

more, nothing in this proclamation is intended to affect the authority of the Secretary under section 1(b) of the Act to subsequently convey the submerged lands adjacent to the land leased by the United States on the islands of Tinian or Farallon de Medinilla when the Secretary of the Navy and the Government of the Commonwealth of the Northern Mariana Islands have entered into an agreement that ensures protection of military training within the excepted area.

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

BARACK OBAMA

Proclamation 9078 of January 16, 2014

Martin Luther King, Jr., Federal Holiday, 2014

By the President of the United States of America

A Proclamation

Each year, America sets aside a day to remember a giant of our Nation's history and a pioneer of the Civil Rights Movement. During his lifelong struggle for justice and equality, the Reverend Dr. Martin Luther King, Jr., gave mighty voice to the quiet hopes of millions, offered a redemptive path for oppressed and oppressors alike, and led a Nation to the mountaintop. Behind the bars of a Birmingham jail cell, he reminded us that "injustice anywhere is a threat to justice everywhere." On a hot summer day, under the shadow of the Great Emancipator, he challenged America to make good on its founding promise, and he called on every lover of freedom to walk alongside their brothers and sisters.

As we marked the 50th Anniversary of the March on Washington for Jobs and Freedom last August, we noted the depth of courage and character assembled on the National Mall that day. We honored all who marched, bled, and died for civil rights. And we celebrated the great victories of the last half century—civil rights and voting rights laws; new opportunities in the classroom and the workforce; a more fair and free America, not only for African Americans, but for us all.

We were also reminded that our journey is not complete. It is our task to build on the gains of past generations, from challenging new barriers to the vote to ensuring the scales of justice work equally for all people. And we must advance another cause central to both Dr. King's career and the Civil Rights Movement—the dignity of good jobs, decent wages, quality education, and a fair deal. Because America's promise is not only the absence of oppression but also the presence of opportunity, we must make our Nation one where anyone willing to work hard is admitted into the ranks of a rising, thriving middle class.

Dr. King taught us that "an individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity." In honor of this spirit, Americans across the country will come together for a day of service. By volunteering our time and energy, we can build stronger, healthier, more

resilient communities. Today, let us put aside our narrow ambitions, lift up one another, and march a little closer to the Nation Dr. King envisioned.

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 January 20, 2014, as the Martin Luther King, Jr., Federal Holiday. I encourage all Americans to observe this day with appropriate civic, community, and service projects in honor of Dr. King and to visit www.MLKDay.gov to find Martin Luther King, Jr., Day of Service projects across our country.

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

BARACK OBAMA

Proclamation 9079 of January 31, 2014

American Heart Month, 2014

By the President of the United States of America

A Proclamation

Maintaining a strong heart is key to a long and healthy life. The number one killer of American men and women, cardiovascular disease is responsible for one out of every four deaths in the United States. During American Heart Month, we renew our fight, both as a Nation and in each of our own lives, against the devastating epidemic of heart disease.

While anyone can develop heart disease, those with high blood pressure or high cholesterol and those who smoke are at greater risk. Risk factors like diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use can also increase the likelihood of developing heart disease. By adopting a few healthy habits—getting regular exercise; not smoking; eating diets rich in fruits and vegetables and low in salt, saturated fat, and cholesterol—each of us can reduce our risk. Following health care providers' instructions can also improve heart health and lessen the chance of heart attack.

Thanks to the Affordable Care Act, millions of Americans have gained access to affordable health care coverage, including recommended preventive screenings with no out-of-pocket cost. As we improve access to coverage, my Administration remains committed to supporting scientific research and raising awareness of heart disease. In 2011, we launched Million Hearts, which aims to prevent one million heart attacks and strokes by 2017. And through First Lady Michelle Obama's *Let's Move!* initiative, we are helping young people make the positive choices that will keep them healthy throughout their lives.

On Friday, February 7, everyone will have the chance to show their support for heart health by observing National Wear Red Day. Michelle and I encourage Americans to wear red in solidarity with those strug-