



Commendation

WHEREAS, the use of illegal and prescription drugs and the abuse of alcohol and nicotine constitute the greatest threats to the well-being of America's children; and

WHEREAS, 17 years of surveys conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University have consistently found that the more often children and teenagers eat dinner with their families the less likely they are to smoke, drink and use illegal drugs; and

WHEREAS, frequent family dining is associated with lower rates of teen smoking, drinking, illegal drug use and prescription drug abuse; and

WHEREAS, the correlation between frequent family dinners and reduced risk for teen substance abuse is well documented; and

WHEREAS, parents who are engaged in their children's lives, through such activities as frequent family dinners, are less likely to have children who abuse substances; and

WHEREAS, family dinners have long constituted a substantial pillar of family life in America.

NOW, THEREFORE, I, GENO R. MARTINI, Mayor of the City of Sparks, Nevada, do hereby proclaim the 24th day of September, 2012 as:

FAMILY DAY – A DAY TO EAT DINNER WITH YOUR CHILDREN™

and urge all citizens to recognize and participate in its observance.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Sparks, Nevada to be affixed this 22nd day of August, 2012.


GENO R. MARTINI, Mayor

ATTEST:

LINDA K. PATTERSON, City Clerk

