

CITY OF GRESHAM COUNCIL 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, 12 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 with their families two times a week or less are twice as likely to drink alcohol and smoke cigarettes, compared to teens who have frequent family dinners; and

WHEREAS, teenagers who eat dinner 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, the **GRESHAM CITY COUNCIL** does hereby proclaim September 24, 2007 as

FAMILY DAY - A DAY TO EAT DINNER WITH YOUR CHILDREN

in Gresham, and urges all citizens to recognize and participate in its observance.

Dated this 18th day of September 2007.



SHANE T. BEMIS, Mayor