



Proclamation

BY THE

City Council of the City of Lewisville

WHEREAS, Unplug Texas Day was created by the Texas Recreation and Park Society (TRAPS) and adopted by the Texas Legislature through Senate Bill 2232, authored by Senator Adam Hinojosa and sponsored by Representative Ben Bumgarner; and

WHEREAS, Unplug Texas Day encourages residents to disconnect from digital devices and engage in outdoor play, recreation, and community activities offered by local parks and recreation agencies; and

WHEREAS, on average, Americans spend over seven hours per day in front of screens, contributing to rising rates of inactivity, poor mental health, and sleep disruption; and

WHEREAS, research shows that time spent outdoors improves mental clarity, reduces stress, increases physical activity, and fosters strong community bonds; and

NOW, THEREFORE, I, TJ Gilmore, Mayor of the City of Lewisville, do hereby proclaim October 21, 2025, as

“UNPLUG TEXAS DAY”

In Lewisville, Texas and encourage all residents to celebrate by unplugging from technology and plugging into our abundant parks, trails, and recreation opportunities.

TJ Gilmore,
Mayor City of Lewisville