

*DESIGNATION OF JULY AS PARKS AND RECREATION MONTH*  
*July 9, 2025*

***WHEREAS**, parks and recreation is an integral part of communities throughout this country, including the City of South San Francisco; and*

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

***WHEREAS**, parks and recreation promotes 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 encourages 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 is a leading provider 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 recreation increases 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 is fundamental to the environmental well-being of our community; 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**, 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 U.S. House of Representatives has designated July as Parks and Recreation Month; and*

***WHEREAS**, the City of South San Francisco recognizes the benefits derived from parks and recreation resources.*

***NOW THEREFORE, BE IT RESOLVED** that Mayor Eddie Flores and the City Council of the City of South San Francisco do hereby designate July as Parks and Recreation Month in the City of South San Francisco.*

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*Eddie Flores, Mayor*

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*Mark Addiego, Vice Mayor*

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*James Coleman, Councilmember*

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*Mark Nagales, Councilmember*

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*Buenaflor Nicolas, Councilmember*