL
BODY	FOOD	PYRAMID
CHOICES	HEALTHY	SELF ESTEEM
EATING	MIND	SLEEP
C I B O R E A Y F K	S N I H P R O D N E	N K G G S L E E P C
F O C R N V U R M E	L O I H I I S L S P	A T O T O F T I Y Y
C T C D I I C A D R	I A P N B R C C E A	S E L F E S T E E M
Y A I X I X D U S I	H H E A L T H Y N D	P Y T B U N M C T S
I G O S W B I X Q N	X D B E D Q N L S T	Y E Y Z P U D Q Q C

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Deseret News

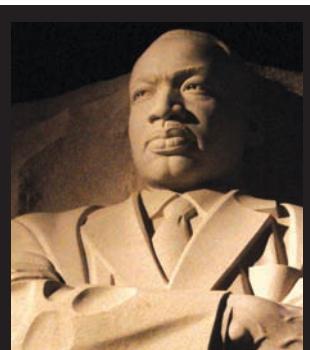
DID YOU KNOW?



Beverly Cleary grew on a farm in Oregon. The town she lived in was so small it did not have a library which made it difficult for her to learn how to read.



By the third grade she had struggled with her reading skills and thought many of the books she had to read in school were boring. She took a librarian's advice to become a children's writer when she grew up and write stories children would enjoy reading and characters kids could identify with. Beverly found inspiration for her characters from her real life experiences and would often write while baking bread. She would use the bread's rising time to write about the beloved characters Ramona Quimby, Beezus and many others. Beverly Cleary received many awards for her books. April 12th is D.E.A.R. Day which means Drop Everything and Read Day, in honor of Beverly Cleary's birthday.



The Rev. Dr. Martin Luther King Jr. was a vital figure of the modern era and a pivotal figure in the civil rights movement. His lectures and dialogues stirred the concern and sparked the conscience of a generation. His charismatic leadership inspired men and women, young and old, in this nation and around the world.

Following in the footsteps of his father, in February 1948, at the age of 19, Martin Luther King Jr. entered the Christian ministry and was ordained at Ebenezer Baptist Church in Atlanta. In 1954, upon completion of graduate studies at Boston University, he accepted a call to serve at the Dexter Avenue Baptist Church in Montgomery, Ala. While there, he was an instrumental leader in the Montgomery Bus Boycott, made famous by the nonviolent resistance and arrest of Rosa Parks. He resigned this position in 1959 to move back to Atlanta to direct the activities of the Southern Christian Leadership Conference. From 1960 until his death in 1968, he also served as co-pastor with his father at Ebenezer Baptist Church. Dr. King was arrested 30 times for his participation in civil rights activities.

While Dr. King preached about justice, empowerment, love and peace, in the final months of his life, his attention was turned to fighting poverty. Sadly, more Americans live in poverty today than during Dr. King's lifetime. Forty-seven million Americans currently fall below the poverty line.

Dr. King was shot while standing on the balcony of the Lorraine Motel in Memphis, Tenn., and died on April 4, 1968. He had gone to Memphis to help lead sanitation workers in a protest against low wages and intolerable working conditions.

SOURCE: mlkday.gov



**MARTIN LUTHER KING JR.
Day of service**
JANUARY 20, 2014

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.



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.



2 CONNECT 1•2•3

JANUARY 2017

Little things

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



IMAGES FROM SHUTTERSTOCK

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.



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.

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."



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.

ACTIVITIES

Newspaper editorials and editorial cartoons often highlight a community issue or problem. Find an editorial or cartoon and share it with the class. Discuss the problem. Answer as many of the 5W and H questions as you can.

- People write letters to the editor and mail them to the Deseret News.
- These letters are printed in the newspaper on the opinion-editorial (op-ed) pages. Find a letter that talks about a problem or issue that you care about. Write your own letter to the editor. Include some of your ideas for helping with the problem.

- There are people who make rules and laws in your city, state and country.
- Find out who these people are. Write letters to these people about the issues you care about. Include some of your research. Share your ideas with them. If you can get them to help, you can make a big difference.

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.)

SHUTTERSTOCK

Word search

ASSIGNMENTS
COMMUNITY
GOALS
IDEAS
MLK

PLANS
PROBLEMS
SERVICE
SOLUTIONS
VOLUNTEERS

N	V	M	E	S	G	E	B	C	E	S	K
Z	A	O	N	C	I	E	O	I	I	O	Q
S	D	A	L	H	I	M	P	Q	Z	L	J
M	L	D	F	U	M	V	G	A	A	U	S
P	L	H	D	U	N	I	R	H	V	T	L
M	I	K	N	L	O	T	F	E	X	I	A
T	O	I	P	Q	I	D	E	A	S	O	O
Z	T	Q	H	G	I	J	E	E	Q	N	G
Y	S	M	E	L	B	O	R	P	R	S	J
A	S	S	I	G	N	M	E	N	T	S	W



Deseret News

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?

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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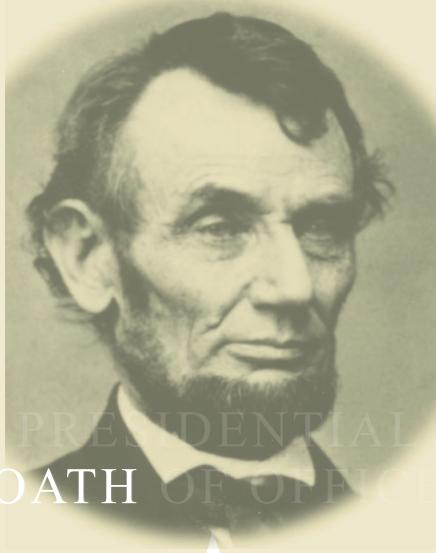
NIE director
Cindy Richards

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Abraham Lincoln
16th president – 1861-65



PRESIDENTIAL
OATH OF OFFICE

*"I do so solemnly swear
(or affirm) that I will
faithfully execute the office of
president of the United States
and will, to the best of my
ability, preserve, protect and
defend the Constitution of the
United States."*

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, what had typically been a small, indoor cere-

mony 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.



LIBRARY OF CONGRESS
U.S. Chief Justice Melville Fuller administering the oath of office for President of the United States to William McKinley in 1897.

In March of 1897, as preparations for William McKinley's first Inauguration were underway, members of the House of Representatives protested when they learned



MOUNTAIN AMERICA
CREDIT UNION

BOTNET SPAM HACKERS
DDOS US KEY SPYWARE

Reduce your exposure to fraud

Protecting your personal and financial information is important. Keep tabs on your money and identity with these helpful tips:

Track balances on financial accounts. A dramatic or unexpected change on an account could be a warning signal for fraud.

Hang up the phone. If a stranger or business calls you asking for any type of personal information, don't give it to them. Instead, contact the organization directly to verify the concern.

Confirm toll-free numbers. Check account or financial information directly with your institution. If you need to call, confirm the phone number from its website.

Be cautious at ATMs. Be aware of your surroundings when using an ATM. Make sure strangers aren't attempting to watch you enter your PIN or access account information.

ATM credit/debit card captures. Call your financial institution immediately if an ATM doesn't return your card. Report the card as lost/stolen and arrange for a replacement card.

Don't open emails unless you know the source. Emails can infect your computer with damaging viruses. It's best to delete these messages immediately, especially if they include an unknown attachment.

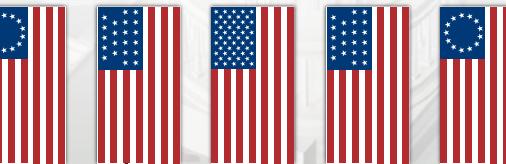
Follow these rules to help ensure your identity remains safe.



CAROLYN KASTER, ASSOCIATED PRESS
Donald Trump and Gov. Mike Pence.

THE 58TH PRESIDENTIAL INAUGURATION

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



President-elect Donald J. Trump and Vice President-elect Michael R. Pence will be sworn in to office on the west front of the United States Capitol. Joining them will be their families, members of Congress, the U.S. Supreme Court, Diplomatic Corps and other distinguished invited guests.

Theme for the inaugural ceremonies "Make America Great Again!"

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

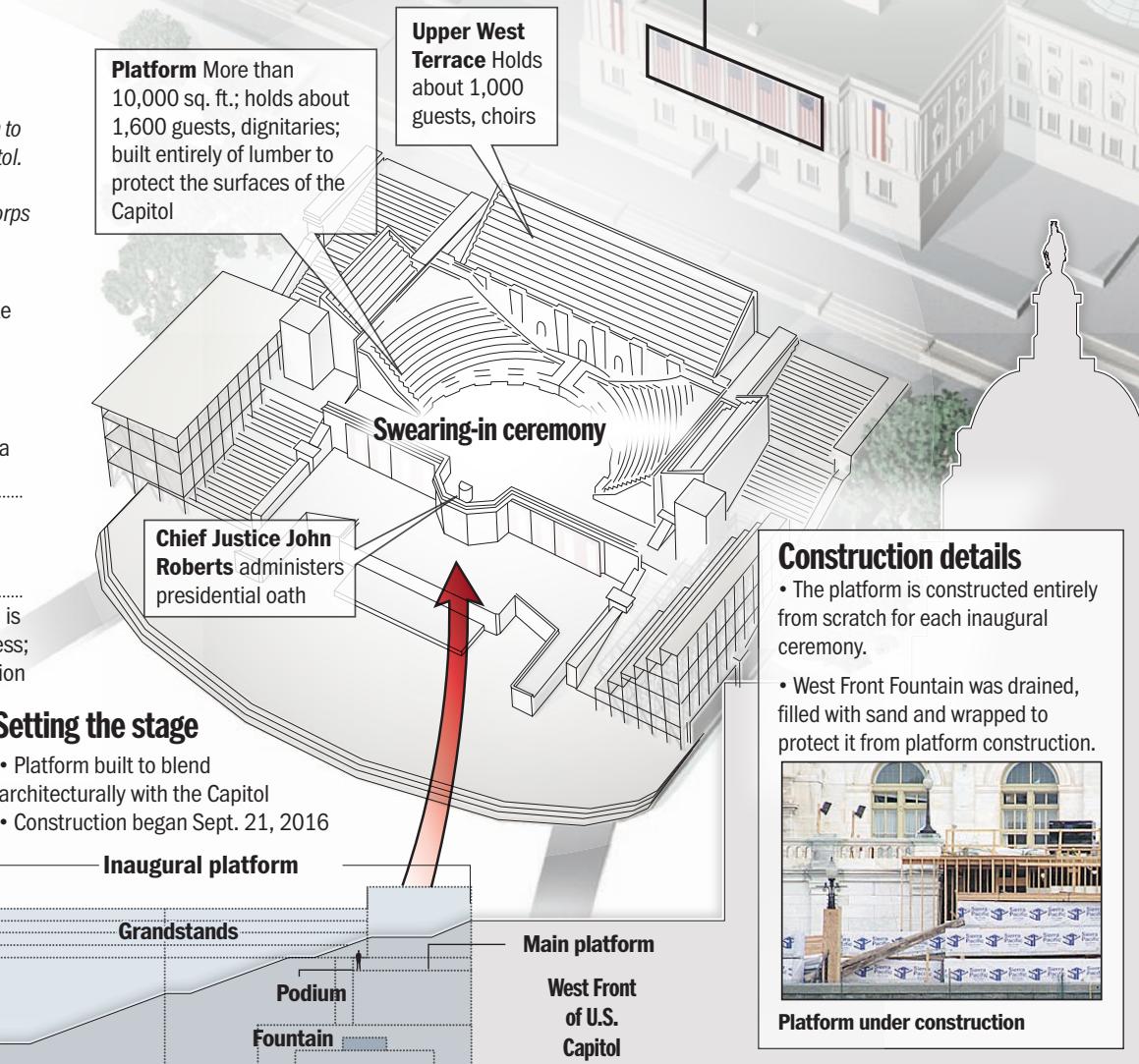
Swearing-in ceremony Vice president's oath is the same one repeated by members of Congress; the president's oath is written in the Constitution

Inaugural address Can set the tone for a presidency

Inaugural luncheon Held in Statuary Hall of the U.S. Capitol

Parade President and vice president lead the parade down Pennsylvania Ave.; view at reviewing stand outside the White House

Balls There will be two official balls, many unofficial ones



Change of plans

Nine presidents

have taken the oath unexpectedly; previous president's term ended due to:

- **Assassination**
- **Death**
- ▲ **Resignation**

OATH TAKEN	
■ J. Tyler	April 6, 1841
■ M. Fillmore	July 10, 1850
● A. Johnson	April 15, 1865
■ C. A. Arthur	Sept. 20 1881
● T. Roosevelt	Sept. 14, 1901
■ C. Coolidge	August 3, 1923
■ H. S. Truman	April 12, 1945
● L. B. Johnson	Nov. 22, 1963
▲ G. Ford	Aug. 9, 1974

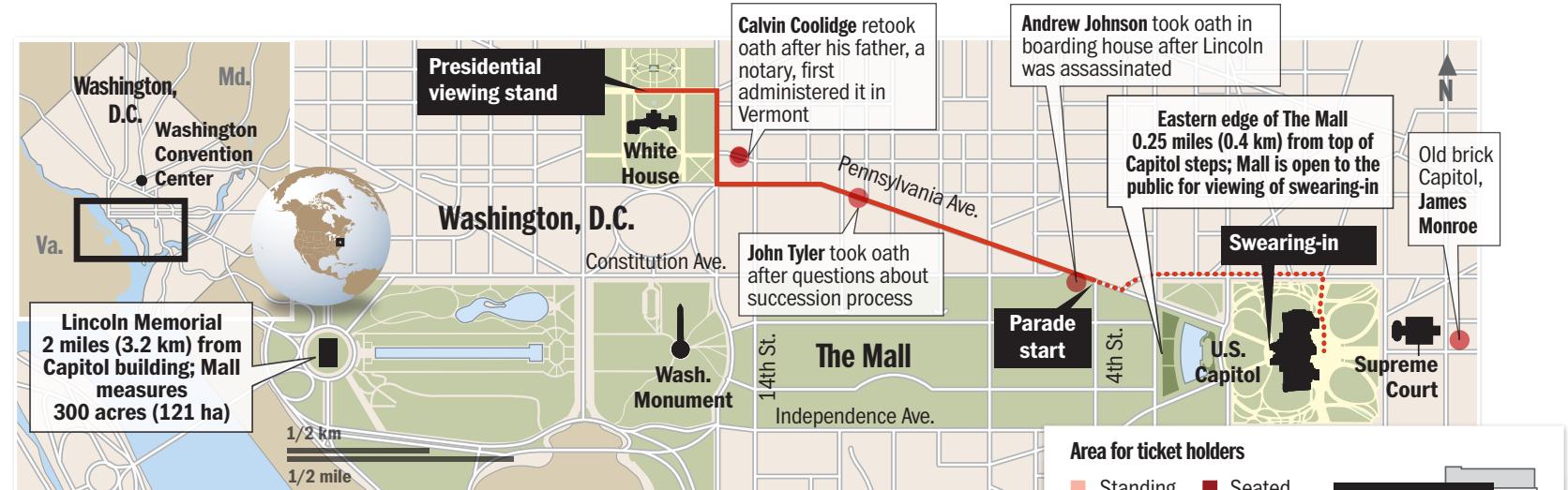
Privacy please

Seven presidents have had to repeat their oath of office

- **Presidents Arthur** (1881) and **Coolidge** (1923) took oath in the middle of the night; later retook the oath in Washington
- Four presidents took the oath privately when Jan. 20 fell on a Sunday; **Presidents Hayes** (1877), **Wilson** (1917), **Eisenhower** (1957), **Reagan** (1985)
- **President Obama** (2009) retook the oath after Chief Justice Roberts misplaced the word "faithfully"; Obama will take the oath twice again in 2013 since Jan. 20 fell on a Sunday



WIKIMEDIA COMMONS
The swearing in of President Gerald Ford by Supreme Court Chief Justice Warren Burger.



Military presence

About 7,500 service

members will provide

ceremonial support

in marching bands,

color guards,

salute batteries

Parade

Tradition began in 1809 for James Madison

Route

1.7 miles

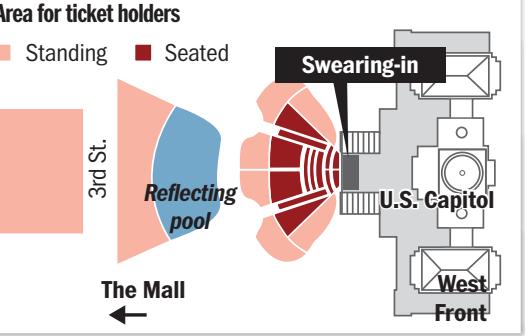
Security All attendees will

be screened

Where to watch

Ticket holders All 250,000 get the closest in restricted area

The public Can gather on the Mall, watch swearing-in on JumboTrons



Source: Joint Congressional Committee on Inaugural Ceremonies, U.S. Park Service, U.S. Secret Service, Presidential Inaugural Committee, Washington Metropolitan Transit Authority, Sierra Pacific, Mark Mattern, The Miami Herald | Graphic: Melina Yingling, Judy Treble, Robert Dorrell

Beast of a presidential limo

During the inaugural parade, the President will ride in "the Beast," a mix of car, truck and tank, full of features auto experts speculate about, but the Secret Service refuses to discuss.

Camera

Night vision camera sends a signal to interior

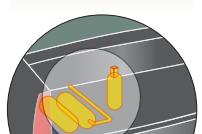
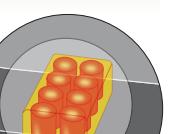
Body Uses Chevrolet Kodiak frame; has Cadillac features

Blood supply

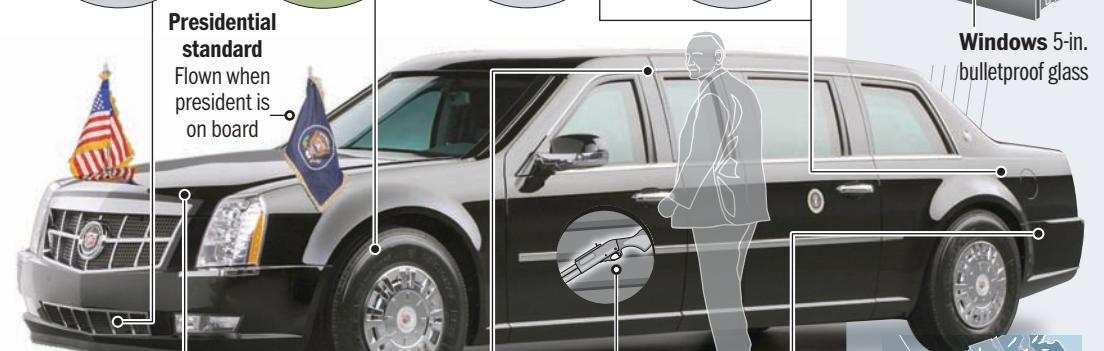
Of the president's type is thought to be kept in trunk

Emergency gear

Firefighting canisters, oxygen tanks also in trunk



Windows 5-in. bulletproof glass



Bulletproof protection Top layers slow bullet, inside layer captures fragments

Beast specifications

- 18 ft. long
- 6 ft. tall
- Body layered in steel, aluminum, titanium, ceramic
- Weighs about 15,000 lb.

Heavy protection

Doors

Armor plating is 8 in.

thick; doors weigh as much as cabin door on Boeing 757

Windows

5-in. bulletproof glass

Engine

6.5-liter diesel engine; gets

8 mi. (13 km) per gallon

Tires

Run-flat design;

Kevlar-reinforced;

puncture

resistant

Interior

Can carry seven, two in front,

five in secure rear area

Gas tank

Foam-lined, to prevent

explosions even if impacted

Presidential standard Flown when president is on board

Shotguns in door compartments

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The City Library
THE SALT LAKE CITY PUBLIC LIBRARY SYSTEM

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.

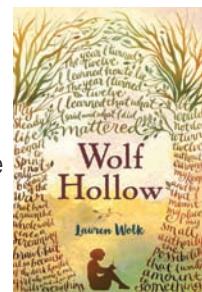


One year, Xan accidentally feeds a baby moonlight instead of starlight, filling the ordinary child with extraordinary magic.

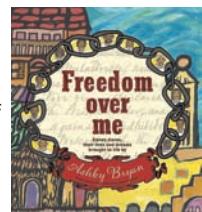
"The Inquisitor's Tale or Three Magical Children and Their Holy Dog," by Adam Gidwitz. An exciting and hilarious medieval adventure from the bestselling author of *A Tale Dark and Grimm*.



"Wolf Hollow," by Lauren Wolk. A young girl's kindness, compassion, and honesty overcome bullying.



"Freedom Over Me: Eleven Slave Lives 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



FACTS, FIRSTS AND PRECEDENTS

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

INAUGURATION

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



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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.

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.

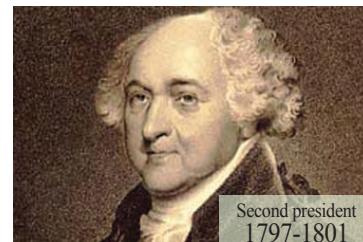
Source: inaugural.senate.gov

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



John Adams

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

S P O N S O R E D B Y



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