



**City of Everett**  
Office of the Mayor  
**Carlo DeMaria, Jr.**  
484 Broadway  
EVERETT, MASSACHUSETTS 02149

## **PRESS RELEASE**

**Monday, January 23, 2017**

### **MAYOR DEMARIA WELCOMES NEW YEAR WITH A CHALLENGE FOR RESIDENTS**

In a technology driven era where we solely rely on our phones, tablets and computers, we must take time out of the day to challenge ourselves and disconnect from our devices. Mayor Carlo DeMaria and the City of Everett have welcomed the New Year with a challenge for its residents. With the renovations of both libraries: adding state of the art computers, installing new rugs and furniture, Everett residents can easily complete the “Read 17 in 17” challenge. You can rent or search the web for books that interest you, get comfy on the new chairs and read as much as possible. The objective of this program is have residents read 17 books within the year 2017. Both the Shute and Parlin libraries provide residents with various resources to help with this process.

For those who want to rely less and less on their phones, this challenge is perfect for you. Instead of timelessly scrolling through bland and uneventful Facebook posts, take time to put your phone down and pick up a book. Books allow us to use our imagination and help with mind development. Instead of turning to Pinterest for creative ideas, read about it or brainstorm your own ideas. Mayor DeMaria stated, “The first novel on the “Read 17 in 17” program is William Martin’s *The Lincoln Letter* -- it’s a historical novel and I am really enjoying it. I am excited about this program and I hope many residents will join with me to *read 17 in 17.*”

Studies have found that checking electronic devices before going to bed has led to sleep deficiency - not getting enough sleep or obtaining poor quality sleep – which has been linked to other medical and health problems down the line like obesity, diabetes and so on. Reading will benefit everyone in the long run; mind development is crucial for everyone, especially children. Instead of handing them a tablet, suggest reading a book, comic book or whatever comes to mind. Connect with the people and things around you, disconnect with the intangible items stored on your phone.

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