

Proclamation 7977 of January 30, 2006**Fourth Anniversary of the USA Freedom Corps, 2006**

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

Americans enjoy great liberty and prosperity, and with these blessings comes an obligation to reach out to those in need. Over the past 4 years, USA Freedom Corps has worked to rally America's armies of compassion and bring together individuals and organizations committed to volunteer service. More than 65 million people volunteered in 2005, an increase of 6.5 million since 2002. As we celebrate the fourth anniversary of USA Freedom Corps, we recognize the many Americans who have stepped forward to help others, and we underscore our commitment to serving our Nation and people around the world.

USA Freedom Corps was created to build on the countless acts of service, sacrifice, and generosity that followed the terrorist attacks of September 11, 2001. In the wake of the devastating tsunami of 2004 and hurricanes of 2005, Americans have continued to demonstrate that the true strength of our Nation lies in the hearts and souls of our citizens. By reaching out to aid the victims of these tragedies, people across our country helped rebuild shattered lives and communities. Their acts of service again demonstrated that by loving our neighbors as ourselves, we can offer hope and healing to those who suffer.

USA Freedom Corps is dedicated to expanding volunteer service and extending the goodwill of the American people. To help support our communities, respond to crises at home, and spread compassion around the globe, USA Freedom Corps works to strengthen public service programs such as the Peace Corps, Senior Corps, AmeriCorps, and Citizen Corps. USA Freedom Corps encourages and promotes the good work of non-profit, faith-based, and community organizations. Through the President's Greeter Program and the President's Volunteer Service Award, USA Freedom Corps and the President's Council on Service and Civic Participation recognize Americans who have made serving their neighbors a central part of their lives. USA Freedom Corps has also created a comprehensive network of volunteer opportunities to help more Americans find ways to get involved in serving their communities.

Through USA Freedom Corps, my Administration will continue to build a culture of service, citizenship, and responsibility in our country. To learn more about opportunities for volunteering, citizens can visit the USA Freedom Corps website at www.volunteer.gov. By working together for a cause greater than self, we can strengthen our Nation, one person, one neighborhood, and one community at a time.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim the Fourth Anniversary of USA Freedom Corps. I call upon the citizens of this great country to find ways to volunteer and help their fellow Americans. I commend the efforts of USA Freedom Corps and all those who have already answered the call

to serve, and I encourage all Americans to donate their time, energy, and talents to the work ahead.

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

GEORGE W. BUSH

Proclamation 7978 of February 1, 2006

American Heart Month, 2006

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

More than 70 million Americans live with some form of heart disease, and this disease remains the leading cause of death in the United States. During American Heart Month, we reinforce our commitment to fighting heart disease by promoting awareness about its risks, its causes, and the ways to reduce the chance of developing this deadly illness.

Many of the factors that lead to heart disease, such as high blood pressure, high blood cholesterol, and obesity, can be controlled with commonsense steps and healthy lifestyles. Through the HealthierUS Initiative, my Administration encourages Americans to work toward four simple goals that can lead to a healthy heart: exercise daily; develop good eating habits; avoid tobacco, drugs, and excessive alcohol; and take advantage of preventive screenings to detect problems early.

First Lady Laura Bush helps lead “The Heart Truth” campaign through her Women’s Health and Wellness Initiative. The campaign was launched by business, non-profit, and government organizations, including the National Heart, Lung, and Blood Institute, to educate women about the risks of heart disease and to encourage them to make their cardiovascular health a priority. Along with the American Heart Association’s “Go Red for Women” campaign, these initiatives use the red dress as a symbol to remind women to make healthy choices and talk with their doctors about heart disease.

As a result of the Medicare Modernization Act, our seniors have more choices to prevent, diagnose, and treat potential problems before they become worse. Medicare now covers preventive screenings, a “Welcome to Medicare” physical for new beneficiaries, and innovative programs to help seniors fight chronic threats. I urge all Medicare beneficiaries to take advantage of these measures as part of a healthy lifestyle.

All Americans can improve their heart health and live longer, better lives by taking an active role in their health care decisions and consulting their physician for the latest information. As we observe American Heart Month, we recognize those battling heart disease; we express gratitude to the family members and friends who are a source of love and encouragement; and we commend the medical professionals and researchers who provide assistance and work to find cures and improve treatments.