

health care providers, organizations, and other stakeholders to make care more accessible and prevent more heart attacks than ever before. To learn more, visit www.HealthCare.gov.

On Friday, February 1, Michelle and I invite all Americans to join in marking National Wear Red Day. By wearing red, we pay tribute to men and women affected by heart disease, recognize dedicated health care professionals, honor researchers working toward tomorrow's breakthroughs, and demonstrate our personal commitment to a heart-healthy lifestyle.

In acknowledgement of the importance of the ongoing fight against cardiovascular disease, the Congress, by Joint Resolution approved December 30, 1963, as amended (77 Stat. 843; 36 U.S.C. 101), has requested that the President issue an annual proclamation designating February as "American Heart Month."

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim February 2013 as American Heart Month, and I invite all Americans to participate in National Wear Red Day on February 1, 2013. I also invite the Governors of the States, the Commonwealth of Puerto Rico, officials of other areas subject to the jurisdiction of the United States, and the American people to join me in recognizing and reaffirming our commitment to fighting cardiovascular disease.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of January, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

Proclamation 8930 of January 31, 2013

National African American History Month, 2013

*By the President of the United States of America
A Proclamation*

In America, we share a dream that lies at the heart of our founding: that no matter who you are, no matter what you look like, no matter how modest your beginnings or the circumstances of your birth, you can make it if you try. Yet, for many and for much of our Nation's history, that dream has gone unfulfilled. For African Americans, it was a dream denied until 150 years ago, when a great emancipator called for the end of slavery. It was a dream deferred less than 50 years ago, when a preacher spoke of justice and brotherhood from Lincoln's memorial. This dream of equality and fairness has never come easily—but it has always been sustained by the belief that in America, change is possible.

Today, because of that hope, coupled with the hard and painstaking labor of Americans sung and unsung, we live in a moment when the dream of equal opportunity is within reach for people of every color and creed. National African American History Month is a time to tell those stories of freedom won and honor the individuals who wrote them. We look back to the men and women who helped raise the pillars of democracy, even when

the halls they built were not theirs to occupy. We trace generations of African Americans, free and slave, who risked everything to realize their God-given rights. We listen to the echoes of speeches and struggle that made our Nation stronger, and we hear again the thousands who sat in, stood up, and called out for equal treatment under the law. And we see yesterday's visionaries in tomorrow's leaders, reminding us that while we have yet to reach the mountaintop, we cannot stop climbing.

Today, Dr. King, President Lincoln, and other shapers of our American story proudly watch over our National Mall. But as we memorialize their extraordinary acts in statues and stone, let us not lose sight of the enduring truth that they were citizens first. They spoke and marched and toiled and bled shoulder-to-shoulder with ordinary people who burned with the same hope for a brighter day. That legacy is shared; that spirit is American. And just as it guided us forward 150 years ago and 50 years ago, it guides us forward today. So let us honor those who came before by striving toward their example, and let us follow in their footsteps toward the better future that is ours to claim.

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 2013 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 programs, ceremonies, and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of January, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

Proclamation 8931 of January 31, 2013

National Teen Dating Violence Awareness and Prevention Month, 2013

*By the President of the United States of America
A Proclamation*

This year, it is estimated that 1 in 10 teens will be hurt intentionally by someone they are dating. While this type of abuse cuts across lines of age and gender, young women are disproportionately affected by both dating violence and sexual assault. This month, we stand with those who have known the pain and isolation of an abusive relationship, and we recommit to ending the cycle of violence that affects too many of our sons and daughters.

Whether physical or emotional, dating violence can leave scars that last a lifetime. Teens who suffer abuse at the hands of a partner are more likely to struggle in school, develop depression, or turn to drugs or alcohol. Victims are also at greater risk of experiencing the same patterns of violence