

WASHINGTON NATIONAL CATHEDRAL
has over 200 stained glass windows; in one, a tiny piece of the moon is hidden.



WASHINGTON D.C.



PRESIDENT'S RESIDENCE
Each month, the president is billed for the family's personal food and expenses—like toothpaste and shampoo!

EASTER EGG ROLL

Thousands of people roll hard-boiled eggs across the White House lawn in this annual tradition, first held in 1878.

MIRIAM'S KITCHEN
This nonprofit works to end homelessness, and provides 87,000 fresh, healthy meals every year to those in need.

FIRST LADIES' FASHIONS

The National Museum of American History's exhibit on gowns worn in the White House looks at the evolving role of the country's First Ladies.

WHITE HOUSE KITCHEN GARDEN

First Lady Michelle Obama and local students planted veggies including "Outredgeous," a lettuce also grown on the International Space Station!



BILL NYE THE SCIENCE GUY
This science educator, born in D.C., explains comets, thunderstorms, atoms, and more, often using parodies of pop songs.

THEODORE ROOSEVELT ISLAND

UNITED STATES HOLOCAUST MEMORIAL MUSEUM
Visitors light candles in honor of the 6 million Jews who were murdered by the Nazis during the Holocaust.

THE MARTIN LUTHER KING JR. MEMORIAL
celebrates this powerful leader's message of non-violence, justice, and equality.

ARLINGTON NATIONAL CEMETERY
Veterans, truckers, and other volunteers place wreaths on the graves of service men every December.



JACQUELINE JENKINS-NYE
b.1921-2000
This math whiz (mother of Bill Nye) was a World War II Navy codebreaker, intercepting and deciphering enemy messages.



AL GORE
b.1948
Born in D.C., this former vice president won a Nobel Peace Prize for his work on climate change.



TARAJI P. HENSON
b.1970
This Emmy-nominated *Empire* actor from D.C. was named one of *Time* magazine's 100 Most Influential People in the World.



DR. CHARLES DREW
1904-1950
This African American surgeon created the first blood banks, saving lives in World War II and today.



RUTH BADER GINSBURG
b.1933
The second woman to be appointed a U.S. Supreme Court justice is a major advocate for the fair treatment of women.



ANDREA DAVIS PINKNEY
b.1963
The award-winning author of *The Red Pencil* founded the first African American children's book imprint at a major publisher.



UNITED STATES NATIONAL ARBORETUM
Here, bald eagles have raised eaglets in a 5-foot-wide by 6-foot-deep nest.

KEY FACTS

FEDERAL DISTRICT	DISTRICT OF COLUMBIA
NAMED FOR George Washington, the first U.S. president	NICKNAMES • The Nation's Capital • The District • City of Magnificent Intentions
FOUNDED IN 1790	BEST PLACE TO . . . See a dress sewn by Rosa Parks: Smithsonian National Museum of African American History & Culture
CITY POPULATION 672,228	BRAGGING RIGHTS D.C. has uber bragging rights as the home of the president!
CITY AREA 61 square miles	LOCAL LINGO I'm cised (I'm very excited)
TALLEST BUILDING National Shrine of the Immaculate Conception: 329 feet	CAN YOU FIND? 5 cherry blossoms



DOWNTOWN

FRIENDSHIP ARCH
This traditional Chinese gate features 272 painted dragons and celebrates the friendship between D.C. and Beijing.

SMITHSONIAN NATIONAL POSTAL MUSEUM

This is the final resting place of Owney, a once stray dog that traveled to 48 states with postal workers, guarding the mail.

EASTERN GRAY SQUIRREL

This rodent helps plant new trees . . . by forgetting where it stored its seeds, which then sprout!

NATIONAL CAPITOL COLUMNS

These sandstone Corinthian columns were moved from the U.S. Capitol to an open meadow in the National Arboretum.

WELCOME TO THE NATION'S CAPITAL

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." The words of Barack Hussein Obama, the nation's 44th president and first African American president, are especially relevant for the residents of Washington, D.C. That's because it's in D.C. that the government makes the legal and civil rights decisions that effect the greatest changes in the nation. Besides these officials, D.C. is home to countless activists, leaders, and artists of all kinds, whose contributions can be seen in the many museums and cultural institutions around this 61-square-mile district.

The nation's capital is the only one that is not a city or even part of any state. Because of this, residents here don't have a representative in Congress. Signs protesting this status appear throughout the District. Despite this, locals are fiercely proud of their home, and for good reason. Incredible monuments, museums, and sports teams give everyone a reason to cheer.

THE WHITE HOUSE

UNITED STATES BOTANIC GARDEN
This garden has a corpse flower that blooms once every two or three years, and smells of rotting meat!

SENATE BEAN SOUP

Made with navy beans and ham, this soup is served in the Senate's restaurant every day—by official mandate!

SUPREME COURT OF THE UNITED STATES

The nine members are nominated by the president and serve for life to decide important cases.

LIBRARY OF CONGRESS

This national library hosts the StoryCorps archive, which includes some 45,000 recorded interviews with Americans from all walks of life.

THE SMITHSONIAN INSTITUTION

includes 19 museums and 154 million items; 28 million annual visitors enjoy it all—for free!

CAPITOL HILL

CAPITALSAURUS DAY
January 28 celebrates D.C.'s official dino, a single vertebra of which was discovered during sewer work in 1898.

NAVY YARD

THE YARDS PARK
Highlights include Zumba, concerts, a waterfall, picnic spots, and an awesome bridge.

WEST POTOMAC PARK

This national park has memorials, cherry trees, and volleyball courts.

TIDAL BASIN

View the Japanese cherry trees while paddling a swan boat in this 107-acre, 10-foot-deep reservoir.

A DAY IN WASHINGTON D.C.

9 AM In spring or fall, join a White House garden tour. You might just hear the 70,000 bees at the White House's own beehive. A bee's wings beat some 11,000 times per minute!

10 AM Study the quotes at the Martin Luther King, Jr., Memorial, including, "Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."

11 AM Join a Gargoyle Tour at the National Cathedral and spot the stone carving of Darth Vader—a winning design submitted by a kid!

12 PM Snoop around the tunnels under the Capitol: you'll find a cobbler, a cafeteria, and a mini subway!

1 PM Chow down on a U Street fave: a half-smoke. This tasty hot dog is topped with smoky chili, onions, and herb sauce.

2 PM Visit the Smithsonian National Air and Space Museum to see a replica of the Apollo 11 Command Module: the living quarters for the crewmembers of the first manned moon mission.

3 PM Hunt down the Zero Milestone at the north edge of the Ellipse, within President's Park. When the stone was proposed in 1919, the idea was that all U.S. road distances would be measured from it.

4 PM Join runners as they jog up and down the Watergate Steps between the Lincoln Memorial and the Potomac River.

5 PM Cheer on your favorite racing president at a Washington Nationals game. "Let Teddy Win!"

6 PM Volunteer to serve dinner at Miriam's Kitchen, which helps the homeless. On the menu: cornbread, roasted veggies, and apple crisp.

7 PM Strengthen your arms and legs with the *adho mukha svanasana* (downward dog) pose during sunset yoga at the Yards Park.

8 PM End the day by reading *Diary of a Wimpy Kid* by Jeff Kinney, who grew up in D.C.