



PROCLAMATION

WHEREAS, parks and recreation is an integral part of communities throughout this country, including the City of Valdez; and

WHEREAS, availability of parks and recreation promotes a high quality of life and improves the physical and mental health of communities; 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, parks and recreation agencies are leading providers of healthy meals, nutrition services and education; 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 natural recreation areas improve water quality, protect groundwater, prevent flooding, improve the quality of the air we breathe, provide vegetative buffers to development, and produce habitat for wildlife; and

WHEREAS, park and recreation services are vital for our communities — from protecting open space and natural resources, to helping fight obesity and providing activities and resources for all walks of life; 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, parks and recreation is essential and adaptable infrastructure that makes our communities resilient in the face of natural disasters and climate change; and

WHEREAS, the U.S. House of Representatives has designated July as Parks and Recreation Month; and

WHEREAS, the City of Valdez recognizes the benefits derived from parks and recreation resources.

NOW THEREFORE, I, Dennis Fleming, Mayor of the City of Valdez, Alaska, do hereby proclaim the month of July 2024 as:

National Parks & Recreation Month

And encourage all citizens to reflect the importance of parks and recreation in our daily lives and the essential role parks and recreation plays in our community.

CITY OF VALDEZ, ALASKA

Dennis Fleming, Mayor

ATTEST:

Sheri L. Pierce, MMC, City Clerk