PROCLAMATION
Family Day – A Day to Eat Dinner With Your Children
September 25, 2006

WHEREAS, The use of illegal drugs and the abuse of alcohol and nicotine constitute the greatest threats to the well-being of America's children; and

WHEREAS, 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 virtually never eat dinner with their families are 72 percent more likely than the average teenager to use illegal drugs, alcohol and cigarettes; and

WHEREAS, Teenagers who almost always eat dinner with their families are 31 percent less likely than the average teenager to use illegal drugs, alcohol and cigarettes; and

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

WHEREAS, Parental influence 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, BE IT RESOLVED, that the City Council of the City of Troy hereby proclaims **Monday, September 25, 2006 as Family Day – A Day to Eat Dinner with Your Children** in the City of Troy;

BE IT FURTHER RESOLVED, That we invite all Troy residents to recognize and participate in the observance of **Family Day**, and encourage everyone to eat dinner together with their children.

Signed this 25th day of September 2006.