



Contact: Bill Crabtree  
Telephone: (919) 435-9421  
Email: [bcrabtree@wakeforestnc.gov](mailto:bcrabtree@wakeforestnc.gov)

**FOR IMMEDIATE RELEASE**

### **“WAKE FOREST UNPLUGGED...GET CONNECTED” STARTS OCT. 7**

**WAKE FOREST, NC – September 27, 2011** – The Wake Forest Recreation Advisory Board’s highly anticipated electronics-free weekend gets underway Friday, Oct. 7, at 5 p.m. and runs through 5 p.m. Sunday, Oct. 9.

“Wake Forest Unplugged...Get Connected” offers Wake Forest-area residents a unique opportunity to "disconnect" from their cell phones, PDAs, computers, and other electronic devices and "reconnect" with their community, friends, and family by engaging in healthier, more active pursuits.

A number of local businesses and community organizations are offering special discounts and activities for area residents as part of the electronics-free weekend. The Factory, 1839 S. Main St., is sponsoring “Family Night at the Factory” on Friday, Oct. 7, from 5-9 p.m. The event will include free, family-friendly movie showings in the Mill Room at 5:30 p.m. and 7:30 p.m., along with other discounted activities.

The Greenways Advisory Board will also lead two guided walks along the E. Carroll Joyner Park greenways on Saturday morning, Oct. 8. The walks will begin at 8 a.m. and 9 a.m.

The “Wake Forest Unplugged...Get Connected” weekend will culminate Sunday, Oct. 9, with a concert in E. Carroll Joyner Park, 701 Harris Road. Featuring Carolina Lightning, the concert is scheduled from 3-5 p.m.

Area residents are encouraged to arrive early, bring a picnic lunch, and take part in an array of planned games and activities, including sack and relay races, egg toss, corn hole, and hula hoop. The pre-concert activities are scheduled to begin at 2 p.m.

For more information about “Wake Forest Unplugged...Get Connected,” contact Parks & Recreation Director Ruben Wall at (919) 435-9561 or [rwall@wakeforestnc.gov](mailto:rwall@wakeforestnc.gov) or visit [www.wakeforestnc.gov/unplugged.aspx](http://www.wakeforestnc.gov/unplugged.aspx).

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For more information about the Town of Wake Forest, contact Public Information Officer [Bill Crabtree](#) at (919) 435-9421.