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**FOR IMMEDIATE RELEASE**

### **“WAKE FOREST UNPLUGGED...GET CONNECTED” BEGINS OCT. 1**

**WAKE FOREST, NC – September 14, 2010** – The Wake Forest Recreation Advisory Board will sponsor “Wake Forest Unplugged...Get Connected” Oct. 1-3. The event is designed to encourage Wake Forest-area residents to "disconnect" from their cell phones, PDAs, computers, and other electronic devices and "re-connect" with their community, friends, and family by engaging in healthier, more active pursuits.

Anyone planning to participate is encouraged to sign the “Wake Forest Unplugged...Get Connected” pledge form and return it no later than 5 p.m. Wednesday, Sept. 29. The form summarizes the essential elements of the event and lists 101 activities individuals and families can experience and enjoy during the electronics-free weekend.

Pledge forms may be downloaded from the Town’s website at [www.wakeforestnc.gov/unplugged.aspx](http://www.wakeforestnc.gov/unplugged.aspx) and are also available at the Wake Forest Town Hall, 301 S. Brooks St.; the Flaherty Park Community Center, 1226 N. White St.; Polar Ice House at the Factory, 1839 S. Main St.; the Wake Forest Chamber of Commerce, 350 S. White St.; and the Wake Forest Public Library, 400 E. Holding Ave. Completed forms may also be dropped off at any of these locations or mailed to Town of Wake Forest, c/o Susan Simpson, 301 S. Brooks St., Wake Forest, NC 27587.

The Recreation Advisory Board is partnering with several local businesses to offer special discounts for area residents who complete and return the pledge form. A complete list of participating businesses is provided at [www.wakeforestnc.gov/unplugged.aspx](http://www.wakeforestnc.gov/unplugged.aspx).

The Wake Forest Unplugged...Get Connected weekend will culminate on Sunday, Oct. 3, with a concert in E. Carroll Joyner Park, 701 Harris Road. Featuring Leroy Savage and The Bottom Feeders, the concert is scheduled from 3-5 p.m.

As part of the Wake Forest Unplugged weekend, the Recreation Advisory Board is inviting area residents 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.

Everyone who returns their pledge form will be included in several prize drawings to be held during the concert intermission.

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

**\*\*wakeforestnc.gov\*\***

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