

City of Hermosa Beach

*City Hall
1315 Valley Drive
Hermosa Beach, CA 90254*



**City Council Meeting Minutes
Tuesday, October 22, 2019
Adjourned Regular Meeting**

**Hermosa Unplugged Event
8:00 A.M. – 9:30 A.M.
City Hall Courtyard and
Council Chambers Foyer**

City Council

***Mayor
Stacey Armato***

***Mayor Pro Tem
Mary Campbell***

***Councilmembers
Hany S. Fangary
Justin Massey
Jeff Duclos***

The “Hermosa Unplugged” event began at 8:00 a.m. in the City Hall Courtyard and Council Chambers Foyer areas. The event was held as a social media free day to encourage positive community engagement. Attendees were offered coffee and open conversation with City staff and Councilmembers.

Present: Councilmember Duclos, Mayor Pro Tem Campbell, Mayor Armato

Absent: Councilmembers Fangary, Massey

Others present: City staff, Beach Cities Health District staff and members of the community

The event concluded at 9:30 a.m.

SUJA LOWENTHAL
CITY MANAGER



For Immediate Release

Oct. 10, 2019

HERMOSA BEACH TO HOST “HERMOSA UNPLUGGED,” A SOCIAL MEDIA FREE DAY, ON OCT. 22 TO ENCOURAGE POSITIVE COMMUNITY ENGAGEMENT

Join Mayor, Mayor Pro Tem, Councilmembers, City Staff and Others for Coffee and Conversation in the Courtyard at 8 a.m.

Hermosa Beach, CA – To encourage more positive engagement in the community, the City of Hermosa Beach will host “Hermosa Unplugged,” a social media free day, on Oct. 22 and is inviting the public to join the Mayor, Mayor Pro Tem, Councilmembers, City staff and others in the courtyard at City Hall for coffee and conversation from 8 a.m. to 9:30 a.m. that day.

To celebrate Hermosa Unplugged, the City will refrain from using its social media channels and encourages the public to join it in taking a one-day holiday from social media. City staff will be available by phone and email to answer questions and ensure City services continue uninterrupted.

To encourage the community to engage in personal conversations, Mayor Stacey Armato, Mayor Pro Tem Mary Campbell, other members of Council and City staff will be available from 8 a.m. to 9:30 a.m. on Oct. 22 for coffee and conversations in the courtyard at City Hall to discuss items on the City Council’s agenda that evening and any other matters that relate to City business.

“As a frequent user of social media, I appreciate its ability to educate and engage people,” said Mayor Armato. “But I also see a growing trend to go to social media first with criticism and concerns, rather than having a conversation with a neighbor, City official or other person who might have easily addressed those concerns. Hermosa Unplugged challenges us all to unplug and connect with one another and demonstrate how easily conversation can resolve matters.”

Researchers have found that too much time spent on social media can lead to [depression](#), anxiety, attention deficit hyperactivity disorder (ADHD), problems with [mental functioning](#), [social isolation](#) and [loneliness](#). According to the research, comparing oneself with the favorable news others post on social media can lead to [jealousy](#) and [unhappiness](#) for those who feel their life is somewhat less than the lives depicted by others on social media sites. One study found that even [a one-week break](#) from social media can improve a person’s sense of well-being.

“As a former Hermosa Beach School Board President and member, I’m especially concerned about the potentially negative impacts of social media on our young people,” said Mayor Pro Tem Campbell. “We have seen an effective national movement, launched in the wake of the Sandy Hook school shootings, that encourages young people to reduce social isolation by starting with a hello. As members of this wonderful small community of Hermosa Beach, we can start our own small movement by giving up

social media for a day and demonstrating to our young people that having a conversation can be healthier, more effective and more personally rewarding than posting a photo or an update on a social media platform.”

About Hermosa Beach

Founded in 1907, Hermosa Beach is a thriving community of some 20,000 residents. Located on the southern end of the Santa Monica Bay in Los Angeles County, with beaches ranked among the best in the world, Hermosa Beach has been recognized for its work to highlight Southern California beach culture, foster a vibrant local economy and protect coastal and environmental resources.

To learn more about Hermosa Beach, please visit the City website: www.hermosabch.org.

Or keep up with Hermosa Beach news and events through social media channels:

 @HermosaBchCity  HermosaBeachCity  @hermosabeachcity

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