



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, 16 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, Tom Kenyon, by the power vested in me as Mayor of the City of Grand Junction, do hereby proclaim the fourth Monday of every September as

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

in the City of Grand Junction, and encourage all citizens to recognize and participate in its observance.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the official Seal of the City of Grand Junction this 4th day of August, 2011.

Mayor

