PROCLAMATION

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, I, WILLIAM D. EUILLE, Mayor of the City of Alexandria, Virginia, and on behalf of the Alexandria City Council, do hereby proclaim September 25, 2006 as:

"FAMILY DAY - A DAY TO EAT DINNER WITH YOUR CHILDREN"

and call upon the people of Alexandria to recognize and participate in its observance.

IN WITNESS WHEREOF, I have set my hand and caused the Seal of the City of Alexandria to be affixed this 12th day of September 2006.

WILLIAM D. EUILLE      MAYOR
On behalf of the City Council
of Alexandria, Virginia

ATTEST:

Jacqueline M. Henderson, CMC  City Clerk
Protect your children from drugs, alcohol and cigarettes.

Children who eat dinner with their family are less likely to use these substances.

Take time out of your busy schedule and observe Family Day by having dinner together on Monday, September 25.

Family dinners are about more than just sharing food. The conversations help parents learn about their children’s lives and the challenges they face.

Engaging your children and listening to them is a simple way to reduce youth substance abuse and raise a healthy family.

Information is available at www.casafamilyday.org