



Grand Junction

State of Colorado

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, 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, Teresa Coons, by the power vested in me as Mayor of the City of Grand Junction, do hereby proclaim September 27, 2010 as the 10th Anniversary of

"Family Day – A Day to Eat Dinner with Your ChildrenTM "

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

S- Spend time with their kids by having dinner together

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

A- Answer their questions and listening to what they say

R- Recognize 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 13th day of September, 2010.

Mayor

