



# PROCLAMATION



## DeKalb Day

July 13, 2019

**WHEREAS**, on Saturday, July 13<sup>th</sup>, 2019, all across Illinois, people will ditch their electronic devices and “unplug” to enjoy everything that their local park and recreation agencies have to offer; and

**WHEREAS**, “Unplug DeKalb Day” is a public service campaign designed to help the DeKalb Park District and City of DeKalb communicate the value “unplugging” offers to DeKalb residents; and

**WHEREAS**, studies have shown that unplugging is essential to maintain a healthy life; and

**WHEREAS**, 80% of Americans don’t get enough exercise on a daily basis; and

**WHEREAS**, 43% of Americans age 18 to 29 use their smartphones for at least four hours per day; and

**WHEREAS**, on average, kids spend over seven hours a day in front of a screen; and

**WHEREAS**, unplugging at DeKalb Park District parks and facilities is one of the easiest and most convenient ways to stay active and get exercise; and

**THEREFORE**, I, Jerry Smith, Mayor of the City of DeKalb, Illinois do hereby proclaim July 13, 2019 to be “Unplug DeKalb Day” in the City of DeKalb and encourage all citizens to participate in this opportunity to unplug from their electronic devices and visit the DeKalb Park District Parks and Facilities.



**IN WITNESS THEREOF**, I have set my hand and caused the Seal of the City of DeKalb, to be affixed this 8<sup>th</sup> day of July 2019.

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Jerry Smith, Mayor