



CITY OF SEBASTOPOL PROCLAMATION

Proclamation Recognizing March 5-6 as National Day of Unplugging

WHEREAS, The National Day of Unplugging is an awareness campaign that promotes a 24-hour respite from technology annually observed the first weekend in March; and

WHEREAS, National Day of Unplugging inspires healthy life/tech balance for communities and encourages elevation of human connection over digital engagement; and

WHEREAS, National Day of Unplugging create universal connection, knowing that families and communities around the world are celebrating at the same time, in their own time zones, during the first weekend of March; and

WHEREAS, 2020 has been the year of "screen burnout," and "Zoom fatigue," with digital interactions eclipsing real-world connections in business, academic, and social settings across the globe; and

WHEREAS, School children, Parents, Employees have experienced increased anxiety and depression during the Covid-19 pandemic and this year's socially-distant environment has left millions isolated and disconnected from community and desperate for meaningful, in-person experiences; and

WHEREAS, Many cities, states and countries will be prioritizing offline connections over this specific 24-hour period; and

WHEREAS, The hope is that people can experience 'unplugged' moments in their lives, not just in this 24 hour period but every day of the year;

NOW, THEREFORE, BE IT RESOLVED THAT I, Mayor Una Glass, do hereby proclaim March 5-6 as National Day of Unplugging; and urges the citizens of Sebastopol to unplug, unwind, relax and do things other than using today's technology, electronics, and social media.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the City of Sebastopol to be affixed this 2nd day of March 2021,

Una Glass, Mayor