

## **PROCLAMATION**

**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,** *14 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, Bruce Hill, by the power vested in me as Mayor of the City of Grand Junction, do hereby proclaim September 28, 2009 as*

*" Family Day – A Day to Eat Dinner with Your Children™ "*

*in the City of Grand Junction, and encourage families to become a Family Day STAR by committing to:*

*S- Spending time with their kids by having dinner together*

*T- Talking to them about their friends, interests and the dangers of drugs and alcohol*

*A- Answering their questions and listening to what they say*

*R- Recognizing that they have the power to help keep their kids substance free!*

*IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the official Seal of the City of Grand Junction this 14<sup>th</sup> day of September, 2009.*

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*Mayor*