

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, teenagers who eat dinner regularly with their families are half as likely to smoke cigarettes, smoke marijuana and drink alcohol; and

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

WHEREAS, parental engagement is known to be one of the most crucial factors in determining the likelihood of substance abuse by teenagers; and

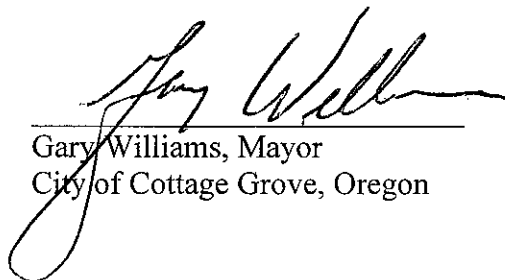
WHEREAS, family dinners have long constituted a substantial pillar of family life in America.

NOW, THEREFORE, I, Gary Williams, Mayor, do hereby proclaim Monday, September 28, 2009 as:

Family Day – A Day to Eat Dinner With Your Children™

and I urge all citizens to recognize and participate in its observance by having dinner together with their family.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Cottage Grove to be affixed this 24th day of August, 2009.



Gary Williams, Mayor
City of Cottage Grove, Oregon

