

General Pulaski's legacy survives in a long line of proud Polish Americans, who have arrived on our shores seeking freedom and opportunity and have served in our Armed Forces to defend our Nation. Polish Americans have carried with them values and traditions that have shaped our society, and their immeasurable contributions have strengthened our country. This proud community has been integral to our success as a Nation, and will play a prominent leadership role in the years ahead.

General Pulaski wrote to our first President, "I came here, where freedom is being defended, to serve it, and to live or die for it." We have never forgotten his sacrifice for our independence or his patriotism in defending freedom across two continents. Today, the people of the United States and Poland are bound by our solemn obligations to each other's security and our shared values, including a deep and abiding commitment to liberty, democracy, and human rights. On General Pulaski Memorial Day, we celebrate the early beginnings of our strong friendship, our lasting ties to the people of Poland, and our enduring commitment to a safer, freer, and more prosperous world.

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 Monday, October 11, 2010, as General Pulaski Memorial Day. I encourage all Americans to commemorate this occasion with appropriate programs and activities paying tribute to Casimir Pulaski and honoring all those who defend the freedom of our great Nation.

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

BARACK OBAMA

Proclamation 8583 of October 8, 2010

National School Lunch Week, 2010

By the President of the United States of America

A Proclamation

No child should have to learn on an empty stomach. Nearly 65 years ago, America made protecting the health of our children a national priority by developing the National School Lunch Program. This groundbreaking program has prevented hunger and promoted education by enabling our young people to have access to safe, balanced, and affordable meals at school. It has also supported their development, encouraged their learning capacity, and instilled life-long healthy habits. This year, during National School Lunch Week, we recognize the vital importance of this historic program, and we recommit to serving meals that will contribute to the health and well-being of a new generation.

With more than 31 million children participating in the National School Lunch Program and more than 11 million in the School Break-

fast Program, good nutrition at school is more vital than ever. When one in three children in this country is overweight or obese, we all have a responsibility to make sure our kids receive good nutrition at school and learn to make healthy choices early in life. This is an essential part of First Lady Michelle Obama's "Let's Move!" initiative, which is a nationwide campaign dedicated to ending the epidemic of childhood obesity within a generation so that children can reach adulthood at a healthy weight.

To foster school environments that encourage physical activity and nourishing diets, "Let's Move!" is partnering with the United States Department of Agriculture (USDA) to increase the number of schools that participate in the HealthierUS School Challenge. The Challenge establishes rigorous standards for nutritional quality in school food, participation in meal programs, physical activity, and nutrition education—all key components that make for healthy, active children.

Chefs across America are also helping create nutritious and appealing school meals. Over 1,900 have volunteered to offer their unique talents and knowledge of food and nutrition to "Chefs Move to Schools," an initiative that pairs chefs with interested schools in their communities. Together, chefs and school administrators are creating wholesome meals while teaching young people about nutrition and making balanced, healthy choices. I invite all Americans to visit LetsMove.gov to learn more about this initiative and other strategies to raise a healthier generation of kids.

To provide more fruits, vegetables, and other fresh and nutritious foods for school meals, the USDA is also working to develop farm-to-school partnerships with local farmers, States, localities, tribal authorities, school districts, and community organizations. The USDA Farm to School Team is helping to provide quality foods in school menus, to increase markets for local farms, and to teach young people of all ages about the source of the food they enjoy. To enable school cafeterias across our Nation to prepare these healthy foods, the American Recovery and Reinvestment Act funded the purchase of new food service equipment such as salad bars, and the replacement of aging or outdated appliances such as deep fryers.

This week provides us with an opportunity to reflect on the critical role the National School Lunch Program plays in promoting the health and well-being of tomorrow's leaders. We also recognize the talent and dedication of all the food service professionals, educators, program administrators, and parents whose time and energy help ensure America's students have the healthy food necessary to grow and succeed.

The Congress, by joint resolution of October 9, 1962 (Public Law 87-780), as amended, has designated the week beginning on the second Sunday in October each year as "National School Lunch Week," and has requested the President to issue a proclamation in observance of this week.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim the week of October 10 through October 16, 2010, as National School Lunch Week. I call upon all Americans to join the dedicated individuals who administer the National School Lunch Program in appropriate activities that support the health and well-being of our Nation's children.

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

BARACK OBAMA

Proclamation 8584 of October 8, 2010

Columbus Day, 2010

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

Over five centuries ago, Christopher Columbus set sail across the Atlantic Ocean in search of a new trade route to India. The findings of this explorer from Genoa, Italy, would change the map of the world and forever alter the course of human history.

When Columbus's crewmembers came ashore in the Americas, they arrived in a world previously unknown to his contemporaries in Europe. Columbus returned to the Caribbean three more times after his maiden voyage in 1492, convinced of the vast potential of what he had seen. His expeditions foreshadowed the journey across the seas for millions of courageous immigrants who followed. As they settled, they joined indigenous communities with thriving cultures. Today, we reflect on the myriad contributions tribal communities have made to our Nation and the world, and we remember the tremendous suffering they endured as this land changed.

For more than 500 years, women and men from every corner of the globe have embarked on journeys to our shores as did Columbus. Some have sought refuge from religious or political oppression, and others have departed nations ravaged by war, famine, or economic despair. Columbus charted a course for generations of Italians who followed his crossing to America. As Italy marks the 150th anniversary of its unification this year, we celebrate the incalculable contributions of Italian Americans, whose determination, hard work, and leadership have done so much to build the strength of our Nation.

What Columbus encountered over half a millennia ago was more than earth or continent. His epic quest into the unknown may not have revealed the new trade route he sought, but it exposed the boundless potential of a new frontier. It is this intrepid character and spirit of possibility that has come to define America, and is the reason countless families still journey to our shores.

In commemoration of Christopher Columbus' historic voyage 518 years ago, the Congress, by joint resolution of April 30, 1934, and modified in 1968 (36 U.S.C. 107), as amended, has requested the President proclaim the second Monday of October of each year as "Columbus Day."

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim October 11, 2010, as Columbus Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities. I also direct that the Flag