

**IMMEDIATE RELEASE**  
**Date: Monday, August 24, 2020**

**Contact: Mr. Alex Zan**  
**Phone: (434) 202-0773**  
**Email: [alexzan@i-c.net](mailto:alexzan@i-c.net)**

**3rd Annual CYM Day Observance**  
**(Close Your Mouth & Listen)**

Charlottesville, VA – Trailblazer, author, and award winner, Mr. Alex~Zan presents the 3rd Annual CYM Day, first proclaimed by the City of Charlottesville on September 18, 2018, (the 3rd Monday in September). The mission of the CYM character and day is to stress the importance of closing your mouth and listening, which is a key element to living a healthy, safe and productive life. On this day, all citizens are encouraged to:

- Be still and quiet for a minute (BS-1).
- Take a moment to Listen and Think before you act.
- Be mindful when speaking - choose words that are helpful, not hurtful.
- (RIDE) Respect Individual Differences & Expressions.
- This day and beyond - Allow people to share their thoughts and feelings, without any interruption.
- Just CYM and Listen!

CYM Day will be observed on Monday, September 21, 2020 with a program on Comcast - Channel 14, 5:00 pm - 5:30 pm and on Alex-Zan.com.

CYM posters and stickers are available upon request! ... Visit Alex-Zan.com