

RESOLUTION NO. 567

WHEREAS, it has been determined by medical authorities that it is damaging to the human body to be forced to remain in a seated position for periods of time in excess of two hours, and

WHEREAS, there are members of City Council who have dependent families, and

WHEREAS, it is an obligation of members of City Council with dependent families to remain in good health at least as long as said families are dependent, and

WHEREAS, the placing of one's feet on one's desk is a palliative to the physical damage wrought by being forced to remain in a seated position for periods in excess of two hours, and

WHEREAS, said palliative is unseemly, and

WHEREAS, the universality of the seventh inning stretch constitutes a sporting acceptance of the need for audiences to stand and relax at regular intervals, and

WHEREAS, there are marked differences in capacity among individual sets of kidneys, and

WHEREAS, the taking of a ten minute recess during each Council meeting would amount to five hours a year,

NOW, THEREFORE, BE IT RESOLVED:

That City Council recess for ten minutes following the conclusion of an item immediately after 9:30 P.M. in legislative meetings

AND BE IT FURTHER RESOLVED:

That City Council recess for ten minutes following the conclusion of the 11:00 A.M. item during public hearing meetings.

Adopted September 13, 1977

Mrs. Helen Holleman, Clerk of the
City of Alexandria, Virginia