

The Importance of Parks in Our Lives

The relationship between the parks and the people creates a nature-loving society with a constant drive to keep the Earth a clean and safe place. Preservation of parks creates more awareness of environmental protection. As a person who loves spending time with nature, I strongly believe that promoting national and state parks is important, to show the general population how to protect their environment and to embrace a healthy and balanced lifestyle. The parks are a location where people can appreciate the local trees, birds and flowers and maybe even learn about the history of origins of the park and the city.

I have been volunteering at Catalina State Park for the past 2 years and I can see how much effort goes into helping customers enjoy the park's facilities. There are various activities in Catalina State Park. The Nature Program, Geology Walk, Guided Hikes and Saturday Concerts are a few of the popular, weekly events. People of all ages can find activities to do in the parks from looking at the reptile exhibit at the Nature Program, which is solely run by volunteers, riding their horses on a trail or going on a guided hike with an experienced park ranger. Elderly people and families with young children love visiting the park to enjoy time with the family while hiking on trails. In my town, Oro Valley, elderly people also known as "snow birds" come from Canada, the east coast of the US and countries in Europe to visit parks, to camp and to explore the stunning landscape of Southern Arizona. It has been very interesting meeting a few of the visitors from different countries and my experience, as a volunteer, has filled me with gratitude and appreciation for those who put time and effort into managing parks. I hope to pass on this tradition of volunteering at Catalina State Park to my sister because I have learned so much from the parks and I believe that supporting the parks can have a large impact on how

people treat the environment. My parents also promised me that when they retire, they will volunteer at the park to make a contribution to their community.

Being a good citizen has a direct correlation with supporting national and state parks because it demonstrates active participation in the local community and appreciation of what the previous generations left for them. It motivates the younger generation to continue this legacy of protecting the wildlife and land for future generations. Promoting an environmentally conscious mindset is an admirable trait of a good citizen because it shows how much that person cares about others and wants to contribute to their community.

National parks matter in a world driven by technological innovation because they remind people that spending time with nature can relieve stress. Scientific research has proven that “nature affects our brains and bodies” (This is Your Brain on Nature). In our daily lives, we spend a lot of time indoors while working and studying in school but we forget that devoting our time to nature could bring more calmness and peace into our lives.

In conclusion, the parks need people and the people need parks because preservation of the parks is needed so that the world can be a clean and safe place for the future generations. Cooperation and negotiation is crucial in the relationship between the two. I hope that people become more involved in environmental protection in the future.