



**A PROCLAMATION OF THE
CARPINTERIA
CITY COUNCIL DESIGNATING
SEPTEMBER 24, 2012 AS
"FAMILY DAY – A DAY TO EAT
DINNER WITH YOUR CHILDREN"**

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, 17 years of surveys conducted by The National Center on Addiction and Substance Abuse at Columbia University (CASAColumbia™) 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, the correlation between frequent family dinners and reduced risk for teen substance abuse is well documented; 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, Al Clark, Mayor of the City of Carpinteria, do hereby proclaim September 24, 2012 as

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

and urge all citizens to recognize and participate in its observance.

IN WITNESS THEREOF, I have hereunto set my hand and caused the official seal of the City of Carpinteria, California, to be affixed this 24th day of September, 2012.

Mayor, City of Carpinteria

ATTEST:

City Clerk, City of Carpinteria