



CITY OF COSTA MESA, CALIFORNIA

# Proclamation

**WHEREAS**, parks and recreation are an integral part of communities throughout this country, including the City of Costa Mesa; and

**WHEREAS**, parks and recreation promote health and wellness, improving the physical and mental health of people who live near parks; and

**WHEREAS**, the City of Costa Mesa operates and maintains 30 different parks; and

**WHEREAS**, parks and recreation promote time spent in nature, which positively impacts mental health by increasing cognitive performance and well-being and alleviating illnesses such as depression, attention deficit disorders, and Alzheimer's; and

**WHEREAS**, parks and recreation encourage physical activities by providing space for popular sports, hiking trails, swimming pools, and many other activities designed to promote active lifestyles; and

**WHEREAS**, park and recreation programming and education activities, such as out-of-school time programming, youth sports, and environmental education, are critical to childhood development; and

**WHEREAS**, parks and recreation increase a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction; and

**WHEREAS**, parks and recreation are fundamental to the environmental well-being of our community; and

**WHEREAS**, parks and recreation are essential and adaptable infrastructure that makes our communities resilient in the face of natural disasters and climate change; and

**WHEREAS**, our parks and natural recreation areas ensure the ecological beauty of our community and provide a place for children and adults to connect with nature and recreate outdoors; and

**WHEREAS**, The California Park & Recreation Society has released a statewide public awareness campaign, "Parks Make Life Better! ®," to inform citizens of the many benefits of utilizing parks, facilities, programs, and services; now, therefore, be it resolved that the citizens of California recognize the importance of access to local parks, trails, open space, and facilities for the health, wellness, development, inspiration, and safety of all Californians; and

**WHEREAS**, the U.S. House of Representatives passed an official resolution for Parks and Recreation Month in 2009 and introduced the resolution in 2017 and 2018.; and

**WHEREAS**, the City of Costa Mesa recognizes the benefits derived from parks and recreation resources.

**NOW, THEREFORE**, I, John B. Stephens, Mayor of the City of Costa Mesa, do hereby proclaim the month of July 2023 as **Parks and Recreation Month** and recognize the importance of access to local parks, trails, open spaces, programs, and facilities for the health, wellness, development, inspiration, and safety of all Costa Mesa residents.

**DATED this 18<sup>th</sup> day of July 2023.**

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**John B. Stephens, Mayor of the City of Costa Mesa**