



Proclamation

BY THE

City Council of the City of Lewisville

WHEREAS, We are the first generation raising digital natives — kids who'd rather text than talk. Screens are in every corner of our kids' lives, and Americans spend an average of 24 hours a week online with 17 of those hours happening at home.

WHEREAS, Screen Sanity, an international nonprofit, equips parents with free tools and resources so kids grow up happy and healthy in an increasingly digital world. They are designed to help families maximize the benefits of technology while minimizing harmful side effects.

WHEREAS, Mrs. Texas American, AnnMarie Gutierrez, resident of Lewisville, TX, placed top 6 at the Mrs. American national pageant, is passionate about spreading the work of Screen Sanity as an Ambassador through her social work and messaging of #ScreensDownLookUp. Throughout her year, she has been honored to serve at the Armed Forces Retirement Home in Washington D.C, tour the Pentagon, White House and U.S. Capitol, visit the first Girl Scout Headquarters in Savannah, GA, and speak to parents and children around our country about the importance of digital health and safety.

WHEREAS, National Day of Unplugging is on the **First Friday of March**. It is a day that encourages us to try to digitally detox and unplug for 24 hours to unwind, relax and do things other than using today's technology, electronics, and social media.

NOW, THEREFORE, I TJ Gilmore, Mayor of the City of Lewisville, Texas and on behalf of the City Council, do hereby recognize, **Friday, March 1, 2024** as:

"NATIONAL DAY OF UNPLUGGING"

In Lewisville, Texas and urge all residents to observe the occasion with appropriate ceremonies and activities.

TJ Gilmore, Mayor
City of Lewisville

